Substance Use

845 Does Changing Social Influence Engender Changes in Alcohol Intake? A Meta-Analysis
Andrew Prestwich, Ian Kellar, Mark Conner, Rebecca Lawton, Peter Gardner, and Liz Turgut

This study shows that beliefs concerning how much other people drink (or approve of drinking) can be changed in drinkers (including problem drinkers) but even moderate-to-large changes in these beliefs lead to only small reductions in alcohol intake. To maximize reductions in drinking, strategies designed to change these beliefs should be delivered alongside strategies targeting other factors that influence alcohol intake.

861 Effects of Attention Control Training on Drug Abusers’ Attentional Bias and Treatment Outcome
Seyedeh Soleil Ziaee, Javad Salehi Fadardi, W. Miles Cox, and Seyed Amir Amin Yazdi

The study was conducted with a sample of Iranian drug abusers who were receiving methadone maintenance therapy. The experimental group received three sessions of game-like training on a computer. The game included images that were either related or unrelated to drug use. Participants who practiced with the game learned to ignore drug-related images in an attempt to reduce their hypersensitivity for such stimuli. Reduction in the sensitivity was associated with improvements in treatment success and recovery. Scientifically developed game-like interventions might help in recovery from unhealthy, recalcitrant habits.

874 A Randomized Controlled Trial of Brief Interventions for Problem Gambling in Substance Abuse Treatment Patients
Nancy M. Petry, Carla J. Rash, and Sheila M. Alessi

Gambling problems are common in patients with substance use disorders, yet they are rarely addressed in the context of substance use treatment. This study describes brief interventions for reducing gambling problems in these patients.

Anxiety Disorders

887 Brief Mindfulness Training Reduces Salivary IL-6 and TNF-α in Young Women With Depressive Symptomatology
Erin Walsh, Tory Eisenlohr-Moul, and Ruth Baer

Pro-inflammatory cytokines, which have been implicated in the pathophysiology of depression, may be reduced following brief mindfulness training among healthy young women with depressive symptomatology, particularly for those with higher baseline symptoms. These findings may highlight an important treatment target for reducing risk of depressive disorders via mindfulness-based interventions.

898 Treatment Expectations for Cognitive-Behavioral Therapy and Light Therapy for Seasonal Affective Disorder: Change Across Treatment and Relation to Outcome
Jonah Meyerhoff and Kelly J. Rohan

This study highlights the importance of monitoring treatment expectations repeatedly during treatment regardless of treatment type. Moreover, therapists administering cognitive-based therapy for depression should actively attend to the degree of patient “buy-in” early in treatment as it has clear indications for depression severity at treatment end point.

Brief Reports

907 Just Showing Up Is Not Enough: Homework Adherence and Outcome in Cognitive–Behavioral Therapy for Cocaine Dependence
Suzanne E. Decker, Brian D. Kiluk, Tami Frankforter, Theresa Babuscio, Charla Nich, and Kathleen M. Carroll

This examination of data from 4 randomized trials suggests that homework adherence in cognitive–behavioral therapy for cocaine dependence is associated with better cocaine outcomes during treatment and through 12 months follow-up, independent of the effects of treatment attendance or baseline cocaine severity. This study joins others in demonstrating an association between homework adherence and symptom change during CBT, and suggests homework assignment and adherence warrant continued study as key ingredients in CBT.
Replicating and Extending a Model of Effects of Universal Preventive Intervention During Early Adolescence on Young Adult Substance Misuse
Richard Spoth, Linda Trudeau, Cleve Redmond, and Chungyeol Shin

The findings from this study suggest that brief interventions for general populations implemented in middle school can have meaningful long-term effects on substance misuse, up to 14.5 years after pretest assessments, particularly for higher-risk participants. Positive effects were observed on a range of substances and associated problems, including those concerning prescription drug misuse; relative reduction rates suggested the practical significance of those results. These long-term effects and related economic benefits confirmed in earlier reports suggest enhancing efforts to disseminate the interventions, in order to achieve public health impact.