

# **West Virginia Prescription Drug Abuse Quitline**

## **5<sup>th</sup> Quarter**

### **Progress Report**

October 1, 2009 – December 25, 2009



## West Virginia Prescription Drug Abuse Quitline Overview and Progress

The West Virginia Prescription Drug Abuse Quitline (PDAQ) is a telephone hotline that aims to help individuals stop abusing or misusing prescription drugs. The Quitline began operations on September 11, 2008 and began as a remote Quitline; utilizing laptop computers and mobile phones to answer calls. However, from financial and logistical analyses, the remote operation of the Quitline was found to be unfeasible. Since March 2, 2009, The Quitline, **1-866-WVQUIT**, has operated through a central call center located within the Department of Community Medicine at West Virginia University. The Quitline operates 7 days a week from 8 a.m. to 11 a.m. Monday – Friday and from 9 a.m. to 10 p.m. on Saturday and Sunday. Callers calling after hours of operation can leave a message and are called back on the following morning shift if requested. With the objectives of service, outreach, and research, the Quitline aims to educate prescription drug abusers and their families about drug abuse and provides information about available services in their areas. Telephone staff Educators can give information about referrals to treatment centers, provide education about Narcotics Anonymous meetings, and mail self-help materials. Educators can also make up to three follow-up calls over the course of several months. With the callers' permission, follow up calls are made by the educators at one week, three week, and two month intervals from the time of the initial call. Educational materials can be physically mailed to the callers upon request as well. Callers may also be directed to the PDAQ website, [www.wvrxabuse.org](http://www.wvrxabuse.org), for educational materials and information. As prescription drug abuse continues to be an increasing problem, the West Virginia Prescription Drug Abuse Quitline represents an important and valuable resource for the state of West Virginia.

Data reported for this 5<sup>th</sup> Quarterly report for the Prescription Drug Abuse Quitline are specific to the 5<sup>th</sup> quarter of overall operation from October 1, 2009 to December 25, 2009 (or the 4<sup>th</sup> quarter of 2009).

The report includes:

- A. Call Patterns
- B. Caller Demographics/ Characteristics
- C. Key Findings
- D. Quitline Caller Satisfaction Survey Information
- E. Quitline Follow Up Survey Information
- F. Distributed Informational and Educational Materials
- G. Groups Contacted

## A. Call Patterns

October 1, 2009 – December 25, 2009

### 1. Call Patterns by Month

Table 1: Calls to Quitline by Month

| Month          | Total Calls to Quitline | Intake | 1st Follow Up | 2 <sup>nd</sup> Follow Up | 3 <sup>rd</sup> Follow Up | Caller Satisfaction |
|----------------|-------------------------|--------|---------------|---------------------------|---------------------------|---------------------|
| October 2009   | 80                      | 35     | 11            | 7                         | 4                         | 23                  |
| November 2009  | 60                      | 26     | 9             | 6                         | 7                         | 12                  |
| December 2009* | 50                      | 25     | 7             | 4                         | 3                         | 11                  |
| Totals         | 190                     | 86     | 27            | 17                        | 14                        | 46                  |

\*Data from December 2009 includes data from 12-1-09 to 12-25-09.\*

Figure 1: Total Calls to Quitline by Month

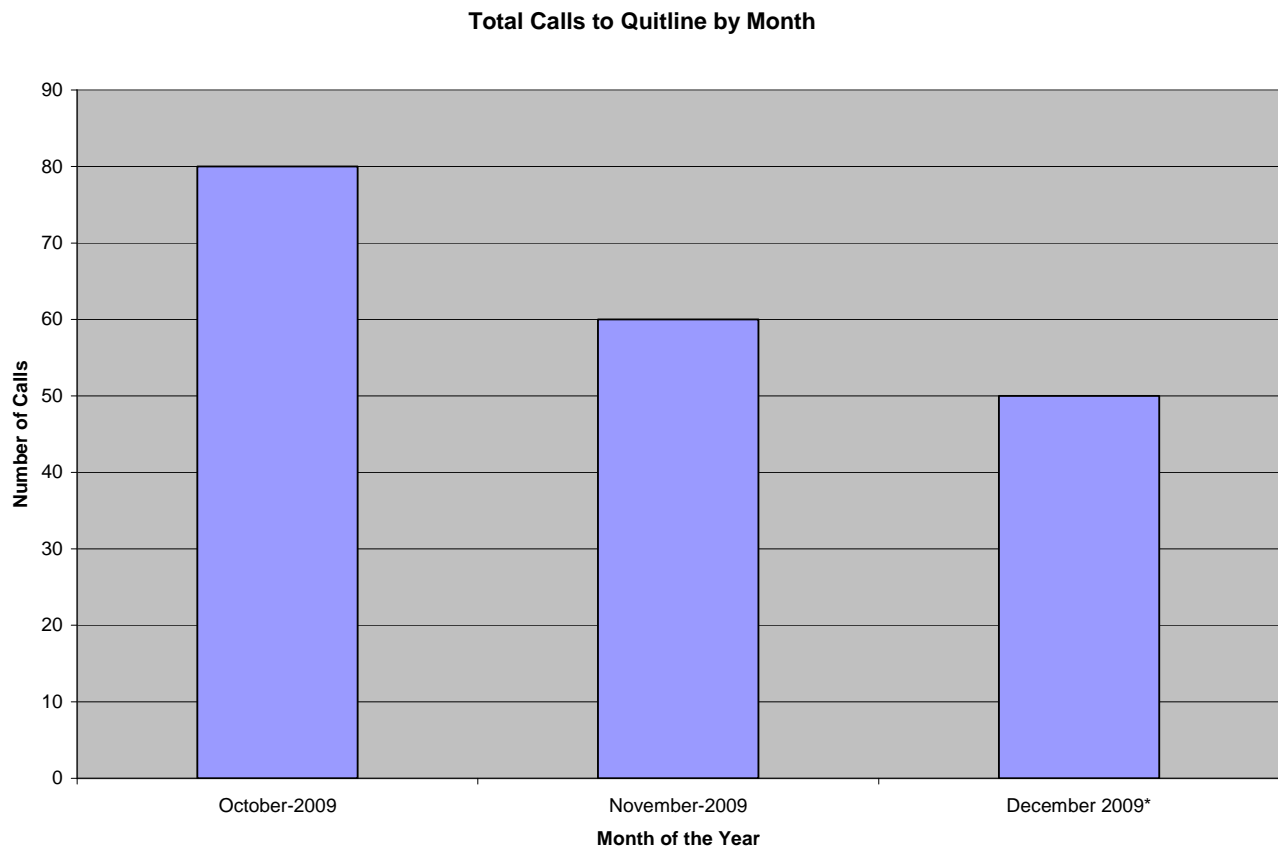
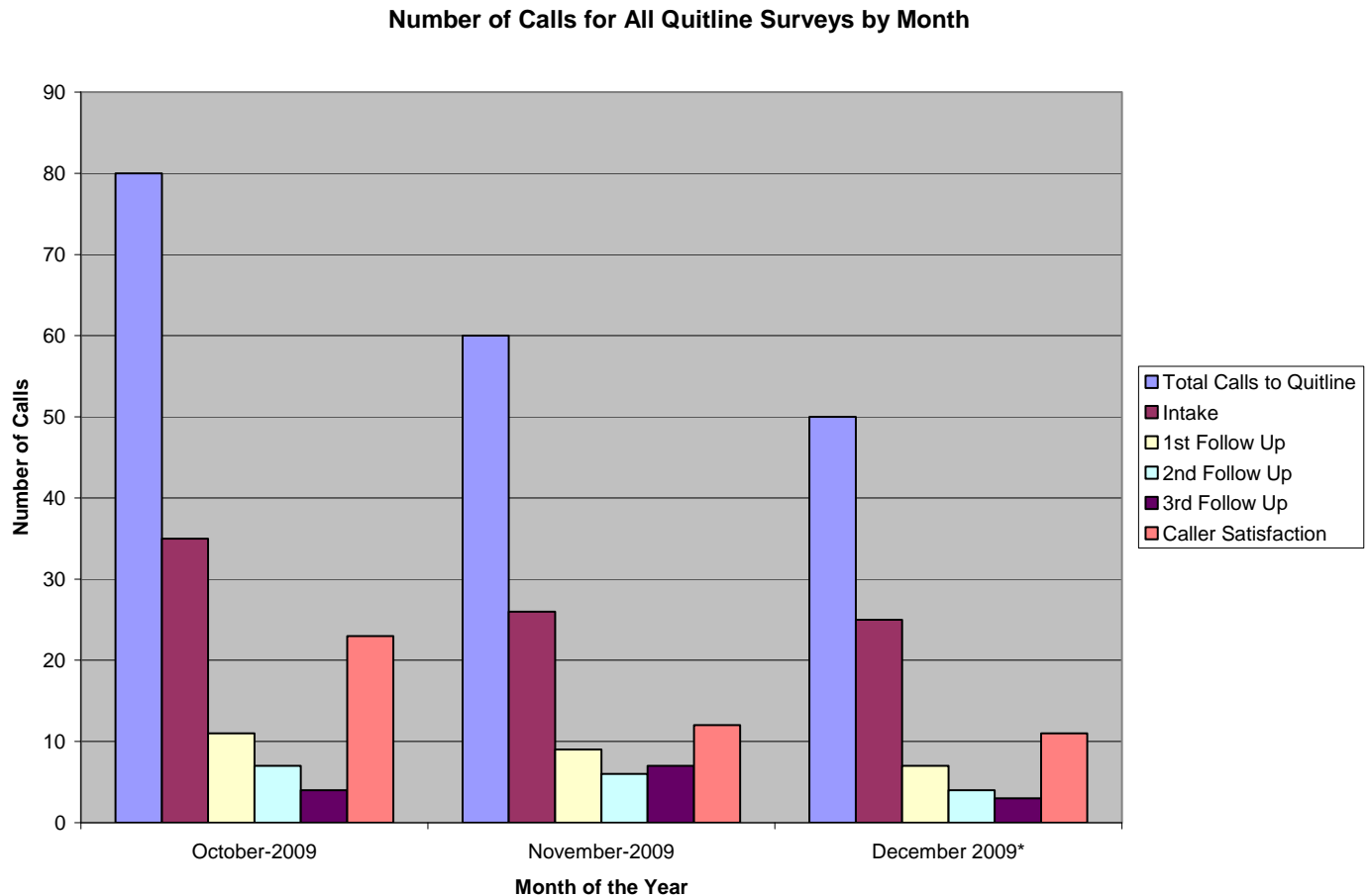


Figure 2: Calls to Quitline by Month for All Surveys



For the current reporting quarter, the Quitline received the highest call volume in October 2009 with 80 calls, followed by November with 60 calls, and then December with 50 calls. A similar pattern was seen for October – December 2008, with fewer calls being received for the November and December months.

During the current reporting quarter, a small billboard advertising campaign, focused mainly in the northern panhandle of West Virginia was finishing in October and November, and a statewide television campaign with a 30 second PSA for the Quitline, began in late November 2009. Also, the Quitline was a major participator in the West Virginia Prevention Network Conference, a 3-day conference held in Charleston, WV that draws attendees from various backgrounds (prevention, education, law enforcement, and others) from the entire state of West Virginia. There are further plans for media advertising through a future billboard campaign, a newsletter distribution to the various contacts of the Quitline, and a Facebook social network media advertising campaign.

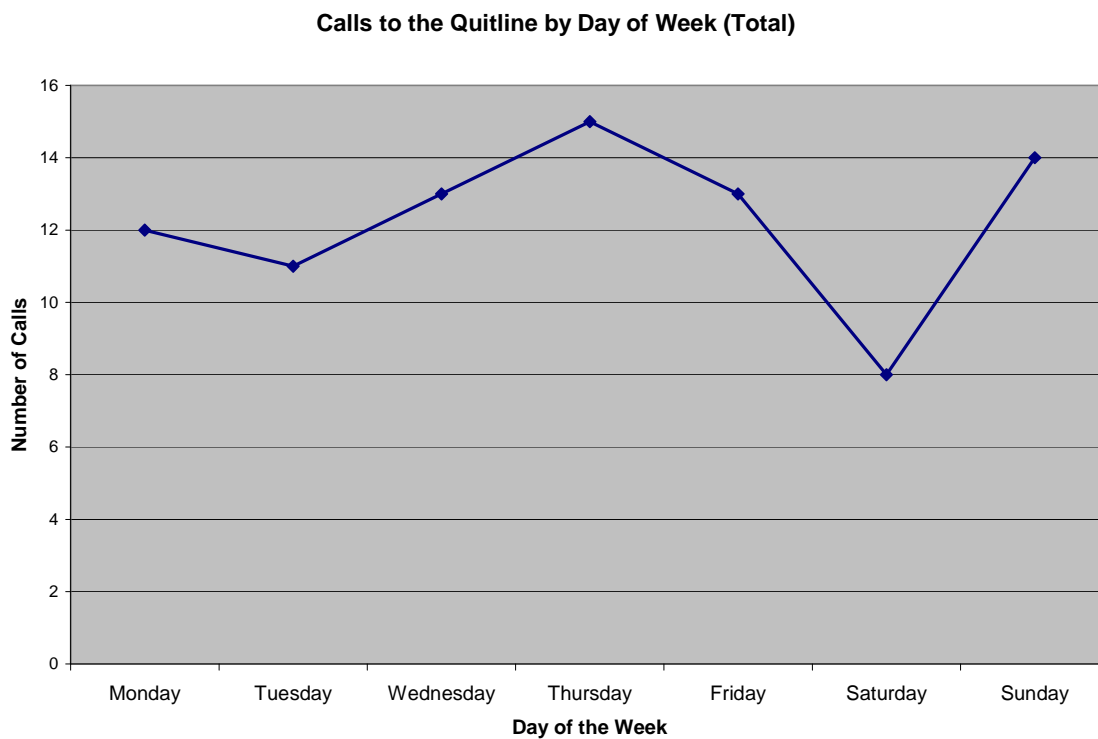
## 2. Call Patterns by Day of Week

Table 2: Intake Calls to Quitline by Day of Week

| Day of Week | Total Intake Calls | Oct-09 | Nov-09 | Dec-09 |
|-------------|--------------------|--------|--------|--------|
| Monday      | 12                 | 5      | 5      | 2      |
| Tuesday     | 11                 | 5      | 2      | 4      |
| Wednesday   | 13                 | 4      | 6      | 3      |
| Thursday    | 15                 | 7      | 5      | 3      |
| Friday      | 13                 | 7      | 3      | 3      |
| Saturday    | 8                  | 2      | 2      | 4      |
| Sunday      | 14                 | 5      | 3      | 6      |
| Totals      | 86                 | 35     | 26     | 25     |

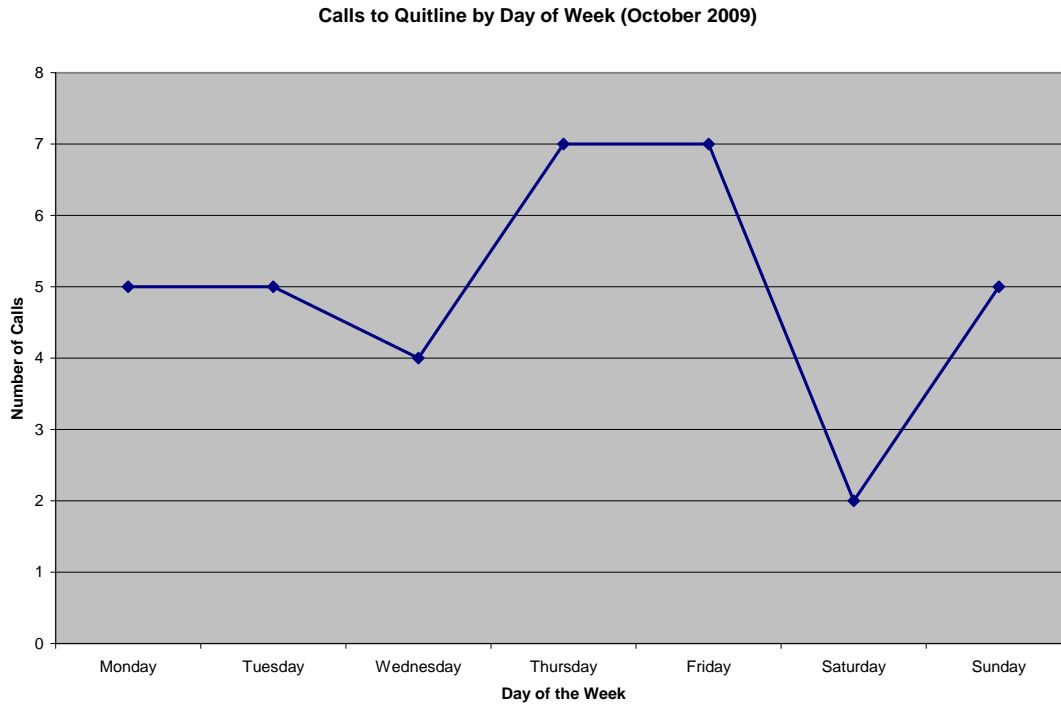
\*Data for December 2009 includes data from 12-1-09 to 12-25-09.\*

Figure 3: Calls to the Quitline by Day of the Week (Total)



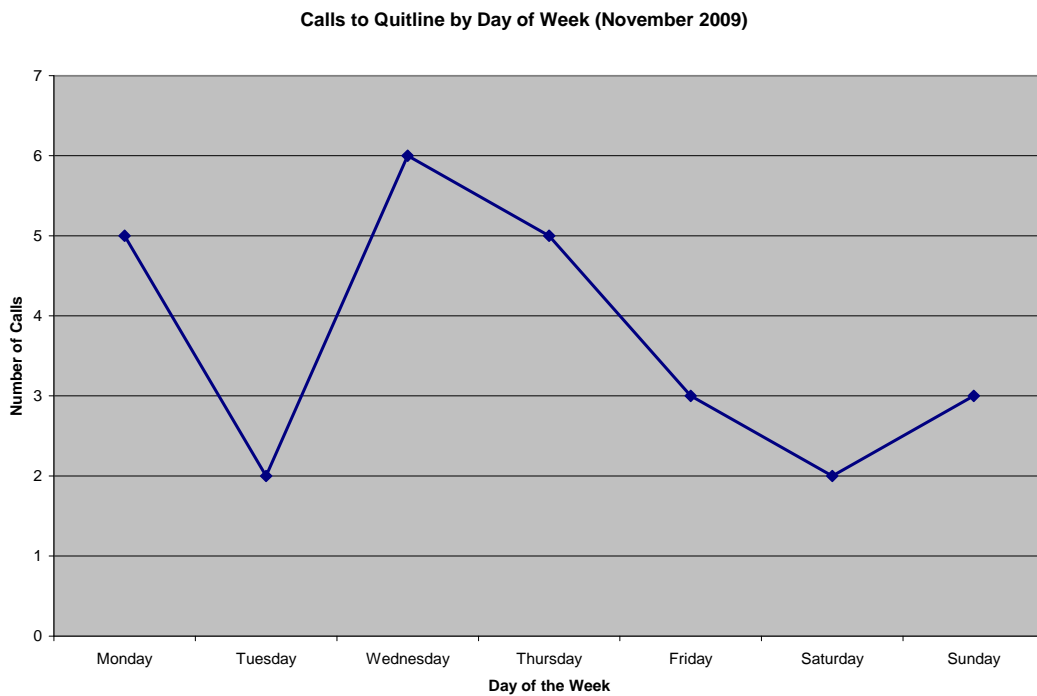
Overall for the current reporting quarter, the Quitline received the most calls on Thursdays (15 calls), followed by Sundays (14). The fewest number of calls was received on Saturdays with 8 calls. These trends are somewhat different than what was seen for the 1-year reporting period, during which the most calls were received on Tuesdays and Wednesdays and the fewest were received on Saturdays and Sundays.

Figure 4: Calls to the Quitline by Day of the Week (October 1, 2009 – October 31, 2009)



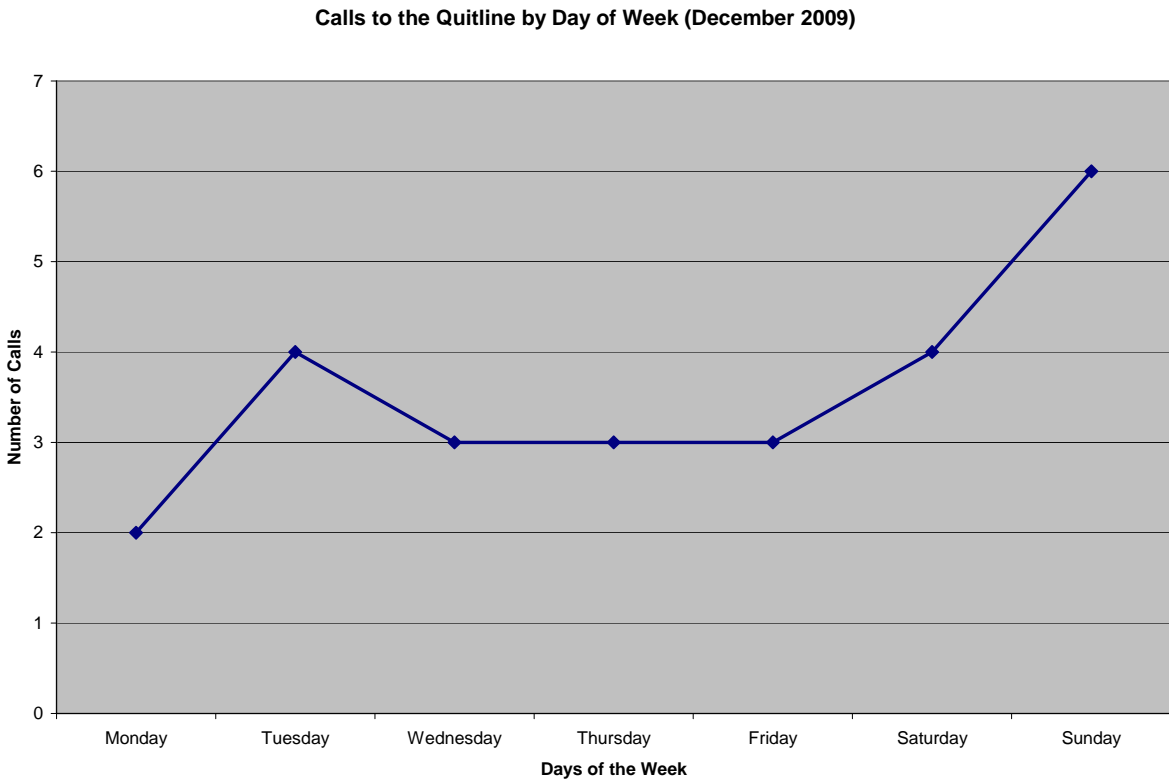
For the present quarter of operation, the month of October had the highest call volume on Thursdays and Fridays with 7 calls each day. The lowest call volume was seen on Saturdays with 2 calls.

Figure 5: Calls to the Quitline by Day of the Week (November 1, 2009 – November 30, 2009)



For the present quarter of operation, the month of November had the highest call volume on Wednesdays with 6 calls and the lowest call volume on Saturdays and Tuesdays with 2 calls each.

Figure 6: Calls to the Quitline by the Day of the Week (December 1, 2009 – December 25, 2009)



### 3. Call Patterns by Hour

For the present quarter of operation, the Quitline was available from 8 a.m. until 11 p.m. Monday – Friday and 9 a.m. to 10 p.m. Saturday and Sunday. Callers calling after hours were able to leave a message and their calls were returned at the following 8 a.m. shift if requested by the caller. The following data demonstrates the call volume per hour for the months of October, November, and December 2009.

Figure 7: Calls to Quitline by Hour (October 1, 2009 – October 31, 2009)

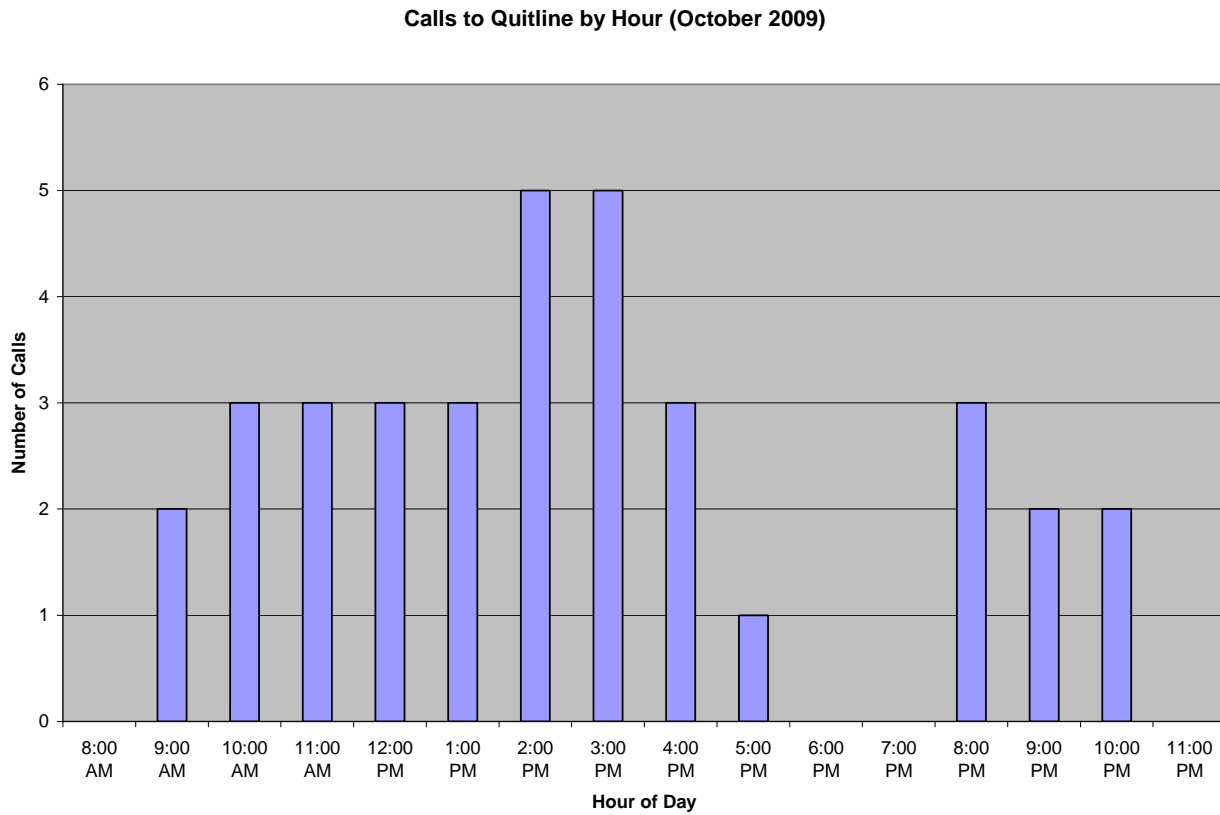


Figure 8: Calls to Quitline by Hour (November 1, 2009 – November 31, 2009)

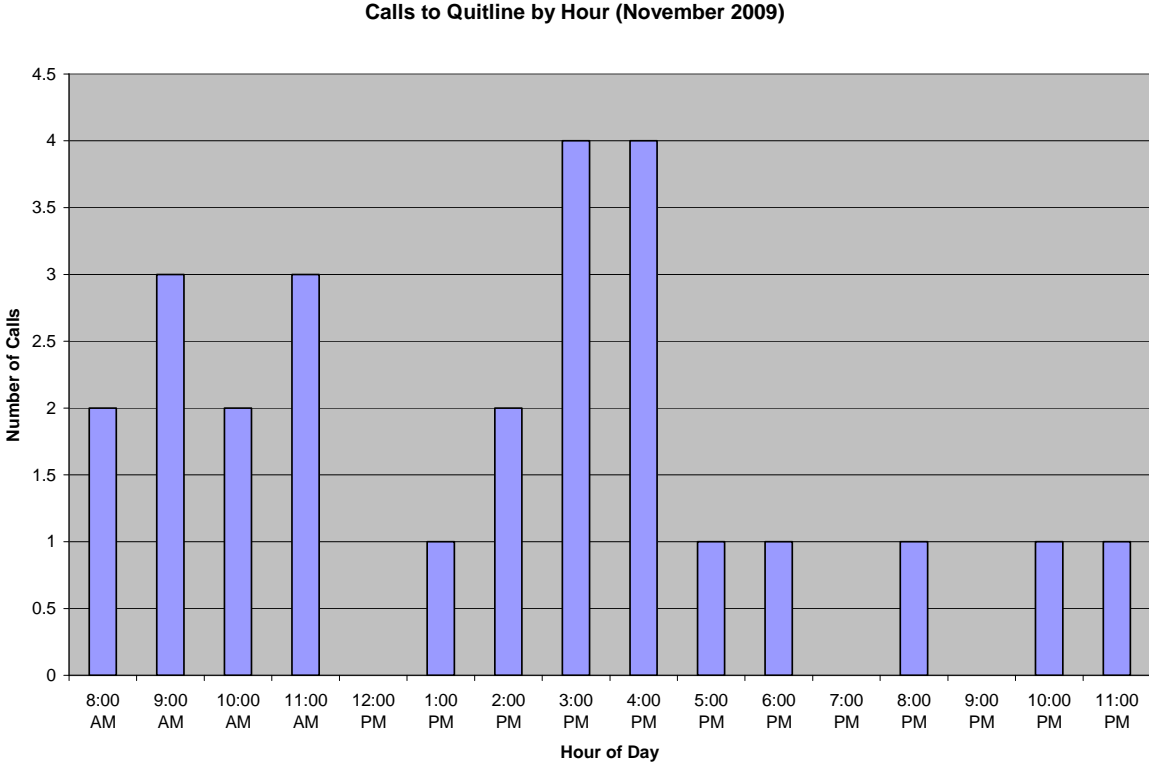
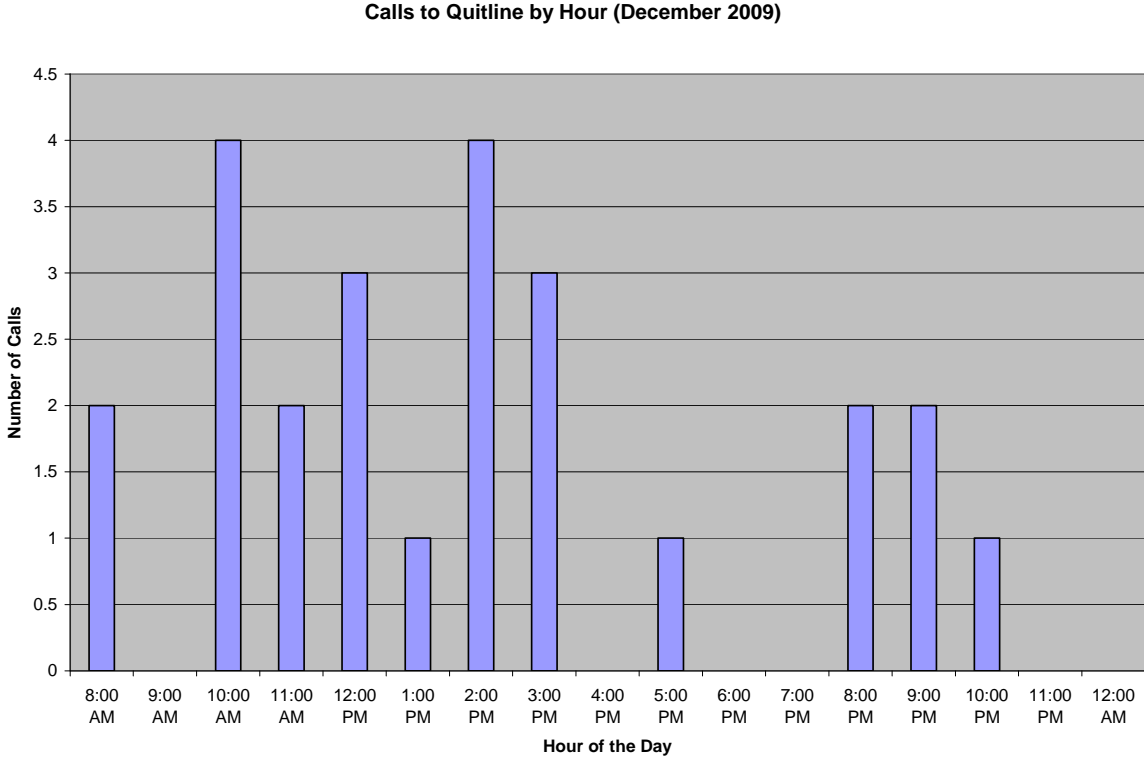


Figure 9: Calls to Quitline by Hour (December 1, 2009 – December 25, 2009)



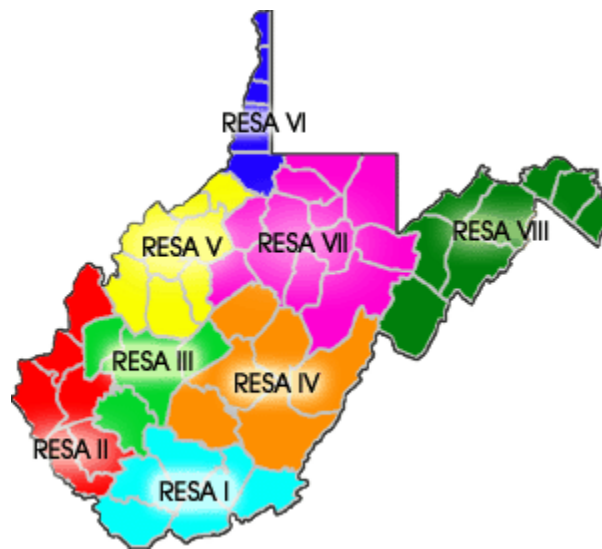
## B. Caller Demographics/Characteristics

\* Data reported in the following section are specific to the present quarter of Quitline operation (October 1, 2009 to December 25, 2009). Also, the percentages shown have been computed by excluding callers who did not answer the survey questions.\*

Regarding caller demographics for the present quarter of operation, there was an increase in callers calling for themselves (71%) as compared to the Quitline 1-year report when 60% of callers were calling for themselves. Twenty-nine percent of callers were calling for others and the majority of these callers (96%) were calling for a family member or friend.

Although many callers did not provide a response as to what region that they were from, of the callers who did respond during the present quarter, the majority responded that they were from RESA Region VII (31%), a state other than West Virginia (28%), followed by RESA Region I (15%). These trends are similar to what was observed from the 1-year reporting period.

Figure 10: West Virginia RESA Region Map



For the present reporting quarter, 53% of callers were male and 47% were female. This is a new trend for this quarter since previously; a higher percentage of callers had been female (54%) as compared to male (46%).

Similar to the 1-year reporting period, 52% of callers reported having health insurance where as 48% of callers reported having no health insurance. The most common forms of health insurance reported were private insurance (48%) and Medicaid insurance (35%).

Consistent with previous reports, the majority of callers to the Quitline (87%) have their GED/high school diploma or higher education. Also consistent with previous reports, 93% of callers reported their ethnicity as white during this reporting quarter.

During the present reporting quarter, the majority of callers (67%) requested a referral for treatment and 91% requested a follow-up call from the Quitline educators. In comparison, during the 1-year

reporting period, 80% of callers requested referral for treatment and 76% requested a follow-up call. Trends for the current reporting period therefore demonstrate a decrease in callers requesting referral for treatment as compared to the 1-year reporting period but a large increase in callers requesting a follow-up call from Quitline educators.

### **C. Key Findings**

\* Data reported for this report are specific to the 4<sup>th</sup> quarter of 2009 (October 1, 2009 through December 25, 2009), or the 5<sup>th</sup> quarter of overall operation since the inception of the Quitline in September, 2008. The percentages shown have been computed by excluding callers who did not answer the survey questions.\*

For the October-December 2009 quarter, there were a total of 192 calls; 87 intake calls, 28 - 1<sup>st</sup> Follow Up calls, 17 - 2<sup>nd</sup> Follow Up calls, 14 - 3<sup>rd</sup> Follow Up calls, and 46 caller satisfaction calls. From these calls and surveys there are various key findings about drug abuse and misuse in West Virginia.

Similar to the 1-year reporting period, the majority of callers (90%) reported using prescription drugs non-medically everyday (78%) or some days (12%). Also, 96% of callers reported feeling addicted to prescription drugs. For drugs abused, 75% of callers reported abusing opiates, 19% benzodiazapines, 5% other drugs, and 1% stimulants. The most commonly reported drugs were opiates and of these drugs, Oxycodone was most commonly reported (43% of all opioid-based drugs reported) followed by Hydrocodone (36%).

Similar to the 1-year reporting period, the majority of callers (51%) started misusing drugs between the ages of 20-29 years old, followed by 30-39 years old (17%), followed by 16-19 years old (11%) during the present quarter. Also, 72% of callers reported beginning to abuse drugs 1 year or less after they started misusing drugs. These percentages correspond to data that was reported for unintentional overdose fatalities from prescription drugs in West Virginia. It was stated that 91.9% of pharmaceutical overdose fatalities were individuals ages 18-54 (Hall et al., 2008).

The majority of callers for this present quarter (59%) reported that they did not have a prescription for the drugs they misused/abused. However, 22% of callers did have a prescription, 17% reported that they had a prescription but they abused the prescription or did not really need it, and 2% reported that they had a prescription but that they obtained it from doctor shopping.

Callers reported obtaining prescription drugs by the following means occasionally to always: buying the prescription drugs from the street (74%), buying the drugs from a friend or family member (48%), being given the drugs by a family member or friend (28%), and doctor shopping (11%). Notably, diversion (buying drugs from the street) is associated with 63% of overdose fatalities (Hall et al., 2008).

Similar to the 1-year reporting period, during the present quarter, 67% of callers reported that they did not have a pattern to their prescription drug abuse. However, 90% of callers reported using their prescription drugs within 1 hour of waking (44% within 5 minutes of waking). This therefore, demonstrates a pattern to their prescription drug abuse.

Reports of the time of day that callers used their prescription drugs varied. Seventeen percent of callers reported using drugs in the morning (9 a.m. – 12 p.m.), 24% in the afternoon (12 p.m. – 4 p.m.), 24% in the evening (4 p.m. – 9 p.m.), 17% during the nighttime (9 p.m. – 4 a.m.), 18% during early morning (4 a.m. – 9 a.m.).

Fifty percent of callers reported taking prescription drugs by mouth, 33% reported snorting prescription drugs, and 17% reported injecting prescription drugs intravenously.

Eighty-seven percent of callers reported a physical precursor as a contributor to their abuse of prescription drugs. The most commonly reported physical precursors included back pain (22%), accidents or other injuries (17%), surgery (15%), and to control pain (15%). Also, 78% of callers reported a mental precursor as a contributor to their abuse of prescription drugs. The most commonly reported mental precursors included anxiety (25%), other stresses (19%), and depression (16%).

Seventy-five percent of callers reported using some other substance in combination with their prescription drug use for an enhanced effect of the prescription drug. The most common other substances reported being used included cigarettes (53%), alcohol (12%), marijuana (12%), and heroin (10%). Also, 73% of callers reported using cigarettes more than 3 times a week.

Regarding the effect that callers are most seeking when taking prescription drugs, 50% of callers stated they take prescription drugs to feel normal, 22% said for relief (of pain), and 16% wanted to achieve a “high” by taking prescription drugs.

Callers reported various consequences that they feel they are facing as a result of their prescription drug abuse. The most commonly reported consequences were withdrawal symptoms (14%), financial problems (13%), health deterioration (10%), addiction becoming a full-time occupation (10%), and the destruction of relationships (9%).

Eighty-four percent of callers reported intentions to quit abusing prescription drugs within the next 30 days. The majority of callers (55%) stated that they thought a combination of self-help materials, counseling sessions, follow-up sessions, detox treatment, and community support groups would best aid their quit attempts.

Callers reported hearing about the Quitline from various sources including media (26%), other advertising (63%), and referral (11%):

- Of callers who heard about the Quitline from media, 86% reported television as the source, 10% reported radio, and 4% reported newspapers.
- For callers who heard about the Quitline from other advertising, 53% reported hearing about the Quitline from billboards, 26% from flyers, 19% from brochures, and 2% from phone directories.
- For callers who heard about the Quitline from referrals, 33% were from health professionals, 33% were from family and friends, and 11% each were from the workplace, health organizations, and community organizations.

These data are similar to the data presented for the 1-year reporting period and demonstrate the continued effectiveness of the media and advertising efforts of the Quitline.

### D. Quitline Caller Satisfaction Survey Information

In September 2009, a Caller Satisfaction survey was introduced to the Quitline. The Caller Satisfaction Survey is a brief, five question survey that asks callers about their opinions and satisfaction with the Quitline services. From these surveys (n=63) 100% of callers reported being somewhat to very satisfied with the services they received (79% were very satisfied). Also, 96% of callers stated that they were able to speak to an educator right away and 93% of callers said that they would definitely or probably recommend the Quitline to others.

Figure 11: Caller Satisfaction with PDAQ Services

Figure 12: Would Recommend Quitline to Others

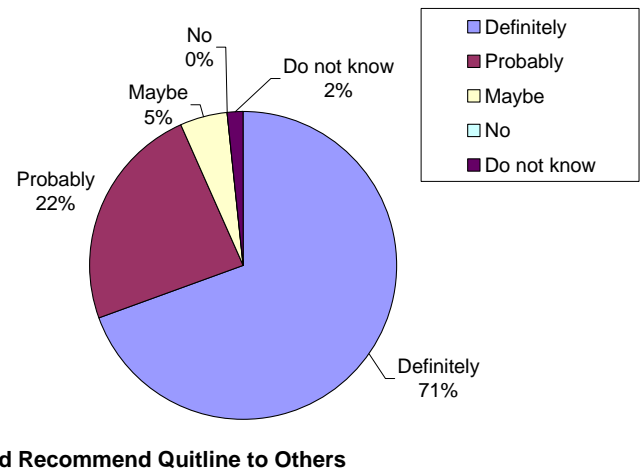
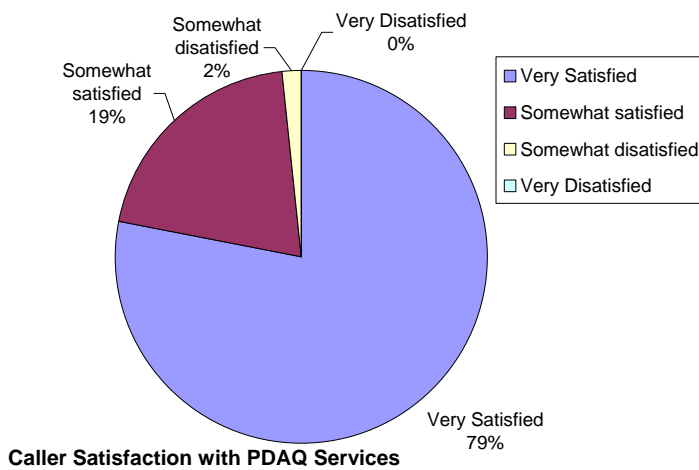
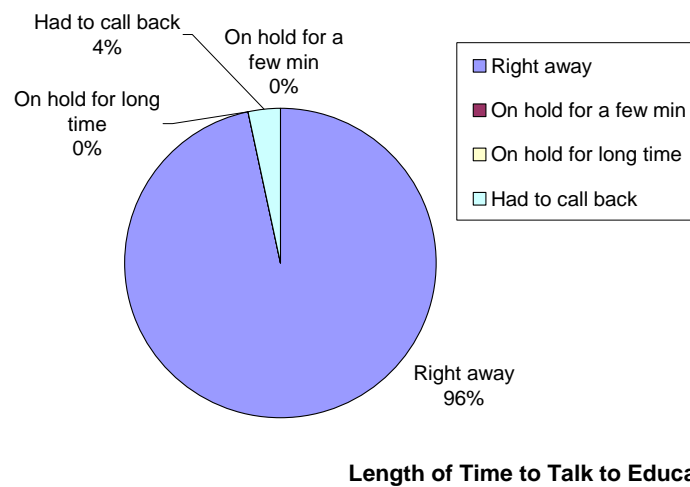


Figure 13: Length of Time to Talk to a PDAQ Educator



## E. Quitline Follow Up Survey Information

### 1<sup>st</sup> Follow Up

\*1<sup>st</sup> Follow Up surveys are completed when an educator calls a caller one week after their initial call to the Quitline, if requested by the caller. Percentages shown only include callers who answered survey questions. Information in the table in Appendix A supplements information presented here.

A Wilcoxon Signed Rank Sum test was performed between the Intake and 1<sup>st</sup> Follow Up surveys to evaluate Quitline effectiveness and significant differences were observed for the following variables:

- The percentage of callers reporting no use of prescription medication increased 27.8% from the Intake call to the 1<sup>st</sup> Follow Up call ( $p < .0001$ ).
- The percentage of callers who reported taking their first pill within 5 minutes after waking decreased 27.2% from the Intake call to the 1<sup>st</sup> Follow Up ( $p < .0001$ ).
- The percentage of callers who reported using medication during the a.m. and p.m. hours decreased by 6.5% and 15.6%, respectively, from the Intake call to the 1<sup>st</sup> Follow Up ( $p < .0001$ ).
- The percentage of callers who reported that self-help materials, referral for treatment, or a community support group will encourage quit attempts changed +5.1%, -9.3%, and +13.9%, respectively, from the Intake call to the 1<sup>st</sup> Follow Up ( $p < .0001$ ).
- Interestingly, the percentage of callers who reported they would like a referral to a treatment center decreased by approximately 44% Intake call to the 1<sup>st</sup> Follow Up ( $p < .0001$ ).

Importantly, approximately 89% of callers who receive a follow-up call report they would like a 1-month follow-up call. This demonstrates the effectiveness of the PDA Quitline educators in developing rapport with the caller and carrying out interventions that are perceived as helpful by the callers.

Additionally, 9.2% of callers reported they received counseling or treatment as a result of their initial call to the Quitline. Another 6.8% report intentions to get counseling or treatment, but have yet to take action.

### 2<sup>nd</sup> Follow Up

\* 2<sup>nd</sup> Follow Up surveys are completed when an educator calls a caller one month after their initial call to the Quitline, if requested by the caller. Percentages shown only include callers who answered survey questions. Although not discussed in great length here, the trends noted from the 1<sup>st</sup> Follow Up survey generally continue in the positive directions. For specifics, see the table in Appendix B.

During the 2<sup>nd</sup> Follow Up, 67.6 % of callers reported they quit using drugs for 24 hours or longer.

83.8 % of callers during the 2<sup>nd</sup> Follow Up requested another follow up call. Again, this demonstrates the effectiveness of the PDA Quitline interventions carried out by the educators and

the value and importance of the PDA Quitline to callers in helping them implement changes in their lives.

## **F. Distributed Informational and Educational Materials**

As reported in previous reports, upon request, callers may be mailed informational and educational pamphlets about prescription drug misuse and abuse. The titles of available pamphlets include:

- What is Prescription Drug Abuse?
- Prescription Drug Abuse and Rural Life
- Young Adults and Prescription Drug Abuse
- Tools for Recovery
- Treatment: How to Choose
- What to Expect During Recovery
- Friends and Family (\*Added during the present reporting quarter\*)

These pamphlets may also be viewed and/or printed from the PDAQ website at [www.wvrxabuse.org](http://www.wvrxabuse.org).

## **G. Groups Contacted**

In efforts to increase awareness of the Quitline and the services the Quitline provides for individuals abusing prescription drugs and their families, we have been in contact with various groups and organizations. During this most recent 5<sup>th</sup> Quarter of operation, information such as business cards, rack cards, flyers, and pamphlets have been mailed to or correspondence as been made with:

US Senator Robert Byrd  
WV Legislator Michael Oliverio

WV SBIRT Program [WVSBIRT Clinical Project Bureau for Behavioral Health and Health Facilities]  
WV State Police  
WV Prevention Network

Community Connections, Bluefield  
Harrison County Substance Abuse program  
Gilmer County  
Logan County FRN  
McDowell County Hope Coalition  
Preston County Health Department  
Randolph County YMCA (Elkins)  
Tyler County FRN  
Wetzel County Hospital  
WV Extension Service  
Marshall University

WV Controlled Substance Advisory Committee  
WV Division of Corrections  
WVU School of Pharmacy  
WVU School of Medicine

Westbrook Health Services  
Pretera Treatment Programs  
Davis Health Systems  
Valley Health Systems  
Cabell County Drug Prevention Summit Planning  
John D. Goode Treatment Center

#### Recent Quarterly Report

As a mandatory component of the original grant design of the second year operations for the WV PDAQ, the Quitline was co-sponsor of a state-wide forum focusing on prescription drug abuse in West Virginia through underwriting of the Share the Vision Conference November 17 & 18, 2009.

The WV PDAQ was honored to participate in Governor Manchin's state forum on substance abuse on Nov 16, 2009 in Charleston. Laura Lander, Co-PI, Keith Zullig, PI and Clara Shockley, Program Manager represented the WV PDAQ at this daylong event.

## Literature Cited

Hall, AJ, JE Logan, RL Toblin, JA Kaplan, JC Kraner, D Bixler, AE Crosby, LJ Paulozzi. (2008). Patterns of Abuse Among Unintentional Pharmaceutical Overdose Fatalities. *JAMA*. 300(22): 2613-2620.

## Glossary

### 1. Prescription Drug Abuse Quitline

The Prescription Drug Abuse Quitline (PDAQ) is an anonymous hotline that serves to help and educate individuals who misuse or abuse prescription drugs. The number for the Quitline is 1-866-WVQUIT and the Quitline was available 24 hours a day, 7 days a week for the first quarter of operation.

### 2. Educators

Educators are the staff members that are trained to answer calls that come to the Quitline. The educators have personal backgrounds in social work and are able to answer calls, complete caller surveys, and provide information to the caller.

### 3. Caller Surveys

When callers call the Quitline and are seeking help for prescription drug abuse or misuse, a part of the process is the caller survey. This survey aims to gather important information about the caller through an initial intake survey, and subsequent 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> follow-up surveys to be completed upon agreement of the caller.

### 4. Educator Scripts

Information the educators read and provide for the callers during the Quitline calls.

### 5. Educator Technology

The Quitline is unique in that it is not housed in a physical location with a hard telephone line. Instead, educators have cellular phones in order to take calls from a safe, private, and secure location during their shifts. The educators are also provided with laptop computers in order to complete caller surveys during their shifts.

### 6. Intake

The intake survey is the first survey that the educators complete for a first time caller to the Quitline.

### 7. 1<sup>st</sup> Follow Up

Upon agreement, an educator will call a caller back in one week from date of the initial call to the Quitline. The educators will complete a 1<sup>st</sup> Follow Up survey for the caller.

### 8. 2<sup>nd</sup> Follow Up

Upon agreement, an educator will call a caller back in one month from the date of the initial call to the Quitline. The educators will complete a 2<sup>nd</sup> Follow Up survey for the caller.

### 9. 3<sup>rd</sup> Follow Up

Upon agreement, an educator will call a caller back in three months from the date of the initial call to the Quitline. The educators will complete a 3<sup>rd</sup> Follow Up survey for the caller.

10. Referral

When callers call the Quitline they are asked how they heard of the Quitline. One choice to answer this question is through a referral which could be from a health professional, family member or friend. Also, the caller may ask to be referred to a medical professional or treatment center for help with drug abuse or misuse. This is also called a referral.

11. Missed Calls/Hang-up calls

Missed/Hang-up calls are calls that are received to the educator's cellular phone but are either dropped or discontinued before the educator can complete a survey.

12. Pamphlets

Callers may request physical educational material to be mailed to them. This information can include pamphlets that are designed to educate and help the callers themselves or family members or friends.

13. PDAQ Website

The Quitline Website is [www.wvrxabuse.org](http://www.wvrxabuse.org). The website includes educational information about prescription drug abuse, West Virginia, and methods for getting help. Self-help materials such as pamphlets are also available on the website. Materials such as business cards, flyers, and pamphlets are also available to be printed from the website.

**Appendix A: Wilcoxon Signed Rank Sum test for Intake and First Follow-up Surveys (n=148)\***

| Questionnaire Item                                       | %<br>(Intake) | %<br>(1 <sup>st</sup> Follow-up) | Difference* | P value          |
|--|---------------|----------------------------------|-------------|------------------|
| Use prescription drugs non-medically?                    |               |                                  |             |                  |
| Every day  | 67.3          | 46.9                             | -20.4       |                  |
| Some days  | 16.1          | 14.8                             | -1.3        |                  |
| Not at all   | 8.0           | 35.8                             | +27.8       | <b>&lt;.0001</b> |
| Have a pattern to your drug use?                         |               |                                  |             |                  |
| Yes  | 27.8          | 14.2                             | -13.6       |                  |
| No   | 55.7          | 34.0                             | -21.7       | <b>&lt;.0001</b> |
| Feel addicted to prescription drugs?                     |               |                                  |             |                  |
| Yes  | 80.9          | 48.2                             | -32.7       |                  |
| No   | 1.2           | 0.6                              | -0.6        | .25              |
| How soon do you take your first pill after waking up?    |               |                                  |             |                  |
| Within 5 min. of waking                                  | 49.4          | 22.2                             | -27.2       | <b>&lt;.0001</b> |
| What times of day do you use most?                       |               |                                  |             |                  |
| A.M. hours 12 a.m.-11.59 a.m.                            | 26.6          | 20.1                             | -6.5        |                  |
| P.M. hours 12 pm.-11:59 p.m.                             | 56.6          | 41.0                             | -15.6       | <b>&lt;.0001</b> |
| How do you take your prescription drugs?                 |               |                                  |             |                  |
| By mouth   | 39.5          | 23.0                             | -16.5       |                  |
| Snorting   | 39.5          | 23.0                             | -16.5       |                  |
| Intravenously  | 11.1          | 6.2                              | -4.9        | <b>.008</b>      |
| Intend to quit in the next 30 days?                      |               |                                  |             |                  |
| Yes  | 76.5          | 38.9                             | -37.6       |                  |
| No   | 1.2           | 2.5                              | +1.3        |                  |
| Do not know  | 13.6          | 6.8                              | -6.8        | <b>.0001</b>     |
| What will encourage your quit attempts to be successful? |               |                                  |             |                  |
| Self-help materials                                      | 3.1           | 8.2                              | +5.1        |                  |
| Referral or treatment for detoxification                 | 22.2          | 12.9                             | -9.3        |                  |
| Community support group                                  | 2.5           | 16.4                             | +13.9       | <b>&lt;.0001</b> |
| Get drugs from a doctor shop?#                           | 11.1          | 4.3                              | -6.8        | .2642            |
| Buy drugs from streets?#                                 | 64.8          | 40.1                             | -24.7       | .3966            |
| Buy drugs from family members/friends?#                  | 40.1          | 25.3                             | -14.8       | .2765            |
| Steal drugs from family members/friends?#                | 9.3           | 1.9                              | -7.4        | .0781            |
| Given drugs by family member/friend?#                    | 25.9          | 12.4                             | -13.5       | .705             |
| Get /buy drugs by some other means?#                     | 9.9           | 5.6                              | -4.3        | .9414            |
| Would like a referral to a treatment center?             |               |                                  |             |                  |
| Yes  | 70.4          | 26.5                             | -43.9       |                  |
| No   | 5.5           | 58.0                             | +52.5       | <b>&lt;.0001</b> |

\*Differences computed only for those completing both surveys; # % reporting occasional or greater frequency

**Appendix B: Wilcoxon Signed Rank Sum test for Intake and Second Follow-up Surveys (n=70)\***

| Questionnaire Item                                       | %<br>(Intake) | %<br>(1 <sup>st</sup> Follow-up) | Difference* | P value          |
|--|---------------|----------------------------------|-------------|------------------|
| Use prescription drugs non-medically?                    |               |                                  |             |                  |
| Every day  | 77.3          | 29.7                             | -47.6       |                  |
| Some days  | 13.9          | 18.9                             | -5.0        |                  |
| Not at all   | 5.1           | 50.0                             | +44.9       | <b>&lt;.0001</b> |
| Have a pattern to your drug use?                         |               |                                  |             |                  |
| Yes  | 35.4          | 8.1                              | -27.3       |                  |
| No   | 55.7          | 24.3                             | -31.4       | <b>.0002</b>     |
| Feel addicted to prescription drugs?                     |               |                                  |             |                  |
| Yes  | 88.6          | 31.1                             | -57.5       |                  |
| No   | 1.3           | 1.4                              | +0.1        | 0.5              |
| How soon do you take your first pill after waking up?    |               |                                  |             |                  |
| Within 5 min. of waking                                  | 45.6          | 12.2                             | -33.4       | <b>&lt;.0001</b> |
| What times of day do you use most?                       |               |                                  |             |                  |
| A.M. hours 12 a.m.-11.59 a.m.                            | 26.9          | 43.6                             | +16.7       |                  |
| P.M. hours 12 pm.-11:59 p.m.                             | 62.3          | 28.2                             | -34.1       | <b>.0039</b>     |
| How do you take your prescription drugs?                 |               |                                  |             |                  |
| By mouth   | 41.8          | 13.0                             | -28.8       |                  |
| Snorting   | 38.0          | 14.3                             | -23.7       |                  |
| Intravenously  | 15.2          | 6.5                              | -8.7        | 0.125            |
| Intend to quit in the next 30 days?                      |               |                                  |             |                  |
| Yes  | 83.5          | 24.3                             | -59.2       |                  |
| No   | 2.5           | 0.0                              | -2.5        |                  |
| Do not know  | 10.1          | 6.8                              | -3.3        | <b>.0078</b>     |
| What will encourage your quit attempts to be successful? |               |                                  |             |                  |
| Self-help materials                                      | 6.3           | 11.3                             | +5.0        |                  |
| Referral or treatment for detoxification                 | 22.8          | 10.3                             | -12.5       |                  |
| Community support group                                  | 1.3           | 11.3                             | +10.0       | <b>&lt;.0001</b> |
| Get drugs from a doctor shop?#                           | 10.1          | 5.4                              | -4.7        | .5156            |
| Buy drugs from streets?#                                 | 75.7          | 25.7                             | -50.0       | .7237            |
| Buy drugs from family members/friends?#                  | 48.1          | 14.9                             | -33.2       | .3214            |
| Steal drugs from family members/friends?#                | 11.4          | 4.1                              | -7.3        | .25              |
| Given drugs by family member/friend?#                    | 29.1          | 9.5                              | -19.6       | .223             |
| Get /buy drugs by some other means?#                     | 12.7          | 1.4                              | -11.3       | .5               |
| Would like a referral to a treatment center?             |               |                                  |             |                  |
| Yes  | 74.7          | 17.6                             | -57.1       |                  |
| No   | 6.3           | 68.9                             | +62.6       | <b>&lt;.0001</b> |

\* Differences computed only for those completing both surveys; # % reporting occasional or greater frequency