

## **A feasibility study of an intervention for structured preparation before detoxification in alcohol dependence: the SPADe trial.**

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### The SPADe trial research team:

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### Related publications:

C Kouimtsidis, B Houghton, H Gage, C Notley, V Maskrey, A Clark, R Holland, A Lingford-Hughes, B Pudukollu & T Duka. 2019. A feasibility study of an intervention for structured preparation before detoxification in alcohol dependence: the SPADe trial protocol. *Pilot Feasibility Stud* 5, 59. <https://doi.org/10.1186/s40814-019-0446-1>.

C Kouimtsidis, T Duka E, Palmer, A Lingford-Hughes. 2019. Prehabilitation in Alcohol Dependence as a Treatment Model for Sustainable Outcomes. A Narrative Review of Literature on the Risks Associated With Detoxification, From Animal Models to Human Translational Research. *Frontiers of Psychiatry*. <https://doi.org/10.3389/fpsy.2019.00339>

Kouimtsidis C. 2020. Structured Preparation for Detoxification from Alcohol (SPADe); A pre-habilitation approach for the treatment of alcohol dependence. Intervention step by step guide for The Abstinence Preparation Group.



Download for free:

<https://www.sabp.nhs.uk/research/current-studies/drug-alcohol/spade>

### Related research

A study exploring the process underlying a pre detoxification Cognitive Behaviour Therapy Group intervention for dependent alcohol users. Funded by Alcohol Education and Research Council. 2014-2015, £4,889. Chief Investigator. In collaboration with Kings College London.

An exploratory qualitative study seeking participant views evaluating preparation for alcohol detoxification groups (PAD study). Funded by Alcohol Education and Research Council. 2011, £4,999. Chief Investigator. In collaboration with the University of East Anglia.

### Other related peer reviewed publications

Kouimtsidis C. Structured Preparation before Alcohol Detoxification; a shift from the current treatment paradigm. 2017. Editorial Journal of Addiction Research & Therapy, 8:326. DOI:10.4172/2155-6105.1000326.

Kouimtsidis C, Charge KJ, Moch J, Stahl D. 2017. Abstinence Preparation Group Intervention for dependent alcohol users. How does it work? Results of a process study. Journal of Substance Use, 22(2): 149-155. DOI: 10.3109/14659891.2016.1153164.

Kouimtsidis C, Sharma E, Smith A, Charge KJ. 2015. Structured intervention to prepare dependent drinkers to achieve abstinence; results from a cohort evaluation for six months post detoxification. Journal of Substance Use, DOI: 10.3109/14659891.2015.1029020.

Croxford A, Notley C, Maskrey V, Holland R, Kouimtsidis C. 2015. An exploratory qualitative study seeking participant views evaluating group Cognitive Behavioural Therapy preparation for alcohol detoxification. Journal of Substance Use, 20(1), 61-68.

Kouimtsidis C, Kolli S. 2014. Preparation for alcohol detoxification group programme. Service users' evaluation of individual sessions. Journal of Substance Use, Vol. 19, No. 1-2, 184-187.

Kouimtsidis C. 2013. Community alcohol detoxification; the challenge of changing service provision. Short report. Journal of Substance Use, 18(2), 166-169.

Kouimtsidis C, Drabble K & Ford L. 2012. Implementation and evaluation of a three stages community treatment programme for alcohol dependence. A short report. Drugs: Education, Prevention and Policy, 19 (1), 81-83.

Kouimtsidis C. & Ford L. 2011. A staged programme approach for alcohol dependence: Cognitive Behaviour Therapy groups for detoxification preparation and aftercare; preliminary findings. Short report. Drugs: Education, Prevention and Policy, 18 (3), 237-239.

### National and International Conferences

Addiction Faculty Royal College of Psychiatrists International Conference, 2016. (Organiser and speaker), Lingford-Hughes A, Duka T. What is the evidence supporting a change of the treatment paradigm of alcohol dependence? The role of structured preparation prior detoxification.

International Society of Addiction Medicine, ISAM Dundee 2015. (Organiser and speaker), Lingford-Hughes A, Duka T. What is the evidence supporting a change of the treatment paradigm of alcohol dependence? The role of structured preparation prior detoxification.

Society for Studies of Addiction Annual Meeting, 2014. Structured preparation for alcohol detoxification. Is there enough evidence to change the treatment paradigm? Results from a cohort study.

Society for Studies of Addiction Annual Meeting, November 2012. (On behalf of the PAD group study). An exploratory qualitative study seeking participant views evaluating preparation for alcohol detoxification groups.