

CADTH Reference List

# Inpatient Treatment Programs for Substance Use Disorders

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## Key Message

Two randomized controlled trials and 1 non-randomized study were identified regarding the clinical effectiveness of inpatient or residential treatment programs with different treatment lengths for people with substance use disorders.

## Research Question

What is the clinical effectiveness of inpatient or residential treatment programs with different treatment lengths for people with substance use disorders?

## Methods

### Literature Search Methods

A limited literature search was conducted by an information specialist on key resources including MEDLINE, the Cochrane Database of Systematic Reviews, the international HTA database, the websites of Canadian and major international health technology agencies, as well as a focused internet search. The search strategy comprised both controlled vocabulary, such as the National Library of Medicine's MeSH (Medical Subject Headings), and keywords. The main search concepts were substance use disorders, inpatient or residential settings, and length of stay. CADTH-developed search filters were applied to limit retrieval to health technology assessments, systematic reviews, meta-analyses, indirect treatment comparisons, and any types of clinical trials or observational studies. Where possible, retrieval was limited to the human population. The search was also limited to English-language documents published between January 1, 2012 and July 26, 2022. Internet links were provided, where available.

### Selection Criteria

One reviewer screened literature search results (titles and abstracts) and selected publications according to the inclusion criteria presented in [Table 1](#). Full texts of study publications were not reviewed.

**Table 1: Selection Criteria**

Criteria	Description
Population	People with substance use disorders
Intervention	Inpatient or residential treatment programs
Comparator	Inpatient or residential treatment program with alternative durations (e.g., different lengths of stay) or frequencies of treatment (e.g., repeated admissions or stays)
Outcomes	Clinical effectiveness (e.g., quality of life, functioning, participant satisfaction, relapse, symptom severity, participation rates, safety [e.g., adverse events])

Criteria	Description
Study designs	Health technology assessments, systematic reviews, randomized controlled trials, non-randomized studies

## Results

Two randomized controlled trials<sup>1,2</sup> and 1 non-randomized study<sup>3</sup> were identified regarding the clinical effectiveness of inpatient or residential treatment programs with different treatment lengths for people with substance use disorders. No relevant health technology assessments or systematic reviews were identified.

Additional references of potential interest that did not meet the inclusion criteria are provided in [Appendix 1](#).

## References

### Health Technology Assessments

No literature identified.

### Systematic Reviews

No literature identified.

### Randomized Controlled Trials

1. Nunes EV, Gordon M, Friedmann PD, et al. Relapse to opioid use disorder after inpatient treatment: Protective effect of injection naltrexone. *J Subst Abuse Treat.* 2018;85:49-55. [PubMed](#)
2. Harris AH, Kivlahan D, Barnett PG, Finney JW. Longer length of stay is not associated with better outcomes in VHA's substance abuse residential rehabilitation treatment programs. *J Behav Health Serv Res.* 2012;39(1):68-79. [PubMed](#)

### Non-Randomized Studies

3. Andersson HW, Wenaas M, Nordfjaern T. Relapse after inpatient substance use treatment: A prospective cohort study among users of illicit substances. *Addict Behav.* 2019;90:222-228. [PubMed](#)

## Appendix 1: References of Potential Interest

### Previous CADTH Reports

4. Gray C, Arguez C. Residential Treatment for Substance Use Disorder: A Review of Clinical Effectiveness. (*CADTH Rapid response report: summary with critical appraisal*). Ottawa (ON): CADTH; 2019: <https://www.cadth.ca/sites/default/files/pdf/htis/2018/RC1052%20Residential%20Healing%20Centres%20Final.pdf>. Accessed 2022 Aug 3.
5. Short and Long Duration Residential Treatment Programs for Patients with Addiction: Comparative Clinical Effectiveness and Guidelines. (*CADTH Rapid response report: summary of abstracts*). Ottawa (ON): CADTH; 2017: <https://www.cadth.ca/short-and-long-duration-residential-treatment-programs-patients-addiction-comparative-clinical>. Accessed 2022 Aug 3.

### Non-Randomized Studies

#### No Comparator

6. Eastwood B, Peacock A, Millar T, et al. Effectiveness of inpatient withdrawal and residential rehabilitation interventions for alcohol use disorder: A national observational, cohort study in England. *J Subst Abuse Treat*. 2018;88:1-8. [PubMed](#)
7. McKetin R, Kothe A, Baker AL, Lee NK, Ross J, Lubman DI. Predicting abstinence from methamphetamine use after residential rehabilitation: Findings from the Methamphetamine Treatment Evaluation Study. *Drug Alcohol Rev*. 2018;37(1):70-78. [PubMed](#)
8. Chang G, Martin KB, Tang M, Fleming JA. Inpatient hospitalization for substance use disorders one year after residential rehabilitation: predictors among US veterans. *Am J Drug Alcohol Abuse*. 2016;42(1):56-62. [PubMed](#)
9. Kelly PJ, Baker AL, Deane FP, Kay-Lambkin FJ, Bonevski B, Tregarthen J. Prevalence of smoking and other health risk factors in people attending residential substance abuse treatment. *Drug Alcohol Rev*. 2012;31(5):638-44. [PubMed](#)

#### Mixed Population – Dual Diagnosis Mental Illness and Substance Use Disorder

10. van Kranenburg GD, van den Brink RHS, Mulder WG, Diekman WJ, Pijnenborg GHM, Mulder CL. Clinical effects and treatment outcomes of long-term compulsory inpatient treatment of treatment-resistant patients with severe mental illness and substance-use disorder. *BMC Psychiatry*. 2019;19(1):270. [PubMed](#)

### Review Articles

11. Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition). Gaithersburg (MD): National Institute on Drug Abuse; 2018: <https://nida.nih.gov/download/675/principles-drug-addiction-treatment-research-based-guide-third-edition.pdf?v=74dad603627bab89b93193918330c223>. Accessed 2022 Aug 3.  
See pages 24-27: Types of Treatment Programs