Psychological and psychosocial interventions for cannabis cessation in adults: a systematic review short report

Cooper K, Chatters R, Kaltenthaler E, Wong R

Record Status
This is a bibliographic record of a published health technology assessment from a member of INAHTA. No evaluation of the quality of this assessment has been made for the HTA database.

Citation

Authors' objectives
To systematically review the clinical effectiveness of psychological and psychosocial interventions for cannabis cessation in adults who use cannabis regularly.

Authors' conclusions
Based on the available evidence, courses of CBT and (to a lesser extent) one or two sessions of MI improved outcomes in a self-selected population of cannabis users. There was some evidence that contingency management enhanced long-term outcomes in combination with CBT. Results of CBT for cannabis cessation in psychiatric populations were less promising, but may have been affected by provision of TAU in both groups and the referred populations. Future research should focus on the number of CBT/MI sessions required and potential clinical effectiveness and cost-effectiveness of shorter interventions. CBT plus contingency management and mutual aid therapies warrant further study. Studies should consider potential effects of recruitment methods and include inactive control groups and long-term follow-up. TAU arms in psychiatric population studies should aim not to confound the study intervention.

Project page URL
http://www.nets.nihr.ac.uk/projects/hta/137001

Final publication URL
http://www.journalslibrary.nihr.ac.uk/hta/hta19560/#/abstract

Indexing Status
Subject indexing assigned by CRD

MeSH
Humans; Marijuana Smoking; Cannabis

Language Published
English

Country of organisation
England

English summary
An English language summary is available.

Address for correspondence
NETSCC, Health Technology Assessment, Alpha House, University of Southampton Science Park, Southampton, SO16 7NS UK Tel: +44 23 8059 5586 Email: hta@hta.ac.uk

AccessionNumber
health technology assessment (hta) database
Date abstract record published
26/03/2014