

ICAN: an online training to reduce cannabis use.

No registrations found.

Ethical review	Positive opinion
Status	Pending
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON25559

Source

NTR

Brief title

ICAN

Health condition

Heavy cannabis use

Sponsors and support

Primary sponsor: Trimbos-instituut

Source(s) of monetary or material Support: Trimbos-instituut, VWS

Intervention

Outcome measures

Primary outcome

Frequency of cannabis use: the number of smoking days in the past 7 days assessed 6 months post-randomisation using the Timeline Followback method.

Secondary outcome

Secondary outcome measures include: quantity of cannabis used, cannabis use related problems as measured using the Cannabis Use Disorder Identification Test (CUDIT), help seeking attitudes as measured using the Mental Help Seeking Attitudes Scale (MHSAS), the number of participants that entered specialised drug treatment, quality of life and treatment satisfaction.

Study description

Background summary

Rationale:

It is estimated that almost 1% of European adults uses cannabis daily or almost daily. Regular cannabis use is associated with various adverse (mental) health effects. Regular cannabis users are at risk for dependence. There are effective treatments available for cannabis users. However, the majority of cannabis users does not seek help. Internet-delivered interventions have several advantages over traditional face-to-face treatments. Online interventions are characterized by a high degree of anonymity, this minimizes the fear of being stigmatized. Besides, they are easily accessible. Several online interventions for cannabis users have been developed. In a recently published meta-analysis on computerized interventions to reduce cannabis use, results showed a small but significant effect in favor of computerized interventions compared to control conditions. Thus, online interventions for cannabis use are effective and have several advantages over face-to-face treatments. Therefore, they may have the potential to improve treatment utilization among regular cannabis users. It remains unclear whether online interventions are able to motivate cannabis users to utilize specialized treatment services. Increasing drug treatment utilization also does not appear to be an explicit goal of the existing cannabis interventions. Given the low numbers of cannabis users entering treatment, it seems important to focus on increasing motivation to enter treatment. Interventions that aim to increase drug treatment utilization are often based on the principles of the Screening Brief Intervention and Referral to Treatment (SBIRT) approach. This research project aims to evaluate the effectiveness of an online self-help

training with adherence focused guidance for cannabis users to motivate and support them to stop or reduce their cannabis use and to refer them to treatment. The online training, a progressive web app, is based on the principles of the Screening Brief Intervention and Referral to Treatment (SBIRT) approach.

Objective: To test if an internet-based self-help training (screening, personalized feedback, brief intervention and referral to treatment) for reducing cannabis use shows favorable effectiveness (effect size $d = .40$) compared to the control condition (screening, feedback, online information brochure) on cannabis use 6 months post-randomisation.

Study design: A double blind randomised controlled trial will be carried out with a duration of 6 months in an online setting. The trial will be 2 armed (active internet-based self-help training x passive online information brochure).

Study population: Dutch non-treatment seeking frequent cannabis users, 18+ years old (meeting in/exclusion criteria).

Intervention: The online training, a progressive web app, is based on the principles of the Screening Brief Intervention and Referral to Treatment (SBIRT) approach. The brief intervention component is based on cognitive behavioral therapy and motivational interviewing techniques.

Main study parameters/endpoints: The primary outcome variable is the number of smoking days in the past 7 days, assessed 6 months post-randomisation using the Timeline Followback method.

Study objective

We hypothesize that the online training will be more effective in reducing cannabis use and improving attitudes towards seeking help than the control condition (passive online information brochure).

Study design

Measurement waves will take place at baseline and 6 weeks, 3 months and 6 months post-randomisation.

Intervention

The online training, a progressive web app, is based on the principles of the Screening Brief Intervention and Referral to Treatment (SBIRT) approach. The brief intervention component is based on cognitive behavioral therapy and motivational interviewing techniques.

Contacts

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Scientific

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Eligibility criteria

Inclusion criteria

- Cannabis use on 3 or more days a week in the past 3 months
- Desire to reduce or quit cannabis use
- Smartphone available
- Ability and intention to participate in the study and the training for the period of 6 months
- Informed consent provided

Exclusion criteria

- Formal treatment (psycho-social or pharmacological) for cannabis use or any other substance use in the past 3 months
- Insufficient mastery of the Dutch language
- Self-reported suicidal ideation, acute psychosis or severe depression
- Pregnant or lactating

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Double blinded (masking used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-08-2019
Enrollment:	267
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Ethics review

Positive opinion

Date: 15-04-2019

Application type: First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 49982

Bron: ToetsingOnline

Titel:

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL7668
CCMO	NL67449.100.18
OMON	NL-OMON49982

Study results

Summary results

We intend to publish in international peer-reviewed journals.