

Table 1: Principal substances used by the sample

Principal substance	Quantitative study (n = 85)		Qualitative study (n = 16)	
	Frequency	Percent	Frequency	Percent
Alcohol	15	17.6	2	12.5
Amphetamines	5	5.9	2	12.5
Buprenorphine	2	2.4	-	-
Cocaine	7	8.2	-	-
Crack	7	8.2	2	12.5
Diazepam	4	4.7	1	6.3
Ecstasy	1	1.2	-	-
Heroin	23	27.1	7	43.6
Marijuana	8	9.4	1	6.3
Mephedrone	2	2.4	-	-
Methadone	7	8.2	-	-
Pregabalin	1	1.2	-	-
Synthetic cannabis	1	1.2	1	6.3
Tobacco	2	2.4	-	-

Table 2: Self-reported psychometric and alcohol and drug consumption outcomes for participating service users

Outcome Measure		Mean at baseline (sd)	Mean after treatment (sd)	df	F	P value	r
QoL		10.52 (4.43)	12.31 (4.80)	84	3.488	< .0001	.38
SDS - Alcohol		5.83 (4.39)	4.21 (4.55)	84	-2.486	.013	.57
SDS - Drugs		6.68 (6.50)	5.80 (4.83)	84	-4.744	< .0001	.36
Alcohol consumption		117.34 (111.63)	17.49 (57.71)	84	-5.054	< .0001	.74
Drug use		89.14 (256.09)	47.10 (194.52)	84	-6.186	< .0001	.67
RPM	Total	37.47 (14.26)	35.62 (16.26)	84	-.815	.415	.01
	Difficult situations	5.48 (2.95)	4.88 (3.06)	84	-2.237	.025	.24
	Negative thoughts	5.60 (3.12)	4.72 (3.08)	84	-3.143	.002	.34
	Physical sensations	4.87 (2.91)	4.27 (2.87)	84	-2.452	.014	.27
	Unhelpful behaviours	5.21 (3.27)	5.05 (3.34)	84	-.459	.646	.05
	Lifestyle	5.23 (3.30)	5.04 (3.28)	84	-.455	.645	.06
	Emotions	5.68 (2.64)	4.89 (2.93)	84	-2.873	.004	.31

Table 3: Regression analyses of impact of time between assessments in weeks on outcomes

Psychometric Measure		r	r ²	df	F	P value
QoL		.220	.048	84	4.209	.043
SDS – Alcohol		.220	.048	84	2.280	.138
SDS – Drugs		.018	.000	84	.021	.884
Alcohol consumption		.001	.000	84	.000	.995
Drug use		.105	.011	84	.756	.388
RPM	Total	.197	.039	84	3.321	.072
	Difficult situations item	.346	.120	84	11.157	.001
	Negative thoughts item	.352	.124	84	11.617	.001
	Physical sensations item	.081	.007	84	.540	.465
	Unhelpful behaviours item	.105	.011	84	.920	.340
	Lifestyle item	.104	.018	84	.924	.339
	Emotions item	.216	.047	84	4.006	.049

Table 4: Regression analyses of impact of prisoner age in years on outcomes

Psychometric Measure		r	r ²	df	F	P value
QoL		.073	.005	84	.437	.510
SDS – Alcohol		.287	.082	84	3.942	.053
SDS – Drugs		.303	.092	84	6.789	.011
Alcohol consumption		.117	.014	84	.607	.440
Drug use		.294	.087	84	6.357	.014
RPM	Total	.322	.104	84	9.386	.003
	Difficult situations	.238	.057	84	4.915	.029
	Negative thoughts	.252	.064	84	5.569	.021
	Physical sensations	.217	.047	84	4.056	.047
	Unhelpful behaviours	.344	.118	84	10.979	.001
	Lifestyle	.322	.201	84	10.856	.001
	Emotions	.295	.087	84	7.802	.006