



12-month outcomes of individuals receiving outpatient treatment for
opiate use disorder:
comparison between buprenorphine and methadone maintenance
treatment in naturalistic conditions

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Background: Methadone and Buprenorphine

- Most used medications for opioid use disorder
- Effective
- Availability
 - In France: 1/3 methadone, 2/3 buprenorphine
 - In the USA and most countries: the majority received methadone
- Few studies on impact on quality of life and substance use (other than opiates)

Objectives

To describe and compare the changes in multidimensional outcomes between inclusion and 12-month follow-up, in naturalistic conditions of treatment

ADDICTAQUI

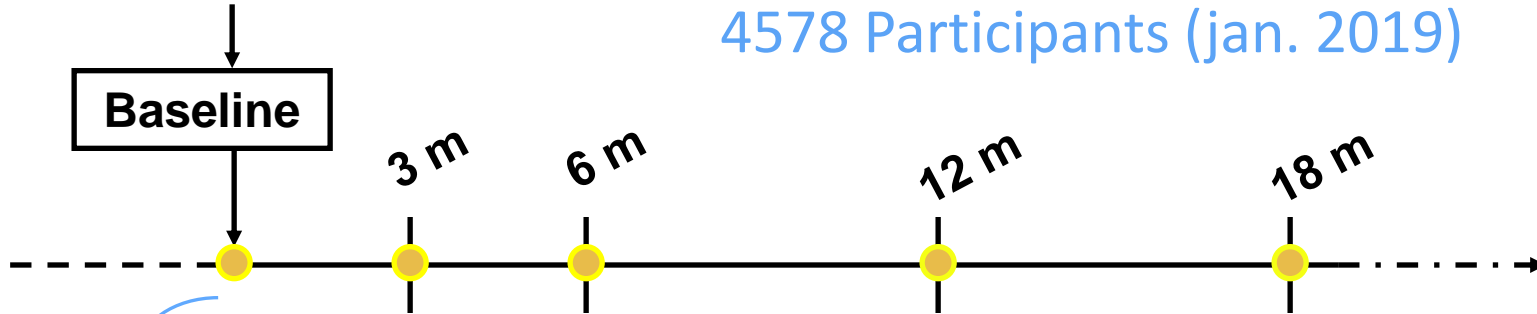
Addiction Aquitaine Cohort

started in 1994

+250 new participants/year

4578 Participants (jan. 2019)

Entry into treatment



- ✓ Socio-demographic data
 - ✓ Medical status
 - ✓ Treatment history
 - ✓ Substance use
 - ✓ Food problems
 - ✓ Non-substance addictive behaviors
 - ✓ Family/ social relationships
 - ✓ Psychological status
 - ✓ Psychopathology current and lifetime : MINI, BAI, BDI, CAADID
 - ✓ Personality : SSS, TCI-125
 - ✓ QoL : NHP, ASI
 - ✓ Risk behaviors: RAB
 - ✓ Sleep : Actimetry, PSQI, ESS, ISI
- ASI**
+ biological measures
+ craving

- Prospective open cohort: ADDICTAQUI Cohort
- ✓ Individuals with DSM-IV (from 1994 to 2013) or DSM-5 (2013 to 2015) criteria for opiate use disorder
- ✓ Patients who started OMT between 1994 and 2015 in outpatient addiction treatment
- ✓ Individuals with baseline and 12-months (\pm 3months) follow-up assessments

Method: Analyses

- Descriptive analyses to present the baseline and 12-month treatment characteristics
- Chi-square and t-test to compare individuals receiving buprenorphine with individuals receiving methadone
- Repeated measures analysis of variance ANOVA, McNemar's Chi-square test to describe the evolution between inclusion and 12-month follow-up in the two treatment groups
- MANOVA for repeated measures to compare outcome

Results: Baseline characteristics (1)

	MET	BUP	MET vs. BUP
n	173	110	
Age Mean (SD)	33.4 (7.7)	33.4 (7.8)	NS
Gender – Male n (%)	124 (71.7)	71 (65.1)	NS
Treatment dose at 12 months, mg Mean (SD)	89.5 (55.4)	14.5 (8.6)	

Results: Baseline characteristics (2)

Severity of Addiction – ASI Composite Scores Mean (SD):

	MET	BUP	MET vs. BUP
Medical	0.28 (0.32)	0.33 (0.30)	NS
Employment/ Support	0.59 (0.29)	0.56 (0.27)	NS
Alcohol	0.16 (0.22)	0.17 (0.24)	NS
Drug	0.32 (0.10)	0.32 (0.09)	NS
Legal	0.11 (0.17)	0.10 (0.16)	NS
Family/ Social	0.15 (0.16)	0.17 (0.17)	NS
Psychiatric	0.36 (0.23)	0.42 (0.23)	NS

Results: Baseline characteristics (3)

Lifetime regular substance use (ASI) – n (%):

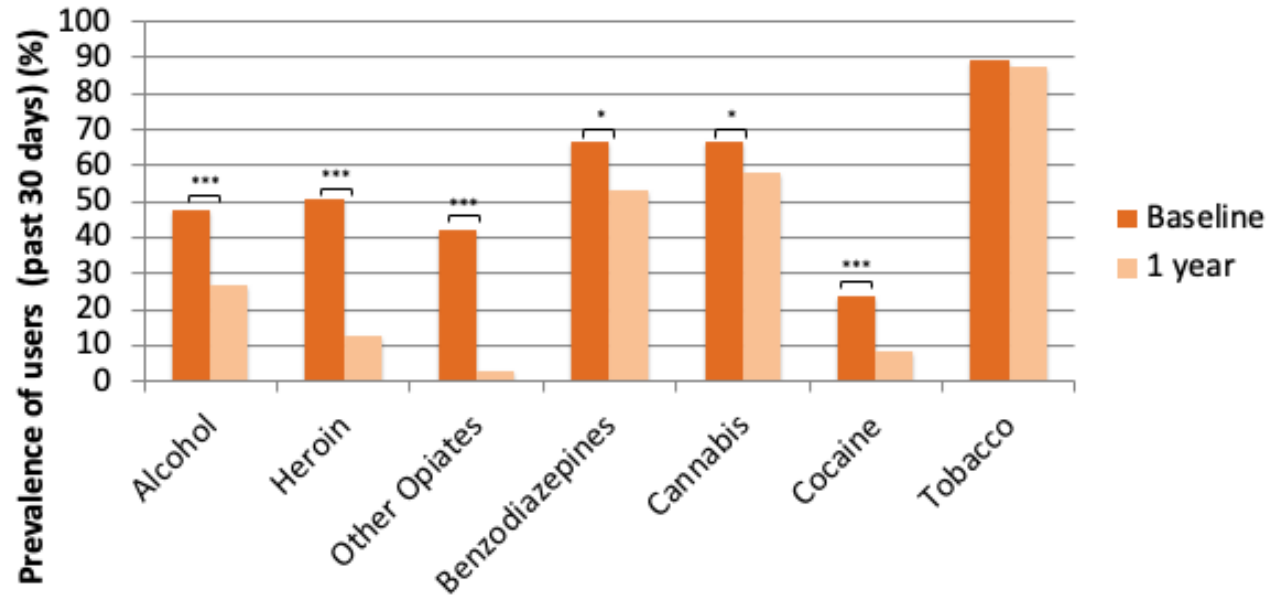
	MET	BUP	MET vs. BUP
Alcohol \geq 5 AU	83 (50.6)	50 (48.5)	NS
Heroin	161 (95.8)	90 (84.1)	p< .001
Other opiates	97 (58.1)	52 (49.5)	NS
Benzodiazepine	75 (46.0)	55 (53.4)	NS
Cannabis	150 (87.7)	85 (81.7)	NS
Cocaine	78 (46.2)	35 (33.0)	p= .031
Tobacco	62 (98.4)	53 (96.4)	NS

Results: Outcome at 12-month follow-up

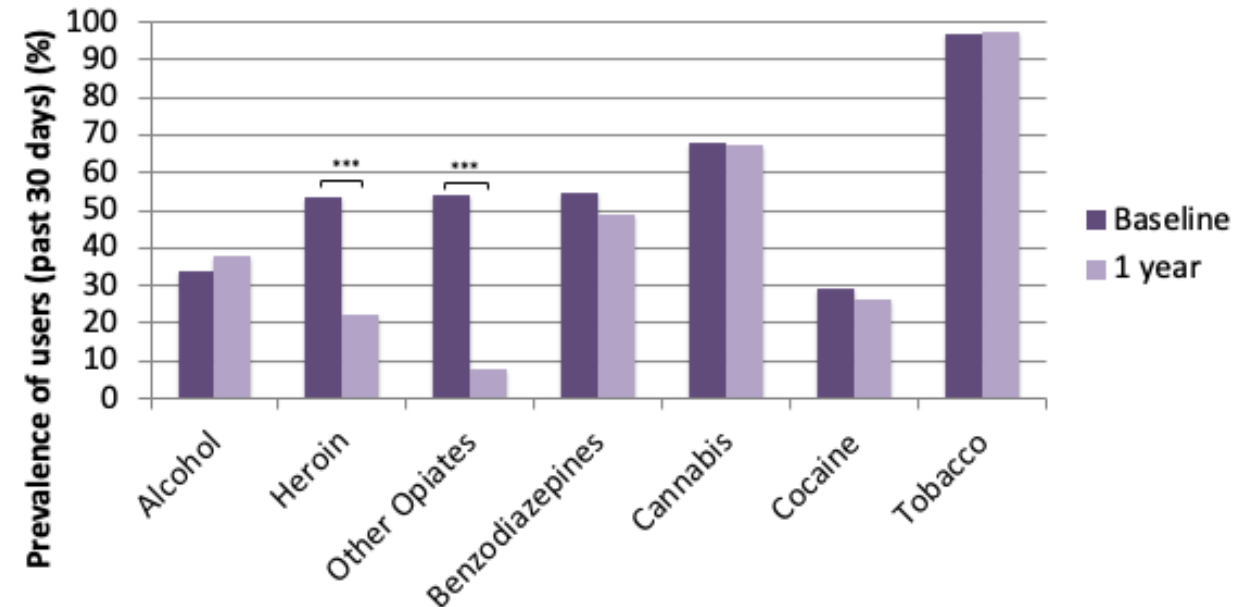
No difference in ASI
CS changes overtime

Changes in substance use

Buprenorphine



Methadone

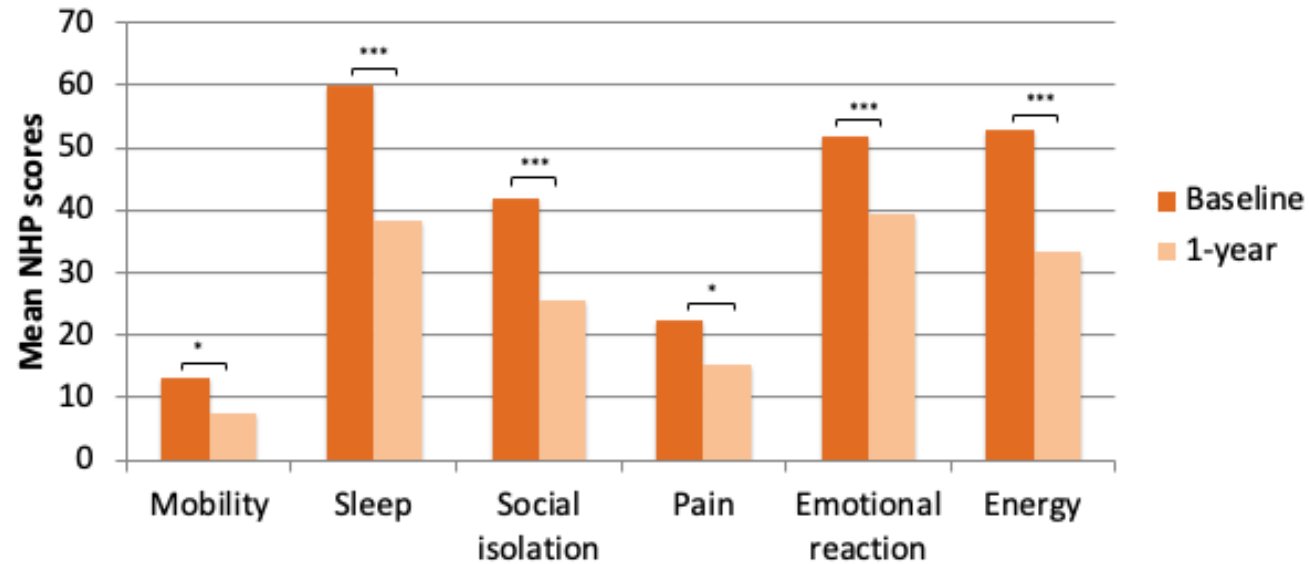


* p -value<0.05; ** p -value<0.01; *** p -value<0.001

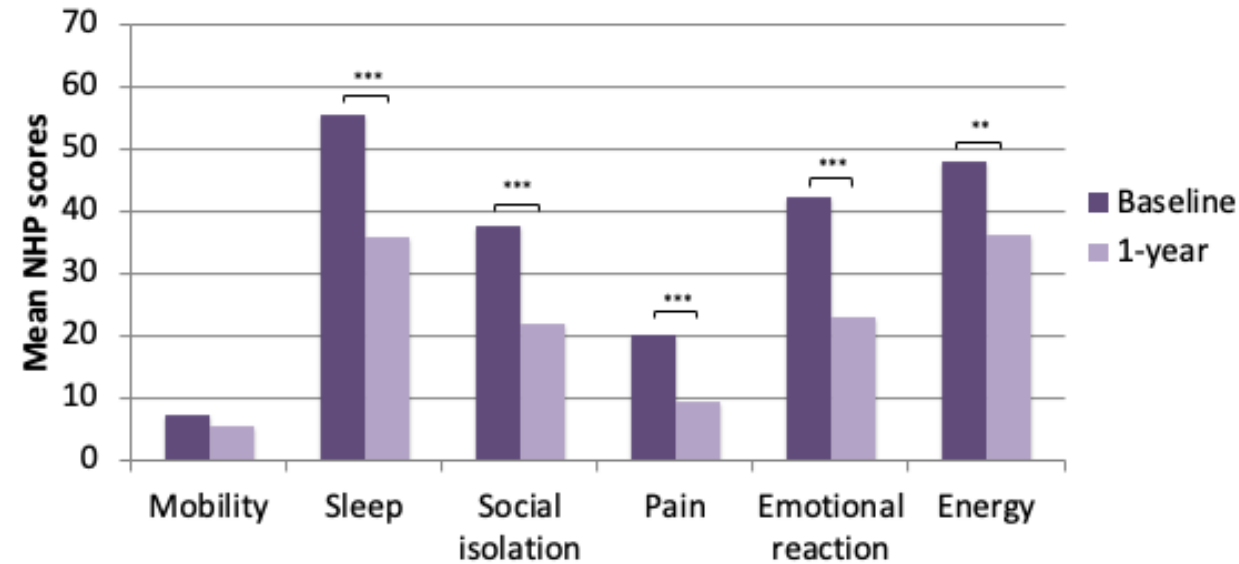
Results: Outcome at 12-month follow-up

Change in quality of life

Buprenorphine



Methadone



* p -value<0.05; ** p -value<0.01; *** p -value<0.001

Conclusion

- At 12-month follow-up, for both medications
 - ↓ addiction severity
 - improved quality of life
 - ↓ heroin and other opiate
 - ↓ number of users and number of days of use
- Methadone: slightly better improvement in other non-prescribed opiate use
- Buprenorphine: higher significant impact on alcohol, cocaine, cannabis and benzodiazepine use

ADDICTAQUI cohort Research Team

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