

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

Submission date 09/02/2015	Recruitment status No longer recruiting	☒ Prospectively registered ☐ Protocol
Registration date 13/02/2015	Overall study status Completed	☐ Statistical analysis plan ☐ Results
Last Edited 14/08/2020	Condition category Mental and Behavioural Disorders	☐ Individual participant data ☐ 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

<https://orcid.org/0000-0001-7230-4992>

Contact details

Sir Frank Lampl Building
School of Nursing
Faculty of Health, Social Care and Education
St George's, University of London and Kingston University
Sir Frank Lampl Building, Kingston Hill Campus
Kingston Upon Thames
United Kingdom
KT2 7LB

Type(s)

Scientific

Contact name

Mr Harvey Wells

Contact details

Sir Frank Lampl Building
School of Nursing
Faculty of Health, Social Care and Education
St George's, University of London and Kingston University
Sir Frank Lampl Building, Kingston Hill Campus
Kingston upon Thames
United Kingdom
KT2 7LB

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