

# Problematic cannabis use. Effect-evaluation of the 'Wiet-Check', the Dutch version of the Adolescent Cannabis Check-Up (ACCU).

Published: 03-01-2011

Last updated: 19-03-2025

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<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruiting
<b>Health condition type</b>	Other condition
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON34965

### Source

ToetsingOnline

### Brief title

Effectiveness of the 'Wiet-Check'.

### Condition

- Other condition

### Synonym

frequent cannabis use, problematic cannabis use

### Health condition

problematisch middelengebruik, middelenmisbruik en -afhankelijkheid

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Trimbos-instituut

**Source(s) of monetary or material Support:** Fonds NutsOhra,ZonMw

## Intervention

**Keyword:** adolescents, cannabis, early intervention, indicated prevention

## Outcome measures

### Primary outcome

- Amount and frequency of cannabis use.
- Number of cannabis dependence symptoms

### Secondary outcome

Psychosocial functioning

## Study description

### Background summary

Cannabis is the most used (illegal) drug among young people in the Western world. Evidence is growing that frequent cannabis use, especially at a young age, has adverse effects on both health and social functioning. Young people using cannabis frequently are at risk for a number of problems including dependency. Yet, they don't see their own use as problematic. Therefore interventions reaching out to non-treatment seeking populations of young frequent cannabis users are an important part of the addiction care for young people. Indicated preventive interventions are rare in the Netherlands and their effectiveness has not been examined. The Adolescent Cannabis Check-Up (ACCU) is an intervention that has been found effective in reducing cannabis use in non-treatment seeking Australian adolescents with frequent cannabis use.

### Study objective

The main objective is to translate and adapt the Adolescent Cannabis Check-Up (ACCU) to the Dutch context and setting, and to evaluate its effects on the cannabis use of adolescents in the Netherlands. The Dutch version of the ACCU

is called Wiet-Check

The main research question is:

Will the Wiet-Check generate superior effects over prevention as usual (an informational session) in terms of:

- a. reduction of cannabis use
- b. reduction of symptoms of dependence

And will these effects be maintained up to three months and a year?

## **Study design**

The effectiveness of the intervention will be tested in a randomized controlled trial (RCT) with two conditions: the experimental condition (Wiet-Check) and the control condition. Participants in the experimental condition receive the Wiet-Check (two sessions) and participants in the control condition receive one informative session. The baseline measurement (T0) takes place before the Wiet-Check or the informative session. There are two follow up measurements at three months (T1) and at twelve months (T2). A total of 280 adolescents is needed to end up with 70 participants in each condition.

## **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.

## **Study burden and risks**

The burden will mainly be in the duration of the sessions (180 minutes

maximum), the evaluation form and the questionnaires (45 minutes for each measurement). We estimate that the burden of the questions and the intervention is acceptable. Experiences with the same intervention in Australia shows that participants were enthusiastic about the sessions and did not experience these as a burden or as judgemental. None of the participants agreed with the statement that their participation was a 'waste of time'. A large majority of the participants reported the intervention as helpful. Part of the sessions will be recorded to be able to conduct a fidelity rating. In the Australian study, this did not prove to be a hindrance to participate in the study and the intervention. We expect the same experiences in this study.

The risk associated with this study is not exceeding the risks participants take in their daily life. The extent of psychological burden as a result of the intervention will be minimal. The intervention is based on motivational interviewing. One of the main features of this counseling style is the client-centered and non-confrontational approach. This makes the intervention particularly attractive to young people and keeps the burden to a minimum.

## Contacts

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adolescents (12-15 years)

Adolescents (16-17 years)

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

- age between 14 and 21 years old
- frequent cannabis use (weekly use)

### Exclusion criteria

- treatment for alcohol or drug issues in the past three months
- 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
- use of illicit drug use more than twice weekly in the last three months
- significant cognitive impairment
- 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
Primary purpose:	Prevention

### Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	03-02-2011

Enrollment: 280  
Type: Actual

## Ethics review

Approved WMO  
Date: 03-01-2011  
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

ID: 27383  
Source: Nationaal Trial Register  
Title:

### In other registers

Register	ID
CCMO	NL31652.097.10
OMON	NL-OMON27383