

# Social Support and Motivation to Change Among People Who Use Drugs in Vietnam

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## OVERVIEW

- A cross-sectional study was used to investigate the association between social support and motivation to change among people who use drugs (PWUD) living in community.
- Regardless of methadone treatment status, social support is correlated with PWUD's motivation to change.

## INTRODUCTION

- Few studies focus on the relationship between motivation to change and social support, though both have been identified as important factors related to desire addiction treatment outcomes.
- Methadone maintenance treatment (MMT) users might have higher motivation to change and receive more support than non-MMT users.

## METHODS

- The study analyzed the baseline data of a cluster randomized trial implemented in Vietnam from 2014 to 2016.
- Participants were 900 drug users living in community and aged 18 or older.
- Data was collected using Audio Computer-Assisted Self-Interview (ACASI) method.
- Measurements:
  - Perceived social support by a 12-item Medical Outcome Study - Social support Scale
  - Motivation to change by the 16-item Texas Christian University - Treatment Motivation Scale
- Multilevel linear regression models performed to examine factors associated with motivation to change among all participants, MMT users and non-MMT users.

## RESULTS

- 98% of the participants were male; 72% were married or living with a partner; 55% finished secondary school or higher education; 80% were employed. The mean age was 36.7 (SD = 8.0).
- At the time of the study, less than one third (27%) of the participants were receiving MMT.
- Social support was positively correlated with motivation to change both among MMT users and non-MMT users.

Table 1: Multilevel regression model of motivation to change on social support among MMT and non-MMT users, Vietnam

	Motivation (Non-MMT users, N = 626) Coef. (95%CI)	Motivation (MMT users, N = 245) Coef. (95%CI)
HIV status (Positive vs. Negative)	-0.99 (-3.05 – 1.08)	-1.07 (-2.83 – 0.69)
Using heroin in the last 30 days (self-reports) (Yes vs. No)	0.13 (-1.28 – 1.54)	0.52 (-1.02 – 2.07)
Ever in the 06 center (Yes vs. No)	0.83 (-0.49 – 2.15)	-0.03 (-1.58 – 1.52)
Having family members using heroin (Yes vs. No)	0.74 (-1.13 – 2.60)	1.16 (-0.66 – 2.98)
Having friends using heroin (Yes vs. No)	1.29 (-0.24 – 2.81)	2.49 (0.96 – 4.03)**
Depressive symptoms	0.12 (-0.01 – 0.26)	0.15 (0 – 0.30)*
<b>Social support</b>	<b>0.20 (0.12 – 0.28)***</b>	<b>0.15 (0.06 – 0.23)**</b>

The model was adjusted for Gender, Age, Marital status, Years in school and Employed status. Total of 871 observations were included in analysis due to case-completed analysis. \* < 0.05, \*\* < 0.01, \*\*\* < 0.001

## CONCLUSION

- Social support associated with increased motivation to change among PWUD with or without MMT experience.
- Future interventions on social support can enhance PWUD's motivation of making positive behavioral change. Even among MMT users, cultivating motivation is necessitated and it could be achieved through providing social support.

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