

## POSTER OF DISTINCTION

**Magidson, J., Gorka, S., & Lejuez, C., & Daughters, S.:** Examining the effectiveness of integrating the LETS ACT behavioral treatment for depression into an inner-city residential drug treatment center.

### ABSTRACT

Depression is highly prevalent among illicit drug users, and this comorbidity is associated with poor treatment outcomes, such as treatment dropout and substance use relapse. Despite this link, there has been limited empirical focus on developing and assessing behavioral interventions for depression among illicit drug users, particularly in low-income, inner-city environments. The objective of the current study was to test the efficacy of integrating a brief behavioral intervention for depression into an inner-city, residential drug treatment center. Method: Forty-four adult illicit drug users with mild to moderate depressive symptoms ( $BDI \geq 10$ ) residing at an inner-city substance use treatment center were randomly assigned to either treatment as usual (TAU) or TAU plus the brief behavioral therapy for depression [LET'S ACT]. Patients were assessed at baseline for DSM-IV psychiatric diagnoses, depressive symptoms (HAM-D, BDI), anxiety symptoms (BAI), and enjoyment and reward value of activities (EROS). Patients were again assessed at post-treatment and a 2-week follow-up. Treatment satisfaction and attrition rates also were assessed at post treatment. Results: Patients receiving LET'S ACT evidenced significantly greater improvements than the TAU group in severity of depression, anxiety symptoms, and enjoyment and reward value of activities at post-treatment, and depressive symptoms at 2-week follow-up. The LETS ACT group also reported significantly higher treatment satisfaction ratings. Conclusions: This study supports the efficacy of LETS ACT in treating depressive symptoms and improving the enjoyment and reward value of activities among illicit drug users currently receiving inpatient substance use treatment. Data also indicate the intervention may help prevent treatment attrition. LETS ACT appears to be a feasible and parsimonious intervention to improve the treatment of depression and overall quality of care within inpatient substance abuse treatment settings.