

# Clinical Insight fluctuations and prospective association with craving in addiction: an EMA study

L. Lambert<sup>1,2</sup>, L. Donnadiou<sup>1,2</sup>, N. Jaafari<sup>3,4</sup>, M. Auriacombe<sup>1,2</sup>, F. Serre<sup>1,2</sup>

<sup>1</sup>University of Bordeaux, SANPSY, USR 3413, F-33000 Bordeaux, France,

<sup>2</sup>CNRS, SANPSY, USR 3413, FR-33000 Bordeaux,

<sup>3</sup>Unité de Recherche Clinique Intersectorielle en Psychiatrie à Vocation Régionale Pierre-Deniker, Centre Hospitalier Henri Laborit, F-86000 Poitiers, France,

<sup>4</sup>Université de Poitiers, F-86000 Poitiers, France,

Contact: laura.lambert.1@u-bordeaux.fr

## Words: 276

**Objective:** To examine clinical insight fluctuations and its prospective influence on craving intensity in an Ecological Momentary Assessment (EMA) study among patients beginning outpatient addiction treatment.

**Methods:** Subjects completed an EMA protocol during 14 days. A smartphone application generates 4 evaluations per day of clinical insight and craving. Clinical insight was assessed using 8 items. Total score was the average of 8 items, the higher the score, the better the insight. Craving intensity since the last evaluation was assessed on numerical rating scale (1-7). Hierarchical Linear and non-linear models were used to examine the prospective association between clinical insight at one time (T0) and craving intensity reported at the next evaluation, T1, approximately 4h hours later.

**Results:** 24 subjects were included, 54.2% of women, average age was 45.3 y.o. (SD=10.2), 12 had an Alcohol Use Disorder. Response rate on electronic interviews was 82%. Analysis showed that 28% of clinical insight variations was due to within-person fluctuations ( $p < 0.001$ ). An increase of clinical insight was found associated with an increase of craving intensity in the following hours ( $p = 0.006$ , coef. = 0.30,  $n = 24$ ). The effect was no longer significant ( $p = 0.052$ ) when controlling for craving at T0, and sociodemographic variables.

**Discussion:** An increase of clinical insight may be associated to an increase of subsequent craving intensity. It will need to be confirmed in a larger sample. The dynamic nature of clinical insight may explain why some patients have difficulty staying in treatment. Further studies may explore the reciprocal prospective association between craving and clinical insight, as craving is a stressful transitory experience, could increase the belief that there is a problem and enhance clinical insight.

**Funding:** Project number 2017-1R30114 - 00013238 Nouvelle-Aquitaine Region, France & IRESP-19-ADDICTIONS-16.

**Corresponding authors:** L. Lambert

Addiction Psychiatry, CNRS USR 3413 SANPSY, University of Bordeaux, Bordeaux, France

[laura.lambert.1@u-bordeaux.fr](mailto:laura.lambert.1@u-bordeaux.fr)

05 56 56 17 38

**Declarations of competing interest:** No author reports conflicts of interest related to this work. This work has no connection with the pharmaceutical, tobacco, alcohol, e-cigarettes, and gaming companies.