CONTINGENCY MANAGEMENT

Contingency management for substance use disorders: Theoretical foundation, principles, assessment, and components

Stitzer M, Cunningham CS, Sweeney MM.
UpToDate, July 2017

INTRODUCTION: Contingency management is a powerful tool in the treatment of patients with substance use disorders (SUD), particularly those for which pharmacotherapy is unavailable or only partially effective. Contingency management is typically delivered as an augmentation to psychosocial treatment such as group addiction counseling cognitive-behavioral therapy delivered in the context of an addiction treatment program. Contingency management provides incentives to SUD patients contingent upon treatment attendance and/or verified drug abstinence in order to increase the likelihood of these behaviors, which are essential components and outcomes of effective treatment. Contingency management interventions can be customized to address patient preferences or program needs, such as the resources available for the intervention. This topic describes the theory, principles, assessment, and components of contingency management for use in SUD treatment.

Read the full article here: https://www.uptodate.com/contents/contingency-management-for-substance-use-disorders-theoretical-foundation-principles-assessment-and-components

Contingency management: Incentives for Sobriety
Higgins ST, Petry NM
Alcohol Research & Health, 1999; 23(2)

Contingency management (CM) is a strategy used in alcohol and other drug (AOD) abuse treatment to encourage positive behaviour change (e.g., abstinence) in patients by providing reinforcing consequences when patients meet treatment goals and by withholding those consequences or providing punitive measures when patients engage in the undesired behavior (e.g., drinking). For example, positive consequences for abstinence may include receipt of vouchers that are exchangeable for retail goods, whereas negative consequences for drinking may include withholding of vouchers or an unfavorable report to a parole officer. The reinforcing or punishing consequences may be contingent on objective evidence of recent AOD use or on another behaviour important in the treatment process, such as compliance with a medication regimen or regular clinic attendance. Often, clinicians implement CM procedures through written contracts that detail the desired behavior change, duration of intervention, frequency of monitoring, and potential consequences of the patient's success or failure in making the agreed- upon behavior changes. An extensive body of research supports CM's efficacy in treating various behavioural disorders, including AOD abuse (Higgins and Silverman 1999; Higgins et al. 1998). This article briefly reviews the conceptual background and empirical research demonstrating the efficacy of CM in AOD abuse treatment.

Read full article here: https://pubs.niaaa.nih.gov/publications/arh23-2/122-127.pdf

Contingency management: Foundations and principles
Kellogg SH, Stitzer ML, Petry NM, Kreek MJ

Written and produced specifically for the NIDA-SAMHSA Blending Initiative's *Promoting Awareness of Motivational Incentives* (PAMI) Blending Product, 2007

INTRODUCTION: This chapter is to provide an overview of the basic principles and significant issues connected to the use of contingency management interventions in the treatment of addictive disorders. In many respects, this effort can be seen as a companion piece to Petry's (2000) and Kirby, Amass, and McLellan's (1999) excellent guides to the use of reinforcement models in community-based addiction treatment settings. The structuring of consequences to help shape and change behavior has been used throughout history. Examples include military honors, athletic prizes, progressive educational interventions, and prison reform (Kazdin, 1978). While aversive or punitive methods have been used in order to reach goals, the systematic use of positive reinforcements or pleasurable consequences has been associated with humanistic efforts to improve problematic individual or social conditions.

Read the full article here:

http://networkofpractice.org/sites/default/files/resource_docs/Contingency_Mgt_F_P.pdf

SOCIAL MEDIA RECRUITMENT

The Adoption of Social Media to Recruit Participants for the Cool Runnings Randomized Controlled Trial in Australia

Burgess JD, Kimble RM, Watt K, Cameron CM
JMIR Res Protoc 2017;6(10):e200

CONCLUSION: Over the 30-day recruitment period from January to February 2016, Facebook and Instagram advertisements reached 65,268 people, generating 2573 link clicks, 1161 app downloads, and 498 enrolled participants to the Cool Runnings RCT. The cost per enrolled participant was $13.08 (Aust). Saturdays were the most effective day of the week for advertising results. The most popular time of day for enrolments was between 5 to 11 PM. This recruitment strategy campaign resulted in a broad reach of participants from regional, rural, and remote Queensland. Participants were representative of the population in regard to age and education levels. To our knowledge, this is the first use of social media recruitment for an injury prevention campaign. This recruitment method resulted in the rapid and cost-effective recruitment of participants with social, geographic, and economic diversity that were largely representative of the population.

Read the full article here: https://www.researchprotocols.org/2017/10/e200

The Use of Facebook in Recruiting Participants for Health Research Purposes: A Systematic Review

Whitaker C, Stevelink S, Fear N
J Med Internet Res 2017;19(8):e290

CONCLUSION: There is growing evidence to suggest that Facebook is a useful recruitment tool and its use, therefore, should be considered when implementing future health research. When compared with traditional recruitment methods (print, radio, television, and email), benefits include reduced costs, shorter

recruitment periods, better representation, and improved participant selection in young and hard to reach demographics. It however, remains limited by Internet access and the over representation of young white women. Future studies should recruit across all ages and explore recruitment via other forms of social media.

Read full article here: https://www.jmir.org/2017/8/e290/

Broad Reach and Targeted Recruitment Using Facebook for an Online Survey of Young Adult Substance Use

Ramo DE, Prochaska JJ

J Med Internet Res 2012;14(1):e28

CONCLUSIONS: Despite wide variety in the success of individual ads and potential concerns about sample representativeness, Facebook was a useful, cost-effective recruitment source for young-adult smokers to complete a survey about the use of tobacco and other substances. The current findings support Facebook as a viable recruitment option for assessment of health behavior in young adults.

Read full article here: http://www.jmir.org/2012/1/e28/

The Role of Social Media in Recruiting for Clinical Trials in Pregnancy

Shere M, Zhao XY, G Koren

PLoS One. 2014; 9(3): e92744.

CONCLUSIONS: Clinicians and scientists recruiting for clinical studies should learn how to use online social media platforms to improve recruitment rates, thus increasing recruitment efficiency and cost-effectiveness.

Read full article here: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3966825/

GAMIFICATION

Gamification: What It Is and Why It Matters to Digital Health Behavior Change Developers

Cugelman B

JMIR Serious Games 2013;1(1):e3

ABSTRACT: This editorial provides a behavioral science view on gamification and health behavior change, describes its principles and mechanisms, and reviews some of the evidence for its efficacy. Furthermore, this editorial explores the relation between gamification and behavior change frameworks used in the health sciences and shows how gamification principles are closely related to principles that have been proven to work in health behavior change technology. Finally, this editorial provides criteria that can be used to assess when gamification provides a potentially promising framework for digital health interventions.

Read full article here: http://games.jmir.org/2013/1/e3/

Gamification and Behavioral Change: Techniques for Health Social Media

Bamidis PD, Gabarron E , Hors-Fraile S, Konstantinidis E, Konstantinidis S, Rivera O.

Chapter 7 of Participatory Health Through Social Media, 1st Edition

GAMES AND THEIR BENEFITS FOR HEALTH: Although the use of games and gamification for health is a field that is still in its infancy, and more research is needed, there are a new series of publications with promising results in which it is shown that these tools can be beneficial for health. And these benefits are mostly found in relation with the use of serious games or games specifically developed for a purpose other than pure entertainment. The reported advantages can be grouped on games for health education or

health promotion targeting the general public; and games for patient self-management, aiming to improve health outcomes in people with a medical condition. In both cases, the use of the gamification strategy help people to learn more about health and how to take care of their conditions while playing.
Read full chapter here:
https://books.google.com.au/books?id=lnmLCwAAQBAJ&lpg=PP1&pg=PP1#v=onepage&q&f=false

Just a fad? Gamification in health and fitness apps
Lister C[1], West JH, Cannon B, Sax T, Brodegard D.
JMIR Serious Games. 2014 Aug 4;2(2):e9
CONCLUSIONS: This research, to our knowledge, represents the first comprehensive review of gamification use in health and fitness apps, and the potential to impact health behavior. The results show that use of gamification in health and fitness apps has become immensely popular, as evidenced by the number of apps found in the Apple App Store containing at least some components of gamification. This shows a lack of integrating important elements of behavioral theory from the app industry, which can potentially impact the efficacy of gamification apps to change behavior. Apps represent a very promising, burgeoning market and landscape in which to disseminate health behavior change interventions. Initial results show an abundant use of gamification in health and fitness apps, which necessitates the in-depth study and evaluation of the potential of gamification to change health behaviors.
Read full article here: https://www.ncbi.nlm.nih.gov/pubmed/25654660

APP-BASED BEHAVIOUR CHANGE CAMPAIGNS

Can Mobile Phone Apps Influence People's Health Behavior Change? An Evidence Review.
Zhao J, Freeman B, Li M.
J Med Internet Res. 2016 Oct 31;18(11):e287.
CONCLUSIONS: Our results provide a snapshot of the current evidence of effectiveness for a range of health-related apps. Large sample, high-quality, adequately powered, randomized controlled trials are required. In light of the bias evident in the included studies, better reporting of health-related app interventions is also required. The widespread adoption of mobile phones highlights a significant opportunity to impact health behaviors globally, particularly in low- and middle-income countries.
Read full article here: http://www.jmir.org/2016/11/e287

Cool Runnings - an app-based intervention for reducing hot drink scalds: study protocol for a randomised controlled trial.
Burgess JD, Cameron CM, Watt K, Kimble RM.
Trials. 2016 Aug 3;17(1):388.
DISCUSSION: To our knowledge, this is the first study to evaluate an app-based delivery of injury prevention messages, and the first study to test the efficacy of gamification techniques in an injury prevention intervention. If this intervention is found to be effective, this RCT will provide a platform for targeting other childhood injury prevention campaigns.
Read full article here: https://www.ncbi.nlm.nih.gov/pubmed/27488411

Behavioral Functionality of Mobile Apps in Health Interventions: A Systematic Review of the Literature
Payne HE, Lister C, West JH, Bernhardt JM

The lack of large sample studies using mobile phone apps may signal a need for additional studies on the potential use of mobile apps to assist individuals in changing their health behaviors. Of these studies, there is early evidence that apps are well received by users. Based on available research, mobile apps may be considered a feasible and acceptable means of administering health interventions, but a greater number of studies and more rigorous research and evaluations are needed to determine efficacy and establish evidence for best practices.
Read full article here:
http://mhealth.jmir.org/2015/1/e20/?utm_source=TrendMD&utm_medium=cpc&utm_campaign=JMIR_TrendMD_0

Social media and mobile applications in chronic disease prevention and management
Santoro E, Castelnuovo G, Zoppis I, Mauri G and Sicurello F
CONCLUSIONS: The incorporation of social media tools and mobile health apps into chronic diseases management and prevention is expected to grow in practice and importance as more people communicate online. As our society becomes increasingly connected through wireless devices and accustomed to sharing private matters such as health with others online, new challenges and opportunities will arise to leverage this information in a safe, dynamic, and timely manner. A wider involvement of national and international health and professionals organizations, the adoption of clinical guidelines or gold standards, an increasing practice to submit health apps to Food and Drug Administration for validation, and the conduction of high quality, adequately powered randomized controlled trials evaluating the effectiveness of social media, online social networks, and medical apps on clinical outcomes (currently limited in numbers and methodology) could enhance their reliability and adoption