

# Snow Control

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| <b>Submission date</b><br>18/03/2011   | <b>Recruitment status</b><br>No longer recruiting             | <input type="checkbox"/> Prospectively registered    |
| <b>Registration date</b><br>06/05/2011 | <b>Overall study status</b><br>Completed                      | <input checked="" type="checkbox"/> Protocol         |
| <b>Last Edited</b><br>19/09/2019       | <b>Condition category</b><br>Mental and Behavioural Disorders | <input type="checkbox"/> Statistical analysis plan   |
|  |   | <input checked="" type="checkbox"/> Results          |
|  |   | <input type="checkbox"/> Individual participant data |

## Plain English summary of protocol

Not provided at time of registration

## Study website

<http://www.snow-control.ch>

## Contact information

### Type(s)

Scientific

### Contact name

Dr Michael Schaub

### Contact details

Konradstrasse 32

Zurich

Switzerland

8031

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[michael.schaub@isgf.uzh.ch](mailto:michael.schaub@isgf.uzh.ch)

## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

#001

# Study information

## Scientific Title

Snow Control: a web-based self-help tool to reduce dependence in problematic cocaine users a randomized controlled trial

## Acronym

SC

## Study objectives

A web-based cognitive-behavioral self-help tool is more effective in reducing cocaine dependence than an active control condition

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Local Ethics Committee of the Canton of Zurich December 1, 2009 (reference number: KEK-StV-Nr. 70/09)

## Study design

Randomised controlled trial

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Other

## Study type(s)

Prevention

## Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

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

Cocaine use/misuse/dependence

## Interventions

1. Snow Control in the intervention group is a six week self-help intervention tool to reduce cocaine consumption
2. Snow Control in the intervention group is based on classical cognitive behavioural therapy (CBT) approaches for:
  - 2.1. Cocaine addiction
  - 2.2. Motivational interviewing for cocaine using individuals
  - 2.3. Principles of self control

#### 2.4. Relapse-Prevention Model

3. It is structured into three parts and includes the following eight modules that will be activated for access week by week with three additional voluntary modules (module 5, 6 and 7) that can be activated during week 5-6

4. In the control condition, participants receive 8 psycho-educative information on the risks, potential harms and other important information on their cocaine consumption also in a weekly manner within 6 weeks of intervention. After having read this information they participate in a weekly quiz to control their information knowledge.

5. Follow up will be at 6 months for both groups after the 6 intervention weeks

#### **Intervention Type**

Other

#### **Phase**

Not Applicable

#### **Primary outcome measure**

Severity of Dependence Scale SDS

#### **Secondary outcome measures**

1. Cocaine Craving Questionnaire Brief (CCQ-B)
2. Simplified version of the Beck Depression Inventory (BDI-V)
3. Alcohol, tobacco and other substance use (last 30 days)

#### **Overall study start date**

01/05/2010

#### **Completion date**

31/08/2011

## **Eligibility**

#### **Key inclusion criteria**

1. Age between 17 - 65
2. High speed internet access

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

Patient

#### **Age group**

Adult

#### **Sex**

Both

#### **Target number of participants**

160

#### **Total final enrolment**

196

**Key exclusion criteria**

1. Beck Depression Inventory (BDI)-V>45
2. Suicidal thoughts

**Date of first enrolment**

01/05/2010

**Date of final enrolment**

31/08/2011

**Locations****Countries of recruitment**

Austria

Germany

Switzerland

**Study participating centre**

Konradstrasse 32

Zurich

Switzerland

8031

**Sponsor information****Organisation**

Swiss Office for the Coordination of Addiction Facilities (INFODROG) (Switzerland)

**Sponsor details**

Eigerplatz 5

Postfach 460

Bern 14

Switzerland

3000

**Sponsor type**

Government

**Website**

<http://www.infodrog.ch>

**ROR**

<https://ror.org/01qtc5416>

# Funder(s)

## Funder type

Government

## Funder Name

Swiss Office for the Coordination of Addiction Facilities (INFODROG) (Switzerland) (Nr. 4962/09 /ZHZ/WSOK)

# Results and Publications

## Publication and dissemination plan

Not provided at time of registration

## Intention to publish date

## 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? |
|----------------------------------|----------|--------------|------------|----------------|-----------------|
| <a href="#">Protocol article</a> | protocol | 25/09/2011   |            | Yes            | No              |
| <a href="#">Results article</a>  | results  | 28/11/2012   | 19/09/2019 | Yes            | No              |