

# université de BORDEAUX

# Low clinical insight is associated with less retrospective craving







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#### **BACKGROUND**

#### **Craving:**

- An irrepressible unwanted experience of wanting (Auriacombe, et al. 2018)
- A subjective conscious experience report by the subject (*Tiffany, et al. 2012*)

### Clinical insight of addiction:

• Clinical insight: recognition of having an addiction, symptoms and consequences, consent to medical care (Jaafari and Markova, 2011; Thirioux, et al. 2020)

### Low clinical insight of addiction:

- Barrier to treatment, underestimation of severity (Maremmani, et al. 2012, Dackis, et al. 2001, Goldstein, et al. 2009)
- Less performances on memory and executive functions (Rinn, et al. 2002)



• Explore the craving – insight link is

### **HYPOTHESIS**

Subjects with a low clinical insight of addiction could report less retrospective craving than those with a good clinical insight

#### **OBJECTIVE**

Examine the link between clinical insight of addiction and retrospective craving in the ADDICTAQUI cohort

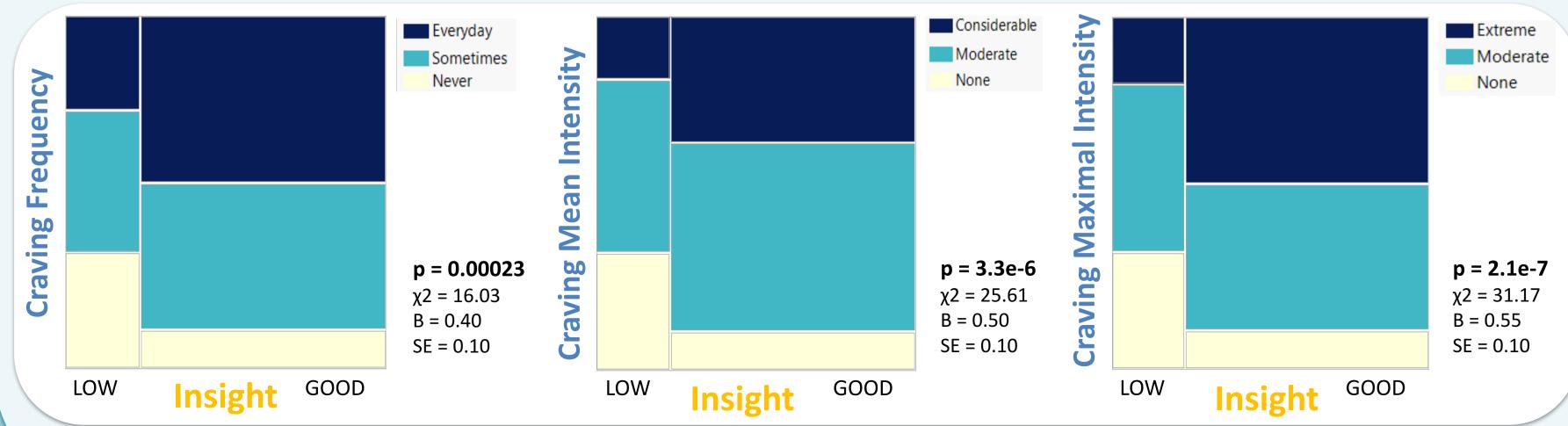
#### **RESULTS**

needed.

<u>Participants</u>: N=661, mean age = 38.7 (SD=11.6) years, mean school education level = 12.3 (SD=2.8) years, 65.4% men, 75,9% current polyaddiction, main current DSM-5 Use Disorder: Alcohol: 39.3%, Cannabis: 19.6%, Tobacco: 14.5%, Others: < 8%

• Low and Good insight groups were different on age, self-report use (days/30) and regular use (years), main addiction (all p<0.003)

## Figure: Low insight of "treatment need" is linked to Less craving reported retrospectively



\*Corrected on age, gender, study level, addiction severity (number of DSM-5 criteria), current anxiety or mood trouble, main use disorder (substance or behavior), use (days/30) and regular use (years)

### **METHOD**

<u>Population:</u> ADDICTAQUI cohort data: patients seeking addiction treatment in outpatient clinic, Bordeaux, France.

### Screening procedure:

Clinical insight sub-dimension: "insight of treatment need"

INSIGHT	Treatment demand: slight 0-2 ( <b>ASI</b> )	Treatment demand: extreme 4 ( <b>ASI</b> )
Severe addiction (MINI DSM-5)	Low (n=155)	Good (n=506)

**CRAVING** 

Number of day on the past month (0-30): **Frequency** 

Frequency0 = "never"Mean intensity0 = "none"

Mean intensity
0 = "none"
0 = "none"

Likert scale (0-10):

• 1-29 = "sometimes" • 1-7 = "moderate"

1-9 = "moderate"

• 30 = "everyday"

### > 8 = "considerable"10 = "extreme"

#### <u>Instruments</u> (treatment initiation):

- Mini International Neuropsychiatric Interview (MINI) (Sheehan, et al. 1998)
- Addiction Severity Index (mASI) (Denis, et al. 2016)

### Analyses:

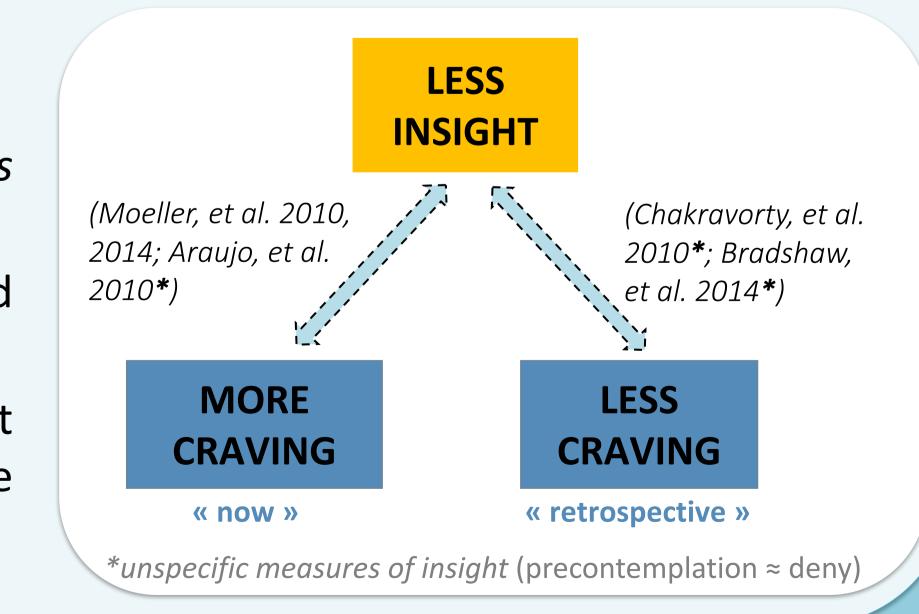


### DISCUSSION

<u>Conclusion:</u> Low insight of "treatment need" ↔ Less craving reported retrospectively <u>Limits:</u> subject seeking treatment, severe addictions

### Perspectives:

- Report less retrospective craving = feel less craving ?
- Less performances on memory an executive functions (Rinn, et al. 2002)
- Use Ecological Momentary Assessment (EMA) method to capture real-time craving dynamic



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