

First International

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The Netherlands



JellinekLive: Outcome of internet based self-help for problematic cannabis users

A comparison with 'evidence based' self-help alcohol online

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Overview

- Intervention programs
 - cannabis
 - alcohol
- Study design
- Outcome



Cannabis misuse in the Netherlands

- Estimated 90.000* problematic cannabis users
- In treatment 2007: 8.000**
- Treatment gap!
- Online interventions to reduce the gap?

* *abuse + dependence, NEMESIS Netherlands' prevalence study (Bijl et al., 1997)*

** *LADIS: National Alcohol and Drugs Information System (2009)*



Self-help cannabis online

Cannabis self-help

Basics

- Home
- Diary
- Settings
- Self-help community

Exercises. Fill in the Record form every day and do one exercise a week.

- Record Keeping
- Pros and cons
- Goals
- Risk situations
- Relapse prevention plan
- Emergency plan
- Factsheet

Records. If you keep daily records, you can look at your results here.

- Records/targets
- Records/risk situations
- Records: End results
- Messages

Result: target.

Intro | Daily overviews | **Weekly overviews** | Craving and smoking overview | Help

Weekly overviews

In **weekly overviews** you can look at how much cannabis you have smoked each week. Select the week you want to see and click Display. The graph compares how much you have smoked with your target levels and starting levels.

select week:

Day	Starting Level (Blue)	Target Level (Red)	Smoking (Green/Orange)
Monday	2	3	0
Tuesday	1	1	4 (Orange)
Wednesday	1	1	0
Thursday	1	2	0
Friday	1	1	0
Saturday	2	3	2 (Green)
Sunday	2	3	3 (Green)

Days of the week

Red: Your target levels
Orange: Smoking above your targets
Green: Smoking within your targets
Green + orange: Total smoking day by day
Blue: Your starting level



Selfhelp alcohol online

Zelfhulp: Alcohol

Basis



Home



Dagboek



Instellingen



Forum

Oefeningen. Vul dagelijks het formulier in en doe per week een oefening.



1. Voor- en nadelen



2. Afspraken



3. Risicosituaties



4. Formulier trek/gebruik



5. Preventieplan



6. Noodplan



7. Leesopdrachten

Resultaat. Als u dagelijks het formulier invult, vindt u hier uw resultaten.



Resultaat

uitloggen

Resultaat

Overzicht situaties

Situaties per kenmerk

Eindresultaat

Help

Intro

Situaties naar risiconiveau

Gebruik per dag

Gebruik per week

Overzicht trek & gebruik

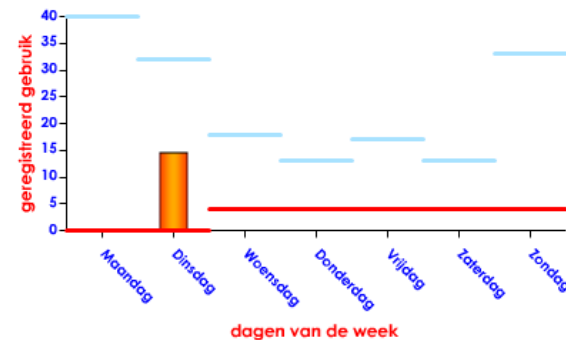
Gebruik per week

Hier kunt u uw gebruik van een bepaalde week inzien. U kunt de week die u wilt bekijken selecteren. In de grafiek die dan verschijnt wordt uw gebruik vergeleken met uw doel en beginstand.

Kies week:

week 1 (Ma 11/12/06 t/m Zo 17/1)

bekijk



Rood: uw doel

Groen: uw gebruik onder uw doel

Oranje: uw gebruik boven uw doel

Blauw: uw begin stand.

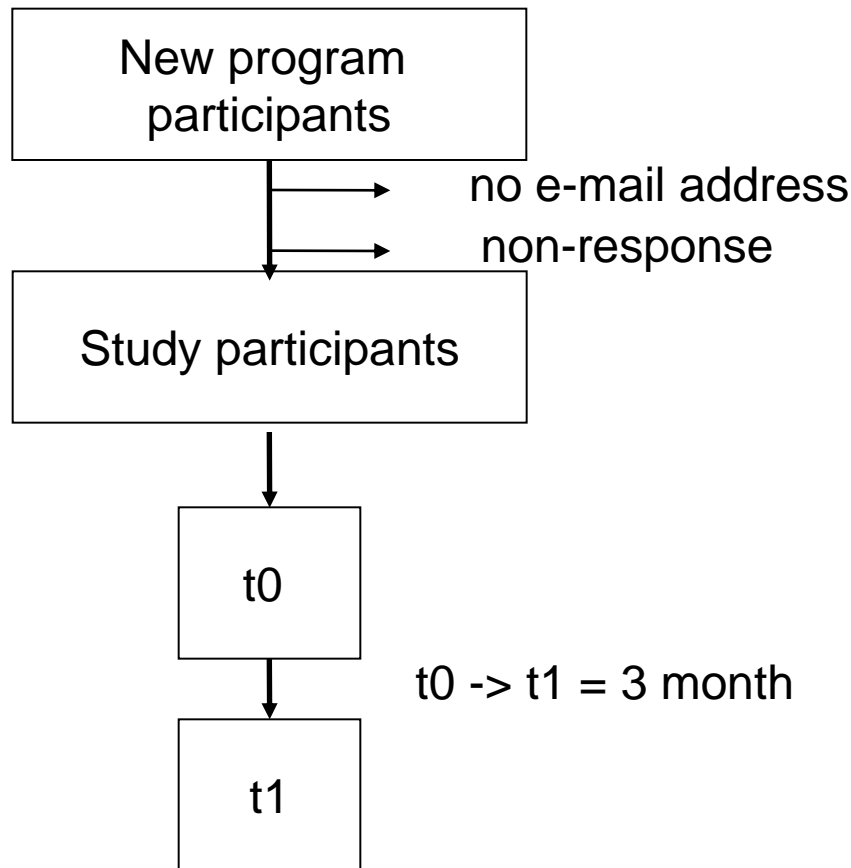


Study questions

- What is the population reached?
- Do participants change consumption?
- What can we improve?



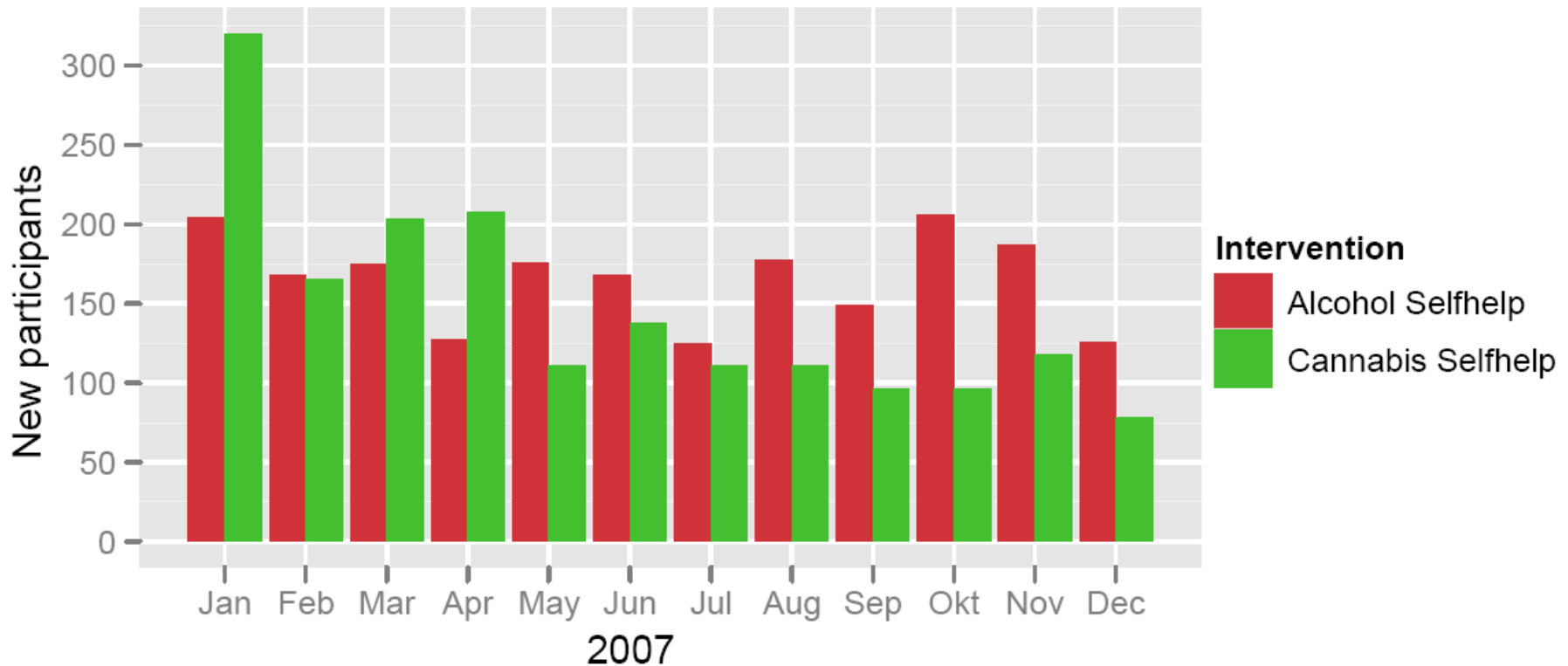
Study design



- measurements:
 - use last week TLFB
 - days of abst. month
 - QOL
- MI missing data
- Sample size:
 - Cannabis n=444
 - Alcohol n=465

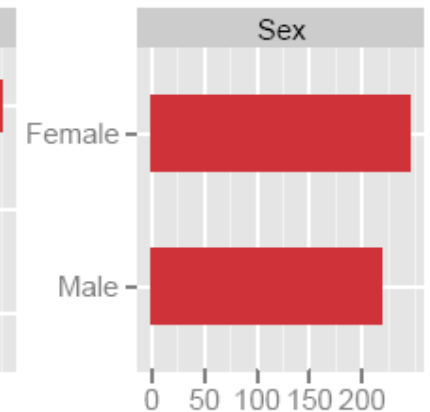
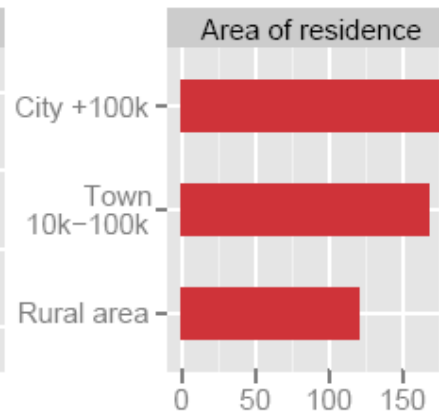
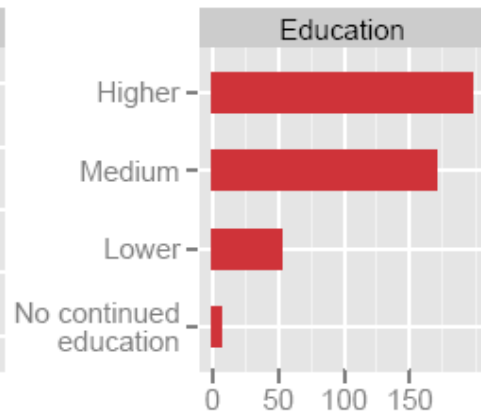
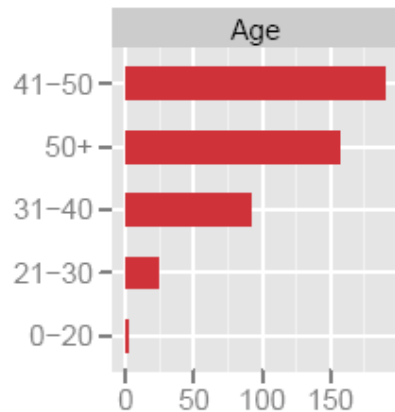
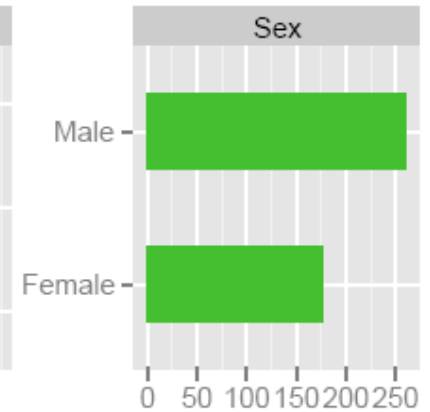
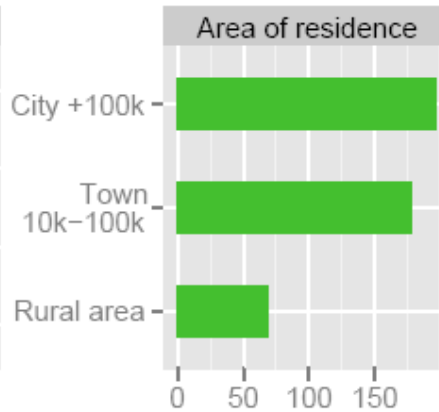
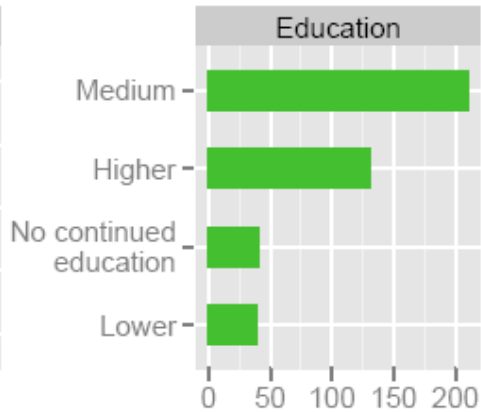
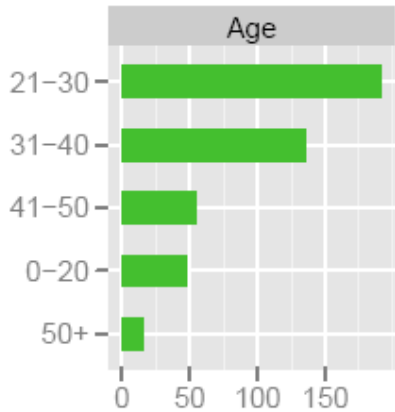


New program participants



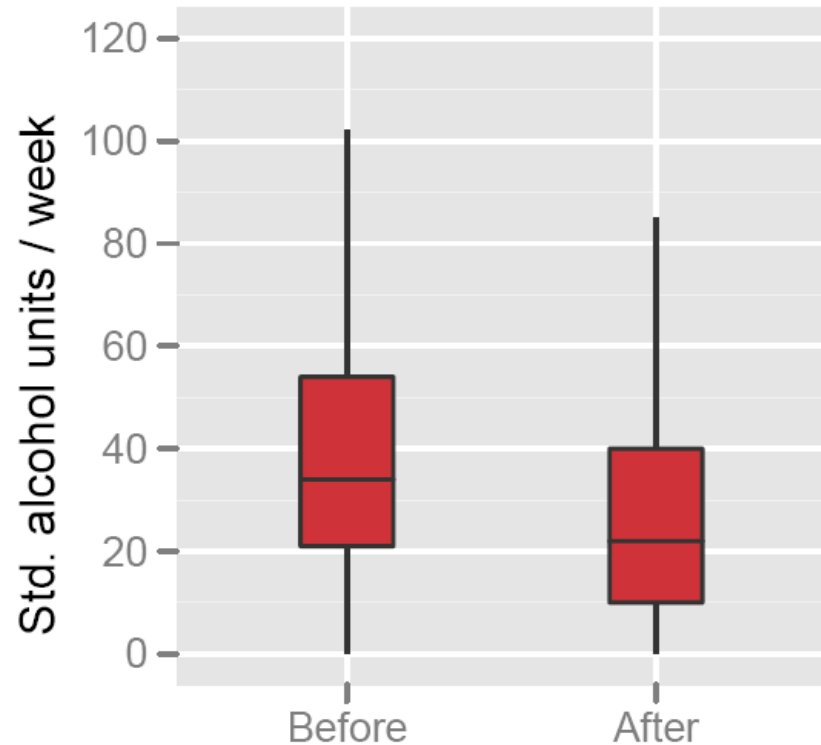
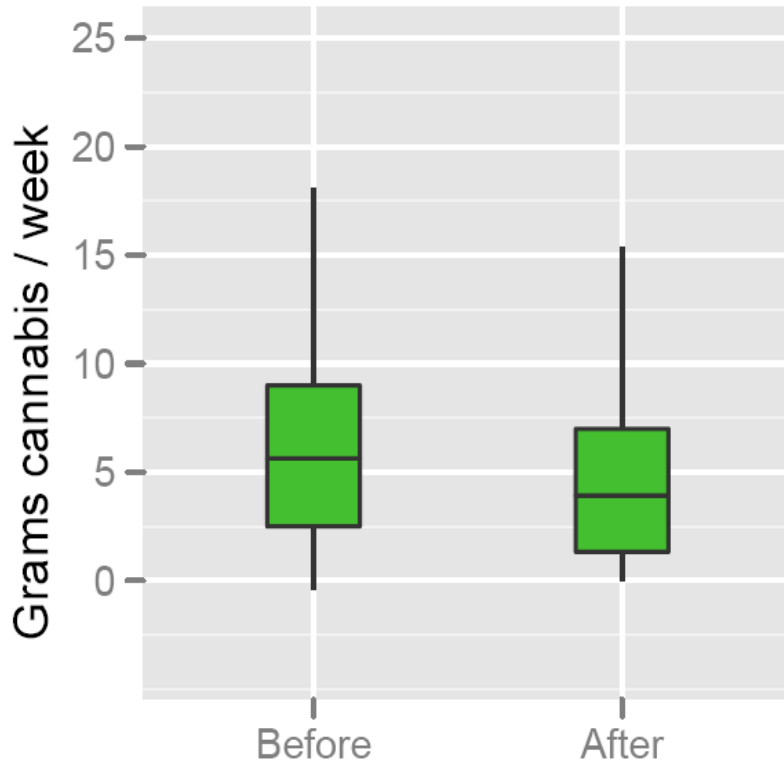


Demographics





Clinical results



Cannabis: 6.9 vs. 4.8 $t(443) = 7.338$, $p < .001$ $d = .33$

Alcohol: 39 vs. 28; $t(464) = 8.797$, $p < .001$ $d = .27$



Suggestions for improvement

- .More diversity in intervention modules
- .More interaction
 - counsellor
 - other participants



Conclusion

- Online cannabis program attractive
- Consumption reduced, but small effect
- More interaction and program diversity



Thank you!

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