ICAN: an online training to reduce cannabis use.

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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).

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON25559

Bron
NTR

Verkorte titel
ICAN

Aandoening

Heavy cannabis use

Ondersteuning

Primaire sponsor: Trimbos-instituut
Overige ondersteuning: Trimbos-instituut, VWS

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

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

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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).

Onderzoeksopzet

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

Onderzoeksproduct en/of interventie

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.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

• 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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

• 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

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Dubbelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-08-2019
Aantal proefpersonen:	267
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies
Datum: 15-04-2019
Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 49982
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

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

Resultaten

Samenvatting resultaten

We intend to publish in international peer-reviewed journals.