Motivational Interviewing / Motivational Enhancement Therapy for Cannabis Abuse

Program description:
Motivational Interviewing is a client-centered approach to counseling that helps clients overcome their ambivalence or lack of resolve for behavioral change. In a collaborative and supportive setting, counselors elicit motivation to change from the client rather than through direction or persuasion. Motivational enhancement therapy incorporates structured assessments and follow-up sessions for personal feedback according to assessment findings.

Typical age of primary program participant: 30
Typical age of secondary program participant: N/A

<table>
<thead>
<tr>
<th>Outcomes Measured</th>
<th>Primary or Secondary Participant</th>
<th>No. of Effect Sizes</th>
<th>Unadjusted Effect Sizes (Random Effects Model)</th>
<th>Adjusted Effect Sizes and Standard Errors Used in the Benefit-Cost Analysis</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>ES</td>
<td>SE</td>
</tr>
<tr>
<td>Cannabis abuse or dependence</td>
<td>P</td>
<td>17</td>
<td>-0.26</td>
<td>0.09</td>
</tr>
</tbody>
</table>

Effect size adapted from Lundahl et al., 2010.

Benefit-Cost Summary

The estimates shown are present value, life cycle benefits and costs. All dollars are expressed in the base year chosen for this analysis (2011). The economic discount rates and other relevant parameters are described in Technical Appendix 2.

<table>
<thead>
<tr>
<th>Program Costs</th>
<th>Comparison Costs</th>
<th>Summary Statistics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Source of Benefits</td>
<td>Benefits to:</td>
<td>Program Benefits</td>
</tr>
<tr>
<td>Earnings via cannabis disorder</td>
<td>Participants</td>
<td>Tax-payers</td>
</tr>
<tr>
<td>Health care costs for cannabis disorder</td>
<td>$1,346</td>
<td>$495</td>
</tr>
</tbody>
</table>

Detailed Monetary Benefit Estimates

<table>
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<th>Detailed Cost Estimates</th>
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</table>

Source: Costs are based on an average of 110 minutes of counseling by a trained therapist per intervention. The length of the motivational intervening intervention is the average number of minutes reported in the meta-analyzed studies. The hourly rate was reported in Office of Applied Studies, (2004, June). Alcohol and drug services study (ADSS) cost study. Rockville, MD: Department of Health & Human Services, Substance Abuse and Mental Health Services Administration, Author, p. 23. Another 12 percent was added to costs for administration.
Multiplicative Adjustments Applied to the Meta-Analysis

<table>
<thead>
<tr>
<th>Type of Adjustment</th>
<th>Multiplier</th>
</tr>
</thead>
<tbody>
<tr>
<td>1- Less well-implemented comparison group or observational study, with some covariates.</td>
<td>0.5</td>
</tr>
<tr>
<td>2- Well-implemented comparison group design, often with many statistical controls.</td>
<td>0.5</td>
</tr>
<tr>
<td>3- Well-done observational study with many statistical controls (e.g., IV, regression discontinuity).</td>
<td>0.75</td>
</tr>
<tr>
<td>4- Random assignment, with some RA implementation issues.</td>
<td>0.75</td>
</tr>
<tr>
<td>5- Well-done random assignment study.</td>
<td>1.00</td>
</tr>
<tr>
<td>Program developer = researcher</td>
<td>0.5</td>
</tr>
<tr>
<td>Unusual (not “real world”) setting</td>
<td>0.5</td>
</tr>
<tr>
<td>Weak measurement used</td>
<td>0.5</td>
</tr>
</tbody>
</table>

Studies Used in the Meta-Analysis


