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CAN Stop - psychoeducation and relapse prevention for young persons with problematic cannabis use

Submission date
18/01/2011

Recruitment status
No longer recruiting

Registration date
10/03/2011

Overall study status
Completed

Last Edited
18/12/2020

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[X] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
IIA5-2507DSM209

Study information

Scientific Title

CAN Stop - psychoeducation and relapse prevention for young persons with problematic cannabis use - development and evaluation of a preventive group-based training programme [Psychoedukation und Rückfallprävention für junge Menschen mit problematischem Cannabiskonsum Entwicklung und Evaluation eines Gruppenbehandlungsprogramms]

Acronym
CAN Stop

Study objectives
We hypothesise that young cannabis users who participated at the preventive CAN Stop group training in addition to the treatment or service usually provided in the specific help provision context (e.g. drug addiction aid and youth welfare, in-patient medical context, out-patient medical context, juvenile prisons) show lower level of cannabis intake and higher levels of cannabis abstinence-related self-efficacy after the training as opposed to young cannabis users who received the usual treatment or service.

Ethics approval required
Old ethics approval format

Ethics approval(s)
1. Ethics Committee of the Chamber of Physicians Hamburg approved on 3rd March 2009 (ref: PV3086)
2. Ethics Committee of the Schleswig-Holstein Chamber of Physicians approved on 6th May 2009 (ref: AZ 41/09)
3. Ethics Committee of the Chamber of Physicians North Rhine approved on 29th January 2010 (ref: 2009366)
4. Ethics Committee of the Chamber of Physicians Hesse approved on 2nd August 2010 (ref: MC 168/2010)

Study design
Four-arm randomised wait-list controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Problematic cannabis use

Interventions
The CAN Stop group training consists of eight group sessions of 90 minutes. Groups consist of six to ten young cannabis users and one or two trainers. The training's rationale is based on behavioural therapeutic and motivational interviewing elements. It encompasses consumer or craving diaries, the work with social and emotional context variables and potential triggers as well as the elaboration of alternative behaviour strategies and the activation of participants resources.

Generally and for motivational reasons, it is left open to participants within the training whether they want to reduce or stop their cannabis use. However, certain settings at which the training is tested officially require absolute consume stops (e.g. prisons), yet this is a characteristic of the respective institution and not of the training itself. After completing the CAN Stop training, certificates are handed out to participants who, participated at least at five out of eight group training sessions, for further gratification. If within a group, only three or less participants remain after other participants dropped out of the group, the group is not further continued.

Control participants receive the respective treatment as usual, which the setting, the person is in usually provides. After the follow-up assessment, participants are invited to take part at a CAN Stop group training if they wish to attend.

Timepoints:
t0 (pre) = before the training/ treatment as usual
t1 (post) = after the training/ treatment as usual which is 3 months after t0
t2 (follow-up) = 6 months after t1

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
1. Cannabis use in the past 30 days
2. In case of ongoing cannabis use: approximate weight of used cannabis on a day with mean cannabis use

Measured at t0, t1 and t2

Key secondary outcome(s))
1. Motivation to change existing cannabis use
2. Cannabis abstinence-related self-efficacy
3. Psychosocial adjustment
4. Behaviour in the face of peer pressure with regard to cannabis use

Measured at t0, t1 and t2

Completion date
31/10/2011

Eligibility

Key inclusion criteria
1. Aged between 14 and 21 years, either sex
2. Cannabis consumed is deemed problematic by the young cannabis user or significant persons in his or her context (e.g. parents, teachers)
3. Participant's willingness to at least think over previous consumption patterns and to participate at a group dealing with the topic
4. Informed consent of participants and in the case of underage participants the informed consent of a parent or official guardian

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Other

Sex
All

Key exclusion criteria
Acute symptoms of psychosis or suicidality. These exclusion criteria were checked via standardised screening questions at the beginning of the face-to-face take-in talks at the respective cooperation partner's institutions.

Date of first enrolment
15/02/2011

Date of final enrolment
31/10/2011

Locations

Countries of recruitment
Germany

Study participating centre
DZSKJ
Hamburg
Germany
20246

Sponsor information

Organisation
German Federal Ministry of Health (Bundesministerium fur Gesundheit [BMG]) (Germany)

ROR
https://ror.org/05vp4ka74

Funder(s)

Funder type
Government

Funder Name
German Federal Ministry of Health (Bundesministerium fur Gesundheit [BMG]) (Germany) (ref: AZ IIA5-2507DSM209)

Funder Name
University Medical Centre Hamburg-Eppendorf (Germany) - German Centre for Addiction Research in Children and Adolescents

Funder Name
University of Rostock (Germany) - Department for Child and Adolescent Psychiatry

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article	protocol	18/04/2011	18/12/2020	Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes