

Too Scientific; Didn't Understand!

Let me explain!

An online intervention for cannabis reduction!

Why?

A lot of people use cannabis, and part of this group would like to have some **support to reduce use or quit**. Although there are healthcare professionals who can help with this, a lot of people **prefer a more accessible type of support**.

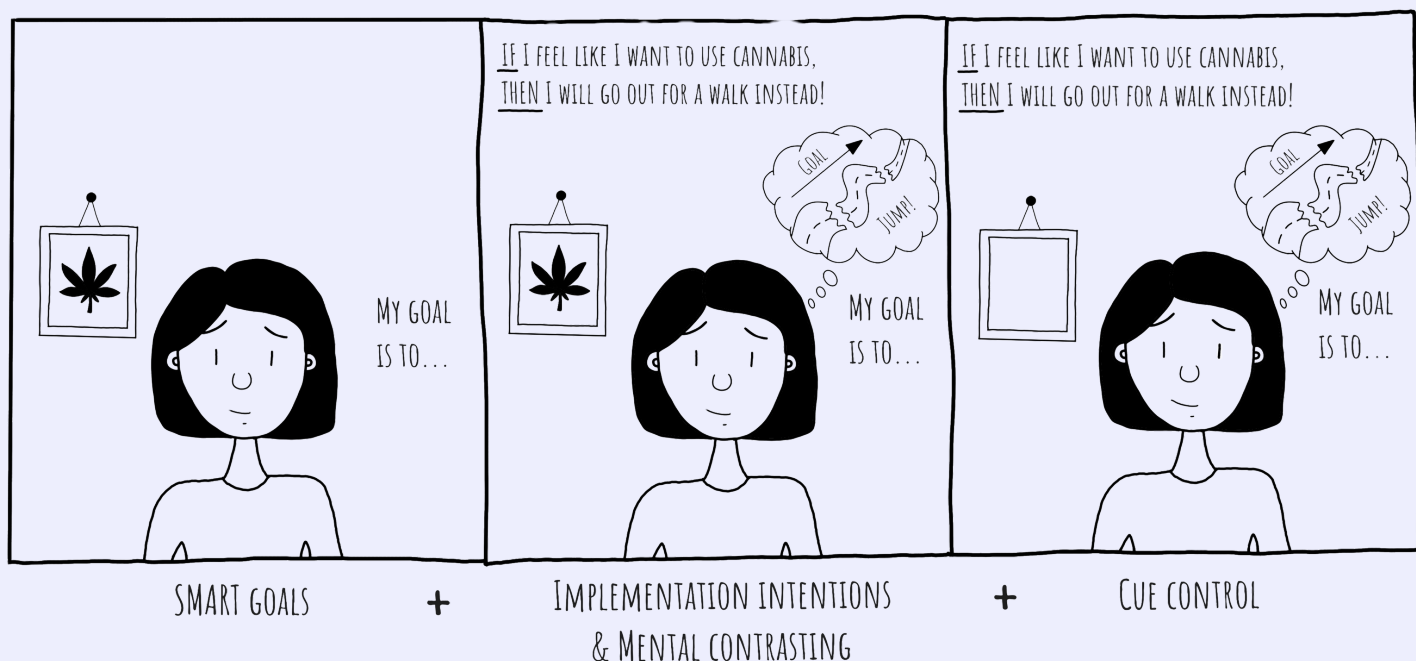
What & How?

We developed a **2 week online intervention** in which we aimed to help people reach their **personal goal** for cannabis reduction. We tested which of the **three interventions** worked best.

Participants were enrolled in **one of the three 'Back on Track' interventions** (See figure) and completed questionnaires about their cannabis use. After 2 weeks, we assessed whether they met their goals and after 3 months we contacted them to ask about their cannabis use again.



BACK ON TRACK



- SMART goals:** people had to make a personal cannabis reduction goal that is Specific, Measurable, Attainable, Realistic, and Time-bound (SMART).
- Implementation Intentions & Mental Contrasting (IIMC):** In addition to the goal setting, people were also asked to make if-then plans to change their normal behaviour, to imagine what obstacles they could encounter, and how to overcome these obstacles.
- Cue control:** In addition to goal setting and IIMC, people we also asked to remove cannabis 'cues' that could trigger use from their environment.

What did we find?

When given the choice, most people set a **reduction goal**, rather than a plan to quit!

On average, participants in **all conditions reduced their cannabis use** during the intervention, and (part of) these reductions were still there **three months later!**

However, the **IIMC intervention**, and the additional **cue-control intervention** were **more effective** than SMART goal setting alone in:

- **Achieving the set goal** after 2 weeks of intervention
- Achieving a **subjective feeling of success**
- Have participants **stay in the study** for the full 2 weeks

Important!

This study showed that this **easy and accessible intervention** might **work well** to reduce cannabis use and achieve cannabis use goals in people who are **motivated to achieve these goals!**

The intervention was **not perfect**, as not all people achieved their goals. However, it worked about as well as longer and less accessible programs. Hence, we should work on **new interventions** that help a wider range of people to achieve their goals.