

CZH/4/1084 – Behavioural Couples Therapy as an adjunct to opioid substitution therapy for concordant drug dependent parents with preschool children: A treatment development and feasibility study.

Behavioural Couples Therapy (BCT) is a psychosocial intervention for the treatment of alcohol and drug problems; recommended by NICE for discordant couples where one person has an addiction and the other does not. Evidence suggests that BCT could improve outcomes for high-risk families where both parents use drugs, are in opioid substitution therapy, and have preschool children aged 0-5 years. Conducting such a trial in the UK however, raises several feasibility questions. Our study, which involves adapting and implementing BCT with 18 such families, will assess feasibility and determine its suitability for a pilot RCT. Our innovative project, which includes the US developer of BCT, will be the first study to examine the implementation of BCT with dual drug-dependent couples; the first to focus on outcomes for preschool children; the first to examine BCT delivered within the NHS; and only the second worldwide to involve opioid substitution therapy patients.