· 综　述 ·

药物滥用治疗受治者动机研究进展*

邓立伟[1,2], 凌莉[1,2]

摘　要:在药物滥用治疗领域,治疗动机指吸毒者参加治疗及改变药物滥用行为的动力和准备。上世纪 70 年代中期以来,科学家对药物滥用治疗受治者动机的研究取得了诸多成果,包括对治疗动机的理论构建及其量表研制,证实治疗动机对药物滥用治疗过程和结局的影响,发现治疗动机的一系列影响因素,并开发出动机性会谈、动机强化治疗等有效的干预策略。本文对上述研究成果进行综述,以期为我国开展相关研究提供参考依据。

关键词:药物滥用治疗;吸毒;动机;影响因素;动机性会谈;动机增强治疗

中图分类号:R 195　**文献标志码**:A　**文章编号**:1001-0580(2017)08-1267-06　DOI:10.11847/zgggws2017-33-08-28

Researches on motivation for drug abuse treatment among drug abusers: a review

DENG Li-wei*, LING Li (* *Faculty of Medical Statistics and Epidemiology, School of Public Health, Sun Yat-sen University, Guangzhou, Guangdong Province* 510080, China)

Abstract: Objective　In the field of drug abuse treatment, clients' motivation for treatment refers to their willingness and readiness to change drug abuse behaviors and to be involved in treatment. Since the mid-1970s, scientists had achieved a lot in researches on the motivation, including the development of theoretical construct and assessment scales, the confirmation of relationship between clients' motivation and drug abuse treatment process and outcome, the discovery of factors influencing clients' motivation for drug abuse treatment, and the development of many effective motivational interventions, such as motivational interviewing and motivation enhancement therapy. This paper summarized results of these studies to provide references for future researches.

Key words: drug abuse treatment; drug abuse; motivation; influencing factor; motivational interviewing; motivation enhancement therapy

中国公共卫生 CPH

药物滥用治疗(drug abuse treatment)指针对药物滥用或成瘾行为(俗称吸毒)的治疗服务,各国根据实际需要提供了不同种类的治疗项目,包括短期住院治疗(short-term inpatient, STI)、长期寄托治疗(long-term residential, LTR)、门诊非美沙酮治疗(outpatient drug-free non-methadone treatment)、美沙酮维持治疗(methadone maintenance treatment, MMT)等[1-3],我国目前主要提供强制隔离戒毒、社区 MMT 等服务。大量研究已证明了药物滥用治疗的有效性[3-7],但仍有许多吸毒人员尚未参加治疗,或存在维持时间不足、偷吸、复吸等问题。治疗动机(motivation for treatment)长期以来一直是药物滥用领域研究的重点之一。该领域第一篇可查的治疗动机相关文章由 Looney 教授[8]于 1974 年发表,此后大量研究表明,更高程度的治疗动机或准备有利于吸毒者参加和投入治疗[9-15],延长维持治疗的时间[12,16-25],并减少偷吸和相关违法犯罪行为[9,11,21,26-30]。此外,动机性会谈、动机强化治疗等也能够有效强化受治者的动机水平[31-34],改善治疗的维持情况和治疗效果[35]。虽然治疗动机在药物滥用治疗的过程中有重要作用,但我国关于吸毒者治疗动机的研究却非常有限。因此,有必要系统地介绍药物滥用治疗受治者动机的研究现状,为我国开展相关研究提供参考依据。

1　治疗动机概念及其特点

心理学认为动机是由需要所推动的、达到一定目标的行为动力。在药物滥用领域,治疗动机一般指吸毒者参加治疗及改变药物滥用行为的动力和准备,其重要特点包括隐蔽性、多维性、动力性、动态性和可改变性[36]。隐蔽性指治疗动机是一种内部的、不能直接被观察或测量的心理过程;多维性反映了治疗动机由多个组成部分和维度构成,如内部需求和愿望、外部压力、对自身处境的认知评价等,因此治疗动机常用含多个维度的量表进行测量;动力性指治疗动机具有激起、调节、维持和支配治疗行为的作用,大量研究也证实,治疗动机与药物滥用治疗的过程和结局之间有重要联系;动态性是指治疗动机

* **基金项目**:国家自然科学基金(81473065)
作者单位:1. 中山大学公共卫生学院医学统计与流行病学系,广东 广州 510080;2. 中山大学流动人口卫生政策研究中心
作者简介:邓立伟(1991 -),男,湖南澧县人,硕士在读,研究方向:流行病学与卫生统计学。
通讯作者:凌莉,E-mail:lingli@ mail. sysu. edu. cn
数字出版日期:2016 - 6 - 21 14:03
数字出版网址:http://www. cnki. net/kcms/detail/21. 1234. R. 20160621. 1403. 018. html

同时受到吸毒者个人和其他因素的影响,一直处于波动变化的状态;可改变性则表示相关干预措施可以改变受治者治疗动机的水平,这也是动机干预的理论基础之一[36-37]。

2　治疗动机测量量表及其理论构建

目前,国外已有十余种量表用于药物滥用治疗受治者的治疗动机测量,其中 4 个成熟结构化量表的应用最为广泛,分别是罗德岛大学改变评估量表(University of Rhode Island Change Assessment Scale, URICA)、环境-动机-准备-适应量表(Circumstances, Motivation, Readiness and Suitability Scale, CMRS)、德克萨斯基督教大学治疗动机量表(Texas Christian University Treatment Motivation Scale)以及改变准备阶段和治疗迫切性量表(The Stages of Change Readiness and Treatment Eagerness Scale, SOCRATES)。

2.1　*罗德岛大学改变评估量表*　1983 年,McConnaughy、Prochaska 等[38]借鉴跨理论模型(transtheoretical model)提出了改变阶段理论(stages of change),将药物滥用行为改变划分为思考前期(pre-contemplation)、思考期(contemplation)、行动期(action)和维持期(maintenance)4 个阶段,并由此研制了 32 个条目的 URICA 量表,上述 4 个阶段即为量表的 4 个维度,各含 8 个条目,选项设置采用李克特 5 分法(“完全不同意”到“完全同意”),各维度得分为其下属条目分数的平均分,分数越高表明动机水平越好。该量表有良好的信、效度[38-40],目前已被台湾和大陆学者翻译成繁体和简体中文版[41-42]。

2.2　*环境-动机-准备-适应量表*　1986 年,De Leon[16]在研究治疗社区(therapeutic community, TC)的受治者脱失时,归纳了环境、动机、准备和适应 4 个方面的因素,分别代表受治者的外部压力、内部动力、对治疗的准备及其适应状况,并编制了 4 个维度的 CMRS 量表,1994 年确定为 42 个条目的量表[17],2000 年又在此基础上发展出 3 个维度、18 个条目的 CMR 简表[9]。条目选项采用李克特 5 分法(“完全不同意”到“完全同意”),各维度得分为下属条目分数的总和,分数越高代表动机水平越强。该量表的信、效度可被接受[9,18,23],目前尚无中文版本。

2.3　*德克萨斯基督教大学治疗动机量表*　1993 年,德克萨斯基督教大学的 Simpson[43]在 CMRS 的基础上提出了新的理论结构,把治疗动机划分为问题认知(problems recognition)、求助意愿(desire for help)和治疗准备(treatment readiness)3 个连续的认知过程,编制了 24 个条目的治疗动机量表,并应用于美沙酮维持治疗等治疗项目;后来又添加了 5 个新条目组成第 4 个维度:外部压力(external pressures),最后形成 29 个条目的治疗动机量表[44]。选项采用李克特 5 分法(“完全不同意”到“完全同意”),各维度得分为其下属条目分数的平均分,分数越高表明动机越强。该量表有较好的信、效度[12,45],目前尚无中文版本。

2.4　*改变准备阶段和治疗迫切性量表*　基于 Prochaska 等提出的改变阶段理论和 URICA 量表,Miller[46]针对酒精滥用问题提出了一系列初始测量条目,经过多次修订和实证研究,将治疗动机分为问题认知(recognition)、矛盾心理(ambivalence)和采取行动(taking steps)3 个维度,研制出 19 个条目的 SOCRATES 量表,并发展成 5A 和 5D 2 个版本,分别适用于酒精和药物滥用成瘾者治疗动机的测量。条目选项采用李克特 5 分法(“完全不同意”到“完全同意”),各维度得分为下属条目分数的总和,分数越高代表动机水平越强。该量表的信、效度较好[46-48],我国王石斌等[49]学者已翻译成中文版。

3　治疗动机对药物滥用治疗过程和结局的影响

3.1　*治疗动机与参加治疗的关系*　De Leon[9]对 658 例监狱治疗社区的受治者进行随访研究发现,较强的治疗动机与其出狱后参加治疗社区康复项目有关,Zule[10]和 Harrell 等[11]调查未治疗的吸毒者也发现,更高程度的治疗动机有利于吸毒者在随访期间参加药物滥用治疗。此外,多项研究亦表明治疗动机越高则受治者对治疗的参与和投入程度越高[12-15]。因此,吸毒者治疗前的动机水平会影响其参加治疗和投入的程度。

3.2　*治疗动机与维持治疗的关系*　大量研究表明,吸毒者入组药物滥用治疗时的动机水平与其治疗期间的维持时间和脱失情况有关[5,12,16-20,22-25,28,50]。对此,不同学者的研究涉及不同量表和治疗项目的受治者,均取得了一致的结果;更好的治疗动机和准备也有利于受治者完成治疗[25,51]。这都说明治疗前的动机水平会影响受治者入组后的治疗依从性。

3.3　*治疗动机与药物滥用的关系*　研究发现,吸毒者参加药物滥用治疗时的动机水平与其治疗期间的毒品使用及严重程度有关[11,13,21,26-27,29,52],更高程度的治疗动机有利于受治者减少或停止药物滥用行为[53-60],因此可以认为治疗动机会影响药物滥用治疗的效果。然而,也有少数研究并未发现动机与偷吸、复吸之间的关系[9,28,30],可能是研究的治疗项目不同而使结果产生差异。

3.4　*治疗动机与其他治疗结局的关系*　除了药物

中国公共卫生 CPH

滥用治疗的入组、维持和持续吸毒,研究者发现受治者治疗动机还与其消除戒断症状[26]、增进心理幸福感[14]、减少犯罪参与[21]等治疗结局有关,但与吸毒者随访期间再次犯案入狱无关[9]。这说明更高的治疗动机有利于受治者的生理、心理和社会功能康复。

4　药物滥用治疗受治者动机的影响因素

4.1　*社会人口学特征*　(1)年龄:大量研究发现,年龄越大的吸毒者治疗动机越强[19,23,61-66],但也存在个别研究发现相反的结果:De Weert-Van Oene 等[67]用 TCU 治疗动机量表调查 279 例住院治疗的物质滥用者,发现年龄与其求助意愿呈负向关系;Becan 等[68]用同一量表调查 519 例寄托治疗的青少年也发现,年龄较小者对吸毒问题的认知更好。这可能是因为年龄对住院治疗项目和青少年这一群体的影响与其他受治者不同。(2)性别:大多数研究表明,女性通常比男性有更高的治疗动机[61,63,65,69-79]。然而,Soyez[23]用 CMRS 量表调查 207 例治疗社区受治者发现,男性的适应性维度和总分得分较高;Becan 等[68]调查青少年成瘾者则发现,男青年有更好的问题认知得分;说明女性对治疗的适应性弱于男性,且女青年对吸毒问题的认识不如男青年(成年后的问题认知程度则没有差异[72,77],甚至女性更好[71,76])。(3)种族:多项研究一致表明,对于成年吸毒者,黑人等少数族裔比白人有更高的治疗动机[65,69,70,72,74];但对青少年或孕妇而言,白人的治疗动机水平反而较强[74,80]。(4)文化程度:Nyamathi[81]、Severtson 等[82]调查未治疗的吸毒者发现,文化程度越高则其停止药物滥用和戒毒的意愿越强;Rapp 等[77]也证实受治者的文化程度与其治疗动机相关。(5)婚姻状况:已婚吸毒者的治疗动机水平更高[69,76],而单身者对治疗和改变药物滥用行为的矛盾心理则更强[69,78]。

4.2　*吸毒特征*　大量研究表明,吸毒模式和毒品类型会影响吸毒者的治疗动机[53,65,74,79,81,83-84],且滥用毒品的数量越多、频率越高,动机水平越强[67,71,82]。对未参加治疗的吸毒者而言,吸毒时间越长则治疗动机越强[71,80],但在药物滥用治疗受治者中却发现吸毒时间越长动机水平越低[23,63],可能是因为吸毒者参加治疗后认识到改变药物滥用行为和戒毒的艰难,导致吸毒较久的受治者信心和动机反而变弱。此外,许多研究也证实,药物滥用的严重程度越高[23,61,67,72,77,85-86],或吸毒对成瘾者的危害越大[66,67,74,77,87-89],则治疗动机越好。

4.3　*治疗特征*　研究结果显示,有药物滥用治疗经历的吸毒者有更好的治疗动机[23,66,71,77,81-83],然而 Zule[84]调查 345 例非洲裔快客可卡因吸毒者发现,曾多次参加治疗的吸毒者的治疗意愿较低,可能是少数族裔吸毒者经过多次治疗失败或脱失,导致其参加治疗的意愿减弱。其次,寄托治疗的受治者动机水平高于其他治疗项目[65,90],但参加针具交换(needle-exchange program, NEP)对治疗动机没有影响[83,91]。除此之外,受治者对治疗的看法和信心也会影响其治疗动机水平[69,75,77,84,88,92]。

4.4　*外部压力*　有研究发现,感受到同伴、司法或医疗机构压力的吸毒者治疗动机较高[73,84,90],但被法律转介或强迫参加治疗者的动机较自愿受治者差[23,49,65,70,72,77,86,92];来自家庭的巨大压力对受治者内部动机则可能会有负面影响[86,87,90]。

4.5　*健康状况*　无论是青少年还是成年吸毒者,健康问题都与其治疗动机相关[74]。生理方面,Webster[76]用 TCU 治疗动机量表调查 350 例受治者发现,身体健康状态较好者对吸毒问题的认识较差,但求助意愿较强;身体健康问题[62,71]和怀孕[80]则是动机水平的促进因素。心理方面,认知功能损害者的问题认知程度较低[82],而精神健康问题[75-76]、精神症状[69]、心理功能[93]、焦虑[94]、抑郁[70-71,84,85,94]等则是受试者动机水平的促进因素。因此,吸毒者下降的生理或心理健康反而有利于增强其治疗动机。

4.6　*家庭、社会因素*　不同研究表明,照顾子女[71]、家庭亲密度[81]、家人或朋友吸毒[62,74]、家人或朋友被逮捕[74]、治疗同伴的数量[88]、亲密关系的数量[23]、社会支持[72,77,95]、社会融合[96]等是受治者治疗动机的促进因素,而失去孩子监护权、对子女疏于管教、参加治疗会影响抚养孩子[93]、常与吸毒者在一起[81]等则是治疗动机的不利因素。

4.7　*其他因素*　除上述内容,受治者治疗动机的影响因素还包括犯罪状况[68,75,87]、无家可归[97]、生活事件[78,98]、童年创伤[99]、医疗保险[75]、愤怒表达[98]、后悔吸毒[100]、自我概念[99]等。

5　药物滥用治疗受治者的动机干预

动机干预(motivational intervention)指以增强受治者治疗动机为目的的临床策略,药物滥用治疗领域常见的干预措施为动机性会谈(motivational interviewing, MI)和动机强化治疗(motivational enhancement therapy, MET)。动机性会谈是一种以患者为中心、建立信任合作关系、帮助受治者解决心理矛盾而增强治疗动机的心理咨询辅导[101],有 5 项基本原则:表达共情(express empathy)、发现差距(develop discrepancy)、避免争论(avoid argumentation)、化解阻力(roll with resistance)和支持自我效能(support self-efficacy)[36,101-102]。治疗由数次访

谈构成,可以单独实施或与其他治疗配套进行,将动机性会谈与受治者评估结果反馈相结合的方法即为动机强化治疗[103]。多项研究证实,动机性会谈能强化受治者动机[34],延长维持治疗时间[35,104],降低偷吸、复吸率[59,105];动机强化治疗也能提高动机水平[31-32],减少吸毒天数[33],提高治疗效果。

此外,还有音乐疗法[106-108]、德克萨斯基督教大学治疗动机训练法[109]、治疗动机引导法[68]等动机干预措施。总而言之,药物滥用治疗是一个长期的、复杂的过程,应基于生物-心理-社会医学模式,最大限度地激发受治者自身对治疗及改变吸毒行为的愿望和动力,以不断提高药物滥用治疗的效果,从而促进受治者生理、心理和社会功能的恢复。

参考文献

[1] Hubbard RL, Anderson J, Etheridge RM, et al. Methodological overview and research design for the drug abuse treatment outcome study(DATOS)[J]. Psychology of Addictive Behaviors, 1997, 11(4): 230-243.

[2] Allison M, Hubbard RL. Drug abuse treatment process: a review of the literature[J]. International Journal of the Addictions, 1985, 20(9): 1321-1345.

[3] Landry MJ. Overview of addiction treatment effectiveness[M]. DIANE Publishing, 1996.

[4] Hubbard RL, Craddock SG, Flynn PM, et al. Overview of 1-year follow-up outcomes in the Drug Abuse Treatment Outcome Study (DATOS)[J]. Psychology of Addictive Behaviors, 1997, 11(4): 261-278.

[5] Simpson DD, Joe GW, Brown BS. Treatment retention and follow-up outcomes in the Drug Abuse Treatment Outcome Study (DATOS)[J]. Psychology of Addictive Behaviors, 1997, 11(4): 294-307.

[6] Hubbard RL, Craddock SG, Anderson J. Overview of 5-year followup outcomes in the drug abuse treatment outcome studies (DATOS)[J]. Journal of Substance Abuse Treatment, 2003, 25(3): 125-1234.

[7] Simpson DD, Sells SB. Effectiveness of treatment for drug abuse [J]. Advances in Alcohol and Substance Abuse, 2008, 2(1): 7-29.

[8] Looney M, Metcalf S. The "fatigue factor" in drug addiction: insufficient motivation for treatment[J]. Hospital and Community Psychiatry, 1974, 25(8): 528-530.

[9] De Leon G, Melnick G, Thomas G, et al. Motivation for treatment in a prison-based therapeutic community[J]. The American Journal of Drug and Alcohol Abuse, 2000, 26(1): 33-46.

[10] Zule WA. Predictive validity of a measure of treatment readiness for out-of-treatment drug users: enhancing prediction beyond demographic and drug history variables[J]. The American Journal of Drug and Alcohol Abuse, 2002, 28(1): 147-169.

[11] Harrell PT, Trenz RC, Scherer M, et al. A latent class approach to treatment readiness corresponds to a transtheoretical("Stages of Change")model[J]. Journal of Substance Abuse Treatment, 2013, 45(3): 249-256.

[12] Joe GW, Simpson DD, Broome KM. Effects of readiness for drug abuse treatment on client retention and assessment of process[J]. Addiction(Abingdon, England), 1998, 93(8): 1177-1190.

[13] Slavet JD, Stein LA, Colby SM, et al. The Marijuana Ladder: measuring motivation to change marijuana use in incarcerated adolescents[J]. Drug and Alcohol Dependence, 2006, 83(1): 42-48.

[14] Klag SM, Creed P, O'callaghan F. Early motivation, well-being, and treatment engagement of chronic substance users undergoing treatment in a therapeutic community setting[J]. Substance Use and Misuse, 2010, 45(7-8): 1112-1130.

[15] Mitrani VB, Feaster DJ, Weiss-Laxer NS, et al. Malaise, motivation and motherhood: predictors of engagement in behavioral interventions from a randomized controlled trial for HIV + women in drug abuse recovery[J]. AIDS and Behavior, 2011, 15(2): 396-406.

[16] De Leon G, Jainchill N. Circumstance, motivation, readiness and suitability as correlates of treatment tenure[J]. Journal of Psychoactive Drugs, 1986, 18(3): 203-208.

[17] De Leon G, Melnick G, Kressel D, et al. Circumstances, motivation, readiness, and suitability(the CMRS scales): predicting retention in therapeutic community treatment[J]. The American Journal of Drug and Alcohol Abuse, 1994, 20(4): 495-515.

[18] De Leon G, Melnick G, Kressel D. Motivation and readiness for therapeutic community treatment among cocaine and other drug abusers[J]. The American Journal of Drug and Alcohol Abuse, 1997, 23(2): 169-189.

[19] Melnick G, De Leon G, Hawke J, et al. Motivation and readiness for therapeutic community treatment among adolescents and adult substance abusers[J]. The American Journal of Drug and Alcohol Abuse, 1997, 23(4): 485-506.

[20] Murphy PN, Bentall RP. Opiate withdrawal outcome: the predictive ability of admission measures of motivation, self-efficacy, and lifestyle stability[J]. Substance Use and Misuse, 1997, 32(11): 1587-1597.

[21] Simpson DD, Joe GW, Rowan-Szal GA. Drug abuse treatment retention and process effects on follow-up outcomes[J]. Drug and Alcohol Dependence, 1997, 47(3): 227-235.

[22] Longshore D, Teruya C. Treatment motivation in drug users: a theory-based analysis[J]. Drug and Alcohol Dependence, 2006, 81(2): 179-188.

[23] Soyez V, De Leon G, Rosseel Y, et al. Motivation and readiness for therapeutic community treatment: psychometric evaluation of the Dutch translation of the Circumstances, Motivation, Readiness, and Suitability scales[J]. Journal of Substance Abuse Treatment, 2006, 30(4): 297-308.

[24] Hampton AS, Conner BT, Albert D, et al. Pathways to treatment retention for individuals legally coerced to substance use treatment: the interaction of hope and treatment motivation[J]. Drug and Alcohol Dependence, 2011, 118(2-3): 400-407.

[25] Mitchell D, Angelone DJ. Assessing the validity of the Stages of Change Readiness and Treatment Eagerness Scale with treatment-seeking military service members[J]. Military Medicine, 2006, 171(9): 900-904.

[26] Murphy PN, Bentall RP, Owens RG. The experience of opioid abstinence: the relevance of motivation and history[J]. British Journal of Addiction, 1989, 84(6): 673-679.

[27] Korcha RA, Polcin DL, Bond JC, et al. Substance use and motivation: a longitudinal perspective[J]. The American Journal of Drug and Alcohol Abuse, 2011, 37(1): 48-53.

[28] Carpenter KM, Miele GM, Hasin DS. Does motivation to change mediate the effect of DSM-IV substance use disorders on treatment utilization and substance use? [J]. Addictive Behaviors, 2002, 27(2): 207-225.

[29] Hesse M. The Readiness Ruler as a measure of readiness to change poly-drug use in drug abusers[J]. Harm Reduction Journal, 2006, 3(3): 91-111.

[30] Gossop M, Stewart D, Marsden J. Readiness for change and drug use outcomes after treatment[J]. Addiction(Abingdon, England), 2007, 102(2): 301-308.

[31] Easton C, Swan S, Sinha R. Motivation to change substance use among offenders of domestic violence[J]. Journal of Substance Abuse Treatment, 2000, 19(1): 1-5.

[32] Huang YS, Tang TC, Lin CH, et al. Effects of motivational enhancement therapy on readiness to change MDMA and methamphetamine use behaviors in Taiwanese adolescents[J]. Substance Use and Misuse, 2011, 46(4): 411-416.

[33] Burlew AK, Montgomery L, Kosinski AS, et al. Does treatment readiness enhance the response of African American substance users to Motivational Enhancement Therapy? [J]. Psychology of Addictive Behaviors: Journal of the Society of Psychologists

in Addictive Behaviors, 2013, 27(3): 744 – 753.
[34] 邹露, 谢青莲, 曹秉蓉. 动机晤谈技术对苯丙胺类滥用者戒毒动机提升的研究[J]. 华西医学, 2014, 29(9): 1733 – 1735.
[35] Carroll KM, Ball SA, Nich C, et al. Motivational interviewing to improve treatment engagement and outcome in individuals seeking treatment for substance abuse: a multisite effectiveness study[J]. Drug and Alcohol Dependence, 2006, 81(3): 301 – 312.
[36] Center For Substance Abuse Treatment. SAMHSA/CSAT Treatment improvement protocols [M]. Enhancing Motivation for Change in Substance Abuse Treatment. Rockville(MD): Substance Abuse and Mental Health Services Administration(US), 1999.
[37] Backer TE. Assessing and enhancing readiness for change: implications for technology transfer[J]. NIDA Research Monograph, 1995, 155: 21 – 41.
[38] Mcconnaughy EA, Prochaska JO, Velicer WF. Stages of change in psychotherapy: measurement and sample profiles[J]. Psychotherapy: Theory, Research and Practice, 1983, 20(3): 368 – 375.
[39] Abellanas L, Mclellan AT. "Stage of change" by drug problem in concurrent opioid, cocaine, and cigarette users[J]. Journal of Psychoactive Drugs, 1993, 25(4): 307 – 313.
[40] Blanchard KA, Morgenstern J, Morgan TJ, et al. Motivational subtypes and continuous measures of readiness for change: concurrent and predictive validity[J]. Psychology of Addictive Behaviors: Journal of the Society of Psychologists in Addictive Behaviors, 2003, 17(1): 56 – 65.
[41] Yen CF, Huang YS, Chang YP, et al. Factor structure of the Chinese version of the University of Rhode Island Change Assessment in Taiwanese adolescents who abuse MDMA or methamphetamine[J]. The American Journal of Drug and Alcohol Abuse, 2010, 36(2): 114 – 117.
[42] 孙玮洁, 崔丽霞. 罗德岛大学改变评估量表在中国大学生群体中的修订[M]. 第十六届全国心理学学术会议论文集. 南京. 2013: 330 – 331.
[43] Simpson DD, Joe GW. Motivation as a predictor of early dropout from drug abuse treatment[J]. Psychotherapy, 1993, 30(2): 357 – 368.
[44] TCU Institute of Behavioral Research. Scoring Guide for Treatment Motivation Scales[EB/OL]. (2002 – 06 – 30)[2015 – 12 – 09]. http://ibr. tcu. edu/wp-content/uploads/2013/10/cesimot-sg. pdf
[45] Simpson DD, Joe GW. Motivation as a predictor of early dropout from drug abuse treatment [J]. Psychotherapy: Theory, Research, Practice, Training, 1993, 30(2): 357 – 368.
[46] Miller WR, Tonigan JS. Assessing drinkers' motivation for change: the Stages of Change Readiness and Treatment Eagerness Scale(SOCRATES)[J]. Psychology of Addictive Behaviors, 1996, 10(2): 81.
[47] Mitchell D, Francis JP, Tafrate RC. The psychometric properties of the Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES) in a clinical sample of active duty military service members[J]. Military Medicine, 2005, 170(11): 960 – 963.
[48] Burrow-Sanchez JJ, Lundberg KJ. Readiness to change in adults waiting for publicly funded substance abuse treatment[J]. Addictive Behaviors, 2007, 32(1): 199 – 204.
[49] 王石斌, 陈晗晖, 孙海明, 等. 95 例海洛因依赖者的治疗动机调查[J]. 中国药物依赖性杂志, 2007, 16(2): 136 – 139.
[50] Ball SA, Carroll KM, Canning-Ball M, et al. Reasons for dropout from drug abuse treatment: symptoms, personality, and motivation[J]. Addictive Behaviors, 2006, 31(2): 320 – 330.
[51] Fickenscher A, Novins DK, Beals J. A pilot study of motivation and treatment completion among American Indian adolescents in substance abuse treatment[J]. Addictive Behaviors, 2006, 31(8): 1402 – 1414.
[52] Duvall JL, Oser CB, Leukefeld CG. Readiness to change as a predictor of drug-related behaviors in a sample of rural felony probationers[J]. The American Journal of Drug and Alcohol Abuse, 2008, 34(6): 741 – 748.
[53] Downey L, Rosengren DB, Donovan DM. To thine own self be true: self-concept and motivation for abstinence among substance abusers[J]. Addictive Behaviors, 2000, 25(5): 743 – 757.
[54] Downey L, Rosengren DB, Donovan DM. Sources of motivation for abstinence: a replication analysis of the reasons for quitting questionnaire[J]. Addictive Behaviors, 2001, 26(1): 79 – 89.
[55] Pantalon MV, Nich C, Frankforter T, et al. The URICA as a measure of motivation to change among treatment-seeking individuals with concurrent alcohol and cocaine problems[J]. Psychology of Addictive Behaviors: Journal of the Society of Psychologists in Addictive Behaviors, 2002, 16(4): 299 – 307.
[56] Murphy PN, Bentall RP, Ryley LD, et al. Predicting postdischarge opiate abstinence from admission measures of motivation and confidence[J]. Psychology of Addictive Behaviors: Journal of the Society of Psychologists in Addictive Behaviors, 2003, 17(2): 167 – 170.
[57] Ledgerwood DM, Petry NM. Does contingency management affect motivation to change substance use? [J]. Drug and Alcohol Dependence, 2006, 83(1): 65 – 72.
[58] Maisto SA, Krenek M, Chung T, et al. Comparison of the concurrent and predictive validity of three measures of readiness to change marijuana use in a clinical sample of adolescents[J]. Journal of Studies on Alcohol and Drugs, 2011, 72(4): 592 – 601.
[59] Hall BC, Stewart DG, Arger C, et al. Modeling motivation three ways: effects of MI metrics on treatment outcomes among adolescents[J]. Psychology of Addictive Behaviors: journal of the Society of Psychologists in Addictive Behaviors, 2014, 28(1): 307 – 312.
[60] Kelly JF, Greene MC. Beyond motivation: initial validation of the commitment to sobriety scale [J]. Journal of Substance Abuse Treatment, 2014, 46(2): 257 – 263.
[61] Polcin DL, Beattie M. Relationship and institutional pressure to enter treatment: differences by demographics, problem severity, and motivation[J]. Journal of Studies on Alcohol and Drugs, 2007, 68(3): 428 – 436.
[62] Hiller ML, Narevic E, Webster JM, et al. Problem severity and motivation for treatment in incarcerated substance abusers[J]. Substance Use and Misuse, 2009, 44(1): 28 – 41.
[63] 武晓艳, 曾红, 李凌, 等. 1294 例戒毒者戒毒动机状况调查与分析[J]. 中国药物依赖性杂志, 2009, 18(3): 207 – 214.
[64] Goodman I, Peterson-Badali M, Henderson J. Understanding motivation for substance use treatment: the role of social pressure during the transition to adulthood[J]. Addictive Behaviors, 2011, 36(6): 660 – 668.
[65] Melnick G, Hawke J, De Leon G. Motivation and readiness for drug treatment: differences by modality and special populations [J]. Journal of Addictive Diseases, 2014, 33(2): 134 – 147.
[66] Upshur CC, Weinreb L, Cheng DM, et al. Does experiencing homelessness affect women's motivation to change alcohol or drug use? [J]. The American Journal on Addictions / American Academy of Psychiatrists in Alcoholism and Addictions, 2014, 23(1): 76 – 83.
[67] De Weert-Van Oene GH, Schippers GM, De Jong CA, et al. Motivation for treatment in substance-dependent patients. Psychometric evaluation of the TCU motivation for treatment scales [J]. European Addiction Research, 2002, 8(1): 2 – 9.
[68] Becan JE, Knight DK, Crawley RD, et al. Effectiveness of the Treatment Readiness and Induction Program for increasing adolescent motivation for change[J]. Journal of Substance Abuse Treatment, 2015, 50: 38 – 49.
[69] Hile MG, Adkins RE. The impact of substance abusers' readiness to change on psychological and behavioral functioning[J]. Addictive Behaviors, 1998, 23(3): 365 – 370.
[70] Salloum IM, Moss HB, Daley DC, et al. Drug use problem awareness and treatment readiness in dual motivation for treatment in substance-dependent patients diagnosis patients[J]. The American Journal on Addictions / American Academy of Psychiatrists in Alcoholism and Addictions, 1998, 7(1): 35 – 42.
[71] Nwakeze PC, Magura S, Rosenblum A. Drug problem recognition, desire for help, and treatment readiness in a soup kitchen population [J]. Substance Use and misuse, 2002, 37(3): 291 – 312.
[72] Rapp RC, LI L, Siegal HA, et al. Demographic and clinical cor-

中国公共卫生 CPH

relates of client motivation among substance abusers[J]. Health and Social Work, 2003, 28(2): 107 – 115.

[73] Gregoire TK, Burke AC. The relationship of legal coercion to readiness to change among adults with alcohol and other drug problems[J]. Journal of Substance Abuse Treatment, 2004, 26(1): 337 – 343.

[74] Handelsman L, Stein JA, Grella CE. Contrasting predictors of readiness for substance abuse treatment in adults and adolescents: a latent variable analysis of DATOS and DATOS-A participants[J]. Drug and Alcohol Dependence, 2005, 80(1): 63 – 81.

[75] Pollini RA, O'toole TP, Ford D, et al. Does this patient really want treatment? Factors associated withbaseline and evolving readiness for change among hospitalized substance using adults interested in treatment[J]. Addictive Behaviors, 2006, 31(10): 1904 – 1918.

[76] Webster JM, Rosen PJ, Krietemeyer J, et al. Gender, mental health, and treatment motivation in a drug court setting[J]. Journal of Psychoactive Drugs, 2006, 38(4): 441 – 448.

[77] Rapp RC, Xu J, Carr CA, et al. Understanding treatment readiness in recently assessed, pre-treatment substance abusers[J]. Substance Abuse, 2007, 28(1): 11 – 23.

[78] 陈展, 杨波, 刘思卿. 强制隔离戒毒人员戒毒动机、事件影响以及相互关系的特点[J]. 心理研究, 2011, 4(3): 67 – 71.

[79] Alley ES, Ryan T, Von Sternberg K. Predictors of readiness to change young adult drug use in community health settings[J]. Substance Use ad Misuse, 2014, 49(3): 253 – 261.

[80] Mitchell MM, Severtson SG, Latimer WW. Pregnancy and race/ethnicity as predictors of motivation for drug treatment[J]. The American Journal of Drug and Alcohol Abuse, 2008, 34(4): 397 – 404.

[81] Nyamathi A, Longshore D, Galaif ER, et al. Motivation to stop substance use and psychological and environmental characteristics of homeless women[J]. Addictive Behaviors, 2004, 29(9): 1839 – 1843.

[82] Severtson SG, Von Thomsen S, Hedden SL, et al. The association between executive functioning and motivation to enter treatment among regular users of heroin and/or cocaine in Baltimore, MD[J]. Addictive Behaviors, 2010, 35(7): 717 – 720.

[83] Henderson LA, Vlahov D, Celentano DD, et al. Readiness for cessation of drug use among recent attenders and nonattenders of a needle exchange program[J]. Journal of Acquired Immune Deficiency Syndromes(1999), 2003, 32(2): 229 – 237.

[84] Zule WA, Lam WK, Wechsberg WM. Treatment readiness among out-of-treatment African-American crack users[J]. Journal of Psychoactive Drugs, 2003, 35(4): 503 – 510.

[85] Slesnick N, Bartle-Haring S, Erdem G, et al. Troubled parents, motivated adolescents: predicting motivation to change substance use among runaways[J]. Addictive Behaviors, 2009, 34(8): 675 – 584.

[86] Urbanoski KA, Wild TC. Assessing self-determined motivation for addiction treatment: validity of the Treatment Entry Questionnaire[J]. Journal of Substance Abuse Treatment, 2012, 43(1): 70 – 79.

[87] Battjes RJ, Gordon MS, O'grady KE, et al. Factors that predict adolescent motivation for substance abuse treatment[J]. Journal of Substance Abuse Treatment, 2003, 24(3): 221 – 232.

[88] Laudet AB, Stanick V. Predictors of motivation for abstinence at the end of outpatient substance abuse treatment[J]. Journal of Substance Abuse Treatment, 2010, 38(4): 317 – 327.

[89] Collins J, Slesnick N. Factors associated with motivation to change HIV risk and substance use behaviors among homeless youth[J]. Journal of Social Work Practice in the Addictions, 2011, 11(2): 163 – 180.

[90] Stevens A, Berto D, Frick U, et al. The relationship between legal status, perceived pressure and motivation in treatment for drug dependence: results from a European study of Quasi-Compulsory Treatment[J]. European Addiction Research, 2006, 12(4): 197 – 209.

[91] Bluthenthal RN, Gogineni A, Longshore D, et al. Factors associated with readiness to change drug use among needle-exchange users[J]. Drug and Alcohol Dependence, 2001, 62(3): 225 – 230.

[92] Wolfe S, Kay-Lambkin F, Bowman J, et al. To enforce or engage: the relationship between coercion, treatment motivation and therapeutic alliance within community-based drug and alcohol clients[J]. Addictive Behaviors, 2013, 38(5): 2187 – 2195.

[93] Wilke DJ, Kamata A, Cash SJ. Modeling treatment motivation in substance-abusing women with children[J]. Child abuse and neglect, 2005, 29(11): 1313 – 1123.

[94] Cahill MA, Adinoff B, Hosig H, et al. Motivation for treatment preceding and following a substance abuse program[J]. Addictive Behaviors, 2003, 28(1): 67 – 79.

[95] 刘智勍, 董晓雯. 自愿戒毒者的治疗动机与领悟社会支持的相关研究[J]. 中国药物滥用防治杂志, 2014, 20(3): 139 – 143.

[96] Wei CC, Heckman BD, Gay J, et al. Correlates of motivation to change in adolescents completing residential substance use treatment[J]. Journal of Substance Abuse Treatment, 2011, 40(3): 272 – 280.

[97] O'toole TP, Pollini RA, Ford DE, et al. The health encounter as a treatable moment for homeless substance-using adults: the role of homelessness, health seeking behavior, readiness for behavior change and motivation for treatment[J]. Addictive Behaviors, 2008, 33(9): 1239 – 1243.

[98] Field CA, Duncan J, Washington K, et al. Association of baseline characteristics and motivation to change among patients seeking treatment for substance dependence[J]. Drug and Alcohol Dependence, 2007, 91(1): 77 – 84.

[99] 陆凤英, 汤永隆, 曹梦露, 等. 儿童虐待与戒毒动机: 自我概念的中介效应[J]. 心理发展与教育, 2014, 30(5): 527 – 532.

[100] Siegal HA, Li L, Rapp RC, et al. Measuring readiness for change among crack cocaine users: a descriptive analysis[J]. Substance Use and Misuse, 2001, 36(6 – 7): 687 – 700.

[101] Hettema J, Steele J, Miller WR. Motivational interviewing[J]. Annual Review of Clinical Psychology, 2005, 1(1): 91 – 111.

[102] 赵敏. 药物依赖心理治疗的基本技术 – 动机强化治疗的理论与技术[J]. 中国药物滥用防治杂志, 2006, 12(6): 311 – 314.

[103] Miller WR. Motivational enhancement therapy with drug abusers[M]. Citeseer, 1995.

[104] 杨丽萍, 张波, 姬红瑞. 动机访谈法对提高美沙酮维持治疗病人治疗依从性干预研究[J]. 心理医生, 2012, (9): 122 – 123.

[105] 李云贵, 吴运辉. 动机访谈对海洛因依赖患者复吸的影响[J]. 中国疗养医学, 2015, 24(8): 870 – 872.

[106] 张刃, 崔新华. 音乐心理剧对海洛因依赖者戒毒动机的干预[J]. 中国药物依赖性杂志, 2008, 17(1): 39 – 43.

[107] Silverman MJ. Effects of music therapy on change readiness and craving in patients on a detoxification unit[J]. Journal of Music Therapy, 2011, 48(4): 509 – 531.

[108] Silverman MJ. Effects of group songwriting on motivation and readiness for treatment on patients in detoxification: a randomized wait-list effectiveness study[J]. Journal of Music Therapy, 2012, 49(4): 414 – 429.

[109] Sia TL, Dansereau DF, Czuchry ML. Treatment readiness training and probationers' evaluation of substance abuse treatment in a criminal justice setting[J]. Journal of Substance Abuse Treatment, 2000, 19(4): 459 – 467.

收稿日期: 2015-12-11 （张翠编辑 吴少慧校对）