SMART Track: Feasibility and implementation of a Smart Phone App for SMART Recovery

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Introduction and Aims: Despite the importance and popularity of mutual support groups, there have been no systematic attempts to implement and evaluate routine outcome monitoring (ROM) in these settings. As trained facilitators lead all SMART Recovery groups, an opportunity exists to embed ROM as a routine component of groups.

Design and Methods: Smart Recovery participants (n=72) were recruited (predominantly from NSW) to a mixed-methods study to explore the feasibility and acceptability of a purpose built ROM and feedback app (“Smart Track”). App development, design and content was guided by qualitative feedback from SMART Recovery participants and best-practice recommendations for app development. Key features of SMART Track include multidimensional assessment and tailored feedback (e.g. personal goals; mental health, addictive behavior(s)); self-management resources; customizable support(s) and personal motivations; and an interactive urge log.

Results: High rates of uptake and weekly use were found. Quality assessment was generally positive. The level of engagement (number, frequency and duration of app visits) varied according to app feature(s). Qualitative data suggests that participants and facilitators were supportive of SMART Track and its role in progress monitoring. Beneficial modifications were identified and actioned.

Discussion and Conclusions: SMART Track represents a promising mechanism for supporting participant self-management of addictive behaviour(s). Improved integration into SMART Recovery groups is needed. Efforts to enhance regular completion of outcome
measures are also warranted. SMART Track provides the foundation for a novel, person-centered mechanism that service providers, policy makers and researchers could one day use to understand the impact of SMART Recovery.

Declaration of Interests: This study was funded by NSW Health.