

# Using a smartphone application as an adjunct to counselling in substance misuse treatment

<b>Submission date</b>	<b>Recruitment status</b>	<input checked="" type="checkbox"/> Prospectively registered
09/02/2015	No longer recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
13/02/2015	Completed	<input type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
14/08/2020	Mental and Behavioural Disorders	<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

The Application to Improve Motivation (AiM) has been developed to help users improve their motivation to make and maintain a desired health behaviour change, such as drinking, smoking and exercise. This study aims to explore the utility and potential impact of this smartphone application used alongside routine clinical practice for people being treated for substance misuse.

### Who can participate?

Adults receiving counselling for substance misuse

### What does the study involve?

AiM will be offered to all clients who meet the inclusion criteria in a charity substance misuse service and will be evaluated as an addition to weekly counselling. The evaluation will run for 4 weeks; at the end of which the consenting client and counsellor will each be asked to complete a one-page questionnaire. AiM will also collect anonymous use data on self-reported health behaviours and levels of motivation. The data will then be analysed to evaluate the effectiveness of AiM as an adjunct to weekly counselling for substance misuse.

### What are the possible benefits and risks of participating?

Benefits and risks not provided at time of registration.

### Where is the study run from?

Addiction Care and Support Agency (UK)

### When is the study starting and how long is it expected to run for?

From March 2015 to June 2015

### Who is funding the study?

Investigator initiated and funded

### Who is the main contact?

Mr Harvey Wells

# Contact information

## Type(s)

Public

## Contact name

Mr Harvey Wells

## ORCID ID

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## Contact details

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## Type(s)

Scientific

## Contact name

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# Additional identifiers

## Protocol serial number

N/A

# Study information

## Scientific Title

Case series evaluation of a smartphone application on levels of motivation to change substance misuse behaviour in a clinical population already engaged in treatment

## Study objectives

Participants motivation to change will increase following the use of the smartphone application

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Faculty of Health, Social Care, and Education, Kingston University and St George's, University of London (UK), 20/10/2014

### **Study design**

Interventional case series

### **Primary study design**

Interventional

### **Study type(s)**

Quality of life

### **Health condition(s) or problem(s) studied**

Substance misuse (alcohol or illicit drugs)

### **Interventions**

Smartphone application designed to increase motivation to change health-related behaviours

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Motivation: self-reported via smartphone application and evaluation questionnaire; clinical observations of participant's counsellor; measured at the beginning of the study, then weekly for 4 weeks

### **Key secondary outcome(s)**

Substance misuse behaviour: self reported via smartphone application and evaluation questionnaire; measured at the beginning of the study, then weekly for 4 weeks.

### **Completion date**

01/06/2015

## **Eligibility**

### **Key inclusion criteria**

1. Between 18-64 years old
2. In treatment for individual counselling or group counselling
3. Have agreement from their counsellor to use the application as an adjunct to therapy sessions
4. Have a minimum of 4 weeks counselling remaining
5. Have either an Android smartphone (2.3.3 or later) or an iPhone (iOs 7 or later) with access to mobile data or Wi-Fi

### **Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Upper age limit**

64 years

**Sex**

All

**Key exclusion criteria**

1. Age younger than 18 or older than 65
2. No longer in treatment for substance misuse
3. Counsellor does not agree to be included in the trial
4. Participant has less than 4 weeks of counselling remaining
5. Does not have access to a smartphone with ability to run the application

**Date of first enrolment**

02/03/2015

**Date of final enrolment**

04/05/2015

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Addiction Care and Support Agency**

96 Ditton Road

Surbiton

United Kingdom

KT6 6RH

**Study participating centre**

**Addiction Care and Support Agency**

233 Lower Mortlake Road

Richmond  
United Kingdom  
TW9 2LL

## Sponsor information

### Organisation

Kingston University and St George's, University of London

### ROR

<https://ror.org/040f08y74>

## Funder(s)

### Funder type

Other

### Funder Name

Investigator initiated and funded

## Results and Publications

### Individual participant data (IPD) sharing plan

### IPD sharing plan summary

Available on request

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes