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Employing mobile breathalyzers for alcohol use disorder treatment in outpatient settings: Data trends on best practices

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This talk will detail the implementation, validity and utilization of mobile momentary-assessment breathalyzers within the context of an Intensive Outpatient(IOP) treatment for Alcohol Use Disorder(AUD). Fifty-Six participants in an IOP treatment program in Southern California were provided breathalyzers when entering treatment. Breathalyzer assessment schedules were set based on participant's sleep schedule and three daily remote assessments were programmed. The abstinence group recorded lower maximum Blood Alcohol Content(BAC) as well as a significantly lower average BAC than the moderation group. A significant presence of missing data was identified, with participants missing approximately 38% of the programmed tests, although no significant group differences were found based on treatment goal selection. The study reveals that the utilization of a mobile breathalyzer within an IOP treatment context is feasible. The study also details analysis recommendations for providers engaged in such data collection. Reporting adherence as a measure of treatment progress is suggested given the relationship between treatment success and breathalyzer reporting observance. Finally, BAC-related findings showed differences between clients based on initial goal-selection.

Biography

Adi Jaffe received his Ph.D. from the University of California, Los Angeles (UCLA) in 2010. Even before he graduated his name had become known through his online and academic writing. His views on addiction and his research on the topic have been published in dozens of journals and online publications and he has appeared on several television shows and documentaries discussing current topics in addiction and the problem of addiction as a whole. Most recently He had the privilege to speak at a TEDx event hosted by UCLA. His view is a holistic one, drawing from the best and most recent research to bring as complete a solution to addiction clients.

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