

EFFECT OF MUSIC-BASED INTERVENTION ON TREATMENT MOTIVATION AMONG CLIENTS IN SELECTED SUBSTANCE USE DISORDER TREATMENT CENTERS IN KENYA

There is evidence to suggest that lack of sufficient treatment motivation (TM) is a challenge among substance use disorder (SUD) clients. It is therefore critical that the issue of treatment motivation is addressed. Studies suggest that music-based intervention (MBI) may be used as a means to enhance motivation of such persons. However, such evidence is scanty and hardly has any research been done on this in Kenya. Guided by the transtheoretical model of change, this study sought to determine the effect of music-based intervention on treatment motivation among clients in selected substance use disorder treatment centers in Kenya. The target population was clients with substance use disorders in treatment centers in Kenya aged 18 and above. The study used quasi-experimental design, specifically, nonequivalent groups pre-test and post-test design where both the experimental and the control groups had 20 participants each. Multi-stage sampling approach was used to select 40 participants from one purposively selected substance use disorder inpatient treatment centers in Kenya. One of the branches was assigned to be the treatment group and the other control group using simple random sampling. The treatment group received the music-based intervention while the control group only received the standard of care offered in the facility. Using the Texas Christian University treatment motivation scale, their TM was measured before and after four weeks of treatment. Using Analysis of variance and paired t-test, the data was analyzed. The study established that the treatment group had significantly higher levels of treatment motivation between and within groups, after the intervention compared to the control group. These findings provide evidence on the effectiveness of music-based intervention that may become a useful experiential tool for use by service providers such as music therapists, counselors, psychologists, and psychiatrists that can enhance the likelihood of successful treatment for persons with SUDs.

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