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Examining the use of CBT4CBT in 'real-world' settings in PEI and across Canada

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University of Prince Edward Island

Centre for Health and Community Research (CHCR)

A multi-disciplinary, collaborative research centre at UPEI with staff who have expertise and experience in:

- Qualitative research methods
- Epidemiology
- Program Evaluation
- Survey development and administration
- Population health
- Mental health/addictions
- Analysis of administrative health data
- Statistics and research design
- Patient oriented research (Maritime SPOR Support Unit)





Computer-based training for cognitive behavioural therapy - CBT4CBT

- Developed by Dr. Kathleen Carroll, Yale School of Medicine
- 7 sessions that teach key concepts such as cravings, problem solving, and decision making skills to reduce substance misuse
- Originally designed to be used as an adjunct therapy for service providers or clinicians.
- Adaptations include an alcohol version and a Spanish version
- Not intended for clients who have an untreated/unstabilized psychotic disorder or who have suicidal/homicidal ideation (Carroll et al. 2014, 2015).



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Logout

Topics Workbook Help

My Progress

14% of Topics Completed

Topics Started
• None

Topics Completed
• Recognize the Triggers

Homeworks Completed
• 0

Recommended Order
• Recognize the Triggers
• Deal with Craving
• Plan Don't Panic
• Stand up for Yourself
• Go Against the Flow
• Stop and Think
• Stay Safe

Please Choose a Topic from Below

Recognize the Triggers ✓

Deal with Craving

Stand up for Yourself

Stop and Think

Plan Don't Panic

Go Against the Flow

Stay Safe

0:00 / 0:16

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Logout

Topics Menu

Back to Topics Selection page - Deal with Craving

Deal with Craving

Crave Meter

High

Low

Deal with Craving

• Check in
• What is going on?
• What would you do?
• Think about this
• See the difference
• Ask yourself
• Try it
• Keep practicing
• Fail

Stay Safe

Recognize the Triggers Deal with Craving Plan Don't Panic Stand up for Yourself Go Against the Flow Stop and Think Stay Safe

Restart Page Restart Topic

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Topics Workbook Help

Topics Menu

Back to Topics Selection page - Stand up for Yourself

Stand up for Yourself

Recognize the Triggers

Deal with Craving

Stand up for Yourself

• Check in
• What is going on?
• What would you do?
• Think about this
• See the difference
• Ask yourself
• Try it
• Keep practicing
• Fail

Plan Don't Panic

Stop and Think

Go Against the Flow

Stay Safe

0:00 / 0:28

Recognize Deal with Craving Stand up for Yourself Plan Don't Panic Go Against the Flow Stop and Think Stay Safe

Restart Page Restart Topic

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Sair

Temas Prácticas Ayuda

Temas

Página Principal - Reconociendo los desencadenantes

Reconociendo los desencadenantes

• Pila
• Lecciones de hoy
• Reconociendo los desencadenantes
• Planes
• ¿Vale la pena?
• Preguntas
• Inténtalo
• Sigue practicando
• No te rindas

Haciendo valer tu punto de vista

Manejando el deseo de beber o consumir

Para y piénsalo bien

Resolviendo los problemas

Nadando contra la corriente

Practicando responsabilidad

0:00 / 2:16

Página Principal Reiniciar Tema

Ayuda Reiniciar Página

Pág. 5 de 27



CBT4CBT Clinical Trials

- All clinical trials were completed in the United States
- Participants were significantly more likely to have 3 weeks or more of abstinence during treatment*
- Significant enduring benefits at 6 month follow-up relative to treatment as usual*
- Findings based on urinalysis and self-reports
- CHCR collaborating with Yale to look at implementation in Canada

*(Carroll et al., 2009; Carroll et al., 2014)



Canadian Study: Examining the real-world utility of a digital health intervention for substance misuse in Canada

What factors contribute to the utility of CBT4CBT in real-world scenarios for collaborative administrators, service providers, and youth informants?

- Real-world implementation research evaluation
- Funded through eHealth Innovations Partnership Program (eHipp) (CIHR)
- Mixed methods approach
 - Qualitative interviews/surveys/focus groups
 - Quantitative analysis of demographic and back end user data
- CHCR will provide licenses to participating partners for use throughout the study period



Who we want to hear from

Three different groups/perspectives in our sample:

- Collaborative Administrators representing participating substance abuse treatment facilities and providers across Canada
- Clinicians and/or service providers who may use CBT4CBT with their clients based on their professional discretion
- Youth (age 16-22) focus groups to provide first impression feedback on the tool



Collaborative Administrators

We will look to explore feedback in relation to implementing CBT4CBT on a systems level such as:

- Ease of scale-up, service provider buy-in, and dissemination;
- Sustainability, value, price point, funding structure, and commercialization.

We will conduct one interview with the Collaborative Administrators at the end of the 12 month study period



Service Providers

We will look to explore service provider feedback on CBT4CBT pertaining to:

- Client uptake, retention, usability
- Perceived client changes in attitudes and behaviors, notable clinical benefits and/or adverse reactions or responses;
- Suitability for different client characteristics or populations.

We will conduct 3 online surveys at the 3, 6, and 9 month study marks and then conduct a final interview with a sample of service providers.



Youth

- Youth focus groups: 8-10 youth aged 16-22 years
- We will demonstrate CBT4CBT to elicit first impression feedback on factors such as:
 - technology
 - visual aids
 - language
 - relatability
 - usability
 - engagement
- This feedback will be based on the intervention design and platform rather than the therapeutic modality (Thabrew et al. 2018) and draws on the *Enlight* checklist (Baumel et al. 2017).
- Information to inform a potential youth adaptation of CBT4CBT



Potential Partnerships

- Health PEI
- Addictions Foundation of Manitoba
- The Centre for Research, Education & Clinical Care of At-Risk Populations (RECAP) – New Brunswick
- Segue Clinic – Niagara Region



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Contact and Study Information

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