# Cannabis dependence: predictors, course and treatment seeking

Published: 12-02-2008
Last updated: 10-05-2024

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|---|---|
| **Ethical review** | Approved WMO |
| **Status** | Recruiting |
| **Health condition type** | Other condition |
| **Study type** | Observational non invasive |

## Summary

### ID

NL-OMON31768

**Source**
ToetsingOnline

**Brief title**
Cannabis dependence

### Condition

- Other condition
- Psychiatric disorders NEC

**Synonym**
cannabis addiction, cannabis dependence

**Health condition**

verslaving

**Research involving**
Human

## Sponsors and support

**Primary sponsor:** Trimbos Instituut
**Source(s) of monetary or material Support:** ZonMW

## Intervention

**Keyword:** cannabis dependence, cannabis exposure, prospective follow-up, treatment demand

## Outcome measures

### Primary outcome

(change in) DSM-IV dependence

co-morbidity

personality

service use

### Secondary outcome

change in cannabis use

cannabis exposure

# Study description

### Background summary

In the Netherlands, it is estimated that approximately 80,000 individuals may be considered as *at risk* cannabis users. Also, treatment demand for cannabis problems has strongly increased in the past decade. In the public debate, cannabis related problems have been linked with the recent doubling of tetrahydrocannabinol (THC), the main psychoactive component, in Dutch domestic grown marijuana.

Previous studies indicate that variables involved in initiation of cannabis use differ from those involved in the development of cannabis dependence. Although factors involved in initiation of use have been extensively studied, risk factors involved in the transition to cannabis dependence and the course of dependence, including treatment demand, are largely unravelled. This

multi-disciplinary study focuses on these issues and expects to generate useful clues for prevention and treatment.

**Study objective**

The primary objectives of the present study are: 1) to study factors involved in the transition from risky non-dependent cannabis use to cannabis dependence, 2) to study the three-year natural course of cannabis dependence, including factors predicting stability and recovery from cannabis dependence and 3) to study factors related to treatment seeking in cannabis dependent users. Secondary objectives are: 4) to compare characteristics of risky and dependent cannabis users with control subjects from the general population and 5) to validate self-reported measures of cannabis exposure.

**Study design**

With targeted sampling techniques, cohorts of 275 high risk cannabis users and 275 cannabis dependent subjects aged 18-30 years will be enrolled in a 3 years prospective follow-up study. For descriptive analyses, they will be compared with an age and sex matched group from a representative general population study, NEMESIS 2. A randomly selected sub-sample of 20 at risk and 20 dependent cannabis users (at baseline) from the cohort studies will be used for in-depth analyses on dynamics of and the motivations underlying changes in cannabis consumption patterns. A sub-sample of 100 participants will be studied to validate self-reported cannabis consumption assessments, by using toxicological information. To better understand *unmet need* and reasons for treatment, a separate sample of 100 cannabis users new in treatment will be recruited from addiction care institutions and interviewed in a cross sectional assessment.

**Study burden and risks**

The burden will mainly be in the duration of the interviews, and the fact that in three years time several interviews will be conducted. To gain insight in the natural course of heavy cannabis use and cannabis dependence, this follow up design is necessary. We estimate that the burden resulting from the type of questions (which are partly of general nature, such as demographic variables, details of cannabis use, general functioning, partly assessing the presence of psychiatric co-morbidity and (recent) life events) is acceptable. This estimation is based on our previous experience with a questionnaire highly comparable, which has been used for the Nemesis 1 study. This questionnaire did not include in-depth questions on substance use, but to answer these questions is not mentally distressing.

The risk associated with the sub-study on smoking behaviour, in which the participant is asked to smoke a joint in a natural environment according to his or her own habits and to hand over a couple of hairs, is not exceeding the

risks the participant takes in his or her daily life.

## Contacts

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Selecteer

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**Scientific**
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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

**Age**
Adults (18-64 years)
Elderly (65 years and older)

### Inclusion criteria

Main study:
age 18-30 years / cannabis consumption at least 12 days per month during the last year / half of the participants have to fulfil criteria for cannabis dependence, and half should not fulfil these criteria (screening by the interviewer) / sufficiently fluent in Dutch;Treatment demand study:
age 18-30 years / first time in treatment for cannabis related problems and not referred by the criminal justice system / sufficiently fluent in Dutch

## Exclusion criteria

age below 18 years or 31 years or over / cannabis use less than 12 days per month during the last year / insufficient Dutch;treatment demand: referred for treatment by the crminal justice system

# Study design

## Design

Study type:                    Observational non invasive

Intervention model:            Other

Allocation:                    Non-randomized controlled trial

Masking:                       Open (masking not used)

Control:                       Active

Primary purpose:               Basic science

## Recruitment

NL

Recruitment status:            Recruiting

Start date (anticipated):      01-09-2008

Enrollment:                    650

Type:                          Actual

## Medical products/devices used

Registration:                  No

# Ethics review

Approved WMO
Date:                          12-02-2008

Application type:              First submission

Review commission:             METIGG: Medisch Ethische Toetsingscommissie Instellingen Geestelijke Gezondheidszorg (Utrecht)

# Study registrations

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

No registrations found.

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

No registrations found.

## In other registers

| Register | ID |
|----------|-----|
| CCMO | NL20677.097.07 |