

Where you can learn more

Below are findings of many of the relevant clinical trials conducted on **The Matrix Model**. The actual research content is available on a CD that comes with the program.

Initial Pilot Study (Rawson et al. 1986)

A pilot study conducted in 1985 documented the clinical progress of 83 cocaine abusers during 8 months following treatment admission.

During an evaluation session, clients self-selected either no formal treatment (voluntary involvement in AA, CA, or NA), 28-day inpatient treatment, or *The Matrix Model* outpatient treatment.

The Matrix clients used significantly less cocaine at follow-up. Clients reporting a return to monthly or more cocaine use:

- Matrix group: 13%
- Inpatient group: 43%
- No formal treatment group: 47%

Open Trial Study (Rawson et al. 1991)

* In two of the Matrix offices in southern California, an open trial was conducted with 486 cocaine users who received treatment between 1986 and 1990.

* Clients were in treatment in either Beverly Hills (n=314) or Rancho Cucamonga (n=172).

* The Beverly Hills clients averaged over 5 months in treatment (21.0 weeks) and 48% completed the program, while the Rancho Cucamonga clients averaged 3 months (13.2 weeks) and 22% completed.

* This open trial with a relatively large number of cocaine users further supported the results from the pilot study that The Matrix Model was a viable treatment approach that could retain clients for substantial treatment episodes.

The Controlled Trial (Rawson et al. 1995)

* A controlled trial of the model was conducted over a two-year period. In this study, 100 cocaine-dependent subjects were randomly assigned to either six month Matrix treatment or "other available community resources."

* There was a strong positive relationship between the amount of treatment received and the percent of cocaine-negative urine results for the Matrix subjects but not for the community-resources subjects.

* Similarly, greater amounts of treatment participation for the Matrix subjects were associated with improvement on the ASI employment and family scales and on a depression scale.

Comparison of Methamphetamine and Cocaine Users' Response to Matrix Treatment (Huber et al. 1997)

- * A review was done of the charts of 500 methamphetamine- and 224 cocaine-abusing clients who were treated at the Matrix Rancho Cucamonga office between 1988 and 1995.
- * Cocaine users remained in treatment an average of 18.0 weeks compared to 17.1 weeks for the methamphetamine users.
- * The percentage of urinalyses positive for the primary drug was 13.3% for cocaine users and 19.3% for methamphetamine users.
- * The conclusion from this chart review was that The Matrix Model was well received by cocaine and methamphetamine users. Both groups had a very favorable response to treatment.

Follow-Up Study on Methamphetamine Users (Rawson et al. 2002)

- * A sample of 114 clients out of the 500 referred to in the Huber et al. (1997) report was followed at 2–5 years after treatment.
- * There was a significant change in self-reported methamphetamine use in the 30 days prior to treatment (86% reporting use) and 30 days prior to follow-up (17.5% reporting use).
- * At treatment admission, 26% of the follow-up sample was employed compared to 62% at follow-up.

Works Cited

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- U.S. Department of Health and Human Services (HHS), National Institutes of Health (NIH), National Institute on Drug Abuse (NIDA), *Principles of Drug Addiction Treatment: A Research-Based Guide*, NIH publication no. 99-4180 (October 1999).
- U.S. Department of Health and Human Services (HHS), Substance Abuse and Mental Health Services Administration (SAMHSA), Office of Applied Studies (OAS), *The DASIS Report: Alcohol and Drug Services Study (ADSS) Cost Study* (June 18, 2004).

Ready for the next step?

Thank you for taking the time to review these materials. *The Matrix Model* will be available for purchase in spring 2005. A Hazelden sales representative will be contacting you in January 2005. If you would like more information about The Matrix Model before then, please call 1-800-328-9000 or log on to www.hazelden.org/matrix.