



## Snow Control – online self-help for cocaine users

www.snowcontrol.ch

Authors: Lars Stark<sup>1</sup>, Michael Schaub<sup>2</sup>, Robin Sullivan<sup>2</sup>

arud<sup>1</sup> Association for risk reduction in use of drugs (ARUD), Zurich, Switzerland  
ISGF<sup>2</sup> Research Institute for Public Health and Addiction (ISGF), Zurich, Switzerland

Contact: L.Stark@arud.ch  
www.arud.ch



1. Prevalence of Cocaine Use
2. Snow Control
  - Intervention Tool and Control Tool
  - Who uses Snow Control?
3. Preliminary RCT results
4. Conclusions
5. Discussion

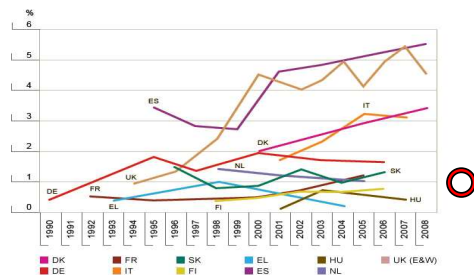


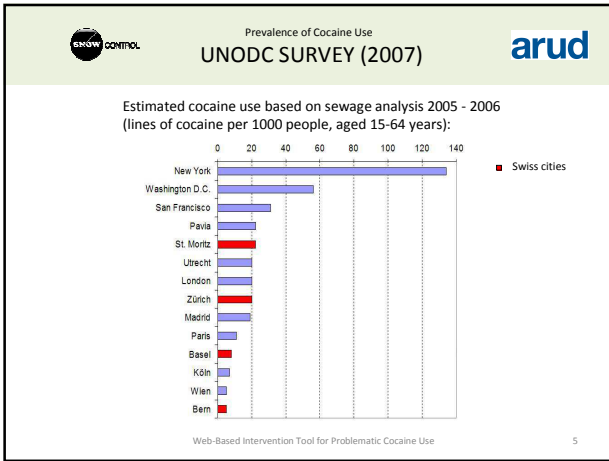
Switzerland: **No prevalence data available** for problematic cocaine consumption or cocaine addiction.

Europe: It is estimated that around 13 million Europeans have used cocaine at least once in their lifetime, on average **3.9% of adults aged 15-64 years** (EMCDDA 2009).



Trends in last year prevalence of cocaine among young adults (aged 15 to 34), measured by population surveys (countries with three or more surveys):





Internet-based self-help therapy interventions  
by problematic use of

Alcohol, tobacco, cannabis

**Alcohol:**  
Meta-analysis shows that personalized feedback is effective (e.g. Riper et al. 2008). Moderate effects when combined with principles of self control and weekly chat sessions (Blankers et al. 2011).

**Tobacco:**  
Emerging evidence from RCTs that online smoking cessation treatment is effective when compared to minimal interventions or waiting list (Haugh and Schaub, 2011).

**Cannabis:**  
Only one study that combined CBT and two chat sessions with Motivational Interviewing showed similar effects as in the control condition (Tossmann et al. 2011)

Web-Based Intervention Tool for Problematic Cocaine Use 6

Snow Control  
Assumptions

**Assumptions:**

- Most cocaine users are well integrated in society and can not be reached through conventional therapy services or health promotion programs.
- For some cocaine users it might be an advantage to learn to control cocaine consumption or to abstain from cocaine before they get into heavier consequences (social, partnership problems, etc.).
- Online CBT interventions combined with self-help principles might also effective in the treatment of problematic cocaine use

Web-Based Intervention Tool for Problematic Cocaine Use 7



**SNOW CONTROL** Snow Control - Intervention Tool: **SUMMARY** **arud**

- Web-based 6 week intervention for cocaine addiction
- Anonymous participation
- 8 interactive modules to work through
- Based on cognitive behavioral intervention strategies and principles of self-control
- Weekly consumption diary with automated progress charts
- Current language: German
- RCT in progress: 6-month follow up still due

Web-Based Intervention Tool for Problematic Cocaine Use 9

**SNOW CONTROL** 2. Snow Control: **INTERVENTION TOOL** **arud**  
Site map Registration to Main Menu - Path

www.snowcontrol.ch

More information Informed Consent Questionnaire Demographics

Weekly log in: Consumption last week & next week

Step 4: Consumption next week Step 3: Pros and cons of cocaine Step 2: Quiz Step 1: Consumption last week

Main menu

Web-Based Intervention Tool for Problematic Cocaine Use 10

**SNOW CONTROL** Snow Control: **INTERVENTION TOOL** **arud**  
Site map Main Menu and 8 Modules

Main menu

Consumption Diary My Snow Control Options Contact

Module 1: Strategies for Goal Achievement Module 2: Identifying Risk Situations Module 3: Craving Module 4: Dealing with Relapses

Module 5: Enjoying Leisure Time Module 6: Dealing with Burdens Module 7: Say No Module 8: Preserving Achievements

Web-Based Intervention Tool for Problematic Cocaine Use 11

**SNOW CONTROL** Snow Control: **CONTROL TOOL** **arud**  
Site map Registration to Main Menu - path

www.snowcontrol.ch

More information Informed Consent Questionnaire Demographics

Weekly log in: Consumption Consumption diary

Step 4: Consumption next week Step 3: Pros and cons of cocaine Step 2: Basic Information on Cocaine Step 1: Consumption last week

Main menu

Web-Based Intervention Tool for Problematic Cocaine Use 12

**Study inclusion and exclusion criteria**

**Inclusion criteria:**

- > 18 years
- Cocaine use > 2 times in the last 30 days

**Exclusion criteria:**

- No other treatment for problematic cocaine use / abuse
- Opioid use last 30 days
- Cardiovascular problems
- BDI-V > 45

More details / Study Protocol:  
 Schaub, Sullivan, Stark. *BMC Psychiatry* 2011, 11: 153.

Web-Based Intervention Tool for Problematic Cocaine Use 13

**EFFICACY – RCT DESIGN**

Questionnaires:

- SDS Severity of Dependence Scale
- CCQ-B Cocaine Craving Questionnaire Brief
- BDI-V Beck Depression Inventory (short version)
- FBA "Substance Use Anamnesis" from EuroASI
- SF12 SF12 Health Survey

The flowchart illustrates the RCT design. It starts with a 'www.snowcontrol.ch' website leading to two groups: 'Intervention tool' and 'Control tool'. Both groups are assessed at three time points: 'Registration', '4 weeks', and '6 weeks'. The questionnaires used are SDS, CCQ-B, BDI-V, FBA, and SF12. The intervention group uses the intervention tool, while the control group uses the control tool.

Web-Based Intervention Tool for Problematic Cocaine Use 14

**CONTROL TOOL**  
 Site map Main Menu and 8 Modules

Main menu

- Consumption Diary
- My Snow Control
- Options
- Contact

Module 1: Information on Cocaine / Impact Mechanisms

Module 2: History of Cocaine / Prevalence in Switzerland

Module 3: Effects

Module 4: Long and Short-Term Risks

Module 5: Withdrawals / Consumption Patterns

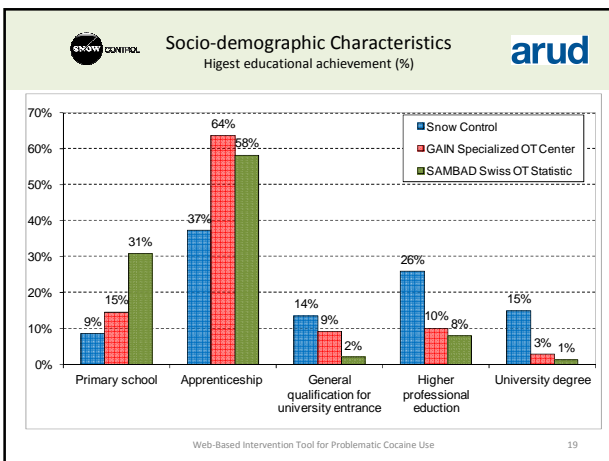
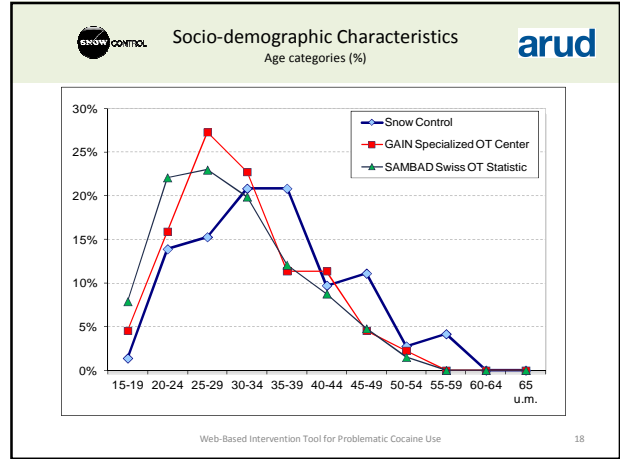
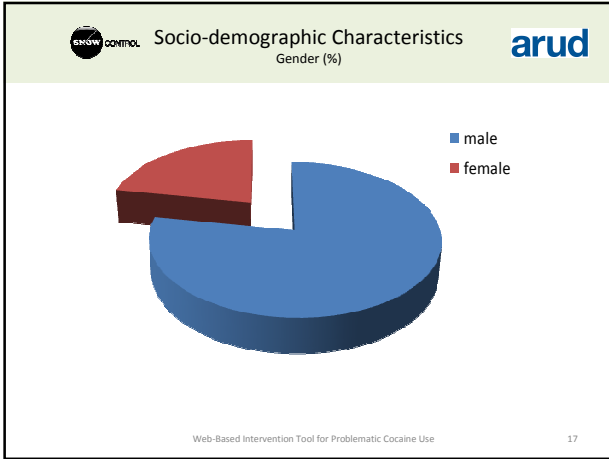
Module 6: Addiction / Traceability / legal Situation

Module 7: Craving / Freebase and Crack

Module 8: Poly Drug Use, Women-Specific Topics

Web-Based Intervention Tool for Problematic Cocaine Use 15

**Snow Control user profiles**



**Addiction Severity Index**  
Cocaine use

	Mean	sd	Min.	Max.
Cocaine use last 30 days	8.3	8.0	0	30
Years of cocaine use	6.0	6.3	0	43

**Forms of cocaine intake last 30 days (multiple answers):**

	n	n(%)
Nasal	215	86.0
Oral	22	8.8
Smoked	32	12.8
i.v. injected	10	4.0
otherwise injected	4	1.6
Missing	6	2.4

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### Addiction Severity Index

Other substance use

Alcohol use last 30 days	m=11.82, SD=10.06
Risky alcohol use last 30 days	89 of 244
Ecstasy a. amphetamine use last 30 days	45 of 244
Life time ecstasy a. amphetamine use	54 of 244
Cannabis use last 30 days	105 of 244
Heroin use last 30 days	11 of 244
Life time heroin use	15 of 244
Currently in opioid substitution treatment	7 of 244
Life time OST	8 of 244

Web-Based Intervention Tool for Problematic Cocaine Use 21

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### Psychiatric Comorbidity

Ever in treatment for...

	Number of subjects
Schizophrenia	1 of 250
Depression	70 of 250
Anxiety Disorder	22 of 250
Never	141 of 250
Others (Anorexia, Epilepsia, Sexual disfunction)	24 of 250

Web-Based Intervention Tool for Problematic Cocaine Use 22

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### Physical Problems

Ever suffered of ...

	Number of subjects
Hart problems	8 of 250
Addiction related problems	46 of 250
Difficulites of breathing functions	14 of 250
HIV	12 of 250
None	139 of 250
Others (High blood pressure, drug-induced psychosis, diabetes, hepatitis C)	15 of 250

Web-Based Intervention Tool for Problematic Cocaine Use 23

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## Preliminary RCT results

**Baseline results**  
Exclusions / Inclusions

number of cases

Cocaine use < 3 days in the last 30 days:	69
Heroin use in the last 30 days:	8
Ever treated for cardiovascular diseases:	8
<b>Total recruited:</b>	<b>281</b>
./ excluded	85
<b>Total included:</b>	<b>N = 196</b>

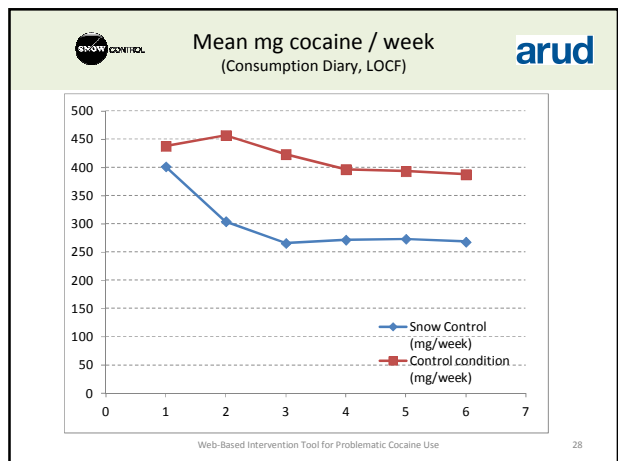
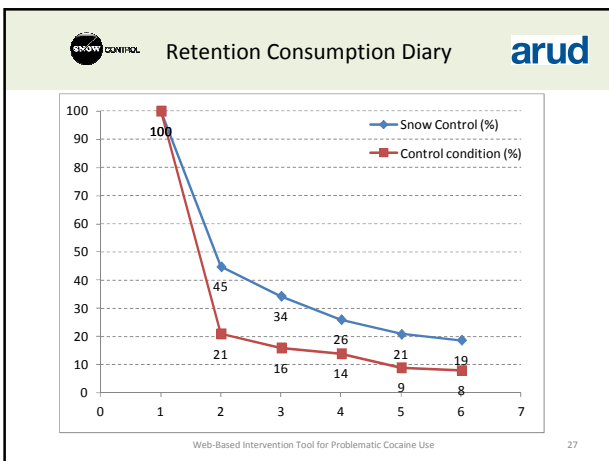
Randomization:  
No significant differences between SC and control group.

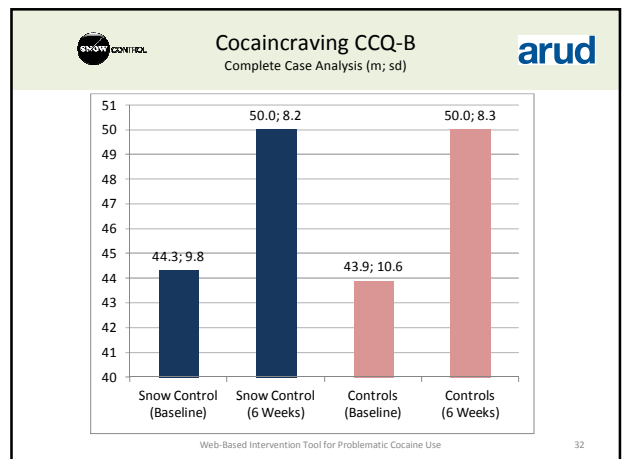
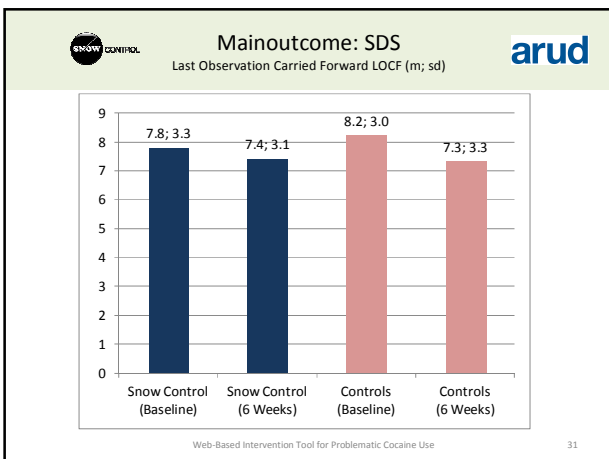
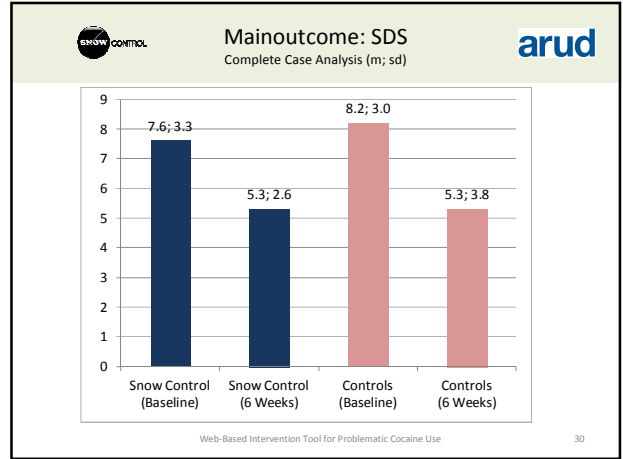
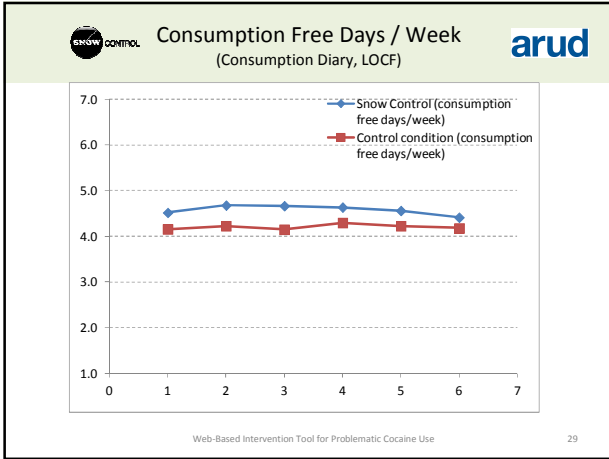
Web-Based Intervention Tool for Problematic Cocaine Use 25

**Retention Questionnaires**

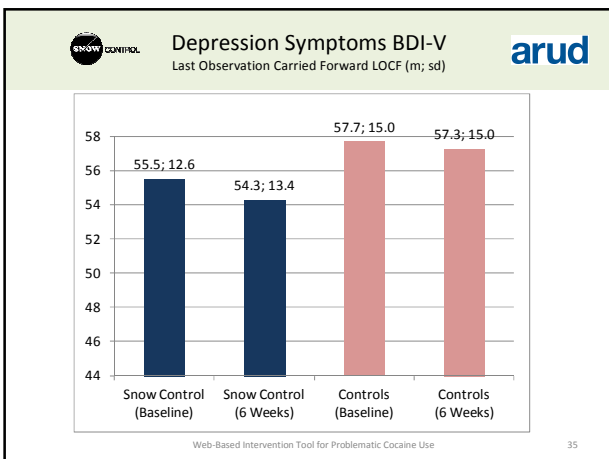
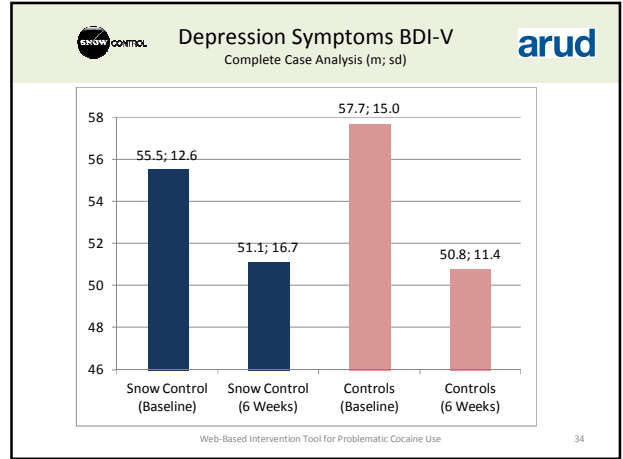
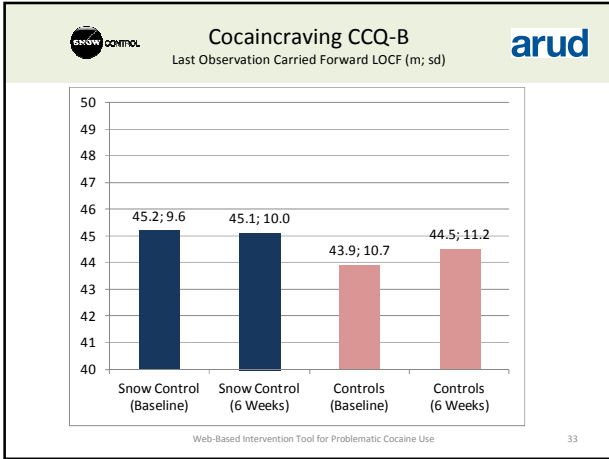
	baseline	4 weeks	6 weeks	6 months*
Snow Control	96	16 (17%)	16 (17%)	7*
Control condition	100	19 (19%)	14 (14%)	4*

Web-Based Intervention Tool for Problematic Cocaine Use 26









**Conclusions**



1. Snow Control is able to keep more cocaine users in online self-help intervention.
2. Snow Control is effective in the reduction of the weekly quantity of consumed cocaine but not effective in the reduction of the weekly frequency of cocaine use.
3. Many users do not aim at reducing the frequency but at the reduction of the quantity.
4. Cocaine users do not like to fill out questionnaires but do fill out the consumption diary.
5. For those who stay in their online self-help condition, cocaine craving is still high and their depression symptoms are reduced after 6 weeks.
6. Follow up still pending.
7. We are working on a revision of Snow Control (Ideas: integration of chat sessions)



Questions?

Thank you for your attention.

Contact: [michael.schaub@isgf.uzh.ch](mailto:michael.schaub@isgf.uzh.ch)  
[www.isgf.ch](http://www.isgf.ch)