

BDF170066

Formation of Programme Evaluation Guidelines towards Evidence-Based Practice of Drug Treatment and Rehabilitation for Psychotropic Drug Abusers in Hong Kong: A Mixed Mode Study

Executive Summary

Background

It is learnt that there is a missing link between drug rehabilitation and treatment programs' outcome effects and the adopted interventions with the absence of a guideline of program evaluation in Hong Kong. This study aims to fill the lacuna by exploring local stakeholders' views on the programmes for psychotropic drug abusers, developing a set of programme evaluation guidelines for the Hong Kong context specifically, exploring the concept of Quality of Life (QoL) from the perspective of drug abusers and developing a measurement tool for local drug abusers as an alternative outcome indicator for treatment and rehabilitation programmes. This research is supported by the Beat Drugs Fund (BDF reference number: 170066).

Methodology

The study consists of several parts: a systematic review on overseas interventions' outcome effects on methamphetamine drug users, a review on 24 local projects' components and outcome measurements and a Delphi study which includes two waves: qualitative semi-structured interviews and online survey. Besides, a new quality of life scale, Need-based Quality of Life Scale (NBQoL) for psychotropic drug abusers, was developed and validated following the process of scale development and validation. Furthermore, validation exercises were also conducted on the Medical Outcomes Study Short-Form version 2 (SF-12v2) and the Severity Dependence Scale (SDS) through a questionnaire of people with psychotropic drug abuse.

Result

In face of new challenges, we suggest a holistic, inclusive and proactive mindset in formulating and designing drug treatment and rehabilitation programs. Individualised and cross-disciplinary collaboration are highly recommended. Intended outcomes of a program should be laid out succinctly along with corresponding outcome measurement tools, including a combination of subjective and objective measurement tools, to spell out the efficacy of the interventions adopted and allow the tracking of one's progress across time. Moreover, adopting different means and strategies (including but not limited to harm reduction approach) to engage and support drug abusers for achieving complete abstinence is recognised as a practical approach, despite its significance in contributing to drug abstinence requires future research to ascertain. A new need-based QoL scale was also developed and validated with two other useful outcome instruments (SF-12v2 and SDS) which all showed adequate psychometric properties.