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The Role of Dispositional Mindfulness Against Craving in Trauma Recovery for OUD

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BACKGROUND

- In 2020, it was estimated that 2.7 million people suffered with an opioid use disorder (OUD)¹
- 41% have a lifetime history of PTSD and 33.2% meet criteria for a current PTSD diagnosis (comorbidity)²
- Dispositional mindfulness (DM) can buffer substance use severity and posttraumatic stress.
- Although CPT & PE are viewed as effective treatments for trauma-related disorders, 60-72% retain their PTSD diagnosis following treatment³
- Necessity of furthering relationships between DM and craving specifically for those suffering from OUD.
- DM allows for a greater awareness and non-reactivity to emotions and internal thought patterns – features are relevant to both OUD and posttraumatic stress (Difference in focus and quality of attention).

PARTICIPANTS

Data collection reflects analyses of archival data (“parent-study”) in which participants were recruited from a residential addiction treatment facility. Inclusion criteria: Diagnosis of opioid use disorder (OUD) and current or intended prescription of Medication Assisted Treatment (MAT) for OUD. All participants completed informed consent procedures.

Demographic Table (n = 40)	
Age (m, SD), Range	39.43 (8.65), 26-56
Race (n, %)	
-Arab or Middle Easterner	1 (2.5%)
-Asian	1 (2.5%)
-Black or African American	13 (32.5%)
-White	22 (55%)
-Multi-Racial	3 (7.5%)
Ethnicity (n, %)	
-Non-Hispanic/Latinx	33 (82.5%)
-Hispanic/Latinx	7 (17.5%)
Marital Status (n, %)	
-Married	2 (5%)
-Never Married	29 (72.5%)
-Separated/Divorced/Widowed	9 (22.5%)
Highest Grade Completed (n, %)	
-Some High School	9 (22.5%)
-High School Diploma or Equivalent	18 (45%)
-Some College	2 (5%)
-Associate's Degree	3 (7.5%)
-Bachelor's Degree	1 (2.5%)
-GED	6 (15%)
-Missing	1 (2.5%)
Typical Employment (n, %)	
-Full Time	5 (12.5%)
-Part Time	2 (5%)
-Seasonal	1 (2.5%)
-Unemployed	29 (72.5%)
-Disabled	3 (7.5%)

MEASURES

SELF-REPORT ASSESSMENT QUESTIONNAIRES:

- Opioid Craving Scale, OCS⁴**
Adapted from original 3-item cocaine craving scale for opioid use, scores range from 0-30 with higher scores indicating higher opioid craving
- Cognitive & Affective Mindfulness Scale, CAMS-R⁵**
Developed from original 18-item version of CAMS designed to assess individual approaches in dispositional mindfulness for thoughts and emotions
- PTSD Symptom Checklist, PCL-5⁶**
20-item self-report measure that assess the 20 DSM-5 symptoms of PTSD

RESEARCH DESIGN

- Randomized clinical trial with necessary informed consent procedures. Recruited from addiction treatment center and undergo baseline assessments that determine eligibility of participation in the study
- Hypotheses:** Dispositional mindfulness would inversely relate to opioid craving and posttraumatic stress symptom severity.
- Statistical Analyses:** Pearson bivariate correlations were used to test hypotheses.

CORRELATION SCATTERPLOTS: CAMS, PCL-5, OCS

Figure 1. Scatterplot Mindfulness vs. Trauma

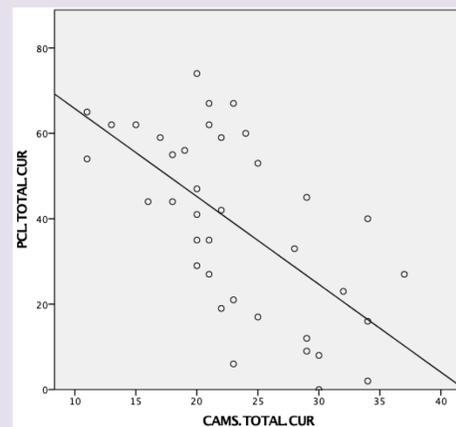
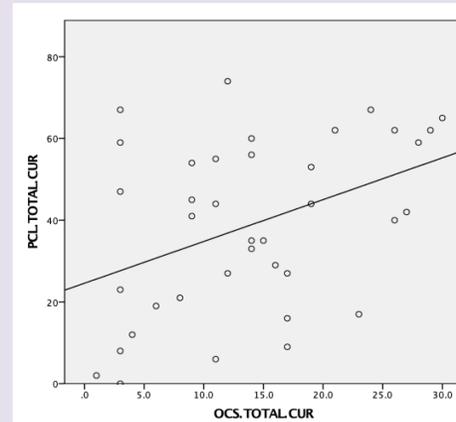


Figure 2. Scatterplot Craving vs. Trauma



RESULTS

- Higher PTSD symptom severity scores associated with higher Opioid Craving**
- Higher Mindfulness scores associated with decreased PTSD symptom severity**
- Higher Mindfulness scores associated with decrease in Opioid Craving**

DISCUSSION + IMPLICATIONS

- Encourages demand for longitudinal studies to investigate efficacy of DM in relation to trauma and craving (close gaps in research).
- DM could result in resurfacing of traumatic-related emotions/adverse experiences/increase instances of drug craving- effective ways to combat experiences.
- Higher mindfulness scores were associated with reduced drug craving and posttraumatic stress symptom severity
- Behavioral/social aspects of DM target dysregulated neurocognitive processes of craving (self-regulation, reward centers in the brain)
- ★ Further research into the efficacy of mindfulness-based treatments could unravel the internal negative thought patterns/cycles of many severe psychological disorders (especially those involving low psychological flexibility (PF))

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RESULTS: STATISTICAL ANALYSIS

- Posttraumatic Stress Symptom Severity (PCL-5) significantly and positively correlated with Opioid Craving (**OCS; $r = .411, p = .05$**)
- PCL-5 significantly and negatively associated with mindfulness (**CAMS; $r = -.631, p = .01$**)
- Mindfulness (CAMS-R) significantly and negatively associated with Opioid Craving Scale (**OCS; $r = -.375, p = 0.05$**)