

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effectiveness of Adolescent-Community Reinforcement Approach on Treatment Outcome Among Adolescents with Cannabis Use Disorder

Protocol summary

Study aim

The purpose of this study is to investigate the effectiveness of Adolescent Community Reinforcement Approach (ACRA) on treatment outcome in adolescents with Cannabis use disorder.

Design

Clinical trial with a control treatment as usual group, parallel groups, without blinding on 30 adolescent patients.

Settings and conduct

The location of the research is the treatment centers for addiction and centers providing services to teenagers. Adolescents who have met the criteria, will be placed in two intervention (Adolescent Community Reinforcement Approach) and control groups (treatment as usual) in a quasi-random manner.

Participants/Inclusion and exclusion criteria

Inclusion criteria: having a cannabis use disorder and being in the age range of 15 to 19 years old. Exclusion criteria are having psychotic symptoms, having Autism Spectrum Disorder, having Bipolar and Related Disorders and Intellectual Disability and abusing opioid and stimulant substances

Intervention groups

The intervention group will receive adolescent community reinforcement approach which includes 12 one-hour individual sessions with the adolescent, 2 sessions with the caregiver, and 2 joint caregivers and the adolescent sessions. Intervention procedures include functional analysis of substance use and prosocial behaviors, self-assessment of happiness, planning for social recreation, relapse prevention, communication skills, problem solving, finding a job, anger management, crisis intervention, communication skills in caregivers and urine testing. The control group will receive the usual treatments including psychoeducation about substance use, managing cravings and coping strategies training.

Main outcome variables

abstinence rate; substance use problems; psychological symptoms; relation with parents; health promoting life style; retention rate

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230423057978N1**

Registration date: **2023-05-19, 1402/02/29**

Registration timing: **registered_while_recruiting**

Last update: **2023-05-19, 1402/02/29**

Update count: **0**

Registration date

2023-05-19, 1402/02/29

Registrant information

Name

Najmeh Khosrovanmehr

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 8843 0847

Email address

khosrovanmehr.n@iums.ac.ir

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-05-05, 1402/02/15

Expected recruitment end date

2023-05-20, 1402/02/30

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Effectiveness of Adolescent-Community Reinforcement Approach on Treatment Outcome Among Adolescents with Cannabis Use Disorder

Public title
Effect of Adolescent-Community Reinforcement Approach on Cannabis Use

Purpose
Education/Guidance

Inclusion/Exclusion criteria
Inclusion criteria:
Having a cannabis use disorder Being in the age range of 15 to 19 years old
Exclusion criteria:
having psychotic symptoms having Autism Spectrum Disorder Having Bipolar and Related Disorders Intellectual Disability Abusing Opioid and Stimulant substances

Age
From **15 years** old to **19 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **30**

Randomization (investigator's opinion)
Not randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research Ethics Committees of Iran University of Medical Sciences
Street address
Research and Technology Vice-Chancellor, Central Headquarters Building, Hemat Highway, next to Milad Tower
City

Tehran
Province
Tehran
Postal code
۱۴۳۹۶۱۴۵۳۵
Approval date
2022-11-02, 1401/08/11
Ethics committee reference number
IR.IUMS.REC.1401.621

Health conditions studied

1

Description of health condition studied
Cannabis Use Disorder
ICD-10 code
F12.2
ICD-10 code description
Cannabis dependence

Primary outcomes

1

Description
Substance use problem
Timepoint
Before intervention, Immediately After Intervention, 3 Months after intervention
Method of measurement
Substance Problem Scale

2

Description
Abstinence Rate
Timepoint
Before intervention, Immediately After Intervention, 3 Months after intervention
Method of measurement
Urine Test Kit for Cnnabis

Secondary outcomes

1

Description
Psychological symptoms (Depression, Anxiety, Stress)
Timepoint
Before intervention, Immediately after intervention, 3 Months after intervention
Method of measurement
Depression Anxiety Stress Scale

2

Description
Parent- child interaction
Timepoint
Before intervention, Immediately after intervention, 3 Months after intervention

Method of measurement

Parent - Child Interaction Scale

3

Description

Health promoted life style

Timepoint

Before intervention, Immediately after intervention, 3 Months after intervention

Method of measurement

Health promoted life style Questionnaire

4

Description

Retention

Timepoint

Immediately after intervention

Method of measurement

The total number of days from the start of treatment to the last treatment session

Intervention groups

1

Description

Intervention group: Treatment by Adolescent-Community Reinforcement Approach that includes 12 one-hour individual sessions with adolescents and 2 sessions with caregivers (parents) and 2 joint sessions between caregivers (parents) and adolescents. These meetings are held weekly over a period of 12 to 14 weeks. The duration of the sessions can be changed based on the needs of the adolescent or caregiver or the discretion of the therapist. This program has 19 procedures that the therapist chooses the appropriate procedure according to the client's needs during the implementation of the intervention. Intervention procedures and case management activities include functional analysis of substance use or prosocial behaviors, self-assessment of happiness, counseling goals, planning for socially acceptable recreation, relapse prevention skills, communication skills, problem solving skills, family relationship skills (such as problem solving, communication and happy relationships), setting homework, homework review, finding a job skills, anger management, crisis intervention, communication skills in caregivers, parent-adolescent communication skills, systematic encouragement and urine testing. Adolescents who receive 10 or more of these procedures during their treatment and attend at least 7 treatment sessions are more likely to stay in recovery for a long time.

Category

Behavior

2

Description

Control group: Treatment as usual that include psychoeducation about substance use and behavioral

techniques for managing cravings and teaching coping strategies. Adolescents participate in at least 5 , 45-minute therapy sessions weekly. Based on the client's needs and the therapist's discretion, the number of sessions can be increased up to 8 sessions. The treatment period will last between 5 and 8 weeks.

Category

Behavior

Recruitment centers

1

Recruitment center

Name of recruitment center

Association for protection of child laborers

Full name of responsible person

Najmeh Khosrovanmehr

Street address

No. 17, 3rd Alley, Asad Abadi Ave.

City

تهران

Province

Tehran

Postal code

1433643177

Phone

+98 21 8810 5127

Email

nkhosrovan@yahoo.com

2

Recruitment center

Name of recruitment center

Toloo Bi-neshanha society

Full name of responsible person

Najmeh Khosrovanmehr

Street address

No.6, in front of the clinic of Qasem-Ebn-Hasan Mosque , Shahid Salehi Alley, Local access, before the exit of Imam Ali (AS) North, Shahid Mahallati Highway East to West

City

Tehran

Province

Tehran

Postal code

1767914363

Phone

+98 21 3317 2171

Email

nkhosrovan@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Dr. Reza Falak

Street address

5th floor of the central headquarters, Iran University
of Medical Sciences, next to Milad Tower, Hemat
Highway

City

Tehran

Province

Tehran

Postal code

۱۳۴۹۶۱۴۵۳۵

Phone

+98 21 8670 2504

Email

falak.r@iums.ac.ir

Grant name

Grant code / Reference number

**Is the source of funding the same sponsor
organization/entity?**

Yes

Title of funding source

Iran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Najmeh Khosrovanmehr

Position

PhD student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No. 89, 3rd Andishe Alley, North Sohrevardi

City

Tehran

Province

Tehran

Postal code

1569637811

Phone

+98 21 8843 0847

Email

nkhosrovan@yahoo.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Najmeh Khosrovanmehr

Position

Phd student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No. 89, 3rd Andishe Alley, North Sohrevardi Street

City

Tehran

Province

Tehran

Postal code

1569637811

Phone

+98 21 8843 0847

Fax

Email

khosrovanmehr.n@iums.ac.ir

Person responsible for updating data

Contact

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Najmeh Khosrovanmehr

Position

Phd student

Latest degree

Master

Other areas of specialty/work

Psychology

Street address

No. 89, 3rd Andishe Alley, North Sohrevardi Street

City

Tehran

Province

Tehran

Postal code

1569637811

Phone

+98 21 8843 0847

Fax

Email

khosrovanmehr.n@iums.ac.ir

Sharing plan

Deidentified Individual Participant Data Set (IPD)

No - There is not a plan to make this available

Justification/reason for indecision/not sharing IPD

It is possible to misuse individual raw data.

Study Protocol

Undecided - It is not yet known if there will be a plan to make this available	one month after the publication of the data in the form of theses and articles.
Statistical Analysis Plan	To whom data/document is available
Yes - There is a plan to make this available	All researchers and health policy makers can access clinical findings and statistical analysis results. The informed consent form will only be available to the Research Ethics Committee of Iran University of Medical Sciences.
Informed Consent Form	Under which criteria data/document could be used
Yes - There is a plan to make this available	The data will be available for establishing meta-analyses, as well as for developing new protocols and presenting of reports at health-related conferences.
Clinical Study Report	From where data/document is obtainable
Yes - There is a plan to make this available	Applicants can contact the following email addresses. Name of the respondent: Najmeh Khosrovanmehr khosrovanmehr.n@iums.ac.ir nkhosrovan@yahoo.com
Analytic Code	What processes are involved for a request to access data/document
No - There is not a plan to make this available	Answering the requests and sending the desired data will be done by email and will take about a month.
Data Dictionary	Comments
Not applicable	
Title and more details about the data/document	
Results from statistical analysis and reports of clinical outcomes will be available. Also, the informed consent form will be available for the Research Ethics Committee of Iran University of Medical Sciences	
When the data will become available and for how long	
The beginning of the period of access to the findings is	