

Youth social behaviour and network therapy (Y-SBNT): adaptation of a family and social network intervention for young people who misuse alcohol and drugs – a randomised controlled feasibility trial

Judith Watson,¹ Paul Toner,² Ed Day,^{3,4} Donna Back,^{4,5}
Louca-Mai Brady,⁶ Caroline Fairhurst,¹
Charlotte Renwick,² Lorna Templeton,⁷
Shabana Akhtar,^{4,5} Charlie Lloyd,² Jinshuo Li,²
Kim Cocks,¹ Sangeeta Ambegaokar,⁸ Steve Parrott,²
Paul McArdle,⁹ Eilish Gilvarry¹⁰ and Alex Copello^{4,5*}

¹York Trials Unit, Department of Health Sciences, University of York, York, UK

²Department of Health Sciences, University of York, York, UK

³Addictions Department, Institute of Psychiatry, London, UK

⁴Birmingham and Solihull Mental Health NHS Foundation Trust, Birmingham, UK

⁵School of Psychology, University of Birmingham, Birmingham, UK

⁶Independent Research Consultant, London, UK

⁷Independent Research Consultant, Bristol, UK

⁸Birmingham Children's Hospital, Birmingham, UK

⁹Northumberland, Tyne and Wear NHS Foundation Trust, Newcastle upon Tyne, UK

¹⁰North of Tyne Community Children and Young People's Services, Northgate Hospital, Morpeth, UK

*Corresponding author

Declared competing interests of authors: Judith Watson reports grants from the National Institute for Health Research (NIHR) Health Technology Assessment programme during the conduct of the study. Ed Day reports grants from the NIHR Health Technology Assessment programme, personal fees from PCM Scientific and personal fees from Public Health England outside the submitted work and he is the author of the treatment manuals *Routes to Recovery via Criminal Justice* and *Routes to Recovery via the Community*. Materials from these manuals influenced the final treatment manual in this study. He produced these manuals with the aid of a small grant from Public Health England and they are now freely available in the public domain [see www.nta.nhs.uk/routes-to-recovery.aspx (accessed 29 November 2016)]. Louca-Mai Brady reports that public involvement of young people in this study has also formed a case study for her PhD thesis, for which she received a bursary from the University of the West of England. This does not constitute a conflict of interest and any claims to intellectual property have been waived. Caroline Fairhurst reports grants from the NIHR Health Technology Assessment programme during the conduct of the study. Kim Cocks reports grants from the NIHR Health Technology Assessment programme during the conduct of the study. Eilish Gilvarry reports grants from the NIHR Health Technology Assessment programme during the conduct of the study. Alex Copello reports having a patent relating to *Social Behaviour and Network Therapy for Alcohol Problems (Adult)*, broadly relevant to this work, with royalties paid.

Disclaimer: This report contains transcripts of interviews conducted in the course of the research and contains language that may offend some readers.

Published March 2017

DOI: 10.3310/hta21150

Plain English summary

The youth social behaviour and network therapy RCT

Health Technology Assessment 2017; Vol. 21: No. 15

DOI: 10.3310/hta21150

NIHR Journals Library www.journalslibrary.nihr.ac.uk

Plain English summary

Research has shown that people's social networks (family and other important people) can make a difference to their drinking and drug use. Interventions (types of treatment) that involve families have been shown to be successful at helping young people with drink and drug problems. This research project looked at a social network intervention that is currently used with adults in the UK called SBNT (social behaviour and network therapy) to see whether or not it could be adapted for young people. A group of young people who had used drug and alcohol services in the past worked with the research team to make sure that the research was relevant to young people.

What we did

- We spoke to young people about involvement in this and future studies.
- We tested the delivery of the intervention (called Y-SBNT) with 53 young people in two treatment services in England.
- We looked at how the intervention was provided and whether young people and their social networks agreed to get involved.
- We compared Y-SBNT with the treatment that is usually given and measured the number of days that the young people used their primary problem substance (either alcohol or a specific drug) over a 3-month period before and after receiving treatment.

What we found

- We found that the Y-SBNT intervention could be delivered in services and was acceptable to young people, their family members and staff.
- Y-SBNT is more expensive than usual treatment and does not appear to work better than usual treatment in reducing the frequency of substance use.

ISSN 1366-5278 (Print)

ISSN 2046-4924 (Online)

Impact factor: 4.058

Health Technology Assessment is indexed in MEDLINE, CINAHL, EMBASE, The Cochrane Library and the ISI Science Citation Index.

This journal is a member of and subscribes to the principles of the Committee on Publication Ethics (COPE) (www.publicationethics.org/).

Editorial contact: journals.library@nhr.ac.uk

The full HTA archive is freely available to view online at www.journalslibrary.nhr.ac.uk/hta. Print-on-demand copies can be purchased from the report pages of the NIHR Journals Library website: www.journalslibrary.nhr.ac.uk

Criteria for inclusion in the *Health Technology Assessment* journal

Reports are published in *Health Technology Assessment* (HTA) if (1) they have resulted from work for the HTA programme, and (2) they are of a sufficiently high scientific quality as assessed by the reviewers and editors.

Reviews in *Health Technology Assessment* are termed 'systematic' when the account of the search appraisal and synthesis methods (to minimise biases and random errors) would, in theory, permit the replication of the review by others.

HTA programme

The HTA programme, part of the National Institute for Health Research (NIHR), was set up in 1993. It produces high-quality research information on the effectiveness, costs and broader impact of health technologies for those who use, manage and provide care in the NHS. 'Health technologies' are broadly defined as all interventions used to promote health, prevent and treat disease, and improve rehabilitation and long-term care.

The journal is indexed in NHS Evidence via its abstracts included in MEDLINE and its Technology Assessment Reports inform National Institute for Health and Care Excellence (NICE) guidance. HTA research is also an important source of evidence for National Screening Committee (NSC) policy decisions.

For more information about the HTA programme please visit the website: <http://www.nets.nihr.ac.uk/programmes/hta>

This report

The research reported in this issue of the journal was funded by the HTA programme as project number 11/60/01. The contractual start date was in June 2013. The draft report began editorial review in February 2016 and was accepted for publication in August 2016. The authors have been wholly responsible for all data collection, analysis and interpretation, and for writing up their work. The HTA editors and publisher have tried to ensure the accuracy of the authors' report and would like to thank the reviewers for their constructive comments on the draft document. However, they do not accept liability for damages or losses arising from material published in this report.

This report presents independent research funded by the National Institute for Health Research (NIHR). The views and opinions expressed by authors in this publication are those of the authors and do not necessarily reflect those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health. If there are verbatim quotations included in this publication the views and opinions expressed by the interviewees are those of the interviewees and do not necessarily reflect those of the authors, those of the NHS, the NIHR, NETSCC, the HTA programme or the Department of Health.

© Queen's Printer and Controller of HMSO 2017. This work was produced by Watson *et al.* under the terms of a commissioning contract issued by the Secretary of State for Health. This issue may be freely reproduced for the purposes of private research and study and extracts (or indeed, the full report) may be included in professional journals provided that suitable acknowledgement is made and the reproduction is not associated with any form of advertising. Applications for commercial reproduction should be addressed to: NIHR Journals Library, National Institute for Health Research, Evaluation, Trials and Studies Coordinating Centre, Alpha House, University of Southampton Science Park, Southampton SO16 7NS, UK.

Published by the NIHR Journals Library (www.journalslibrary.nhr.ac.uk), produced by Prepress Projects Ltd, Perth, Scotland (www.prepress-projects.co.uk).

Health Technology Assessment Editor-in-Chief

Professor Hywel Williams Director, HTA Programme, UK and Foundation Professor and Co-Director of the Centre of Evidence-Based Dermatology, University of Nottingham, UK

NIHR Journals Library Editor-in-Chief

Professor Tom Walley Director, NIHR Evaluation, Trials and Studies and Director of the EME Programme, UK

NIHR Journals Library Editors

Professor Ken Stein Chair of HTA Editorial Board and Professor of Public Health, University of Exeter Medical School, UK

Professor Andree Le May Chair of NIHR Journals Library Editorial Group (EME, HS&DR, PGfAR, PHR journals)

Dr Martin Ashton-Key Consultant in Public Health Medicine/Consultant Advisor, NETSCC, UK

Professor Matthias Beck Chair in Public Sector Management and Subject Leader (Management Group), Queen's University Management School, Queen's University Belfast, UK

Dr Tessa Crilly Director, Crystal Blue Consulting Ltd, UK

Dr Eugenia Cronin Senior Scientific Advisor, Wessex Institute, UK

Ms Tara Lamont Scientific Advisor, NETSCC, UK

Dr Catriona McDaid Senior Research Fellow, York Trials Unit, Department of Health Sciences, University of York, UK

Professor William McGuire Professor of Child Health, Hull York Medical School, University of York, UK

Professor Geoffrey Meads Professor of Health Sciences Research, Health and Wellbeing Research Group, University of Winchester, UK

Professor John Norrie Chair in Medical Statistics, University of Edinburgh, UK

Professor John Powell Consultant Clinical Adviser, National Institute for Health and Care Excellence (NICE), UK

Professor James Raftery Professor of Health Technology Assessment, Wessex Institute, Faculty of Medicine, University of Southampton, UK

Dr Rob Riemsma Reviews Manager, Kleijnen Systematic Reviews Ltd, UK

Professor Helen Roberts Professor of Child Health Research, UCL Institute of Child Health, UK

Professor Jonathan Ross Professor of Sexual Health and HIV, University Hospital Birmingham, UK

Professor Helen Snooks Professor of Health Services Research, Institute of Life Science, College of Medicine, Swansea University, UK

Professor Jim Thornton Professor of Obstetrics and Gynaecology, Faculty of Medicine and Health Sciences, University of Nottingham, UK

Professor Martin Underwood Director, Warwick Clinical Trials Unit, Warwick Medical School, University of Warwick, UK

Please visit the website for a list of members of the NIHR Journals Library Board:
www.journalslibrary.nihr.ac.uk/about/editors

Editorial contact: journals.library@nihr.ac.uk