

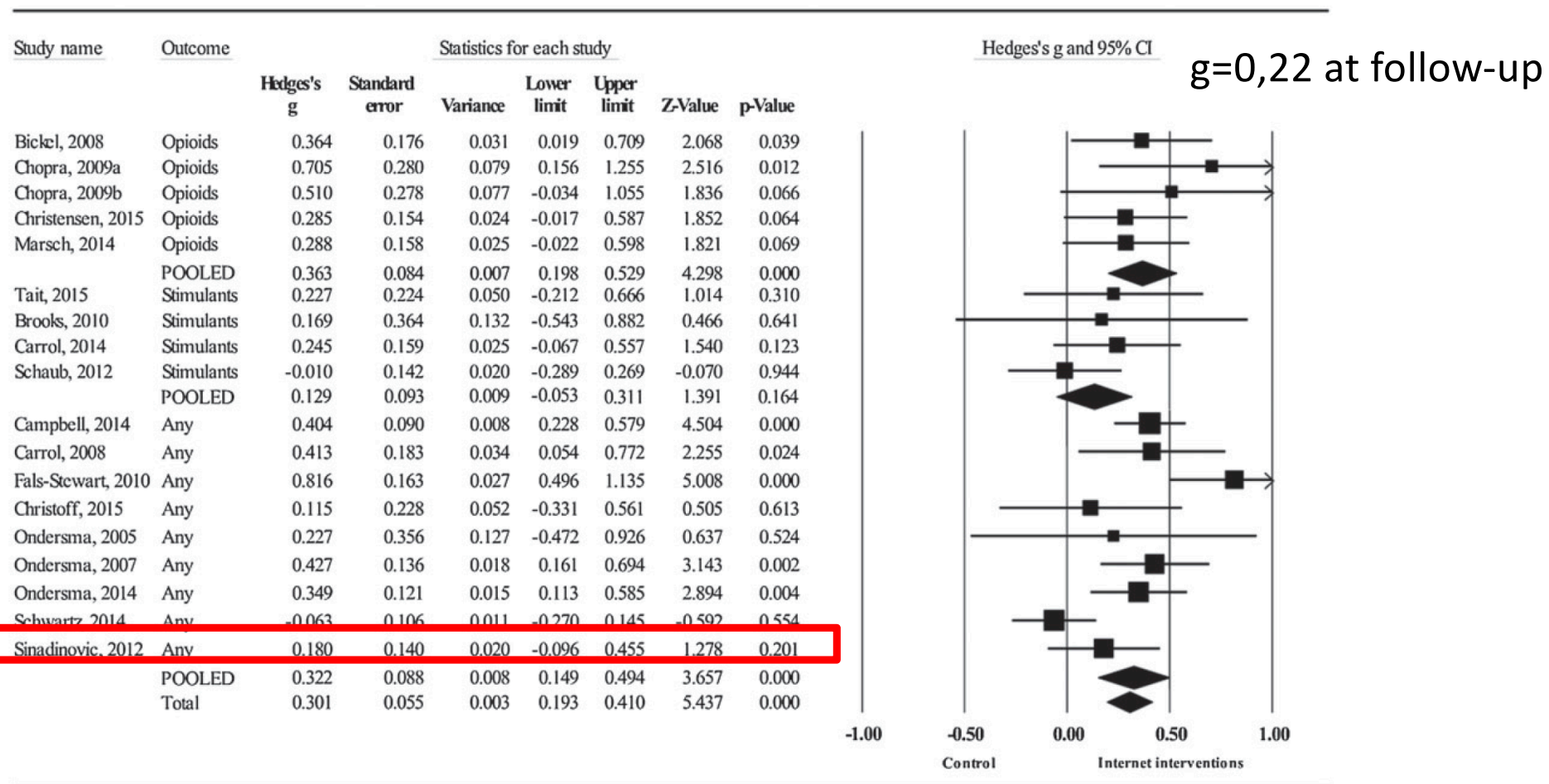
# Digital interventions for problematic drug use in Sweden

## A public health and clinical perspective

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**Figure 2** Forest plot of intervention effects at post-treatment assessments

Boumparis, N., Karyotaki, E., Schaub Michael, P., Cuijpers, P., & Riper, H. (2017). Internet interventions for adult illicit substance users: a meta-analysis. *Addiction*, 112(9), 1521-1532. doi:10.1111/add.13819

# Digital interventions for illicit drug users

## Internet-Based Screening and Brief Intervention for Illicit Drug Users: A Randomized Controlled Trial With 12-Month Follow-Up

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## Psychology of Addictive Behaviors 2015

### Changes in Mental and Physical Well-Being Among Problematic Alcohol and Drug Users in 12-Month Internet-Based Intervention Trials

Anne H. Berman, Peter Wennberg, and Kristina Sinadinovic

Online First Publication, February 9, 2015. <http://dx.doi.org/10.1037/a0038420>

- 2-arm RCT, n=202
- eScreen.se vs assessment only
- eScreen users reduced alcohol use more than controls
- Majority of participants reduced their drug use
- CoE picked up eScreen
- Participants in eScreen trials for alcohol and drugs
- Increased well-being
- after 1 year for alcohol
- Positive trends for drugs

RESEARCH

Open Access



# Guided web-based treatment program for reducing cannabis use: a randomized controlled trial

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## Abstract

**Background:** The aim of this study was to investigate the effects of a web-based treatment program with therapist guidance for adults and adolescents with regular cannabis use from the general population.

**Methods:** A double blinded randomized controlled trial with a parallel group design was conducted (intervention group n = 151, wait-list control group n = 152). Follow-up 12 weeks from treatment commencement of a 13-module intervention. The primary outcome was frequency of cannabis use. Time by group interaction effects were modeled using generalized estimated equations and the instrumental variable approach was used to estimate the effect of intervention adherence.

**Results:** At follow-up, the intention to treat (ITT) analyses did not show any significant time by group effects. A significant association between intervention adherence and scores on the cannabis abuse screening test (CAST) was found. Secondary analysis excluding participants who had received other professional help revealed time by group effects for secondary outcomes gram cannabis consumed past week, number of dependency criteria and CAST score. Due to methodological limitations, these latter results should be interpreted with caution.

**Conclusions:** In this study we did not find a web-based treatment program with therapist guidance to be more effective than a waiting-list in reducing frequency of cannabis use.

*Trial registration* The trial was pre-registered at ClinicalTrials.gov (NCT02408640) April 3, 2015

**Keywords:** Cannabis, Web-based treatment with therapist guidance, Cognitive behavioral treatment, eHealth, Randomized controlled trial

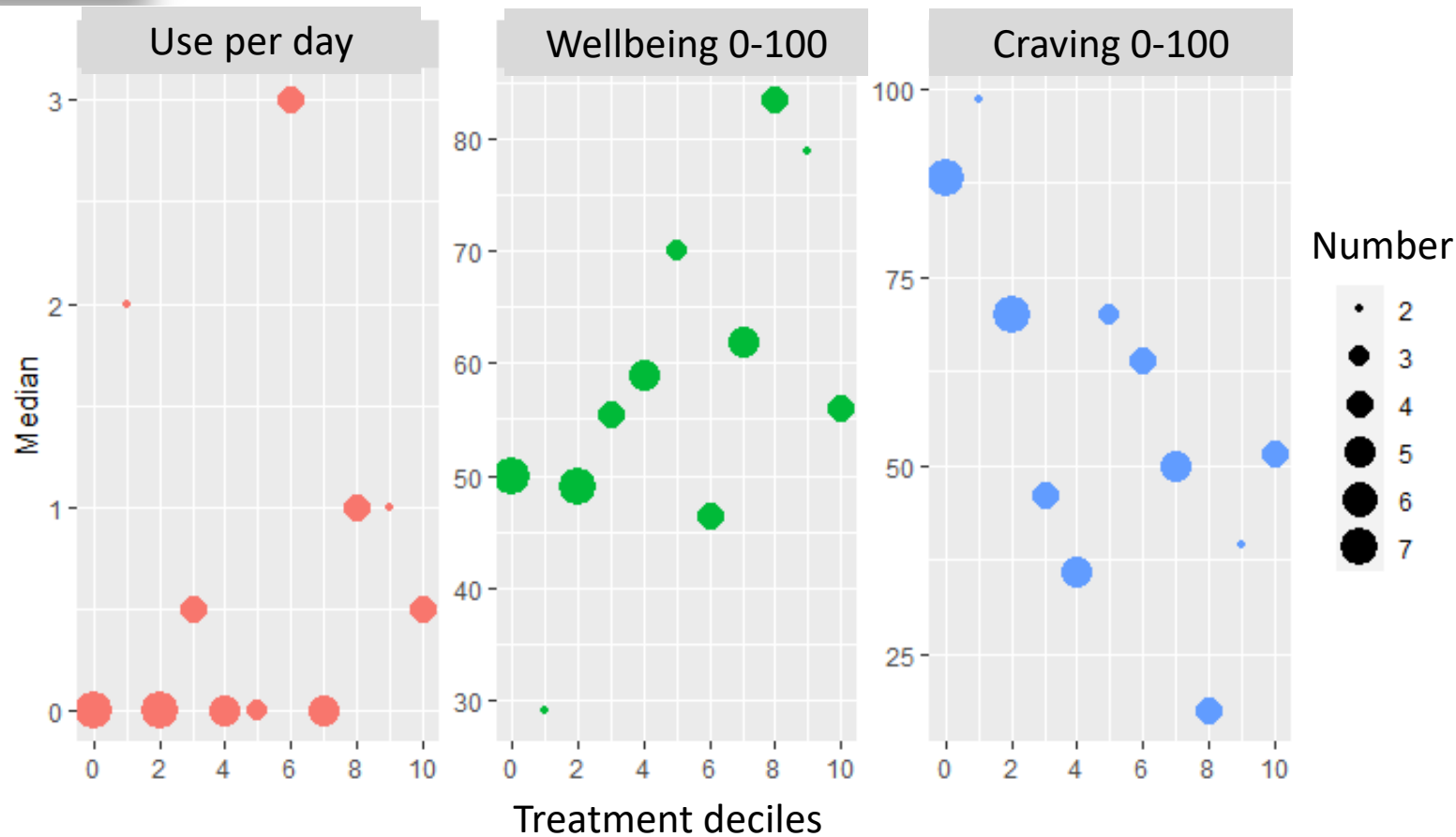
## Public health program

- Guided
- 2-arm RCT with waitlist control
- 13-week program
- 12-week follow-up
- Outcome: frequency of cannabis use
- Better Tx adherence, better outcome on Cannabis Abuse Screening Test (CAST)
- Possible effect for grams consumed past week, # dep criteria, CAST when those who received other professional help were excluded

No overall difference in RCT.

More research needed

# Internet treatment for cannabis use at e-clinic: implementation study with n=17 young adults



Jakobson, M, ... & Lindner, P  
(in prep). High-intensity  
online cognitive behavior  
therapy within routine  
addiction care for cannabis  
use: A cohort feasibility study

## The *eSupport* unit at Stockholm Center for Dependence Disorders



Established as a permanent unit January 1, 2017  
Patient responsibilities since January 1, 2018

- Public health: Anonymous telephony and internet intervention services for alcohol, drugs, gambling
- Clinic: Internet-based treatment within regular addiction care (patient services)
- Fully research-integrated

# Organization

- Staff:
  - Head of unit: Kerstin Annerborn
  - 3 psychologists, 1 social worker and 1 health pedagog working with patient services
    - Of which 3 have PhDs and three are PhD students
  - 4 social workers working with public health services
  - A part-time medical doctor
  - Others involved on project basis



# Infrastructure

- Services require special infrastructure
  - Digital infrastructure: intervention platforms
  - Special clinical procedures for integration into regular care
  - Special competence in development and implementation of treatment content
  - Internet therapist competence
- The eSupport unit has all this infrastructure in place and is fully operational, which makes it unique in Sweden and perhaps the world





- Has been used for both public and patient services
- Accounts are usernames linked to email addresses (“anonymous”)
- Generic content and communication platform adapted for our purposes
- Open source (free!)
- Used by both **patients** and **guides**
- Content and functionality can be tailored rather easily
  - Integrates text, images and tasks
  - Consumption diary

# Platform: Drupal

Hitta formulär RG1 Internetbehandling Nytt Uppföljda IMS

Start Program Kalender Akut Logga ut

## 1. Motivation

Alkohol förknippas ofta med fest och avkoppling, men även med skam och misslyckande när vi inte kan hantera vårt

Det är lätt att tro att alkoholproblem bara drabbar andra. Ofta förknippas alkoholproblem med socialt utanförskap so många som dricker för mycket alkohol inte problem som märks så mycket utåt. I likhet med människor som röker, ät familj, vänner och bostad.

Kanske har du druckit som du har gjort tidigare för att du inte har funderat så mycket på nackdelarna eller för att du l att sluta eller minska ner.

Syftet med programmets första uppdrag är att genom kartläggning av för- och nackdelar med alkoh ett bra beslut om din alkoholkonsumtion. Kanske känner du att du redan har bestämt dig för att än här programmet? I så fall kan veckans uppdrag tjäna som extra motivation, och göra det ännu tydlig

Fundera först igenom vad som gör att du har gått med i det här programmet just nu.

Skriv ner kort vad du kommer att tänka på i rutan här ovanför. Dina anledningar att komma hit är viktiga. Dom kan också vara



# Platform: SOB

- National platform for online support and treatment
  - Designed to be used by all types of eHealth units all over Sweden
- Accounts tied to national personal identification numbers, require secure login
- Integrated with the national online health care platform 1177.se
- Similar functionality to Drupal, but less adaptable
- Patients can apply directly to treatment at 1177.se, where information is available

The screenshot shows the user interface for the 'Kaffebehandlingen' (Coffee Treatment) service on the 1177 Vårdguiden E-tjänster platform. The header includes the 1177 logo, 'VÅRSGUIDEN', 'E-tjänster', and a login status for 'Tilda Zoora'. A navigation breadcrumb shows 'Hem > Stöd och behandling > Kaffebehandlingen'. The main title is 'Kaffebehandlingen'. Below the title are three tabs: 'Översikt', 'Meddelanden', and 'Resultat'. The 'Meddelanden' tab is active. The content area shows '0 dagar sedan Kaffebehandlingen startade (rek. 30 dagar)' and a link to 'Visa ditt telefonnummer för behandlare?'. There is a section for 'Information från vårdgivaren' with a 'Visa snabbguide' link and a plus icon. Below that is a section for 'Aktiviteter' with 'Nästa aktivitet: 2017-09-16 17:00' and a 'Historik' link with a plus icon. At the bottom, there is a section for 'Aktuellt innehåll' with a link to 'Modul 1' and a '7 dagar kvar' indicator with a plus icon.



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# Summary

- Research suggests small but consistent positive effects for internet interventions for problematic drug use
- Wellbeing following intervention improves slowly over time
- Public health, anonymous interventions needed, with...
- Clinical interventions delivered by the health-care system
- Offering digital interventions nationally is possible
- Patience, perseverance and enthusiasm are required