

# MIDAS Trial Results Summary



Motivational Interventions for  
Drugs & Alcohol misuse in  
Schizophrenia

## Aim

The MIDAS trial compared a psychological therapy (integrated motivational interviewing and cognitive behavioural therapy, MI-CBT) with usual care provided by mental health services.

We wanted to test whether the therapy helped people to reduce their substance use. We also wanted to know whether it improved people's symptoms and functioning and helped to reduce hospital admissions and relapse rates.

## Results

All the assessments have now been completed and the results have been analysed. These are the main findings of the study.

### **The psychological therapy helped to:**

- engage people in treatment
- increase their motivation to change substance use habits
- reduce the *amount* of drugs or alcohol that they use

### **However, the therapy did not help to:**

- reduce the *frequency* of people's drug or alcohol use
- prevent them being admitted to hospital
- reduce their symptoms
- prevent relapses (increases in symptoms lasting more than 2 weeks)
- improve their day to day functioning

Retention of participants in the MIDAS trial was excellent, greatly improving on previous studies.

## Participants

Between 2004 and 2007, we recruited 327 participants from 6 NHS Trusts in Greater Manchester, Lancashire and South London. These were all people who had been diagnosed with schizophrenia (or a similar condition) and who had high levels of alcohol or drug use.

## Treatments

Half of the participants continued with their usual treatment. The other half were offered the psychological therapy for 12 months as well as their usual treatment. We used random allocation to decide who was in each group (i.e. it was decided by chance).

## Assessments

We contacted all the participants every 6 months to ask about their drug or alcohol use. We also asked about their symptoms every 12 months. Participants gave us permission to look at their case notes to find out if they had been admitted to hospital or experienced any relapses (increases in symptoms lasting more than 2 weeks).

The assessments continued for 2 years in total, with the final assessments completed in 2009.

## Acknowledgements

We want to warmly thank everyone who took part in the trial. We are also grateful to all the NHS staff who helped us to recruit participants and to the trial therapists and research assistants.

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