Psychological and Psychosocial Interventions for the Prevention or Treatment of Cannabis Use: Clinical Effectiveness and Guidelines
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**Acknowledgments:**

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**About CADTH:** CADTH is an independent, not-for-profit organization responsible for providing Canada’s health care decision-makers with objective evidence to help make informed decisions about the optimal use of drugs, medical devices, diagnostics, and procedures in our health care system.
Research Questions

1. What is the clinical effectiveness of psychological and psychosocial interventions for the prevention or treatment of cannabis use in adults?

2. What are the evidence-based guidelines associated with the use of psychological and psychosocial interventions for the prevention or treatment of cannabis use in adults?

Key Findings

Five systematic reviews, one meta-analysis, seven randomized controlled trials, and one evidence-based guideline were identified regarding psychological and psychosocial interventions for the prevention or treatment of cannabis use in adults.

Methods

A limited literature search was conducted on key resources including PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. Methodological filters were applied to limit the retrieval to health technology assessments, systematic reviews, meta-analyses, randomized controlled trials and guidelines. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2012 and September 8, 2017. Internet links were provided, where available.

Selection Criteria

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

<table>
<thead>
<tr>
<th>Population</th>
<th>Adults ≥ 18 years of age using cannabis (looking to either prevent cannabis use, reduce cannabis use [in those without an addiction], or for use in cannabis use disorders/addictions)</th>
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</thead>
<tbody>
<tr>
<td>Intervention</td>
<td>Psychological and psychosocial interventions: • Motivational enhancement therapy • Motivational interviewing • Cognitive-behavioral therapy • Contingency management • Multi-dimensional family therapy</td>
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Comparative and Peer Support

<table>
<thead>
<tr>
<th>Comparator</th>
<th>Psychological and psychosocial interventions:</th>
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<tr>
<td>Q1:</td>
<td>Motivational enhancement therapy</td>
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<tr>
<td></td>
<td>Motivational interviewing</td>
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<td>Cognitive-behavioral therapy</td>
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<td>Contingency management</td>
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<td>Multi-dimensional family therapy</td>
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<td>Peer support</td>
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<tr>
<th>Outcomes</th>
<th>Q1: Clinical effectiveness (cannabis use reduction, improved quality of life, etc.)</th>
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<tr>
<td>Q2:</td>
<td>Guidelines</td>
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<th>Study Designs</th>
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<tr>
<td>Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, evidence-based guidelines</td>
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**Results**

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, and evidence-based guidelines.

Five systematic reviews, one meta-analysis, seven randomized controlled trials, and one evidence-based guideline were identified regarding psychological and psychosocial interventions for the prevention or treatment of cannabis use in adults.

Additional references of potential interest are provided in the appendix.

**Health Technology Assessments**

No literature identified.

**Systematic Reviews and Meta-analyses**


Randomized Controlled Trials


PubMed: PM22632139

Guidelines and Recommendations

Appendix — Further Information

Randomized Controlled Trial – Unspecified Age of Population


Randomized Controlled Trial – Uncertain Comparator


Review Articles
