

Pilot Trial of a Digital Health Intervention for Persons Receiving Medication for Opioid Use Disorder

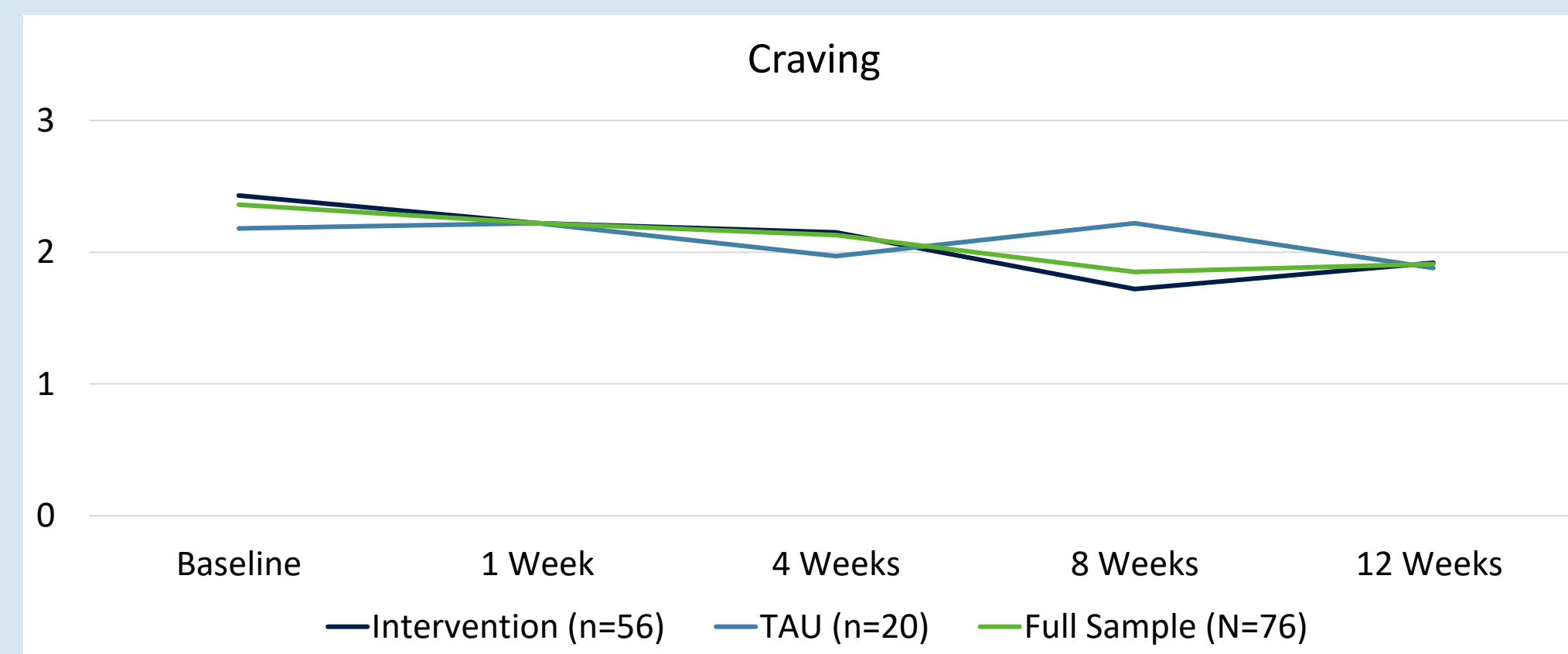
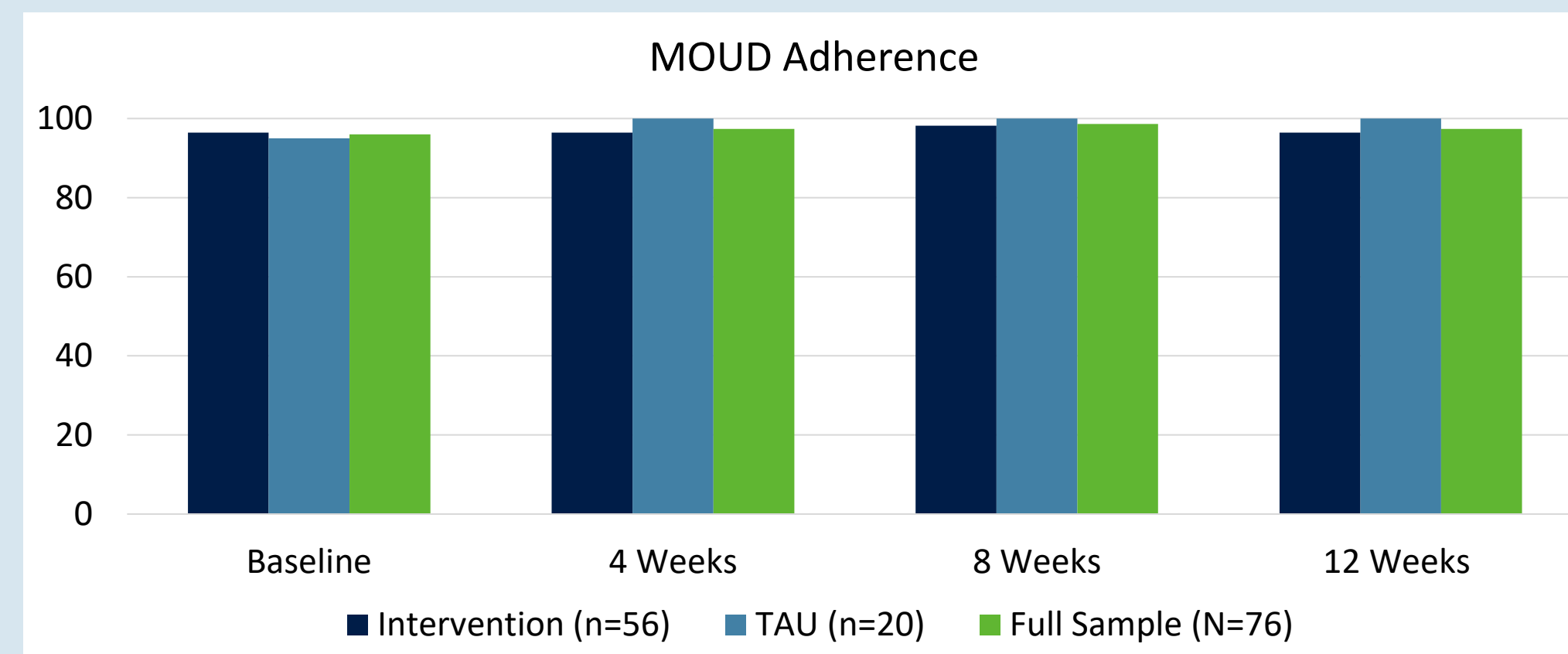
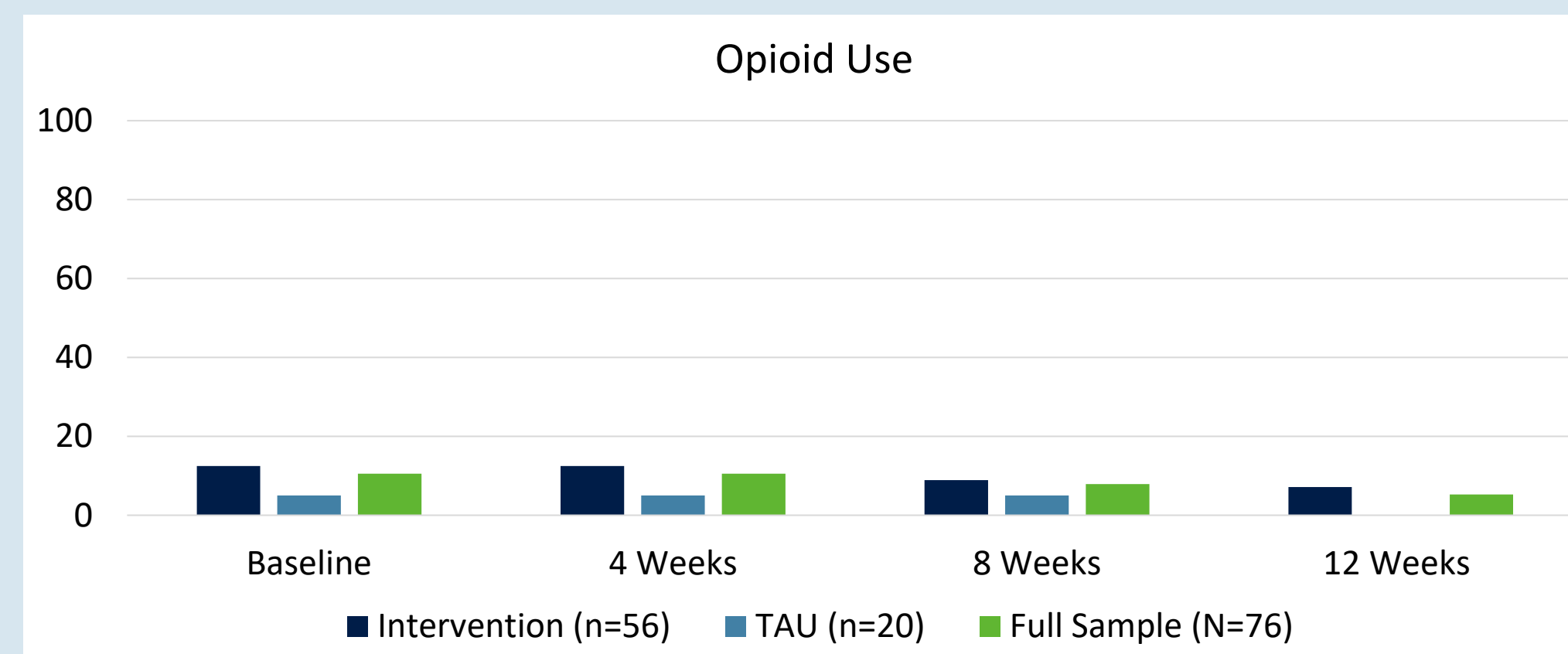
INTRODUCTION

- While buprenorphine is an evidence-based treatment for Opioid Use Disorder (OUD), many patients discontinue treatment prematurely
- Novel intervention strategies that may be delivered outside of traditional treatment settings are needed to support buprenorphine uptake and maintenance
- iENDURE is a combined web- and text message-delivered intervention designed to enhance motivation and improve tolerance of distress to support recovery from OUD

METHODS

- Adults receiving buprenorphine at an outpatient addiction treatment setting were randomized to receive iENDURE (n=56) or treatment-as-usual (TAU; n=20)
- Self-report assessments of craving, opioid use, buprenorphine adherence, and treatment engagement were completed through 12 weeks

RESULTS



CONCLUSION

- The iENDURE intervention demonstrated initial support for feasibility and acceptability as evidenced by recruitment, retention, and satisfaction ratings
- No statistically significant differences between the intervention and control groups with regard to treatment retention, opioid use, buprenorphine adherence or cravings
- Within-group analyses yielded reductions in craving from baseline to 12 week follow-up
- Greater overall engagement with treatment within the intervention group
- Future work is needed to determine which individuals may benefit most from additional skills training offered through digital health

AUTHORS & DISCLOSURES

Kirsten Langdon PhD; Rhode Island Hospital, Brown School of Medicine, Brown-Lifespan Center for Digital Health; Consultant for Noom, Inc.

Genevieve Dash, M.A., M.S.; Brown School of Medicine, University of Missouri; Nothing to disclose

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