

Craving among individuals with stimulant use disorder in residential social model-based treatment – Can exercise help?

Category: Poster Presentation (in person)

Abstract Body

In a randomized controlled 8-week trial, we examined the efficacy of aerobic and resistance exercise in reducing craving for methamphetamine (MA) among individuals with MA-use disorder during residential treatment. Results support the utility of incorporating a structured exercise program for individuals with MA-use disorder to reduce craving and improve MA-use outcomes.

Key Words

- Assessment/screening
- Behavioural Interventions
- Pharmacology/Toxicology
- Prevention/Harm Reduction
- Psychiatric Co-Morbidities
- Psychological Interventions
- Recovery
- Stimulants
- Substance Use Disorder (general)
- Tobacco/Nicotine
- Treatment Models/Programs
- Withdrawal Management

Learning Objective # 1

Efficacy of physical activity in managing stimulant craving

Learning Objective # 2

Future directives for combination trials incorporating exercise with other interventions to approach craving

Reference # 1

Rawson RA, Chudzynski J, Mooney L, Gonzales R, Ang A, Dickerson D, Penate J, Salem BA, Dolezal B, Cooper CB. Impact of an exercise intervention on methamphetamine use outcomes post-residential treatment care. *Drug Alcohol Depend.* 2015 Nov 1;156:21-28. doi: 10.1016/j.drugalcdep.2015.08.029. Epub 2015 Sep 3. PMID: 26371404; PMCID: PMC4633370.

Reference # 2

Mooney LJ, Cooper C, London ED, Chudzynski J, Dolezal B, Dickerson D, Brecht ML, Peñate J, Rawson RA. Exercise for methamphetamine dependence: rationale, design, and methodology. *Contemp Clin Trials*. 2014 Jan;37(1):139-47. doi: 10.1016/j.cct.2013.11.010. Epub 2013 Nov 28. PMID: 24291456; PMCID: PMC4431553.

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