

Research participants needed

ATTENTION CANNABIS USERS

The Institute of Health and Biomedical Innovation (IHBI) at QUT are trialing two types of brief check-ups for cannabis users.

We are looking for people aged between 16 and 25 who have used cannabis at least once a week in the past month.

Your participation will involve:

1. Completing an initial assessment
2. Attending two 1-hour sessions of brief motivational interviewing regarding cannabis use at QUT.
3. Completing follow up assessments at 1, 3, 6 and 12 months follow up.

You will be reimbursed for your time involvement at each assessment.

Participation is confidential and all responses and information will remain anonymous.

This project has been approved by QUT's Human Ethics Committee (Ref No.1100000195)

Please email (cannabis@qut.edu.au), or call us on 0435 965 589 or (07) 3138 6023 for further information.

Thank you for your interest and feel free to tell your friends about the study!



The following research activity has been reviewed via QUT arrangements for the conduct of research involving human participation. If you choose to participate, you will be provided with more detailed participant information, including who you can contact if you have any concerns.

Motivating Behaviour Change in Young Cannabis Users

Research Team Contacts

Principal Researcher: Dr Leanne Hides
Associate Researchers: Prof David Kavanagh, Prof Jeremy Davey, Dr Dawn Proctor, Dr Jeremy Hayllar, Dr Christina Mackay, Ms Davina Sanders and Ms Monica De Nooyer

Please contact the researcher team members to have any questions answered or if you require further information about the project.

What is the purpose of the research?

You are invited to participate in a research project comparing two types of brief check-up for cannabis. We would like to find out if adding contingency management (rewarding people for attending two check-up sessions and reducing their alcohol and cannabis use) increases the effectiveness of a brief motivational interviewing intervention for cannabis use.

Are you looking for people like me?

The research team is looking for any young person aged between 16 and 25 years who has used cannabis at least once a day for the past month.

What will you ask me to do?

Your participation will involve:

1. Completing an initial assessment, consisting of an interview and questionnaires that will take approximately 30 to 45 minutes of your time.

2. Completing two 1-hour sessions of brief motivational interviewing for cannabis use at the Kelvin Grove Campus of QUT. You will be randomly assigned to receive either (1) Quik-Fix or (2) Quik-Fix plus contingency management (Quik-Fix + CM). You will have an equal chance of being in either condition.

(1) Quik-Fix, is a brief motivational interviewing intervention targeting cannabis use. We would like to talk to you about your cannabis use and whether you want to make a change in your use. We will also teach you some skills for coping with stressful situations. If you want to make a change in your cannabis use, we will help you set some goals and develop a plan for making a change in your use. You will receive a \$5 Coles/Myer voucher for attending each session and providing a breathalyser and saliva drug test sample. You will then have a random chance of receiving no extra vouchers or up to an extra \$20 in Coles/Myer vouchers.

(2) Quik-Fix + Contingency Management. You will receive a brief motivational interviewing intervention for cannabis use (Quik-Fix) plus contingency management in which you will be rewarded for making changes in your behaviour. This means you will receive:

(i) Attendance: A \$5 voucher for attending Session 1 and providing a breathalyser and saliva sample. You will receive a \$10 voucher if you attend Session 2 and provide these samples.

(ii) Drug Free Specimens: You will be rewarded with a \$5 voucher if both the breathalyser and saliva drug test samples you provide at Session 1 are drug-free. You will receive a \$5 voucher if both samples are drug-free at Session 2.

(iii) Goal completion: During Session 1 your psychologist will work with you to set a goal for completing a homework task. If you are able to provide clear evidence (eg., a photograph) that you have completed your goal at Session 2, you will be rewarded with a \$5 Coles/Myer voucher.

We still want to talk to you, even if you don't want to make a change in your cannabis use, and can give you some information on how you could use cannabis more safely, if you are interested. All sessions will be audio-taped so we can monitor how well your psychologist is delivering Quik-Fix to you. These audio-tapes will be destroyed when the study is finished.

(3) Completing follow up assessments at 1, 3, 6 and 12 months follow up. These follow-up assessments will help us to find out which check-up is more effective. Each follow-up assessment is conducted over the telephone, and will take 30 to 45 minutes.

Are there any risks for me in taking part?

There are no physical, social, financial or professional risks associated with participating in this project. The legal risks of reporting illegal activities (drug use, underage drinking) are minimised by maintaining confidentiality at all times except where legally and ethically bound to break the confidentiality agreement (e.g. if you are at risk of harming yourself or someone else).

Are there any benefits for me in taking part?

This research may or may not directly benefit you, but will benefit indirectly by helping us determine the best way to help young people to reduce their cannabis use. You may find the sessions useful.

Will I be compensated for my time?

To compensate you for your contribution, should you choose to participate, you will be reimbursed with a \$20 Coles/Myer voucher per assessment for your time, receiving a total of \$100 in vouchers for completing all of the baseline and follow up assessments over the 12 month time period.

I am interested – what should I do next?

If you would like to participate in this study, please contact us on 3138 6023 or email (cannabis@qut.edu.au)

Thank You!

QUT Ethics Approval Number: 1100000195