

# Women with Posttraumatic Stress Disorder and Substance Use Disorder - Clinical Characteristics

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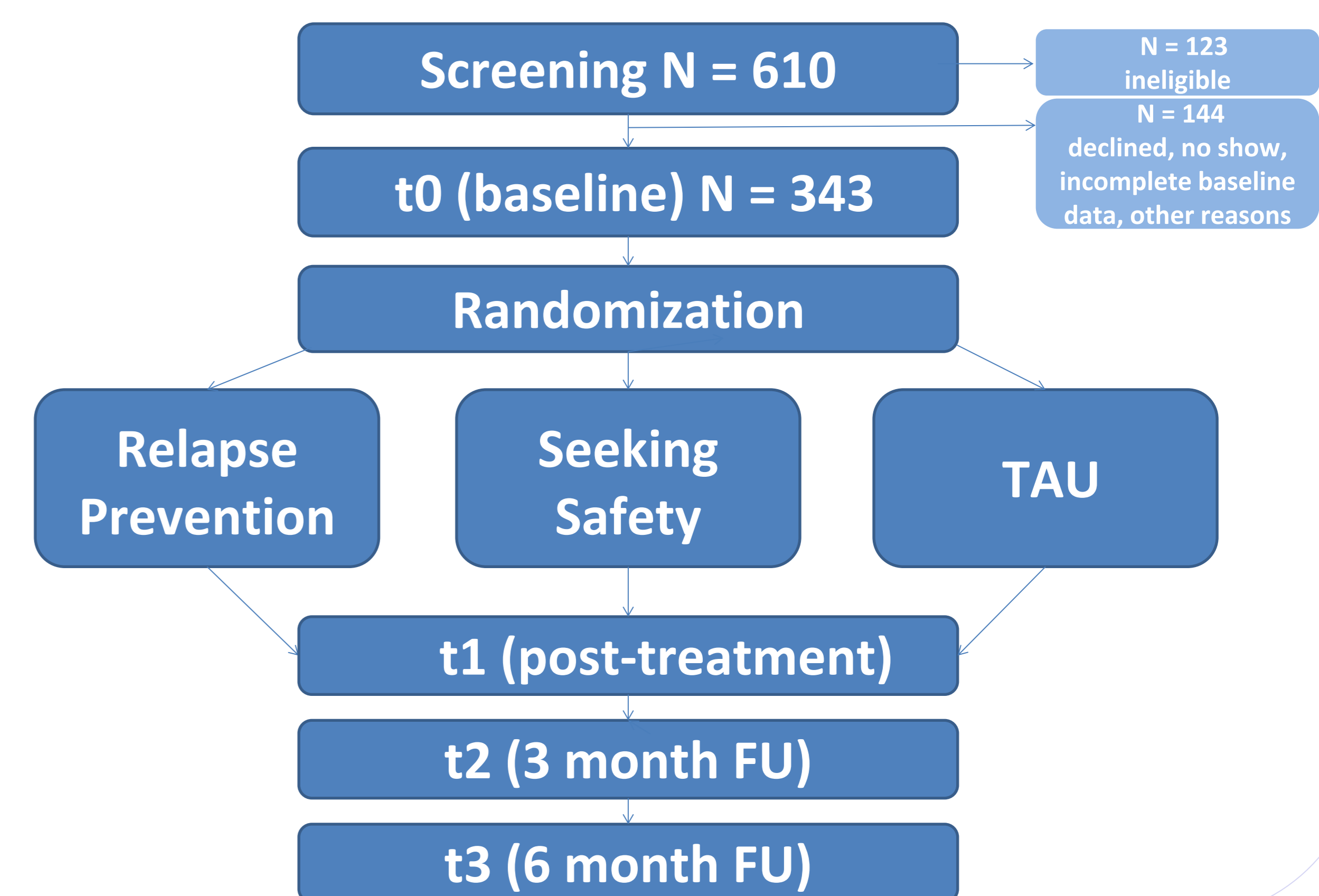
## Background

- Posttraumatic stress disorder (PTSD) is frequent in individuals with substance use disorders (SUD; current PTSD: 15 - 41%; Schäfer & Najavits, 2007)
- SUD + PTSD vs. SUD only: earlier onset of substance abuse (Johnson et al., 2006), more years of problematic use (Read et al., 2004), higher rates of polydrug use (Dragan & Lis-Turlejska, 2007)
- “Seeking Safety”: integrated, stabilizing, cognitive-behavioral treatment program for this comorbidity (Najavits, 2002)

## Methods

“Cognitive-behavioral therapy for women with PTSD and substance use disorder”

- Multi-center RCT testing the efficacy of “Seeking Safety” (SeSa) vs. relapse prevention (RP) vs. treatment as usual (TAU)
- Primary outcome: PTSD symptom severity at 6 month follow-up
- Primary hypothesis: SeSa superior to TAU and not inferior to RP
- Inclusion criteria: female, age 18 - 65, (subsyndromal) PTSD, substance use disorder, substance use within last 12 months
- Exclusion criteria: current psychosis, severe cognitive impairment, intravenous substance use
- Assessment: sociodemographics, psychopathology (SCID-I), depression (BDI-II), childhood trauma (CTQ), PTSD (PDS, PSS-I), substance use (ASI-lite) and others

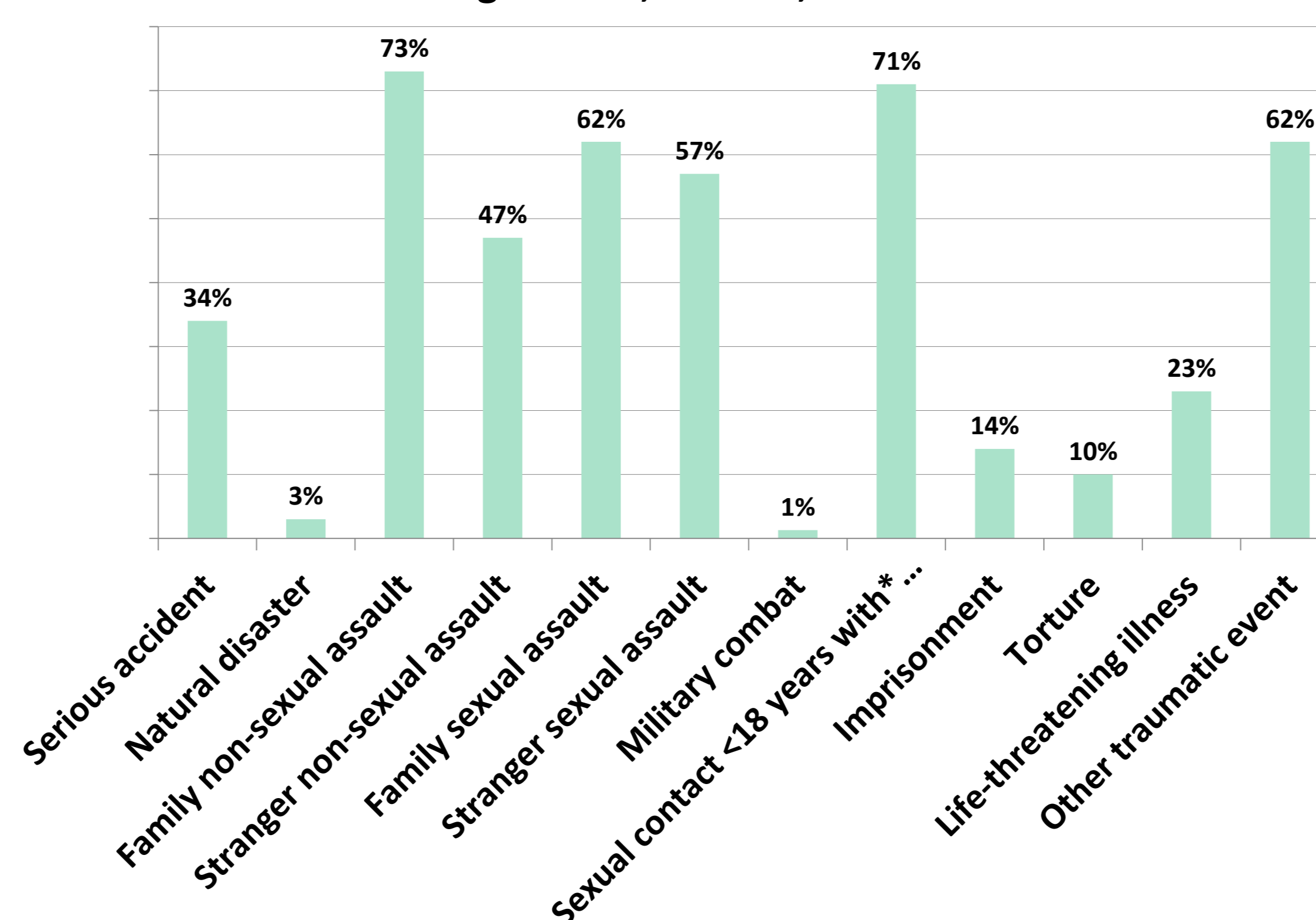


## Results

Table 1. Sociodemographic characteristics at baseline.

Age	M = 41 ± 11 R = 19 - 65
Current relationship status	
Single	43 %
Temporary relationships	8 %
Committed relationship	49 %
Partner with substance use problem	46 %
Children	51 % M = 1.9 ± 1.0
Education	
No degree	8 %
9 years	26 %
10 years	33 %
13 years	34 %
Work status	
Not working	67 %
Marginally employed	11 %
Part-time	11 %
Full-time	11 %
Monthly household net income	
€ <500	20 %
€ 500-<1000	35 %
€ 1000-<1500	21 %
€ ≥1500	24 %

Rates of Traumatic Events (PDS)  
Range = 1-10, M = 4.5, SD = 1.9



Childhood Abuse and Neglect (CTQ)  
at least moderate to severe

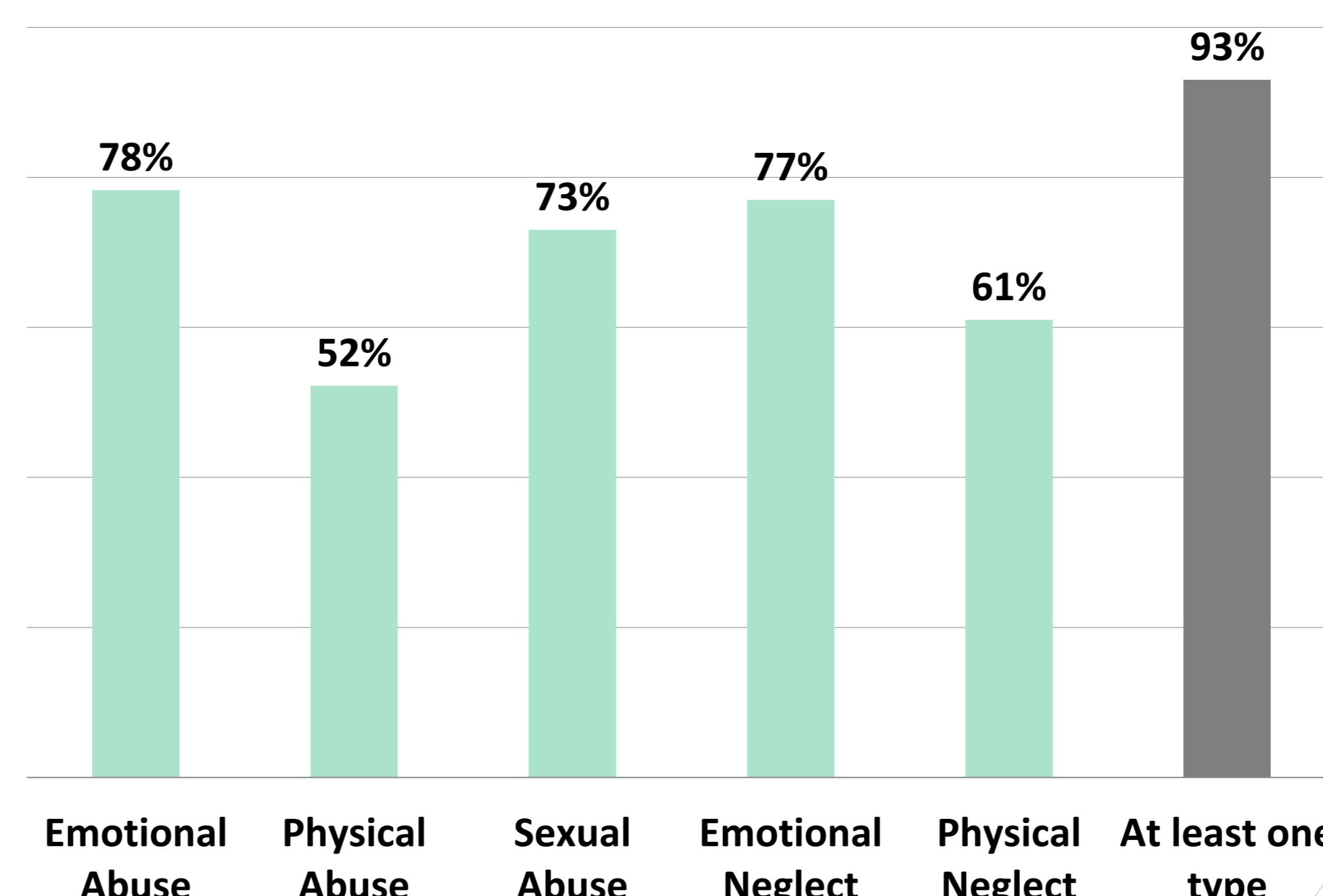


Table 2. Clinical characteristics at baseline.

Depression (BDI-II)	M = 28 ± 12
Minimal	14 %
Mild	12 %
Moderate	28 %
Severe	47 %
Ever attempted suicide	58 % M = 3.4 ± 4.8
PTSD Severity (0-3, PDS)	M = 1.6 ± 0.6
Reexperiencing	M = 1.5 ± 0.8
Avoidance/Numbing	M = 1.5 ± 0.7
Hyperarousal	M = 1.8 ± 0.7

Associations between substance use in the last 30 days and PTSD severity range from  $r = -.13$  (alcohol) to  $r = .13$  (cannabis).

## Conclusion

There seems to be a substantial level of interest in an integrated intervention targeting PTSD and substance abuse among affected women. Baseline data suggest that study participants present with a high level of psychological distress often characterized by early life and multiple trauma and by additional psychiatric comorbidity.