

# A Mixed Methods Explanatory Study of Stigma, Discrimination, Sleep and Treatment Outcomes Among Individuals on Medication for Opioid Use Disorder

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## BACKGROUND

### Opioid Use Disorder (OUD) and Sleep:

- Affects 2.4 million individuals in the US
- More than 65% of people with OUD experience sleep deficiency

### Medication for Opioid Use Disorder (MOUD):

- Only approximately 20% of individuals with OUD receive MOUD
- Relapse rates are high and are associated with lack of retention in treatment

### Stigma and Discrimination :

- Serve as chronic stressors in this population
- How stigma and discrimination are associated with sleep deficiency, relapse, and treatment retention remains poorly understood

## PURPOSE

- Evaluate the effects of stigma and intersectional discrimination on sleep, relapse, and retention among patients on MOUD
- Obtain a comprehensive understanding of perceptions, experiences, and contributors of intersectional stigma and discrimination

## THEORETICAL FRAMEWORK

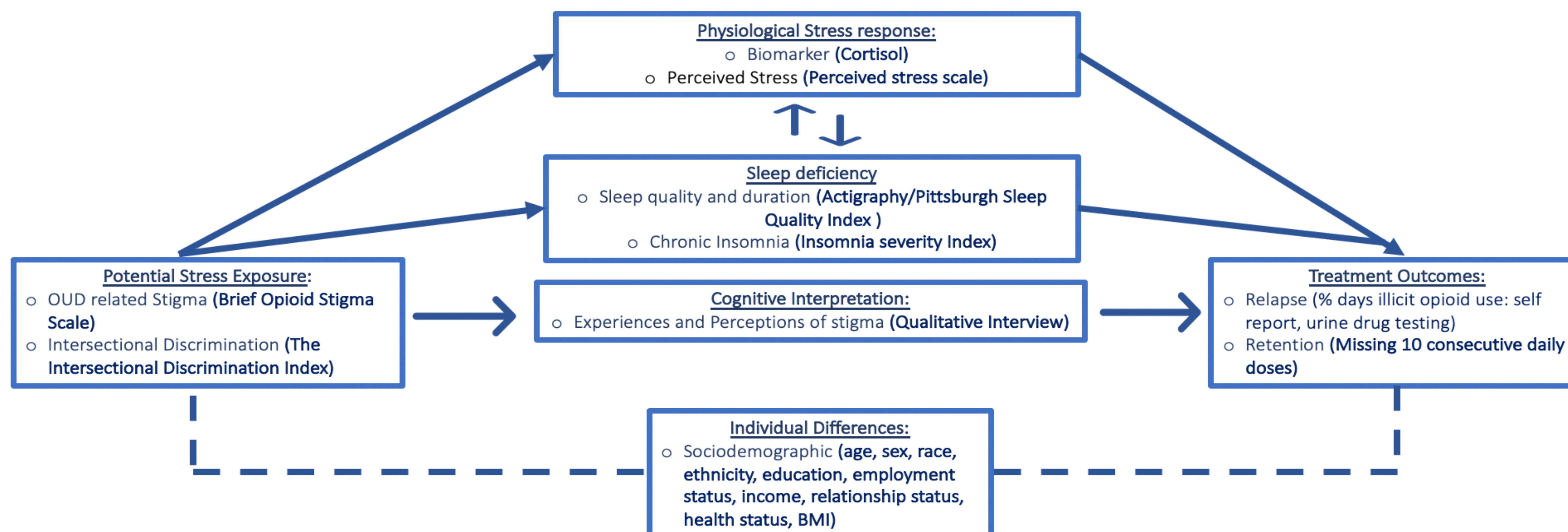


Figure 1. Organizing Framework

## METHODS

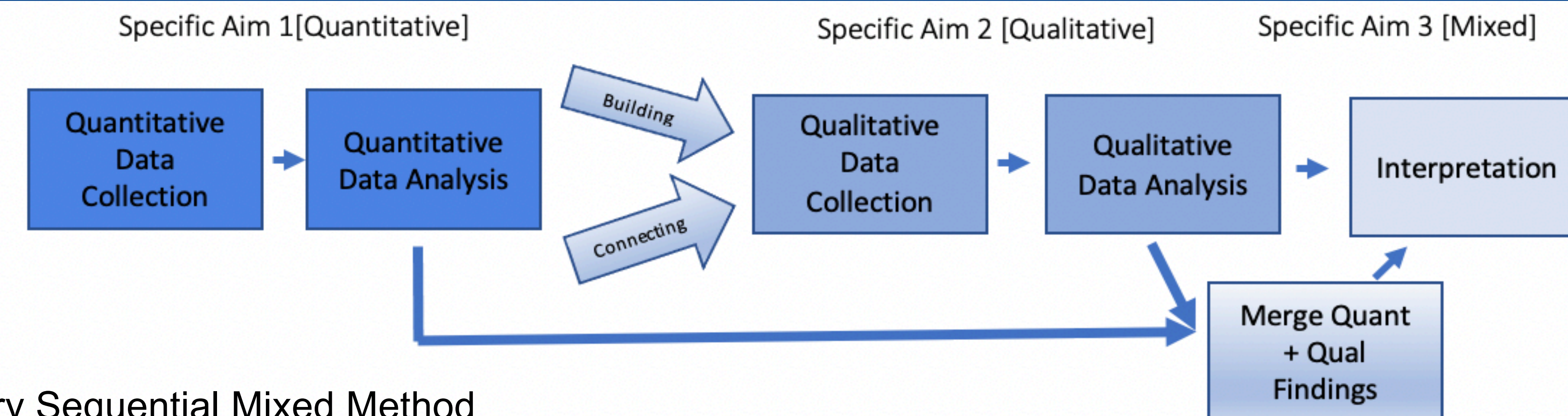


Figure 2. Explanatory Sequential Mixed Methods Design Quan → Qual

**Design:** Explanatory Sequential Mixed Method

**Sample:** This is a sub-study of a NIH funded study, the Collaboration Linking Opioid Use Disorder and Sleep (CLOUDS) study. Participants (estimated N = 220) will be individuals on MOUD at the APT foundation, a community treatment setting located in New Haven, CT.

**Quantitative Phase:** Quantitative data will be collected and associations between stigma, discrimination, sleep, relapse, and treatment adherence will be examined.

**Qualitative Phase:** Qualitative data will be collected through semi-structured interviews of 20-40 participants based on the quantitative results. Thematic analysis will be conducted to identify participant perceptions and experiences of stigma and its influence on sleep, relapse, and treatment adherence.

**Integration:** Results from both phases will be integrated to examine how the qualitative data help explain the quantitative findings and to provide a more complete understanding of the problems in the target population.

## ANTICIPATED RESULTS

- Stigma and discrimination will be positively correlated with sleep deficiency, relapse, and poor treatment adherence.

## CONCLUSION AND IMPLICATIONS

- Results will provide further insight on the various factors that contribute to perceptions and experiences of stigma and discrimination and how such perceptions and experiences influence patient outcomes.

### Research



- Further examination of underlying pathways
- Development of stigma reduction interventions

### Policy



- Inform national opioid policies
- Develop evidence to support funding of more comprehensive and integrative programs

### Practice



- Identification of people at risk for stigma, discrimination, sleep deficiency, drug relapse, and poor treatment adherence
- Tailored interventions in clinical setting

## ACKNOWLEDGEMENTS

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