

Snow Control

Submission date 18/03/2011	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 06/05/2011	Overall study status Completed	☒ Protocol
Last Edited 19/09/2019	Condition category Mental and Behavioural Disorders	☐ Statistical analysis plan
		☒ Results
		☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Protocol serial number

#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)

Primary study design

Interventional

Study design

Randomised controlled trial

Study type(s)

Prevention

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(s)

Severity of Dependence Scale SDS

Key secondary outcome(s)

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)

Completion date

31/08/2011

Eligibility

Key inclusion criteria

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

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

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)

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

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?
Results article	results	28/11/2012	19/09/2019	Yes	No
Protocol article	protocol	25/09/2011		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes