The effectiveness of group motivational therapy on motivation to change among male substance abusers in a controlled environment

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Aim: The purpose of this study is to examine the effectiveness of Motivational Enhancement Therapy (MET) on motivation to change as measured by the University of Rhode Island Change Assessment (URICA) in a controlled environment.

Methods: The treatment program contains 10 sessions; 2 sessions every week in a group format. Participants were drawn from a convenience sample of 22 adolescent males (treatment group n=11; control group n=11) who were in a mandated residential adolescent substance abuse program and who held a formal diagnosis of substance abuse or dependence. One-way repeated measures ANOVA utilized to examine the difference in the means of URICA among participants whose scores were recorded at three different times: Before treatment, after treatment and after a 5 weeks follow up.

Results: The overall results show that there is a statistical significance for the time effect. Additionally, there is a significant difference for the group time interaction effect, which indicates that the MET intervention is significant across time. Further, the simple main effects show no significant difference for the control group across times, but did find significant differences for the experimental group. Finally, tests on the group simple main effect indicated significant differences between control and experimental groups at the pre-assessment, but no significance difference were found between the control group and experimental group in either the post-assessment or follow-up assessments.

Conclusion: Implications of the study and suggestions for future research are explored further, the research recommend using EMT.

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