

# Beat Drugs Fund Project Experience Sharing Session

160034: “Enhancing abstinence by novel approach of  
Metacognitive Intervention and Life-Style Redesign”

「復元『理』博士」

元認知 /  
Metacognition

自我管理 /  
Self-management



職業治療部  
Occupational  
Therapy

Kino Lam

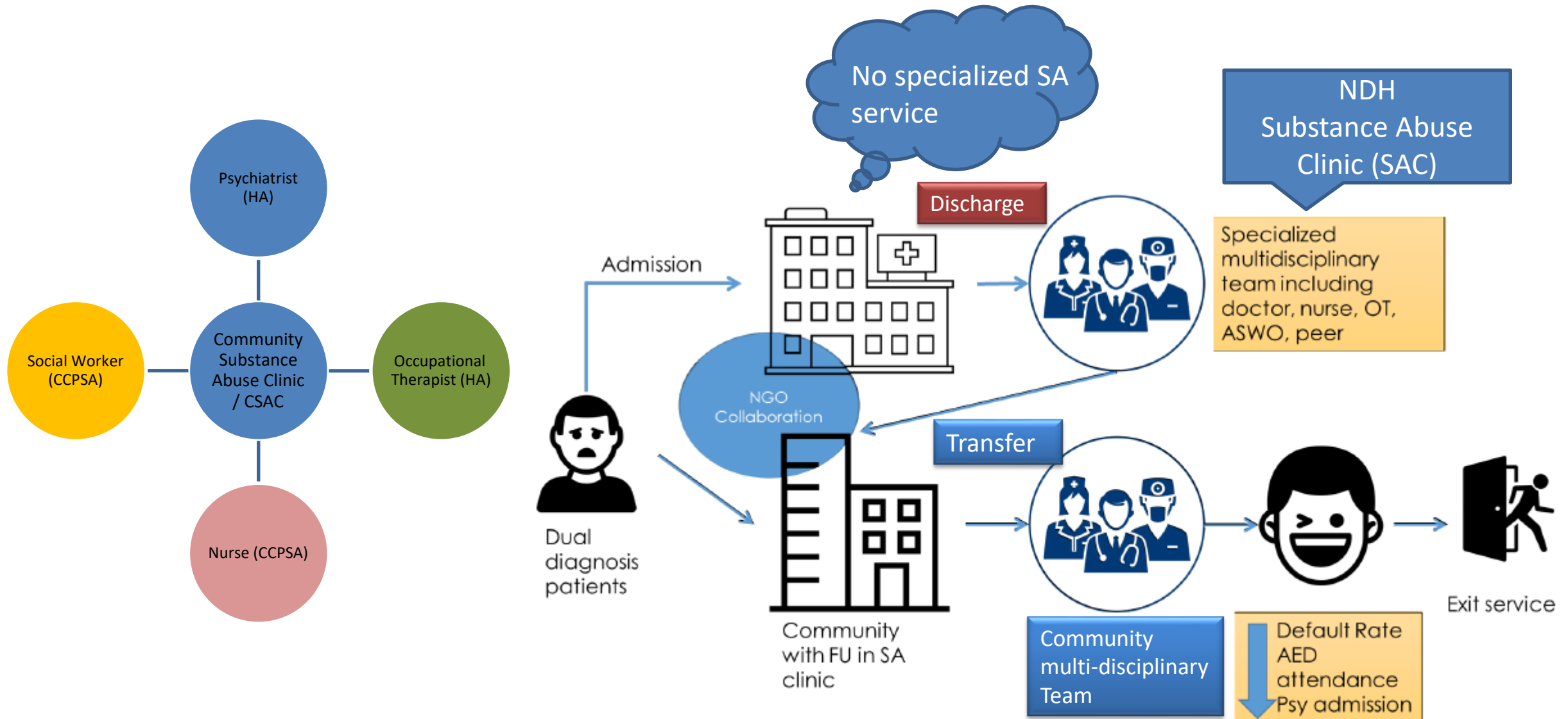
Occupation Therapist I

Alice Ho Miu Ling Nethersole Hospital

16<sup>th</sup> December 2019



# Medical-Social multi-disciplinary service model



# Background of bidding (1)

## 3 Main Gaps in previous SA services

Current trend:

↑ Hidden Drug Abusers



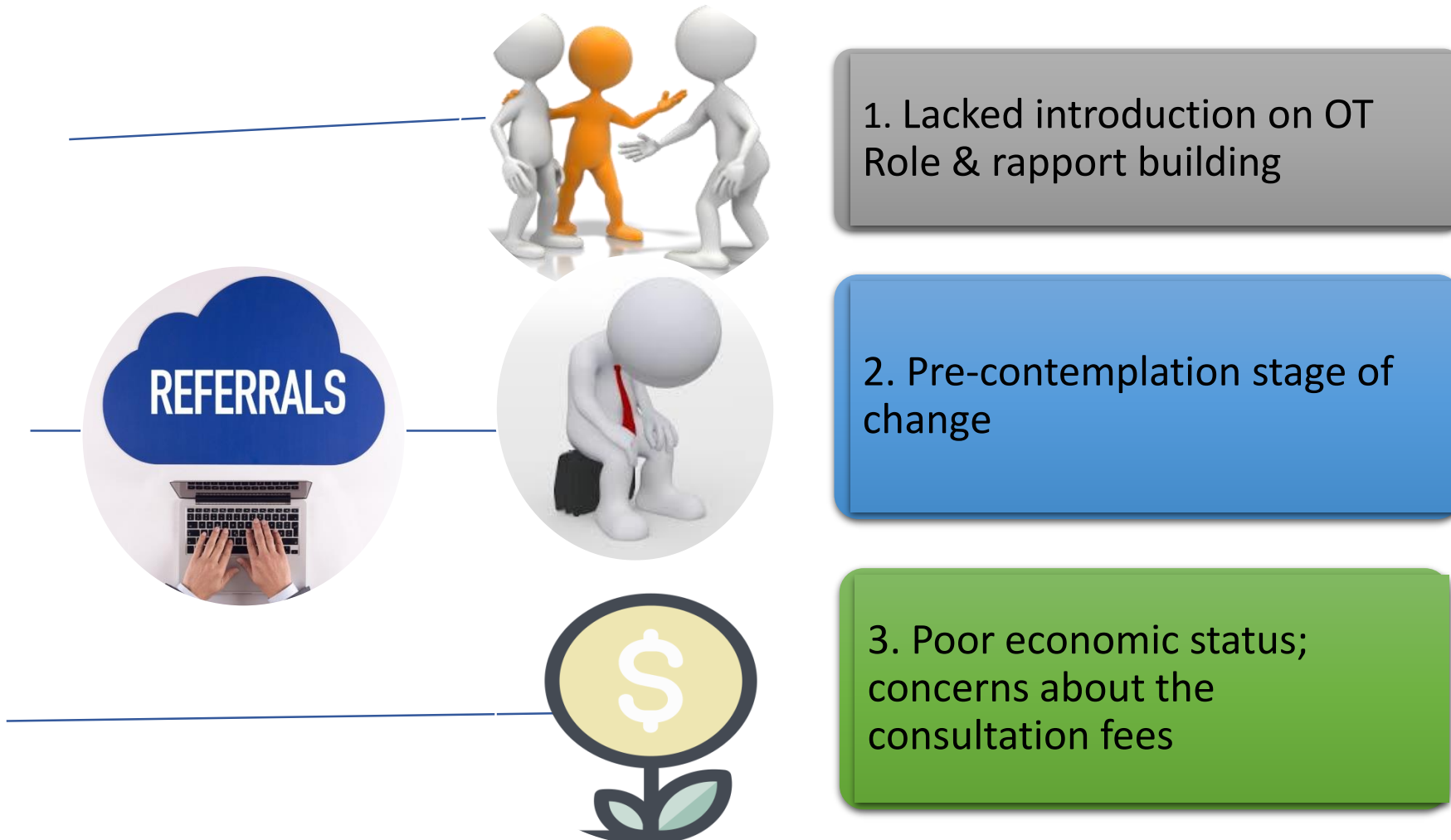
1. Lacked rehab service for SA in-patients upon discharge

2. Lacked early and effective intervention to cease SA behavior

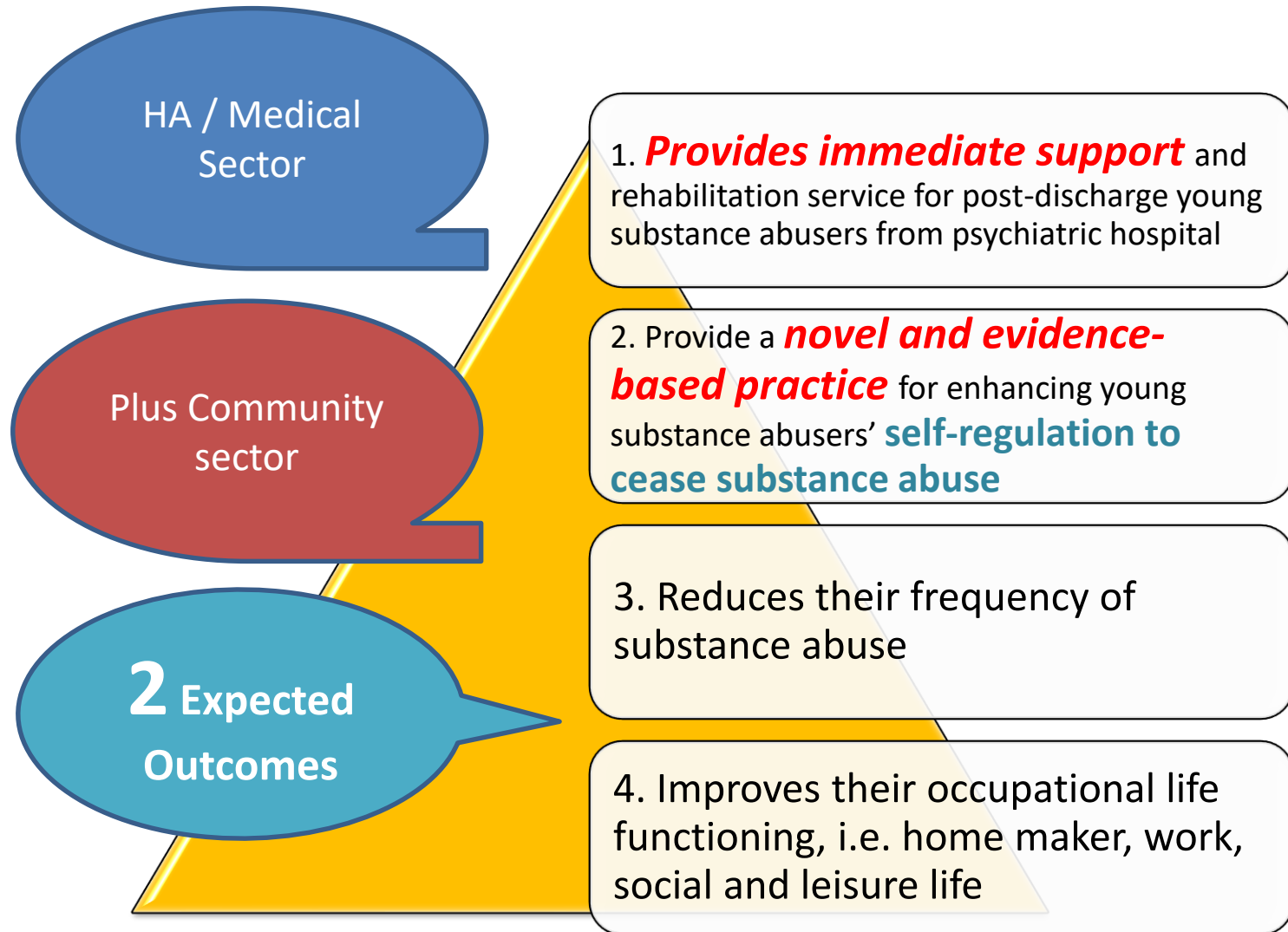
3. Lacked abstinence support

# Background of bidding (2)

## 3 Main reasons of difficulty to reach and engage in rehabilitation

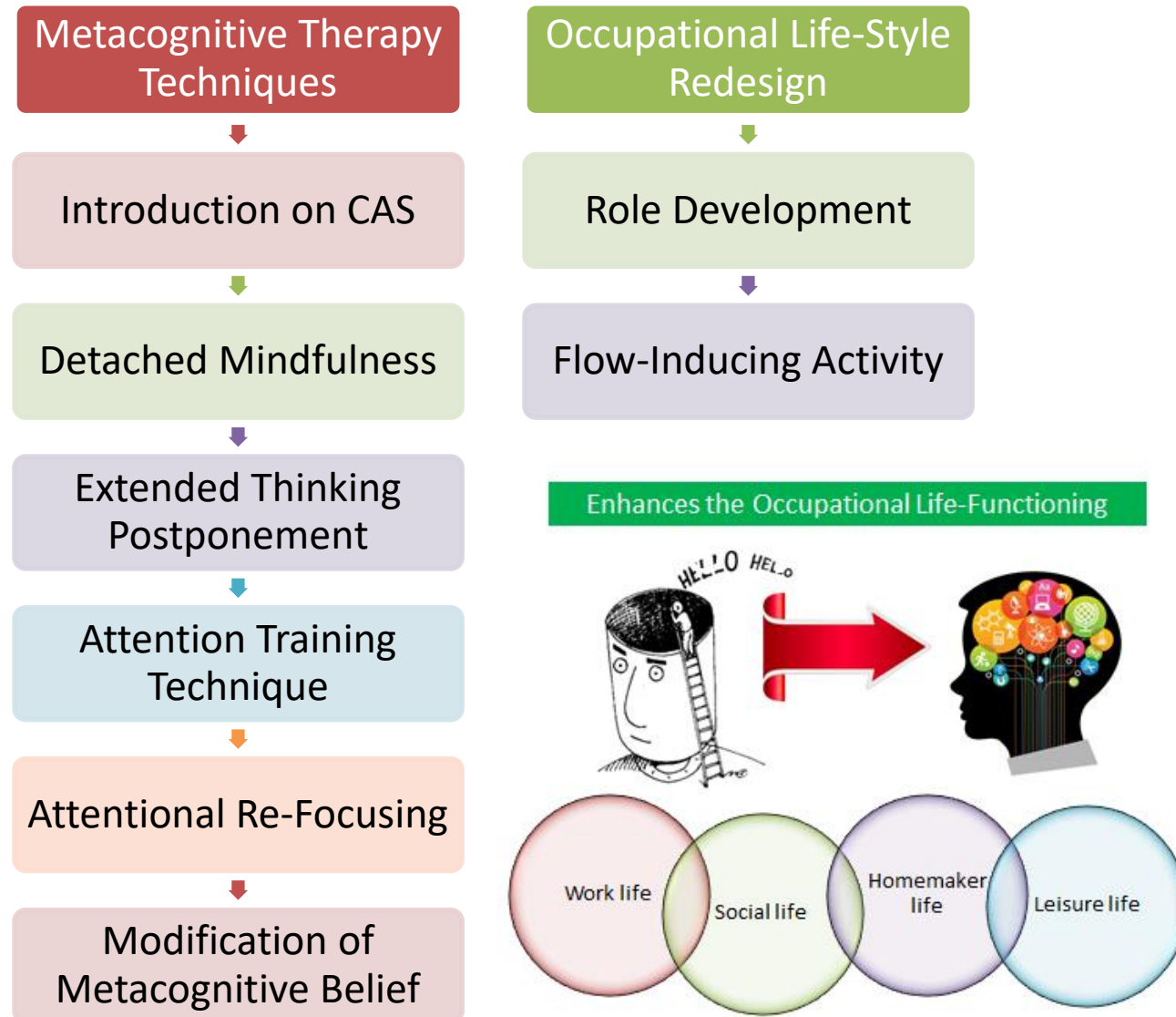


# 4 objectives of the project through the project





# Metacognitive-Focused Occupational Therapy (MFOT) program to tackle the service gaps



# Abstinence Support & Change of Lifestyle

OT  
Intervention

## 1. Psychosocial Intervention

- \* Self-regulation in Thinking & Emotion
- \* Promotes resistance to craving

Knowing  
Doing  
Keeping

## 2. Functional assessment and training

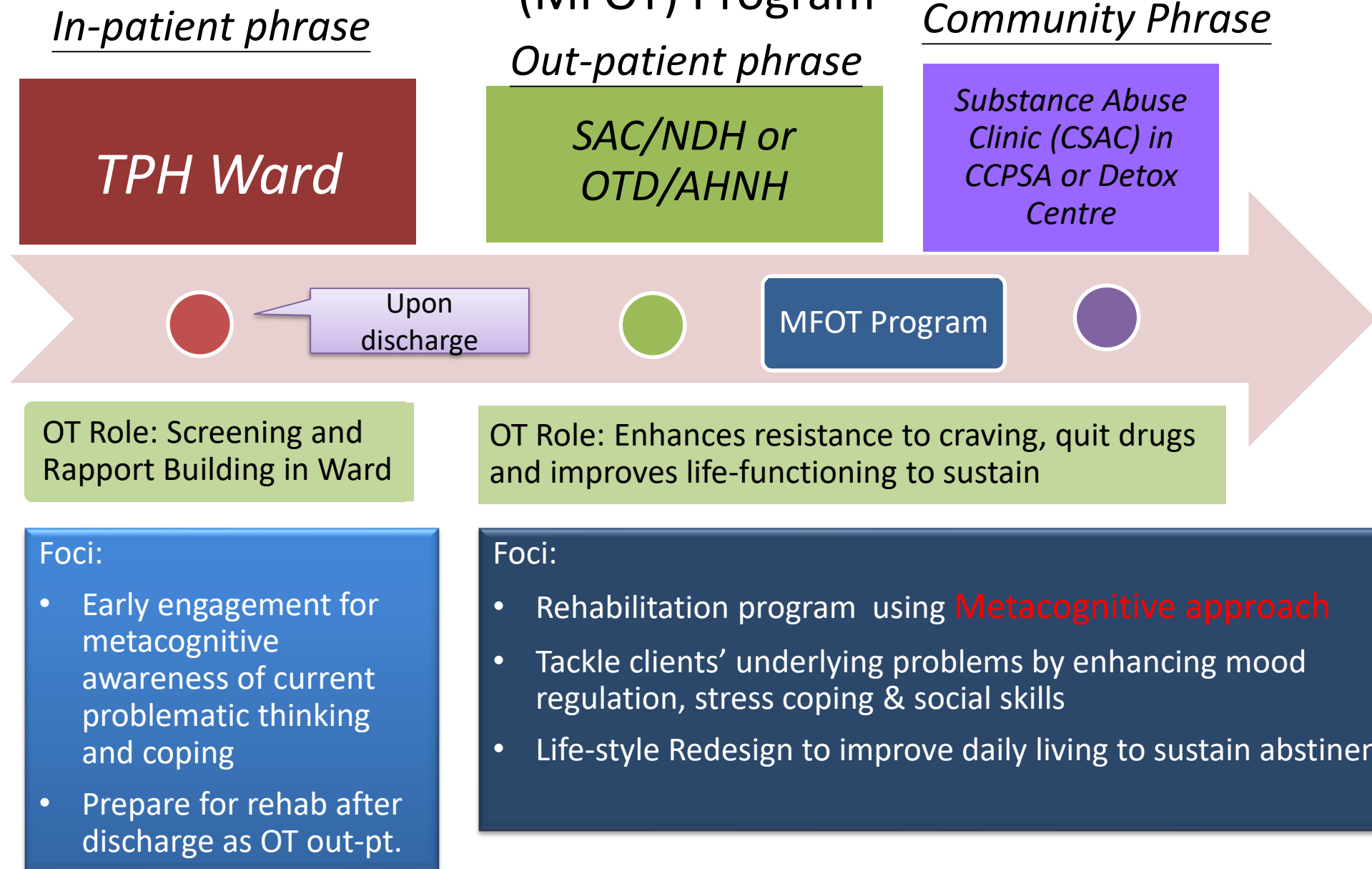
- \* i.e. Cognitive assessment and work assessment
- \* Restore performance capacity

## 3. Occupational Life-Style Redesign

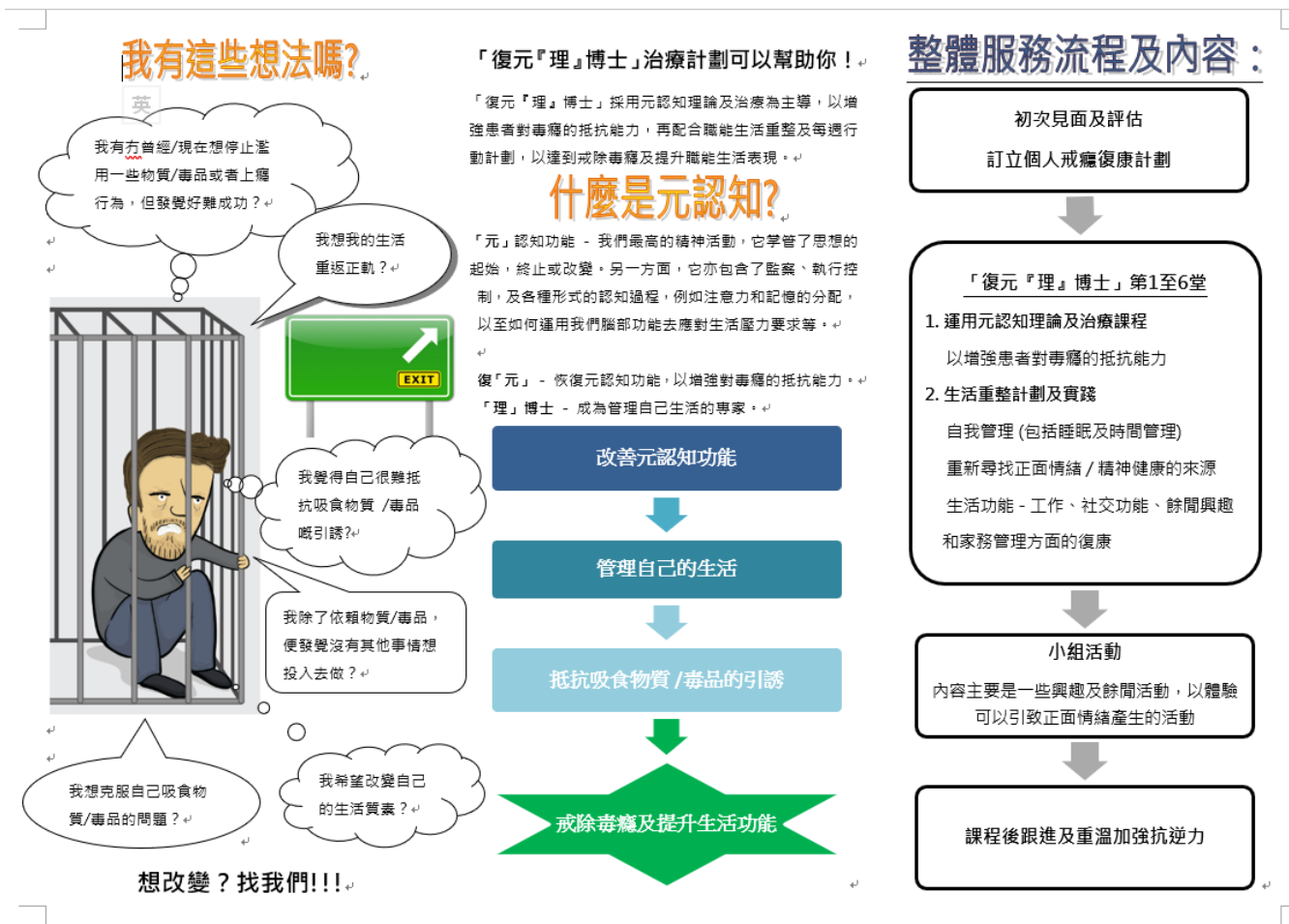
- \* Re-build meaningful life role and scheduling
- \* Regain successful experience and engagement in occupation



# Metacognitive-Focused Occupational Therapy (MFOT) Program



# Speedy assessment on needs and develop rapport





## New and Emerging Areas Metacognitive Therapy (MCT)

1. It proposes the existence of a universal maladaptive thinking style that causes disorder (Cognitive Attentional Syndrome / CAS)
2. To reduce worry and rumination and alter problematic patterns of attention and coping
3. Targets underlying metacognition that controls thinking and helps patients develop new ways of consciously experiencing inner events

A large body of evidence supporting the existence of the CAS in psychological disorders



### **Cognitive Attentional Syndrome / CAS**

Extended thinking: Rumination and Worry  
Maintains the person's negative sense of self and perception of threat through specific pathways

### **Metacognitive Belief**

Positive: Usefulness  
Negative: uncontrollability and Danger

### **Emotional vulnerability**

Prolonged emotional distress and suffering

### **Psychological disorders**

Developed disorders-specific metacognitive model



# Output and Outcome

## Output

**240** substance  
abusers are  
recruited for  
individual  
treatment  
  
**Not less than**  
**1,800** sessions  
of treatment  
  
3- years based

**6** group  
activities are  
provided with at  
least **60**  
substance  
abusers  
completed 1  
group activity

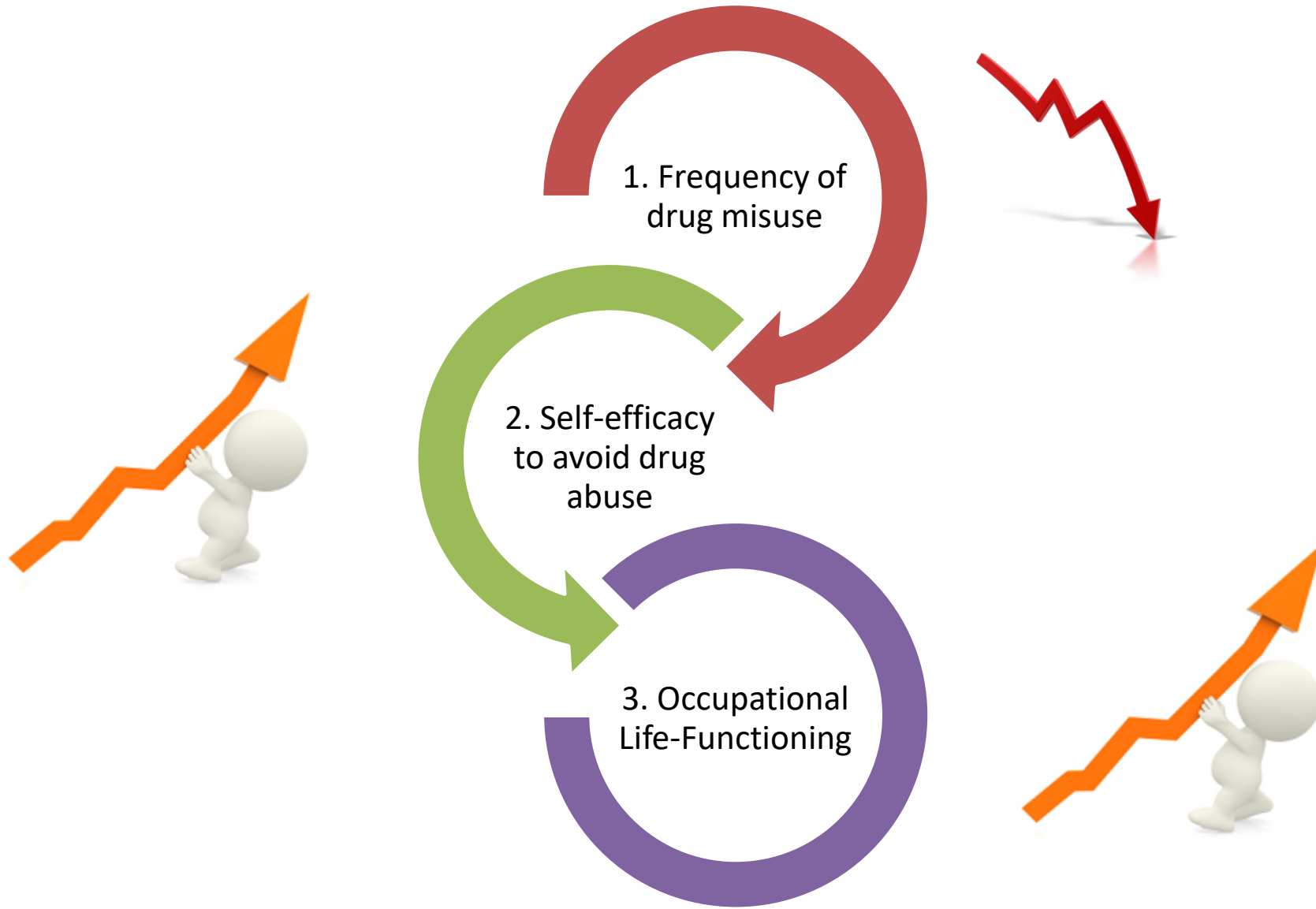
## Outcomes

**60%** of the  
participants  
**improve the**  
**self-efficacy** to  
avoid drug use

**60%** of the  
participants  
**decrease the**  
**frequency of**  
drug use

**60%** of the  
participants  
**enhance the**  
**occupational life**  
functioning

# 3 Key Outcome Measures





# What is the updated progress ?

Progress of the  $> 2/3$  project



# Metacognitive-Focused Occupational Therapy (MFOT) Program

> 2 Years Statistics (July 17 to Nov 19)

29 / month

Output	Target	Updated Progress
Total Cases	240	> 300
Sessions of Treatment	1,800	> 1,500
Group Activity	6 times of activity, 60 substance abusers completed 1 group activity	5 times of activity, 54 substance abusers completed 1 group activity



Output	Targeted Improvement	Updated Progress
1. Frequency of drug use	> 60%	> 70%
2. Self-efficacy to avoid drug abuse	> 60%	> 80%
3. Occupational Life-Functioning	> 60%	> 80%

# Temporary Outcomes on enhancing “Abstinence” (n=100)



Cases reduced  
drug use  
frequency

30



Number of  
cases avoided  
relapse

28



Number of  
cases quitted

15

73% positive trend !



# Analysis of the temporary results

→ Version 2.0 urged !

1. No active treatment in in-patient phase

2. Insufficient time to instill insight and strengthen rapport

3. Improvement on the retention rate is urged !

Default Rate

- High in discharged case from TPH
- Relatively low in SAC or CCPSA

Effectiveness of MFOT program

- Temporary result was positive
- ~80% of case completed program showed improvement

# The ultimate goal is to ...

A MEANINGFUL



1. New life role
2. Meaningful occupational engagement
3. Well-being & happiness

***Without Drug !***

For your kind attention and support



We want  
to discuss

.....

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Difficulties [Client's characteristic + Time for engagement]

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Learning Points [Early engagement + Enhanced psychological treatment]

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Discussion

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# Cognitive Attentional Syndrome (CAS)



## Rumination

Past-oriented

Answer “Why”

Finding answer and  
personal significance



## Worrying

Future-oriented

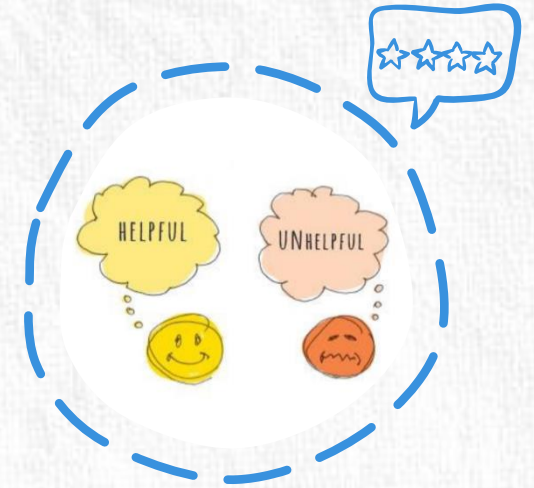
Answer “What if”

Anticipated failure  
and threat



Fixated attention  
on threats

Threat-monitoring



Unhelpful self-  
regulatory strategies  
or coping behaviors  
“Backfire”

Metacognitive  
Knowledge

## Metacognitive Belief

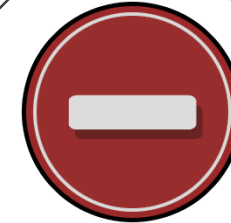
(Believed hold on thinking)



**Positive**



**Cognitive Attentional Syndrome  
(CAS)**



**Negative**

+ Metacognitive Belief concerns the usefulness of worry, rumination, threat monitoring, and other similar “Metacognitive strategies”

1. Uncontrollability of thoughts
2. Negative significance and meaning of internal cognitive events such as danger, importance and meaning of them

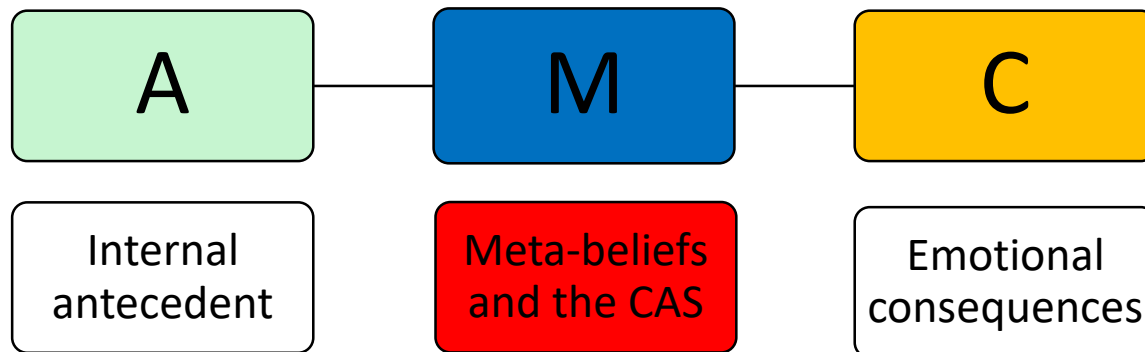


# Mr. Y's story

1. Positive:
  - Rumination helps me find answer
  - Taking "ICE" could improve my mood
  - Thinking about having "Ice" will make me feel better
2. Negative:
  - I can't control my thinking
  - My substance abuse problem persists no matter how hard I tried to control it
  - Once I start taking illegal drug, I find it difficult to stop

1. Feeling depressed
2. Having a sense of hopelessness and despair
3. Stay at home until he felt better mood

Trigger thought  
"I am probably an useless man"



1. Extended thinking: Rumination "Why was I so useless?"
2. Mal-adaptive behavior - Substance abuse (ICE)
3. Socially avoidance