Insight and craving association in addiction: ADDICTAQUI analyses.

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Background

Craving:
- A subjective conscious experience report by the subject (Tiffany, et al. 2012)

Clinical insight of addiction:
- Clinical insight: recognition of having an addiction, symptoms and consequences, consent to medical care (Jaafari and Markova, 2011; Thirioux, et al. 2020)

Low clinical insight of addiction:
- 57% in Alcohol Use Disorder (Raftery, et al. 2020)
- Underestimation of severity, barrier to treatment (e.g. Goldstein, et al. 2009; Schuckit, et al. 2020)
- More rapid relapse (Kim, et al. 2007) & worse prognostic 2 years after addiction treatment (Willems, et al. 1973)

Clinical insight of addiction and craving association in addiction: ADDICTAQUI analyses.

Hypothesis

Clinical insight of addiction could be linked to craving.

Objective

Examine the link between clinical insight of addiction and retrospective craving in the ADDICTAQUI cohort

Methods

Population: ADDICTAQUI cohort data: patients seeking addiction treatment in outpatient clinic, Bordeaux, FR.

Screening procedure: Severe addiction & “insight of treatment need”

CRAVING
Past month (0-30 days), Likert scale (0-10)

Frequency
- 0 = “never”
- 1-29 = “sometimes”
- 30 = “everyday”

Mean intensity
- 0 = “none”
- 1-7 = “moderate”
- > 8 = “considerable”

Maximal intensity
- 0 = “none”
- 1-9 = “moderate”
- 10 = “extreme”

Instruments (treatment initiation):

Results

Participants: N=660, age = 39 y. (SD=11.6), school education = 12 y. (SD=2.8), 65% men, 76% current polyaddiction, current addiction: Alcohol: 39%, Cannabis: 20%, Tobacco: 15%, others: <8%

Low/Good Insight groups difference: age, self-report use (days/30), regular use (y.), addiction (all p<0.003)

Discussion

Conclusion: Low insight of “treatment need” ↔ Less craving reported retrospectively

Limit: Subject seeking treatment, severe addictions

Perspectives:
- Report less retrospective craving = feel less craving ?
- Less performances on memory and executive functions (e.g. Rinn, et al. 2002)
- Use Ecological Momentary Assessment (EMA) method to capture real-time craving dynamic

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Craving Mean intensity
- 0 = “none”
- 1-7 = “moderate”
- > 8 = “considerable”

Maximal intensity
- 0 = “none”
- 1-9 = “moderate”
- 10 = “extreme”

Corrected on age, gender, study level, addiction severity (number of DSM-5 criteria), current anxiety or mood trouble, main use disorder (substance or behavior), use (days/30) and regular use (years)

Results

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Graph: Low insight of “treatment need” linked to less craving reported retrospectively

Figure: Low insight of “treatment need” is linked to less craving reported retrospectively

< INSIGHT | Analyses | CRAVING >

< INSIGHT | Ordinal Logistic Regressions | CRAVING >

< LESS CRAVING | LESS INSIGHT | MORE CRAVING >

< « RETROSPECTIVE » | (Chakravorty, et al. 2010; Bradshaw, et al. 2014) | « NOW »


Less insight of “treatment need” ↔ Less craving reported retrospectively

LESS CRAVING ↔ LESS INSIGHT ↔ MORE CRAVING

LESS CRAVING ↔ LESS INSIGHT ↔ MORE CRAVING

< « RETROSPECTIVE » | (Chakravorty, et al. 2010; Bradshaw, et al. 2014) | « NOW »