Lessons from the evaluation of a novel web-app to assist Aboriginal and Torres Strait Islander people to reduce or stop using methamphetamine: We Can Do This.

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Background: Methamphetamine use is of deep concern to Aboriginal and Torres Strait Islander communities. Responding to a lack of available treatment options that are specific for Aboriginal and Torres Strait Islander people, we developed a web-app entitled We Can Do This. The web-app incorporates evidence-based therapies in a culturally-appropriate format.

Methods: We Can Do This was evaluated in an online randomised controlled trial as a stand-alone online treatment option in the community. In addition, qualitative feedback on acceptability and feasibility was gathered from a subset of trial participants, and clinicians who used the app in the course of their work with clients.

Results: 210 Aboriginal and Torres Strait Islander participants were randomised (115 intervention, 95 control). 48% were female and the median age was 33 (IQR 27-39.5). Participants had a median 19 days use in the past 4 weeks (IQR 12-26); 51% smoked and 46% injected methamphetamine. Assessments were completed at baseline, 1, 2 and 3 months and 60% were followed-up. Outcomes will be presented.

Discussion: We were able to successfully trial the intervention with Aboriginal and Torres Strait Islander communities. The evaluation of We Can Do This presented several challenges and lessons for future similar evaluations. Further work is establishing the best way to support clinicians to use the app, including the development of a clinician’s guide.

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