

# Effectiveness of the 'Wiet-Check', the Dutch version of the Adolescent Cannabis Check-Up (ACCU), amongst adolescents aged 14-21 years with frequent cannabis use.

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON27383

### Source

Nationaal Trial Register

### Brief title

ACCU

### Health condition

frequent cannabis use  
problematic cannabis use

## Sponsors and support

**Primary sponsor:** Trimbos Institute. Netherlands Institute of Mental Health and Addiction.

**Source(s) of monetary or material Support:** ZonMW

NutsOhra

## Intervention

## Outcome measures

### Primary outcome

1. Amount and frequency of cannabis use;
2. Number of cannabis dependence symptoms.

### Secondary outcome

Psychosocial functioning.

## Study description

### Background summary

The aim of the project is to test the effectiveness of the The Wiet-Check, a brief intervention based on the principles of motivational interviewing. A randomized controlled trial (RCT) will be conducted among 14-21 year old frequent cannabis users.

### Study objective

At 3 and 12 months post-tests, we expect adolescents in the Wiet-Check condition to use less cannabis and to have less symptoms of misuse and dependence compared to adolescents in the control condition.

### Study design

T0: Baseline measurement before randomisation and intervention;

T1: First follow-up, 3 months after baseline;

T2: Second follow-up, 12 months after baseline.

Questionnaires used:

1. 14 items on participants' cannabis use (used in previous research on cannabis use amongst adolescents in the Netherlands);
2. Cannabis Use Problems Identification Test (CUPIT);

3. Severity of Dependence Scale (SDS);
4. 9 adapted items on school from the Adolescent Cannabis Problems Questionnaire (CPQ-A);
5. 8 adapted items on work from the Adolescent Cannabis Problems Questionnaire (CPQ-A);
6. 17 items on delinquent behaviour (used in previous research amongst adolescents in the Netherlands);
7. Youth Self Report (YSR).

## **Intervention**

The Wiet-Check is a brief intervention based on the principles of motivational interviewing and consists of two sessions of 60-90 minutes each. The intervention will be delivered by trained professionals from organisations for addiction care. The first session (the assessment session) consists of a structured interview designed to assess the young person's cannabis and other substance use history, symptoms of cannabis abuse and dependence and other aspects of their cannabis use (pros and cons, expectations on increased/decreased use) and his/her life expectations. This information provides the content for a personal feedback report. In the second session (the feedback session), about a week after the first, the professional provides structured feedback and discussion of information on the young person's cannabis use compared to age-specific normative data and other topics discussed in the first session. The personal feedback report is used as a basis for the structured feedback and information. During the feedback session, the professional uses motivational interviewing strategies to elicit the participant's active and candid involvement in the session. Expressions of motivations for change are reinforced. When the participant clearly expresses a desire to change his/her cannabis use, various change options will be discussed, including self-managed change or referrals to drug treatment.

The control condition consists of one informative session of 60 minutes. During this session factual and general information on cannabis and its effects are being discussed with the participant by taking cannabis-knowledge tests.

## **Contacts**

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## Eligibility criteria

### Inclusion criteria

1. Age between 14 and 21 years old;
2. Frequent cannabis use (weekly use).

### Exclusion criteria

1. Treatment for alcohol or drug issues in the past three months;
2. 14 and 15 years: Consumption of more than 21 alcoholic beverages a week / 16 years and older: Consumption of more than 30 alcoholic beverages a week;
3. Use of illicit drug use more than twice weekly in the last three months;
4. Significant cognitive impairment;
5. No reasonable fluency in Dutch.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)

Control: Active

## Recruitment

NL  
Recruitment status: Recruiting  
Start date (anticipated): 01-02-2011  
Enrollment: 140  
Type: Anticipated

## Ethics review

Positive opinion  
Date: 25-01-2011  
Application type: First submission

## Study registrations

### Followed up by the following (possibly more current) registration

ID: 34965  
Bron: ToetsingOnline  
Titel:

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

No registrations found.

### In other registers

Register	ID
NTR-new	NL2585
NTR-old	NTR2710
CCMO	NL31652.097.10
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON34965

# Study results

## Summary results

N/A