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Effectiveness of text message reminder and motivational interview on adherence to methadone treatment in Ho Chi Minh City, Vietnam

INFORMATION STATEMENT FOR PARTICIPANTS

(1) What is this research about?

You are invited to participate in a study on treatment adherence in patients receiving methadone treatment in Ho Chi Minh City. This study will provide motivational counseling and messaging to patients undergoing Methadone treatment. At the same time, research evaluates the effectiveness of motivational counseling and text messages on treatment adherence in patients.

(2) Who is doing this research?

This research was conducted by Le Nu Thanh Uyen under the guidance and supervision of Associate Professor. Tran Thien Thuan and Dr. Le Truong Giang. They are experts, lecturers, researchers of University of Medicine and Pharmacy at Ho Chi Minh City and of the Public Health Association at Ho Chi Minh City who are not related to the clinic and therefore do not affect your treatment at the clinic.

(3) What does this research involve?

This study has two phases.

Phase 1 (Baseline survey):

- If you agree to participate, you will go into a private room where the researcher or research assistant will interview you directly, explain and answer your questions related to the questionnaire. The questionnaire will survey age, gender, work status, risk behaviors including level of cigarette smoking, level of alcohol use, drug use, satisfaction with treatment facilities, and social support, patient trust in medical staff, treatment compliance. The research assistant will interview you for about 15 - 20 minutes. All study activities will take place at this methadone clinic.
- It is not expected that there will be any harmful effects during the process of participating in this study, but some questions are relatively sensitive and may make you uncomfortable (for example, do you currently use drugs?). You may refuse to answer any question you are not comfortable answering.
- You will also be referred to a mental health service or psychological counseling support for free care and treatment if the doctor thinks you have symptoms of a mental disorder or if you feel uncomfortable about participating in this study.
- We will ask about your treatment history. If you agree to provide information in the medical record, please tell us your patient number and we will retrieve the information from the medical record.

Phase 2 (intervention):

- We will randomly assign the participants to 1 of 3 groups: group 1: treatment as usual (control group); Group 2: Motivational interview (MI) and group 3: text message reminder (TMR) within 6 months.
- MI group: you will receive enhanced counseling according to the motivational consulting method and frequency at least twice a month. For the text message reminder group: you will receive at least 2 types of messages every week, 1 text message, 1 voice message with reminder and motivational content.
- Every 3 months of intervention we will conduct a re-survey.
- During your participation in the study, we will also refer you to a mental health service or specialized psychological counseling if you have signs of a mental or psychological disorder. Similarly in phase 1, we will also get information from your medical record.

(4) How long did this study take?

The questionnaire survey phase (baseline, after 3 months, after 6 months) face-to-face interviews of the study will take about 15 - 20 minutes. The MI intervention phase will from 10 to 30 minutes depending on each patient's status

(5) Can I withdraw from this study?

Participation in this study is completely voluntary. You are not forced to agree and if you have agreed, you can withdraw at any time without affecting your relationship with the University of Medicine and Pharmacy or the researchers named in this information release as well as the medical staff at the Methadone clinic.

Signing and returning this consent form is an indication that you agree to participate in the study. You can still withdraw at any time after submitting your completed questionnaire. If you withdraw, all your answers and information will be destroyed. For example, the question set will be canceled.

If you agree to participate during the intervention phase of the study, you still have the right to withdraw at any time without any prejudice to you.

(6) Does anyone else know the results?

All aspects of the study, including data and results, will be treated confidentially and only the researcher will have access to participant information. We need your patient number to collect information about your treatment, but no identifying information will be needed in the questionnaire. Only the researchers named above know which set of questions belongs to whom. Only our codes are used to identify question sets. Data will be stored in a locked cabinet at the office of the Department of Community Health, University of Medicine and Pharmacy at Ho Chi Minh City for 3 years and then all questionnaires will be shredded and destroyed by the researcher.

A report of this research may be submitted for publication, but the individuals participating will not be identified in the report.

(7) Will this research benefit me?

During the process of participating in the research, if you need advice related to mental health or psychology, you will receive free advice from experts who are lecturers at University of Medicine and Pharmacy at Ho Chi Minh City. For the time you spend with us during the questionnaire survey, you will receive 3 days of free medication support for each time you participate in the questionnaire interview. Your participation and the information we have from you will help us organize plans and services to help you and other patients on methadone treatment.

(8) Can I tell others about this research?

Please do not tell others about this study as this may affect the results of future data collection.

(9) Are research results shared?

The research results will be shared with research participants, methadone clinics, and the publication of domestic and foreign articles. All shares will be anonymous.

The data collected from this study may be published but that no personal information about me will be used to identify others.

(10) What if I want more information about the study/my participation in it?

Once you have read this information, Le Nu Thanh Uyen will discuss it with you in more detail and answer any questions you have. If you want to know more at any time, please feel free to contact Le Nu Thanh Uyen, (Email: lenuthanhuyen@ump.edu.vn. Cellphone: +84 903313539 or Associate Professor. Tran Thien Thuan, cellphone: +84 908 119 686 or Dr. Le Truong Giang, cellphone: +84 913 806 466)

(11) What happens if I have a complaint or any problem?

Anyone who has concerns or complaints related to the conduct of this research should contact:

- Manager, Human Ethics Management Office, Scientific Research Department, Ho Chi Minh City University of Medicine and Pharmacy : (+84-28) 3855 8411; (+84-28) 3853 7949; (+84-28) 3855 5780

If you feel uncomfortable participating in this study, you can contact the researcher named above or specifically Le Nu Thanh Uyen, Email: lenuthanhuyen@ump.edu.vn. Cellphone: +84 903313539 or the following addresses for free psychological and psychiatric consultation when having related health problems:

- Department of Psychiatry, University of Medicine and Pharmacy at Ho Chi Minh City, address: 486 Nguyen Trai, District 5, Ho Chi Minh City, Vietnam; Phone: +84 28 39 234 332. (Dr. Nguyen Song Chi Trung)
- Department of Psychology, Faculty of Public Health, University of Medicine and Pharmacy at Ho Chi Minh City, address: 159 Hung Phu, District 8, Ho Chi Minh City, Vietnam; Phone: +84 28 38559714 (extend number 291) (MSc. Phan Thi Hoai Yen)

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