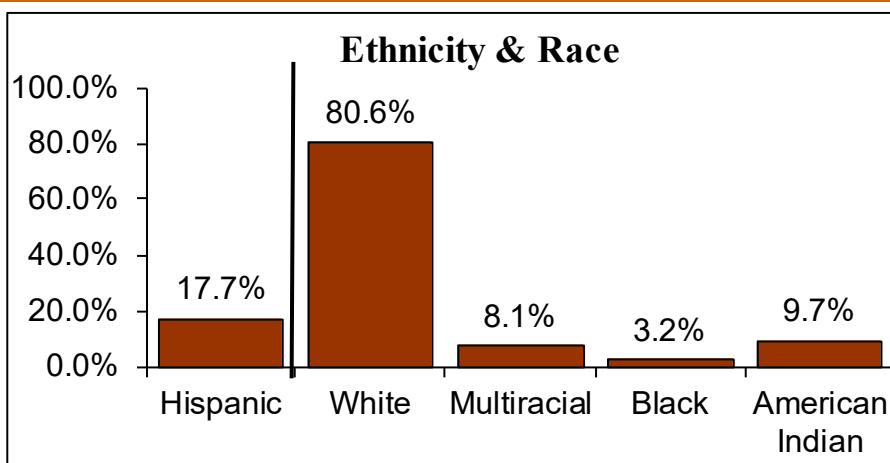


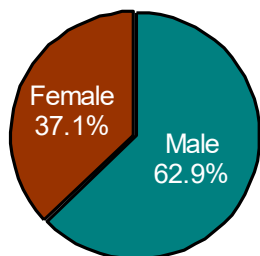
# The Seven Challenges® Comprehensive Counseling Program Effectiveness for Adults with Substance Use Problems

This report presents findings from a research study conducted by the University of Arizona-Southwest Institute for Research on Women (UA-SIROW) in collaboration with D7 Treatment. This study examined the acceptability and effectiveness of The Seven Challenges, a comprehensive substance use counseling program focused on decision-making, compared to the effectiveness of commonly provided, or “standard”, cognitive-behavioral substance use treatment (CBT) implemented with a focus on abstinence. It examined acceptability in terms of treatment satisfaction, clients’ honesty and disclosure during treatment, and perceived impact of treatment at 3 and 6 months after intake into treatment. It examined effectiveness in terms of change over time in vocational engagement, substance use, mental health, and criminal behavior from treatment intake to 3 and 6 months after intake. Findings are based on data from 61 adults clients of D7 Treatment (26 clients received The Seven Challenges; 36 clients received standard CBT).

## Description of Research Participants



### Self-identified Gender



**Age (M = 32.3)**

18-30	46.8%
31-40	37.1%
41-55	16.1%

- Almost half (47%) of participants were 18 - 30 years of age and 63% were male.
- About 2 in 10 (18%) participants were Hispanic.
- The majority (80.6%) of participants were White.

## Acceptability of The Seven Challenges Program Compared to Standard CBT

### Treatment Satisfaction

Participants were asked 11 questions regarding their satisfaction with their counselors and their treatment. For example, participants were asked if their counselors respected them and helped them do something about their alcohol and drug use.

- On all 11 items, 91% to 100% of *all* participants reported being satisfied.
- The majority of participants in both treatment groups reported being satisfied with their counselors and treatment.
- This satisfaction remained stable over time from 3 to 6 months post-intake into treatment.

## *Acceptability of The Seven Challenges Program Compared to Standard CBT*

### Honesty and Disclosure during Treatment

Measure	The Seven Challenges Group		Standard CBT Group	
	3 months post-intake	6 months post-intake	3 months post-intake	6 months post-intake
Extent honest during counseling (0-100% honest)	<b>94.2%</b>	<b>96.0%</b>	<b>86.6%</b>	<b>81.8%</b>
Extent revealed personal issues during counseling (0-100% revealed)	<b>92.8%</b>	<b>91.1%</b>	<b>80.4%</b>	<b>76.3%</b>
Self Disclosure (0: none - 4: full disclosure)	<b>3.3</b>	<b>3.4</b>	<b>2.6</b>	<b>2.7</b>

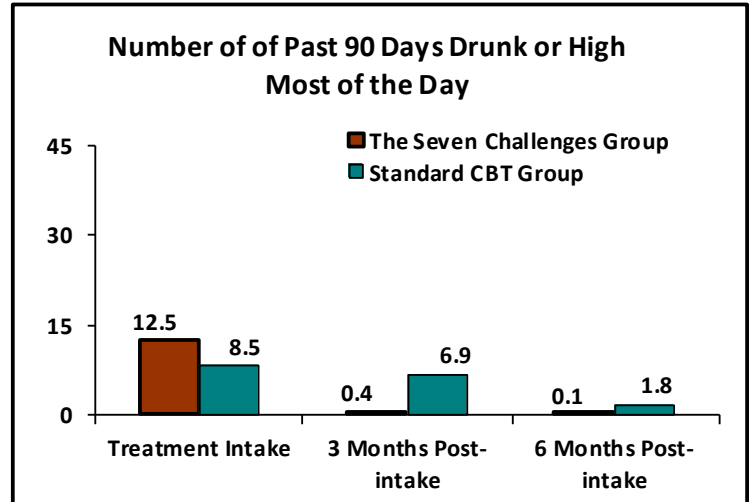
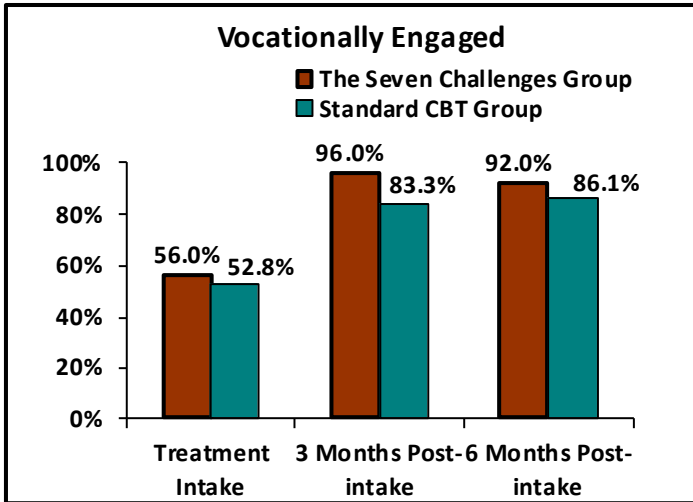
- Participants in both treatment groups reported being honest and self-disclosing during treatment.
- However, participants in The Seven Challenges group reported greater honesty that increased slightly over time compared to the honesty reported by participants in the Standard CBT group, which decreased over time.
- Similarly, participants in The Seven Challenges group reported greater revelation of personal issues compared to participants in the Standard CBT group who reported less revelation of personal issues over time.
- In addition, participants in The Seven Challenges group reported greater self-disclosure at 3 and 6 months post-intake compared to participants in the Standard CBT group.

### Perceived Impact of Treatment

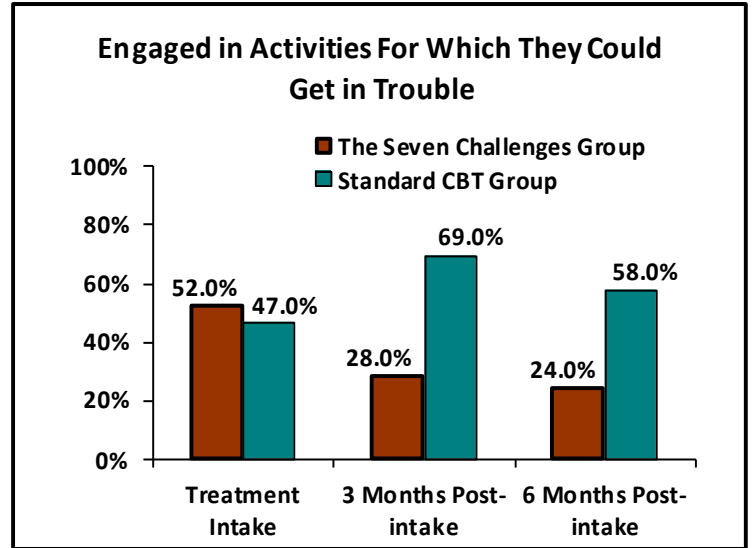
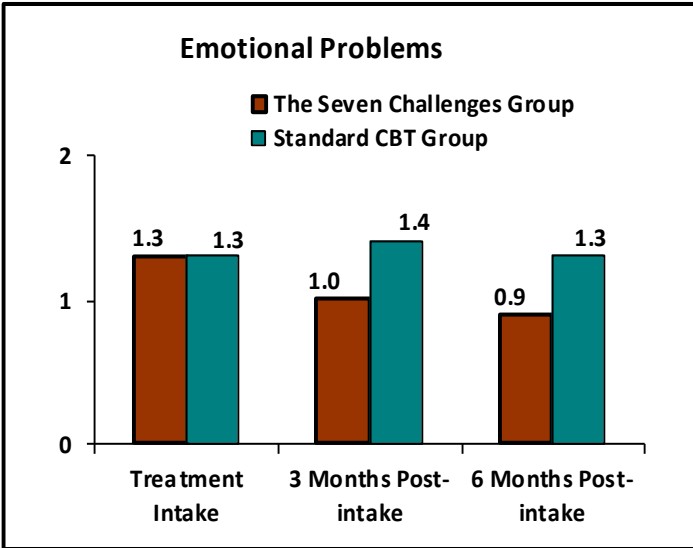
Different types of impact (0: not at all - 4: a great extent)	The Seven Challenges Group		Standard CBT Group	
	3 months post-intake	6 months post-intake	3 months post-intake	6 months post-intake
Extent there are unfair and oppressive conditions in your life	<b>1.5</b>	<b>1.5</b>	<b>2.7</b>	<b>2.0</b>
Extent gain control over drug use since getting treatment	<b>3.8</b>	<b>3.8</b>	<b>3.0</b>	<b>3.6</b>
Extent situation with the court improved since getting treatment	<b>3.4</b>	<b>3.6</b>	<b>2.8</b>	<b>3.2</b>
Extent changed to safer ways of using drugs since getting treatment	<b>2.7</b>	<b>1.8</b>	<b>1.3</b>	<b>1.2</b>
Extent conditions of life (other than with the court) improved since getting treatment	<b>3.2</b>	<b>3.2</b>	<b>2.6</b>	<b>3.3</b>
Extent have improved problem solving skills since getting treatment	<b>3.2</b>	<b>3.6</b>	<b>2.7</b>	<b>2.9</b>
Extent have more control over life since getting treatment	<b>3.2</b>	<b>3.6</b>	<b>2.7</b>	<b>3.1</b>
Extent treatment really helped you with the rest of your life	<b>3.3</b>	<b>3.5</b>	<b>2.7</b>	<b>3.0</b>
Extent other people have less control over life since getting treatment	<b>2.5</b>	<b>3.0</b>	<b>1.9</b>	<b>1.9</b>
Extent employment situation improved since getting treatment	<b>3.5</b>	<b>3.4</b>	<b>2.1</b>	<b>2.6</b>

- Participants in both treatment groups perceived a positive impact of treatment.
- As shown, participants in The Seven Challenges group reported greater positive impact across 10 of the 16 types of positive impact queried than participants in the Standard CBT group.
- Participants in The Seven Challenges group and the Standard CBT group similarly reported reaching their goals, reducing harm from drug use, improving family life and relationships with friends and family, and gaining control over drug use since getting treatment.

# Effectiveness of The Seven Challenges Program Compared to Standard CBT



- Overall, more participants in The Seven Challenges group were vocationally engaged than in the Standard CBT group. Vocational engagement increased over time for both groups.
- Although both groups reduced the number of days they were drunk or high most of the day, The Seven Challenges group reduced this number to a greater extent.



- The Seven Challenges group experienced a reduction over time in the intensity of their emotional problems. The intensity of the Standard CBT group's emotional problems did not change over time.
- Over time, fewer of The Seven Challenges group engaged in activities for which they could get into trouble, whereas, over time, more of the Standard CBT group engaged activities for which they could get into trouble.



Korchmaros, J. D. & Murphy, S. (2018, March). *The Seven Challenges® Comprehensive Counseling Program: Effectiveness for Adults with Substance Abuse Problems*. Tucson, AZ: University of Arizona, Southwest Institute for Research on Women.

For more information, please contact Josephine Korchmaros, PhD at [jkorch@email.arizona.edu](mailto:jkorch@email.arizona.edu).



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