

Enhancing Social Determinants of Health Among People with Opioid Use Disorder on Buprenorphine

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INTRODUCTION

- **Opioid misuse burden has caused devastating harm to individuals, societies, and economies.**
- **Medications for Opioid Use Disorder (OUD)** are effective in treating OUD but **do not address psychosocial impairments associated with OUD.**
- **Social Determinants of Health (SDoH)** are defined as: conditions in which people are born, grow, live, work, and age that **critically impact treatment outcomes of retention and ongoing drug use among OUD patients.**
- **CBT4CBT**, a computer-based training for Cognitive Behavioral Therapy, **has demonstrated effectiveness in reducing substance use among people with OUD.**
- **Recovery coaches (RC)**, are individuals with lived experience of substance use and recovery that **use assertive engagement approach to provide a holistic person-centered and strength based to achieve and sustain recovery.**

AIM

Test the impact of an integrated Intervention combining recovery coaching and CBT4CBT (RC + CBT4CBT) vs treatment as usual (TAU) on SDoH in a sample of persons with OUD receiving buprenorphine.

METHODS

Secondary analyses of a remote randomized clinical trial (OVERCOME; NCT04824404) evaluating the effectiveness of an integrated intervention combining recovery coaching and CBT4CBT (RC+CBT4CBT) vs TAU among persons receiving buprenorphine maintenance treatment.

RESULTS

Table 1. Participant's characteristics at baseline (N = 30)

Characteristics	M(SD)/N(%)
Age	51.3 (10.6)
Sex (female)	13 (43.3%)
Race (White)	24 (82.8%)
Education	
High school graduate	5 (80.6%)
Unstable housing	27 (55.2%)
Smoker	27 (96.4%)
Drug use at Baseline	
Methamphetamine	9 (31.0%)
Amphetamine	6 (20.7%)
Benzodiazepine	5 (17.2%)
History of drug injection	20 (69.0%)

End of Treatment SDoH Scores

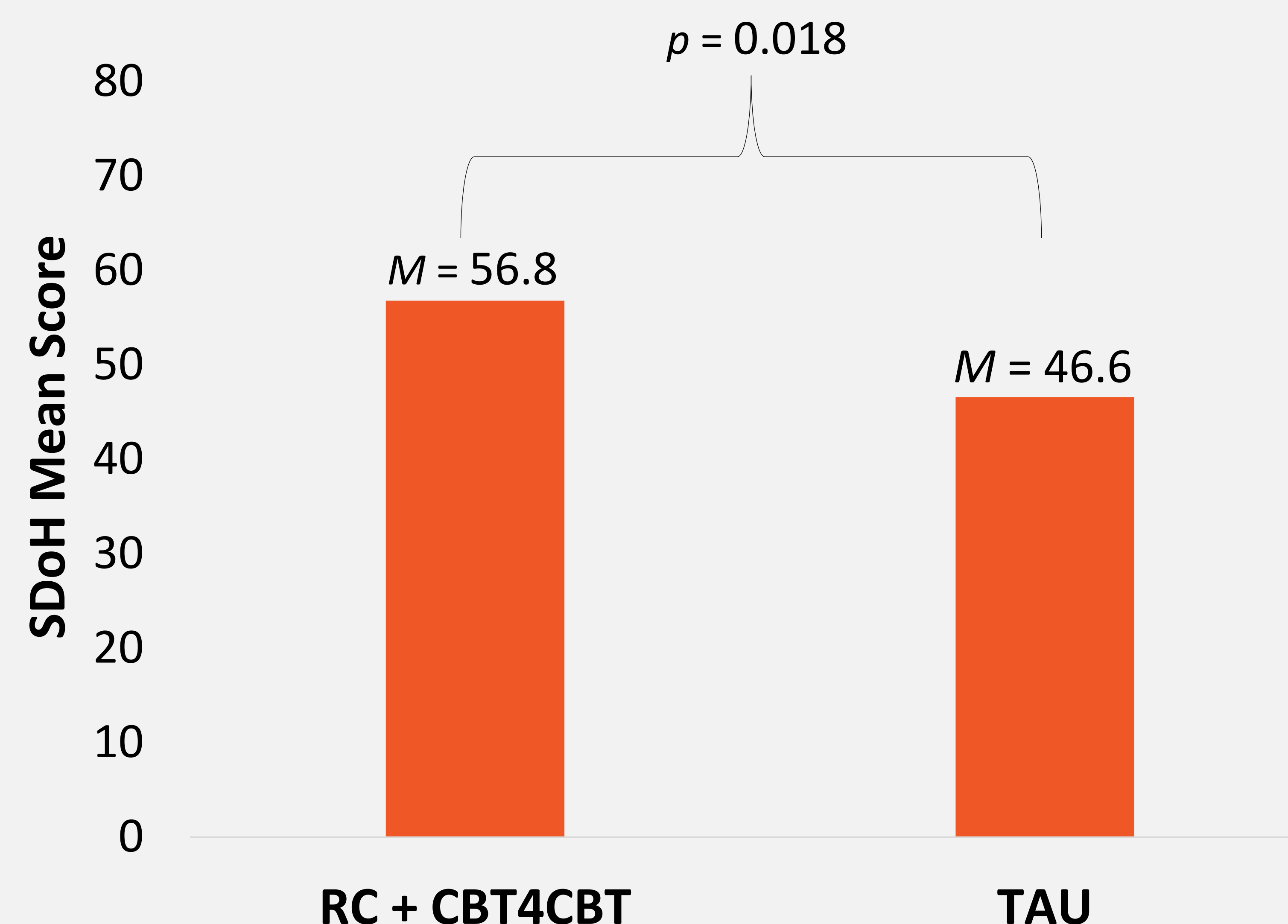


Figure 1. Mean EOT SDoH Scores (N = 30)

SDoH Results

- Participants assigned to the **RC+CBT4CBT showed greater total scores at EOT** than those assigned to the TAU group (56.8 vs 46.6, $p = 0.018$).
- Participants in the **RC+CBT4CBT arm showed greater improvement in the domains of mental health** (3.9 vs 3.5, $p = .004$), **substance use** (4.3 vs 3.1, $p = 0.011$), and **safety** (4.5 vs 3.1, $p = 0.014$).

METHODS CONT.

Inclusion Criteria:

- ✓ Adults with OUD
- ✓ Recent drug use within the past 30 days
- ✓ Have received at least four weeks of buprenorphine

Measures

- **Basic Sociodemographic Information**
- **Drug Use:** Participants completed saliva toxicology test.
- **SDoH:** Self-sufficiency matrix scale; assesses deficits in 16 domains including housing, employment, income, education, healthcare, mental health, substance use, and safety

CONCLUSION

Ongoing Clinical Trial. Initial data from 30 participants led to the following findings:

- **Combining recovery coaching with CBT4CBT resulted in improvements in overall SDoH as well as in the specific domains of mental health, substance use, and safety.**

Delivering interventions that simultaneously address SDoH and OUD maintenance treatment has the potential to reduce SDoH disparities among people with OUD. Improving health outcomes among people with OUD requires a bio-psycho-social treatment approach.

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