Remote Observed Dosing to Increase Suboxone Compliance (RODISC)
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Opiate dependence is a major public health problem. Although several effective treatments that mitigate withdrawal and promote abstinence have been developed and are widely used, problems with compliance and diversion remain. The most recent of these treatments, buprenorphine, an opiate partial agonist, can be prescribed by physicians in private practice once they have been properly trained and licensed. Buprenorphine has a lower abuse liability as well as decreased risk of accidental or intentional overdose than does methadone. However, buprenorphine compliance is low in office-based treatment, and diversion is an ongoing problem. The goal of this project is to test the feasibility, acceptability, and preliminary efficacy of using remote compliance monitoring in buprenorphine (Suboxone®) treatment for opiate dependence. To that end, 10 opiate dependent subjects will be recruited through the University of Pennsylvania’s Treatment Research Center, an outpatient substance abuse treatment facility. All subjects will receive buprenorphine (Suboxone®) (16 mg/day, adjusted as needed according to individual requirements). In the proposed study we will be offering incentives for treatment attendance and for observed dosing via Skype using study-provided smartphones. All subjects will also receive counseling in the form of weekly Cognitive Behavioral Therapy (CBT). Findings from the study will be used to support an R01 application to test the use of remote compliance monitoring in a larger opiate-dependent sample. This methodology has broad applications for increased compliance in office-based treatment for addiction and other chronic medical conditions.