

Fit to Drive

5th International Traffic Expert Congress
The Hague from April 7th - 8th 2011



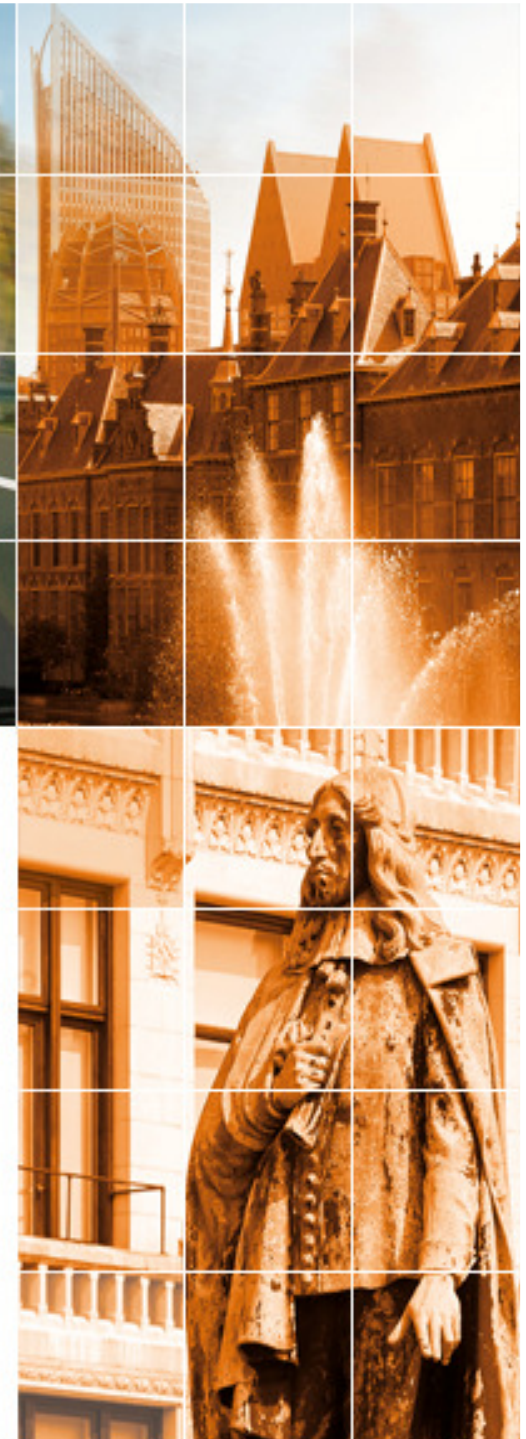
Welcome

SPEED-02: On the efficiency of a psychological rehabilitation program

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1. Objectives

2. Research design

3. Inquiry results

4. CITO-results

5. Conclusions

Outline

1. Objectives
2. Research design
3. Questionnaire & Interview results
4. CITO-results
5. Conclusions

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The Objectives

- ***SPEED-02*** (**S**afety by **P**revention: **E**xperience with and **E**ngagement against **D**rugs) is a course for drivers who have been identified as cannabis consumers (Sulzbach & DeVol, 2002).
- The goal of ***SPEED-02*** is to reduce the probability of a DWI-relapse.
- In 2002 ***SPEED-02*** was accredited according to §70 of the German driver's license act.
- Evaluation study objective: Is ***SPEED-02*** effective in reducing the probability of a DWI-relapse?
- According to the guidelines of the Federal Highway Research Institute (BAST, 2002) a course is effective if »**the relapse rate is not significantly higher than the relapse rate of the control group**«.

1. Objectives

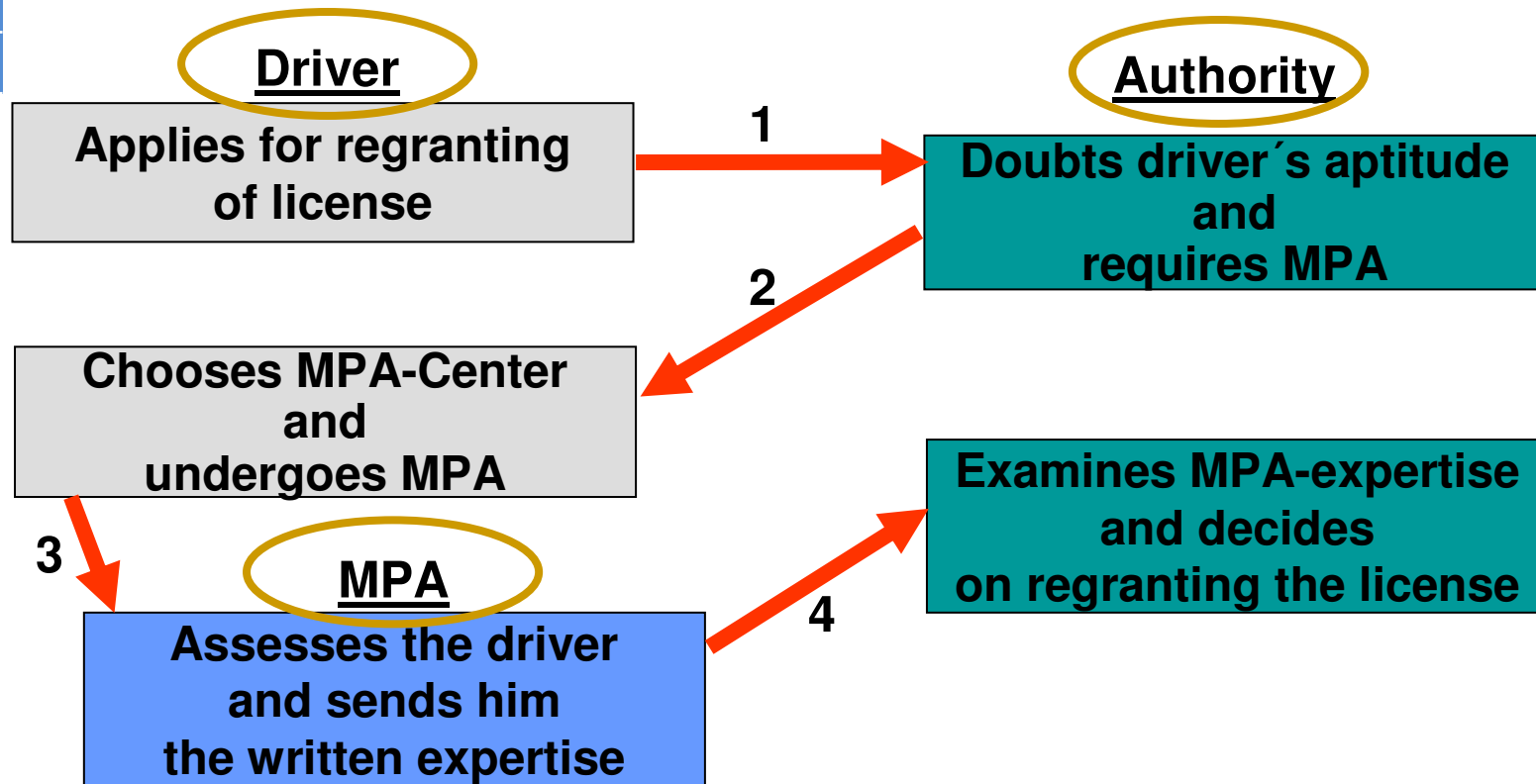
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Medical-Psychological Assessment



1. Objectives

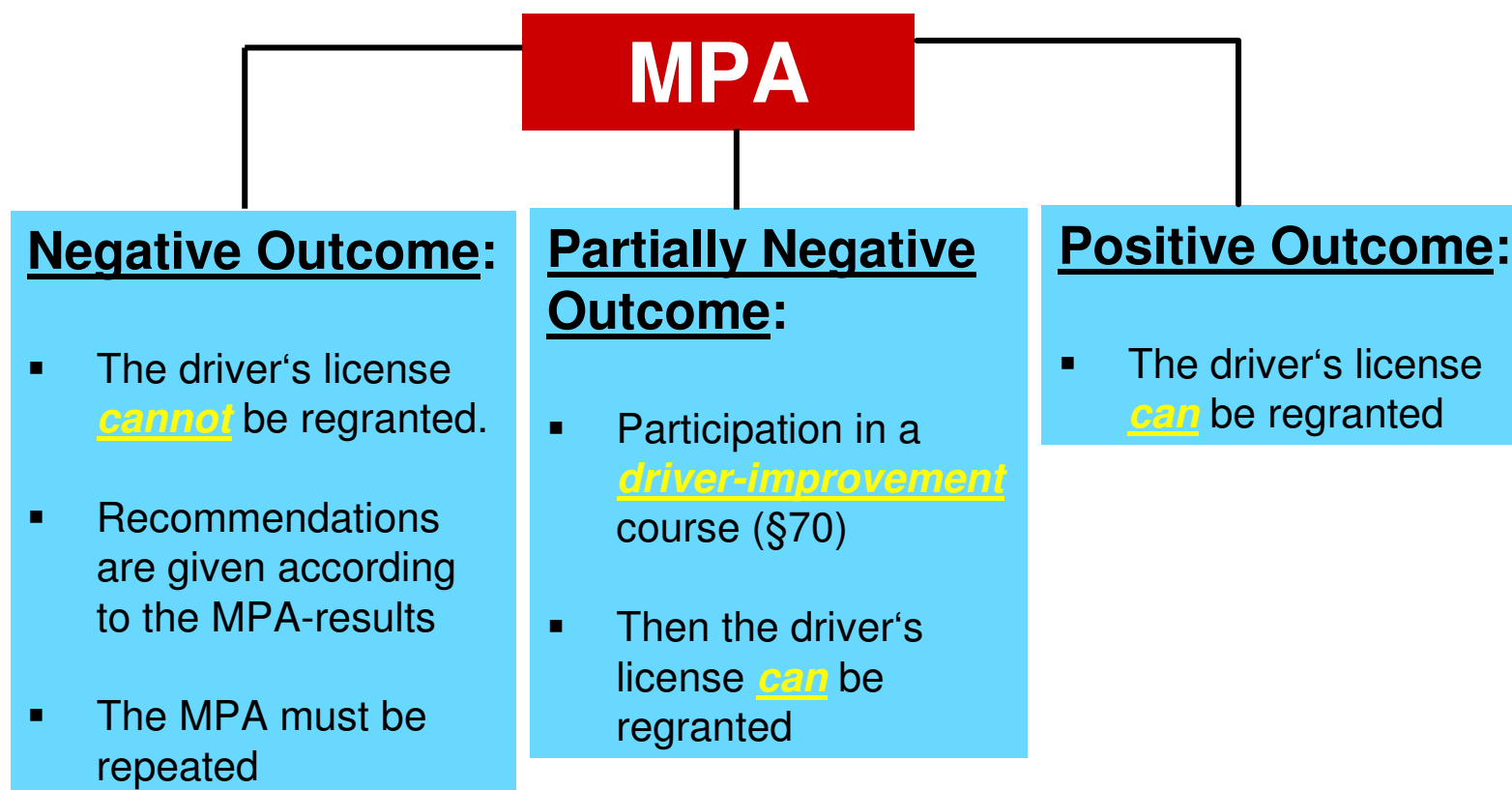
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Possible Outcomes of the MPA



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Research design

Week	Course schedule SPEED-02															
	1	2	3	4	5	6	7	8	9	xxx16	xxx28	xxx113	xxx156	xxx217		
Meeting	1	2	3	4				5	6		7	8				
Drug test																
Certificate								I.			II.					
	surveys															
Participants	F1							F2						☎		
Course instr.								Bb								
CITO-data																

- Participants (n = 500) were tested by means of a questionnaire two times within the course and interviewed by telephone three years after the program ■
- The CITO-data (Central Index for Traffic Offenses) of the participants were compared to data of MPA-clients who were evaluated positively ■

Indicators for effectiveness are:

- Change of attitude and behavior, gain of knowledge and acceptance of the treatment by the participants ■
- Evaluation of the clients by their course instructors ■
- Relapse rate on the basis of the CITO-data ■

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Questionnaire Results

- **Desirable changes** occurred on the following scales:
 - Awareness of the problem
 - Experiencing abstinence
 - Knowledge
- **No essential changes** occurred on the following scales:
 - Risk of relapse (stated as very low beforehand and afterwards)
 - Desire for cannabis (practically denied beforehand and afterwards)
 - Behavior alternatives (in correspondence to „lack of risk“ and „lack of desire“ the participants did not report the use of methods to reduce the risk of relapse)
- The successful participants **highly agreed** to the conception and the moderation of the course SPEED-02.

1. Objectives

2. Research design

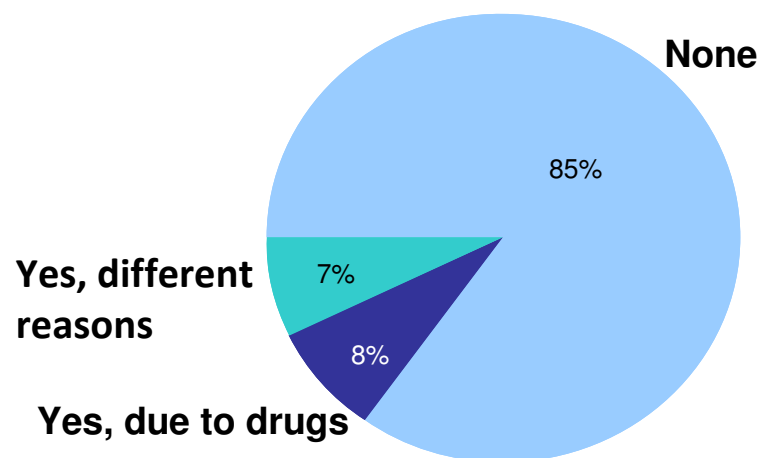
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Interview Results

% withdrawal of driver's licenses after successful participation



- The explanatory power of the interviews (n = 228) can be seen as very good since the collected **statements concerning relapses match exactly** the Central Index for Traffic Offenses data (8,4%).

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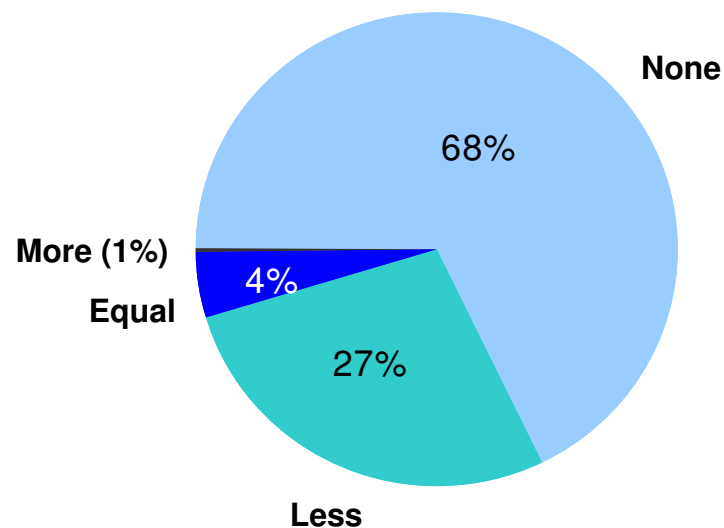
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Interview Results

Cannabis consumption after the course



- The majority of participants (68 %) stated not to have consumed cannabis after the course.

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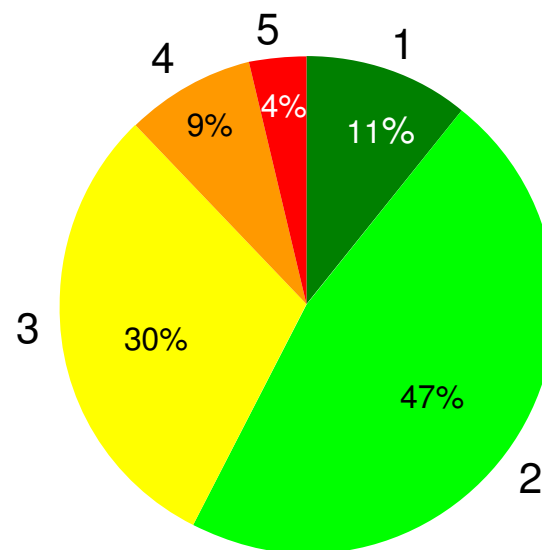
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Interview Results

Rating of the participants 3 years after the treatment

(1 = “I liked it very much”, 5 = “I did not like it at all”)



- The acceptance of the treatment can be regarded as good, even three years after participation - **88% gave a positive rating.**

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Course instructors' estimation

- The course instructors regard the assignment of most participants as correct (84%).
- The course instructors describe the participants to be involved in the course and to deal intensively with the course issues (70%).
- The change motivation is estimated rather high for the majority of the participants (61%).

1. Objectives

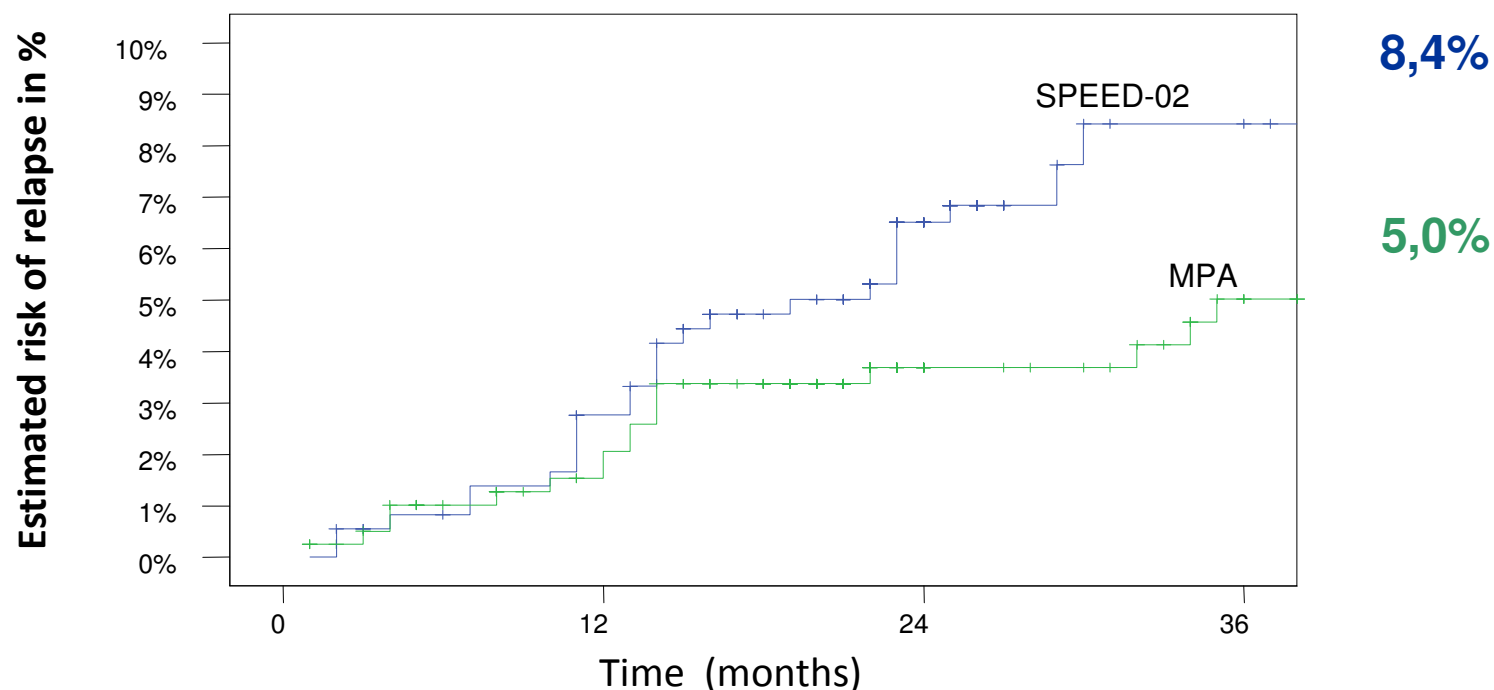
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Probability of relapse



The estimated risk of relapse for a 3-year period is (according to Kaplan & Meier):

8,4% for the SPEED-02 group (n=365)

5,0% for the control group (n=397)

1. Objectives

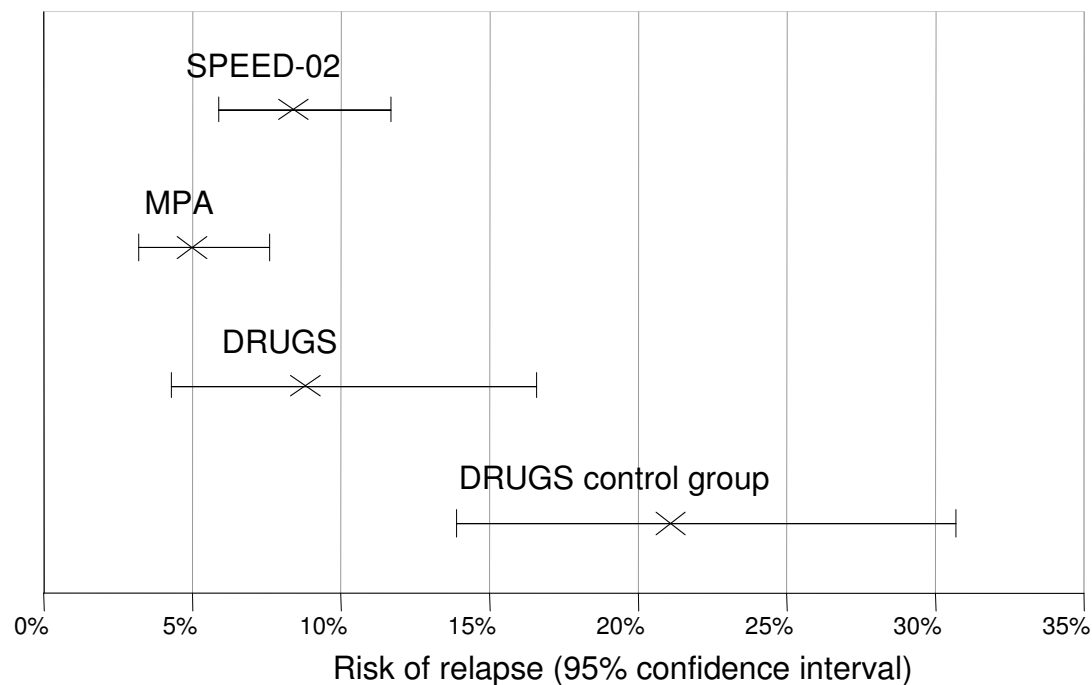
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Comparing SPEED-02 and DRUGS



- The risk of relapse of 8,4% for participants of SPEED-02 within a 3-year-observation period is almost equal to the results of Biehl and Birnbaum (2004) reported for a similar program (DRUGS: 8,8%).

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Overall Results

The outlined results can be summed up as follows:

- The questionnaire results show some of the desired positive effects.
- The acceptance of the treatment is high even in retrospection.
- The abstinence rate is to be regarded as satisfactory.
- The estimations of the course instructors suggests that the participants qualify for the course.
- The risk of relapse of participants is within the scale of positively rated MPA-clients.

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- 1. The results of the evaluation study support the assumption that SPEED-02 is an effective training program.**
- 2. This result is partly due to the correct selection of qualified clients by the MPA experts.**
- 3. Altogether the 5,0% and 8,4% relapse rates emphasize the effectiveness of the combined traffic safety measures of **ASSESSMENT** and **REHABILITATION**.**

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Welcome

Thank you very much!

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