

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

<b>Submission date</b> 18/01/2011	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 10/03/2011	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 18/12/2020	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Prof Rainer Thomasius

**Contact details**  
DZSKJ  
Martinistrasse 52  
Hamburg  
Germany  
20246  
-  
thomasius@uke.uni-hamburg.de

## 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 für Gesundheit [BMG]) (Germany)

**ROR**

<https://ror.org/05vp4ka74>

# Funder(s)

## Funder type

Government

## Funder Name

German Federal Ministry of Health (Bundesministerium für 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?
<a href="#">Protocol article</a>	protocol	18/04/2011	18/12/2020	Yes	No