

Influence of fluctuations of decision-making and impulsivity on the link between craving and use : an everyday life study

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Introduction

A high level of impulsivity is well known among individuals with addiction vulnerabilities

Craving is predictive of use and relapse in patients with use disorder

Objective

To determine in what extent impulsivity fluctuations would influence the link between craving and substance use among patients with use disorders

Methods

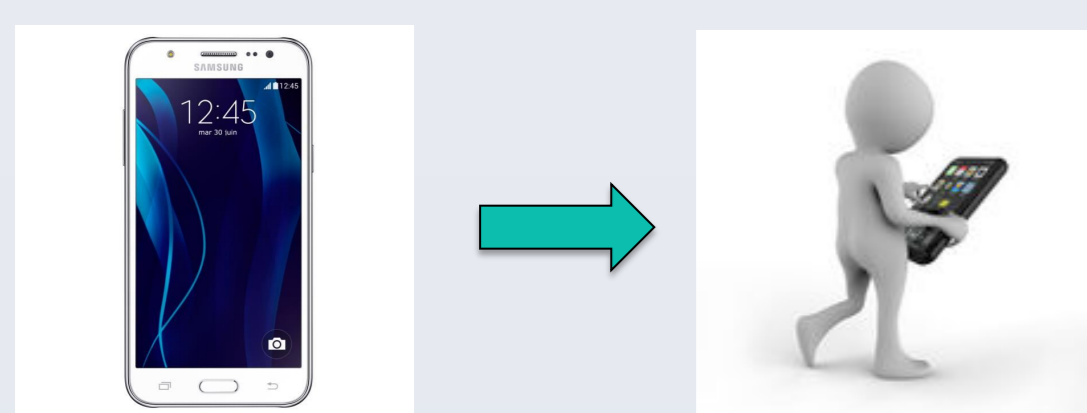
Study Design

7 days, Transversal, Observational
5 random evaluations per day

Sample

18+, seeking treatment for substance use disorder (alcohol, tobacco, cannabis) in outpatient addiction clinic

Ecological Momentary Assessment (EMA) Method



Evaluation in daily life
Real time data
Repeated measures in the day

Variables

Baseline measures

BIS-11 (Barratt Impulsiveness Scale-11) SCORES (non-planning, motor, attentional impulsivity)

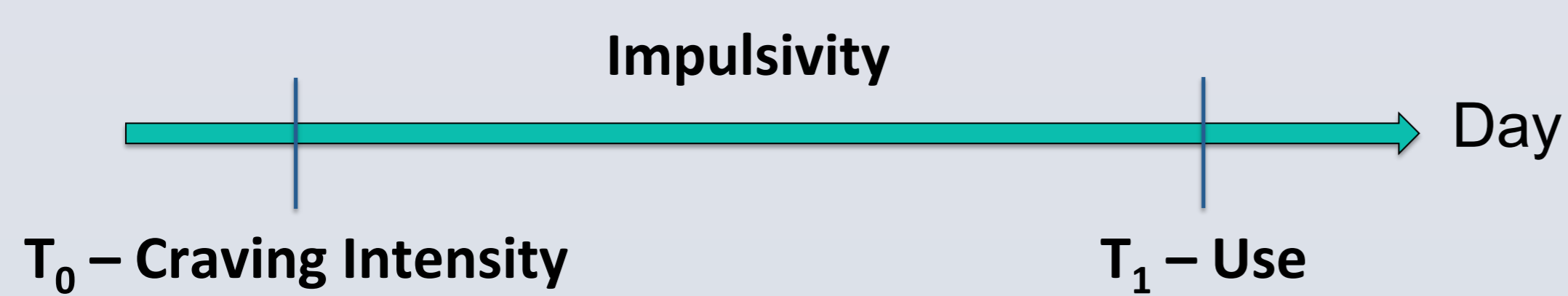
EMA measures

Craving level (1-7)
Impulsivity level* (1-7)
Main problematic substance use (Yes-No)

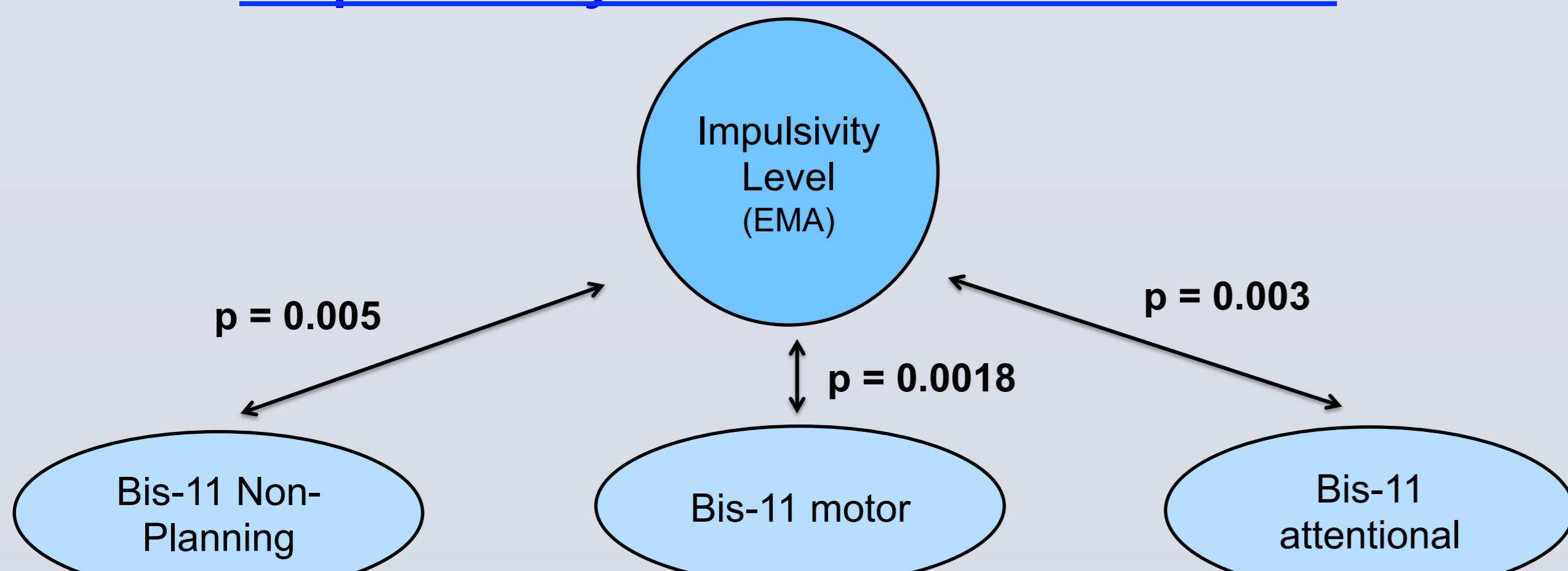
*« Since the last questionnaire, in what extent have you been doing things without thinking? »

Data Analysis Strategy – HLM (Hierarchical Linear Model)

Prospective links between impulsivity, craving and substance use at the next evaluation



Convergent Validity between BIS-11 and Impulsivity collected with EMA



Results

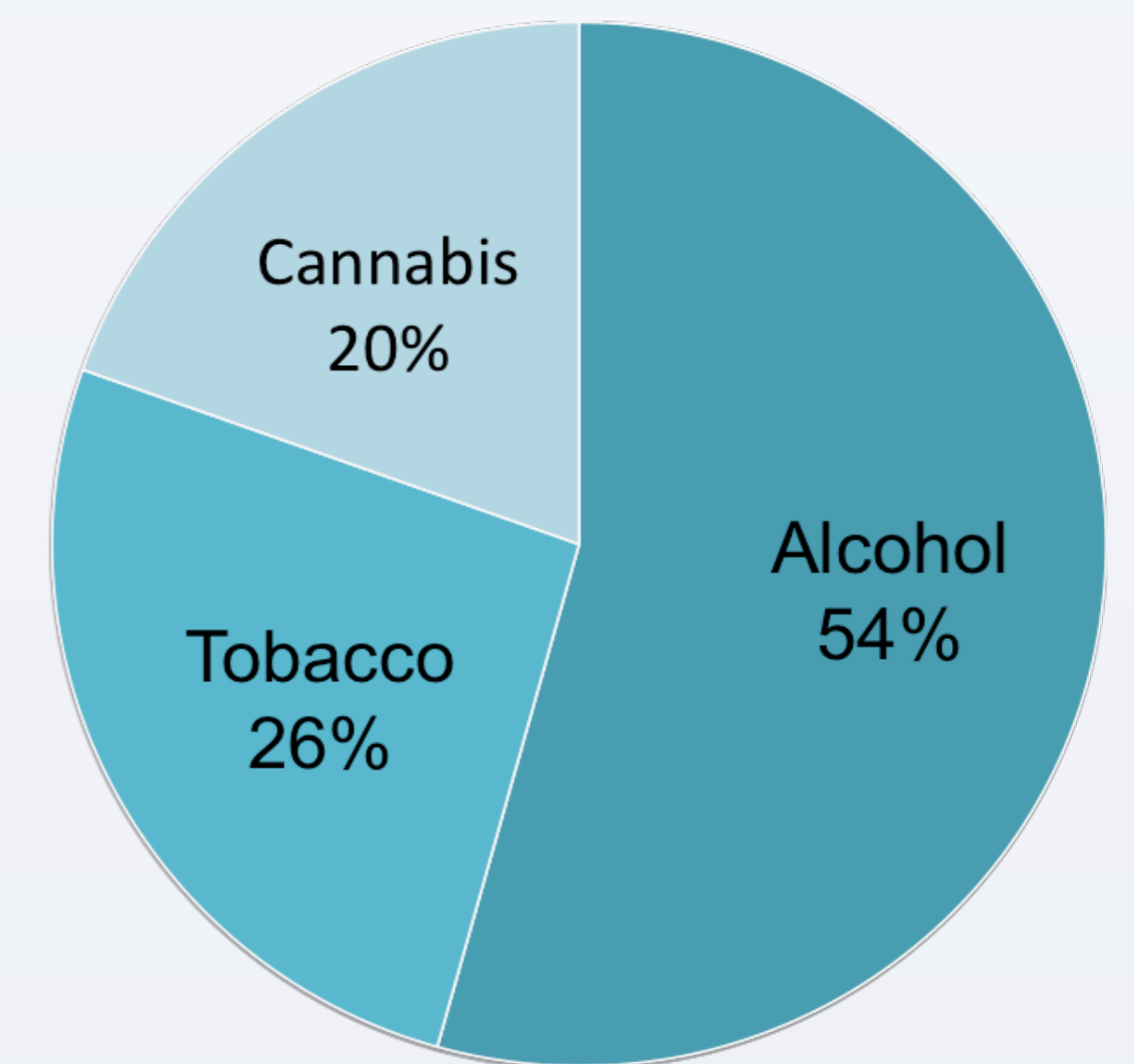
Sample Characteristics

N = 46, 43 y.o.,
52% males

Mood Disorder : 20%

Polyaddiction : 44%

Main Problematic Substance

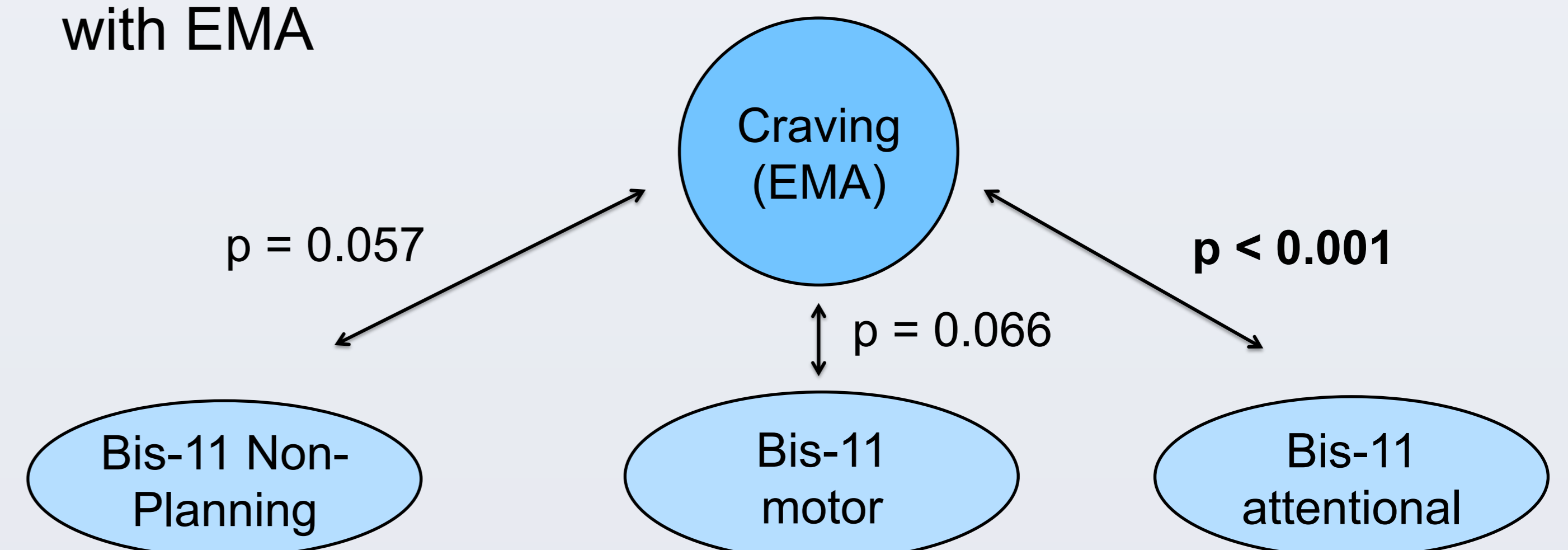


Daily Life Evaluations Results

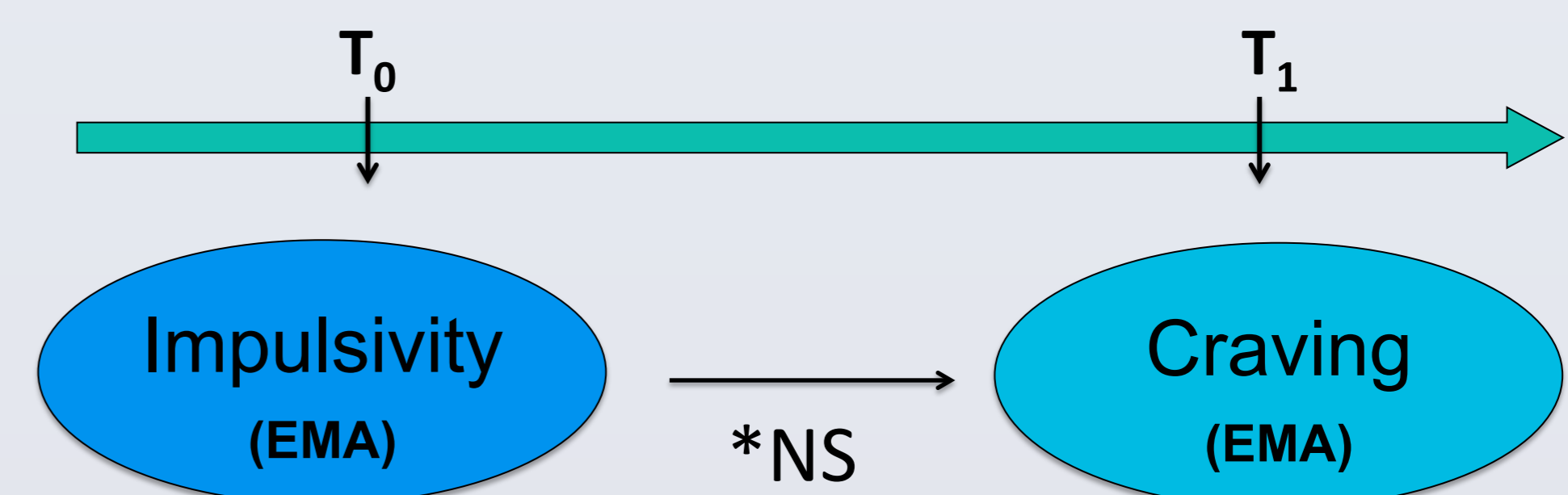
Response rate : 91% (1459 questionnaires)

Association between impulsivity and craving

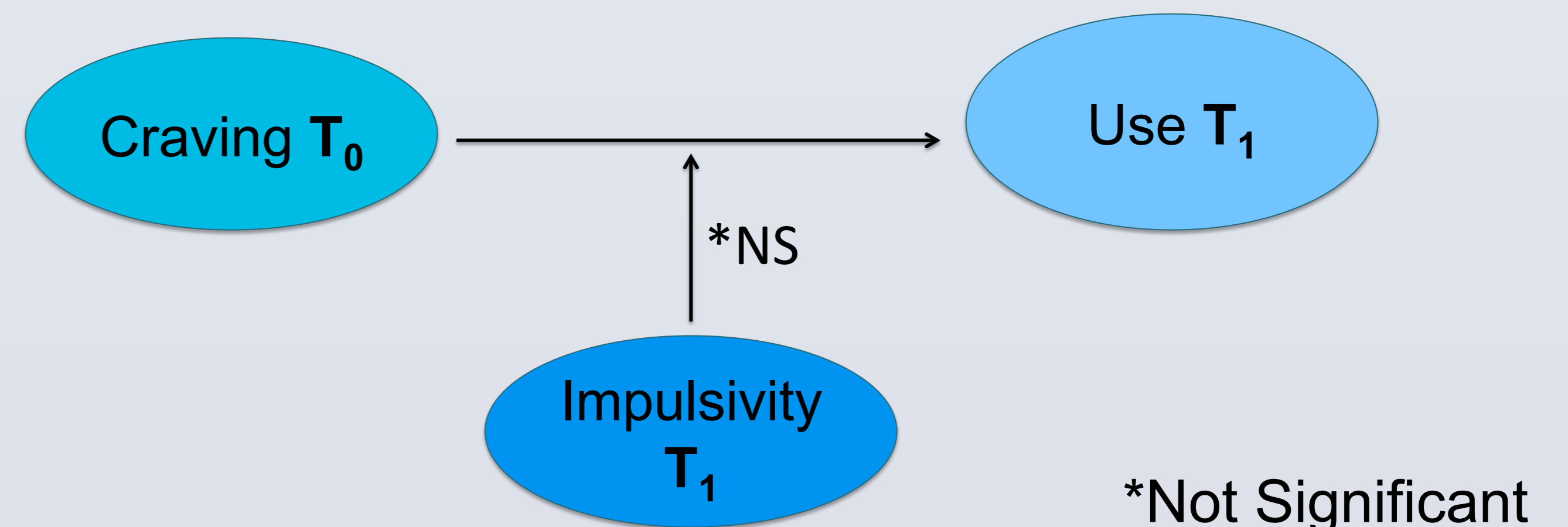
Association between BIS-11 scores and craving collected with EMA



Association between impulsivity and craving collected with EMA



Impact of impulsivity on the link between craving and use collected with EMA



Conclusions

Our results suggest that impulsivity was associated with higher craving levels reported in daily life among patients beginning treatment for addiction

Characterization of the link between craving and impulsivity may lead to innovative methods in addiction treatment.

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