Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 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

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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 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

۱۴۴۹۶۱۴۵۳۵

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.
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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
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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

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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

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Person responsible for updating data

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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

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

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 one month after the publication of the data in the form of theses and articles.

To whom data/document is 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.

Under which criteria data/document could be used

The data will be available for stablishing meta-analyses, as well as for developing new protocols and presenting of reports at health-related conferences.

From where data/document is obtainable

Applicants can contact the following email addresses. Name of the respondent: Najmeh Khosrovanmehr khosrovanmehr.n@iums.ac.ir nkhosrovan@yahoo.com

What processes are involved for a request to access data/document

Answering the requests and sending the desired data will be done by email and will take about a month.

Comments