THE EFFECTIVENESS OF PSYCHOEDUCATIONAL GROUP THERAPY TO MOTIVATE CHANGE AMONG ADDICTS IN THE EARLY STAGES OF CHANGE

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UNIVERSITI SAINS ISLAM MALAYSIA
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ABSTRACT

This research aims to study the effectiveness of psychoeducational group therapy in increasing the motivation of drug addicts who are at the early stage of change as they are undergoing treatment and rehabilitation at a rehabilitation institution, Cure and Care Rehabilitation Center (CCRC), in Jelebu, Negeri Sembilan. Based on the construct of the Transtheoretical Model of Behavioral Change (TTM), the psychoeducational group therapy module was developed by the researcher by using the processes of change as the basis of sessions and activities. Before it was used, the module was first tested for its validity and reliability. Three dependent variables were measured to study the motivational changes, namely stages of change, self-efficacy and decisional balance. This research applied the experimental design or the pretest-posttest control group design, with an additional follow-up test. Through this design, the effects of treatment were viewed using the within-subjects design and between-subjects design for pretest, posttest and follow-up test. The research sample was selected using the purposive random sampling method which fulfilled the treatment duration criteria and the pre-determined stage of change. 45 inmates agreed to participate in the research. They were randomly divided into four experimental groups, namely treatment-naïve experiment group (PGTN), treatment-experienced experiment group (PGTE), treatment-naïve control group (CGN), and treatment-experienced control group (CGE). Two of the experiment groups (PGTN and PGTE) went through 15 sessions of therapy for 60 to 90 minutes each and treatment as usual, while the control groups (CGN and CGE) only received the usual treatment. Three measuring instruments, Stages of Change Scale (SoCS), Self-Efficacy Scale (SES) and Decisional Balance scale, were used. Three levels of tests were conducted using these instruments at the pretest, posttest and follow-up stages. The data obtained were analysed using statistical test analysis, one-way repeated measures ANOVA and covariance (ANCOVA). The research findings showed that psychoeducational group therapy was effective in increasing the motivation of experienced addicts who were at the early stage of change, with an improvement of at least one stage ahead, an increase in self-efficacy stage and decisional balance compared to before the treatment. All these remained even after the follow-up test was conducted. As for the naïve addicts group, an increase in motivation was only discovered in the decisional balance change. Nevertheless, the follow-up test showed that the therapy was effective in increasing the motivation of all experimental groups (PGTN and PGTE) compared to the control group, as shown in an increase in the statistic score. Based on these research findings, the rehabilitation module based on the psychoeducational approach that applied the group therapy was effective in increasing the motivation of addicts who were going through treatment and rehabilitation at a rehabilitation institution. The main implications of the research findings and several recommendations for future research are also discussed.
## LIST OF TABLES

<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1</td>
<td>The total of case detected based on case status</td>
<td>16</td>
</tr>
<tr>
<td>2.1</td>
<td>The four dimensions of the TTM</td>
<td>42</td>
</tr>
<tr>
<td>2.2</td>
<td>Ten processes of change</td>
<td>48</td>
</tr>
<tr>
<td>2.3</td>
<td>Processes of change and appropriate intervention</td>
<td>55</td>
</tr>
<tr>
<td>2.4</td>
<td>Common characteristics of individuals in precontemplation stage</td>
<td>57</td>
</tr>
<tr>
<td>2.5</td>
<td>Tasks and goal for precontemplators</td>
<td>60</td>
</tr>
<tr>
<td>2.6</td>
<td>The processes of change for intervention</td>
<td>61</td>
</tr>
<tr>
<td>2.7</td>
<td>Common characteristics of individuals in contemplation stage</td>
<td>66</td>
</tr>
<tr>
<td>2.8</td>
<td>The processes of change for intervention</td>
<td>69</td>
</tr>
<tr>
<td>2.9</td>
<td>Decisional balance worksheet</td>
<td>70</td>
</tr>
<tr>
<td>2.10</td>
<td>The stages and processes of change</td>
<td>111</td>
</tr>
<tr>
<td>3.1</td>
<td>The pretest-posttest control group design</td>
<td>116</td>
</tr>
<tr>
<td>3.2</td>
<td>Respondents group distribution</td>
<td>120</td>
</tr>
<tr>
<td>3.3</td>
<td>Total item based on sessions and themes/activities</td>
<td>127</td>
</tr>
<tr>
<td>3.4</td>
<td>Distribution of items according to subscale in the SoCS</td>
<td>129</td>
</tr>
<tr>
<td>3.5</td>
<td>Group means or cut-off scores for each stage of change in the SoCS</td>
<td>131</td>
</tr>
<tr>
<td>3.6</td>
<td>Reliability values for the new SoCS by subscale</td>
<td>134</td>
</tr>
<tr>
<td>3.7</td>
<td>Distribution of items according to subscale in the SES</td>
<td>135</td>
</tr>
<tr>
<td>3.8</td>
<td>Distribution of items according to subscale in the DBS</td>
<td>139</td>
</tr>
<tr>
<td>3.9</td>
<td>The Cronbach’s alpha reliability value for the instruments and their subscale</td>
<td>141</td>
</tr>
<tr>
<td>3.10</td>
<td>The instruments item-total correlation value at pre-, post-, and follow-up-test</td>
<td>143</td>
</tr>
<tr>
<td>3.11</td>
<td>Construct validity – inter-correlation of SoCS, SES and DBS at posttest</td>
<td>143</td>
</tr>
<tr>
<td>3.12</td>
<td>Construct validity – inter-correlation of SoCS, SES and DBS at follow-up-test</td>
<td>143</td>
</tr>
<tr>
<td>3.13</td>
<td>The stages and processes of change</td>
<td>149</td>
</tr>
<tr>
<td>3.14</td>
<td>The module’s goals based on the POC</td>
<td>152</td>
</tr>
<tr>
<td>3.15</td>
<td>The module’s objectives and content titles</td>
<td>157</td>
</tr>
<tr>
<td>3.16</td>
<td>The titles based on the POC</td>
<td>158</td>
</tr>
<tr>
<td>3.17</td>
<td>The techniques, sessions title and processes of change</td>
<td>175</td>
</tr>
<tr>
<td>3.18</td>
<td>Results of content module validity analyses</td>
<td>180</td>
</tr>
<tr>
<td>3.19</td>
<td>Summary of constructs, variables, instruments and data analysis</td>
<td>185</td>
</tr>
</tbody>
</table>
techniques involved in addressing hypotheses and research questions (RQ)

4.1 The respondents distribution across study groups 191
4.2 Dependent variables scores at pretest across groups 192
4.3 One-way ANOVA pretest score for dependent variables 192
4.4 Distribution of respondents across SoC at pre- vs post-test 193
4.5 Stages of change crosstabs by groups at pre-, and post-test 195
4.6 Distribution of respondents across SoC at post- vs follow-up-test 195
4.7 Stages of change crosstabs by groups at post-, and follow-up-test 196
4.8 Distribution of respondents across SE at pre- vs post-test 198
4.9 Level of self-efficacy crosstabs by groups at pre- vs post-test 198
4.10 Distribution of respondents across SE at post- vs follow-up-test 199
4.11 Level of self-efficacy crosstabs by group at post-, and follow-up-test 200
4.12 Distribution of respondents across DB at pre- vs post-test 201
4.13 Level of decisional balance crosstabs by groups at pre- and, post-test 202
4.14 Distribution of respondents across DB at post- vs follow-up-test 203
4.15 Level of decisional balance crosstabs by group at post-, and follow-up-test 203
4.16 Within-group means and standard deviations of SoC for treatment-naive group 206
4.17 Repeated measures ANOVA of SOC means for PGTN 207
4.18 Test of within subjects contrasts 207
4.19 Analysis of covariance for SoC as a function of group, using a pretest as a covariate 208
4.20 Within-group means and standard deviations of SE for treatment-naive group 210
4.21 Repeated measures ANOVA of SE means for PGTN 211
4.22 Analysis of covariance for SE as a function of group, using a pretest as a covariate 211
4.23 Within-group means and standard deviations of DB for treatment-naive group 213
4.24 Repeated measures ANOVA of DB means for PGTN 214
4.25 Test of within subjects contrasts 214
4.26 Analysis of covariance for DB as a function of group, using a pretest as a covariate 215
4.27 Within-group means and standard deviations of SOC for treatment-experienced group 217
4.28 Repeated measures ANOVA of SOC means for PGTE 218
4.29 Test of within subjects contrasts 218
4.30 Analysis of covariance for SOC as a function of group, using a pretest as a covariate
4.31 Within-group means and standard deviations of SE for treatment-experienced group
4.32 Repeated measures ANOVA of SE means for PGTE
4.33 Test of within subjects contrasts
4.34 Analysis of covariance for SE as a function of group, using a pretest as a covariate
4.35 Univariate Tests
4.36 Within-group means and standard deviations of DB for treatment-naive group
4.37 Repeated measures ANOVA of DB means for PGTE
4.38 Test of within-subjects contrasts
4.39 Test of between-subject effects
4.40 Analysis of covariance for DB as a function of group, using a pretest as a covariate
4.41 Adjusted and unadjusted group means and variability using pretest as a covariate
4.42 Analysis of covariance for SoC as a function of group, using a pretest as a covariate
4.43 Adjusted and unadjusted group means and variability using pretest as a covariate
4.44 Analysis of covariance for SE as a function of group, using a pretest as a covariate
4.45 Univariate Tests
4.46 Adjusted and unadjusted group means and variability using pretest as a covariate
4.47 Analysis of covariance for DB as a function of group, using a pretest as a covariate
4.48 ANCOVA and pairwise comparison confidence intervals
4.49 Status of SoC level of the respondents at posttest
4.50 Respondents’ RTC scores at posttest
4.51 Status of SE level of the respondents at posttest
4.52 Respondents’ SE scores at posttest
4.53 Status of DB level of the respondents at posttest
4.54 Respondents’ DB scores at posttest
4.55 Multivariate tests
4.56 Univariate tests
4.57 Multivariate tests
4.58 Univariate tests
5.1 Treatment goals according to addicts’ stages of change
### LIST OF FIGURES

<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1</td>
<td>The association of hypotheses and research design for research question (a)</td>
<td>26</td>
</tr>
<tr>
<td>1.2</td>
<td>The association of hypotheses and research design for research question (b)</td>
<td>27</td>
</tr>
<tr>
<td>1.3</td>
<td>The association of hypotheses and research design for research question (c)</td>
<td>28</td>
</tr>
<tr>
<td>1.4</td>
<td>The association of hypotheses and research design for research question (d)</td>
<td>30</td>
</tr>
<tr>
<td>2.1</td>
<td>A cyclical representation of movement through the stages of change</td>
<td>45</td>
</tr>
<tr>
<td>2.2</td>
<td>The research theoretical framework</td>
<td>113</td>
</tr>
<tr>
<td>2.3</td>
<td>The conceptual framework of the study</td>
<td>119</td>
</tr>
<tr>
<td>3.1</td>
<td>Flow chart of sampling processes, treatment and data collecting procedure</td>
<td>122</td>
</tr>
<tr>
<td>3.2</td>
<td>Module development process based on the Sidek’s Module Development Model (2005)</td>
<td>146</td>
</tr>
<tr>
<td>4.1</td>
<td>Between-group comparative SOC means analysis of trend</td>
<td>209</td>
</tr>
<tr>
<td>4.2</td>
<td>Between-group comparative SE means analysis of trend</td>
<td>212</td>
</tr>
<tr>
<td>4.3</td>
<td>Between-group comparative DB means analysis of trend</td>
<td>216</td>
</tr>
<tr>
<td>4.4</td>
<td>Between-group comparative SOC means analysis of trend</td>
<td>220</td>
</tr>
<tr>
<td>4.5</td>
<td>Between-group comparative SE means analysis of trend</td>
<td>224</td>
</tr>
<tr>
<td>4.6</td>
<td>Between-group comparative DB means analysis of trend</td>
<td>229</td>
</tr>
<tr>
<td>4.7</td>
<td>Between-group comparative SOC means analysis of trend</td>
<td>231</td>
</tr>
<tr>
<td>4.8</td>
<td>Between-group comparative SE means analysis of trend</td>
<td>234</td>
</tr>
<tr>
<td>4.9</td>
<td>Between-group comparative DB means analysis of trend</td>
<td>236</td>
</tr>
</tbody>
</table>
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUTHOR DECLARATION</td>
<td>i</td>
</tr>
<tr>
<td>BIODATA OF AUTHOR</td>
<td>ii</td>
</tr>
<tr>
<td>ACKNOWLEDGEMENT</td>
<td>iii</td>
</tr>
<tr>
<td>ABSTRACT</td>
<td>iv</td>
</tr>
<tr>
<td>ABSTRAK</td>
<td>v</td>
</tr>
<tr>
<td>TABLE OF CONTENTS</td>
<td>vi</td>
</tr>
<tr>
<td>LIST OF TABLES</td>
<td>x</td>
</tr>
<tr>
<td>LIST OF FIGURES</td>
<td>xiii</td>
</tr>
<tr>
<td>ABBREVIATIONS</td>
<td>xiv</td>
</tr>
<tr>
<td><strong>CHAPTER 1: INTRODUCTION</strong></td>
<td></td>
</tr>
<tr>
<td>1.1 Background and context</td>
<td>1</td>
</tr>
<tr>
<td>1.2 Drug treatment and rehabilitation in Malaysia</td>
<td>3</td>
</tr>
<tr>
<td>1.3 Group treatment in drug treatment and rehabilitation</td>
<td>12</td>
</tr>
<tr>
<td>1.4 Statement of the problems</td>
<td>16</td>
</tr>
<tr>
<td>1.5 Objectives of the study</td>
<td>23</td>
</tr>
<tr>
<td>1.6 Hypotheses</td>
<td>25</td>
</tr>
<tr>
<td>1.7 Significance of the study</td>
<td>31</td>
</tr>
<tr>
<td>1.8 Assumptions</td>
<td>32</td>
</tr>
<tr>
<td>1.9 Limitations and delimitations of study</td>
<td>33</td>
</tr>
<tr>
<td>1.10 Operational definition of terms</td>
<td></td>
</tr>
<tr>
<td>1.10.1 Stages of change</td>
<td>35</td>
</tr>
<tr>
<td>1.10.2 Processes of change</td>
<td>35</td>
</tr>
<tr>
<td>1.10.3 Self-efficacy</td>
<td>36</td>
</tr>
<tr>
<td>1.10.4 Decisional balance</td>
<td>37</td>
</tr>
<tr>
<td>1.10.5 Psychoeducational group therapy</td>
<td>37</td>
</tr>
<tr>
<td>1.10.6 PGT Module</td>
<td>38</td>
</tr>
<tr>
<td>1.10.7 Treatment as usual</td>
<td>38</td>
</tr>
<tr>
<td>1.10.8 Treatment experience</td>
<td>39</td>
</tr>
<tr>
<td>1.10.9 Inmates</td>
<td>39</td>
</tr>
<tr>
<td>1.11 Chapter summary</td>
<td>39</td>
</tr>
</tbody>
</table>
CHAPTER 2: LITERATURE REVIEW

2.1 Introduction

2.2 The Transtheoretical Model of Behavioral Change (TTM)

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.2.1</td>
<td>The overview of TTM</td>
<td>41</td>
</tr>
<tr>
<td>2.2.1.1</td>
<td>The stages of change</td>
<td>44</td>
</tr>
<tr>
<td>2.2.1.2</td>
<td>The processes of change</td>
<td>46</td>
</tr>
<tr>
<td>2.2.1.3</td>
<td>The markers of change</td>
<td>49</td>
</tr>
<tr>
<td>2.2.1.4</td>
<td>The context of change</td>
<td>51</td>
</tr>
<tr>
<td>2.2.2</td>
<td>How the change take place</td>
<td>54</td>
</tr>
<tr>
<td>2.2.2.1</td>
<td>Precontemplation for recovery</td>
<td>56</td>
</tr>
<tr>
<td>2.2.2.2</td>
<td>Moving the pre-contemplator</td>
<td>60</td>
</tr>
<tr>
<td>2.2.2.3</td>
<td>Contemplating for recovery</td>
<td>66</td>
</tr>
<tr>
<td>2.2.2.4</td>
<td>Moving the contemplator</td>
<td>67</td>
</tr>
</tbody>
</table>

2.3 Group therapy and behavioral change

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.3.1</td>
<td>The overview of the group therapy</td>
<td>72</td>
</tr>
<tr>
<td>2.3.2</td>
<td>Types of group therapy</td>
<td>75</td>
</tr>
<tr>
<td>2.3.3</td>
<td>Psychoeducation and psychoeducational groups</td>
<td>78</td>
</tr>
<tr>
<td>2.3.3.1</td>
<td>Psychoeducation model</td>
<td>80</td>
</tr>
<tr>
<td>2.3.3.2</td>
<td>Definition and concept</td>
<td>83</td>
</tr>
<tr>
<td>2.3.3.3</td>
<td>Characteristics and types of psychoeducational groups</td>
<td>86</td>
</tr>
<tr>
<td>2.3.3.4</td>
<td>Psychoeducational group in the treatment of addiction</td>
<td>95</td>
</tr>
<tr>
<td>2.3.4</td>
<td>The TTM and psychoeducational group therapy</td>
<td>105</td>
</tr>
</tbody>
</table>

2.4 Theoretical and conceptual framework of the study

2.5 Chapter summary

CHAPTER 3: METHODOLOGY

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.1</td>
<td>Introduction</td>
<td>115</td>
</tr>
<tr>
<td>3.2</td>
<td>Research design</td>
<td>115</td>
</tr>
<tr>
<td>3.3</td>
<td>Respondents</td>
<td>119</td>
</tr>
<tr>
<td>3.4 Instruments</td>
<td></td>
<td>125</td>
</tr>
<tr>
<td>----------------</td>
<td>-----------------</td>
<td></td>
</tr>
<tr>
<td>3.4.1 Instrument PGT</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.4.2 SoCS, SES and DBS instruments</td>
<td></td>
<td>129</td>
</tr>
<tr>
<td>3.5 Reliability and validity of the instrument in the current study</td>
<td></td>
<td>140</td>
</tr>
<tr>
<td>3.6 Translation of instruments</td>
<td></td>
<td>144</td>
</tr>
<tr>
<td>3.7 PGT module</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.7.1 Module development</td>
<td></td>
<td>145</td>
</tr>
<tr>
<td>3.7.2 Pilot study of the module</td>
<td></td>
<td>177</td>
</tr>
<tr>
<td>3.7.3 Validity and reliability of the module</td>
<td></td>
<td>178</td>
</tr>
<tr>
<td>3.7 Data collection</td>
<td></td>
<td>182</td>
</tr>
<tr>
<td>3.8 Data analysis</td>
<td></td>
<td>183</td>
</tr>
<tr>
<td>3.9 Chapter summary</td>
<td></td>
<td>187</td>
</tr>
</tbody>
</table>

**CHAPTER 4: RESULTS**

| 4.1 Introduction | | 189 |
| 4.3 Descriptive analysis | | |
| 4.3.1 Demography | | 190 |
| 4.3.2 Means and standard deviations of the pretest score | | 191 |
| 4.3.3 Stages of change | | 193 |
| 4.3.4 Level of self-efficacy | | 197 |
| 4.3.5 Level of decisional balance | | 200 |
| 4.4 Treatment effect of PGT | | |
| 4.4.1 Treatment effect on treatment-naïve addicts | | 205 |
| 4.4.2 Treatment effect on treatment-experienced addicts | | 217 |
| 4.4.3 Treatment effect comparison among treatment-naïve and treatment-experienced addicts | | 230 |
| 4.4.4 Time-delayed effects on treatment-naïve and treatment-experienced addicts | | 237 |
| 4.5 Further analysis | | |
| 4.5.1 Treatment effect across groups | | 243 |
| 4.5.2 Treatment effect comparison | | 251 |
| 4.6 Chapter summary | | 252 |
CHAPTER 5: DISCUSSION AND CONCLUSION

5.1 Introduction 257

5.2 Discussion of finding

5.2.1 Treatment effect on the addicts’ stages of change 258

5.2.1.1 Treatment-naïve addicts 258

5.2.1.2 Treatment-experienced addicts 262

5.2.1.3 Groups comparison 264

5.2.2 Treatment effect on the addicts’ self-efficacy 266

5.2.2.1 Treatment-naïve addicts 267

5.2.2.2 Treatment-experienced addicts 269

5.2.2.3 Groups comparison 272

5.2.3 Treatment effect on the addicts’ decisional balance 273

5.2.3.1 Treatment-naïve addicts 273

5.2.3.2 Treatment-experienced addicts 277

5.2.3.3 Groups comparison 279

5.3 Implications of the research

5.3.1 Contribution of the research to theory 283

5.3.2 National policies on drug treatment and rehabilitation 285

5.3.3 Implications for drug addiction counseling 289

5.4 Recommendations for future research 291

5.5 Conclusion 293

REFERENCES 294

APPENDIXES 311