

COMMON QUESTIONS (continued)

Do I have to know how to use a computer?

No. The TES web-based program is very simple to use, and you will be given instructions before you start the sessions. Study research staff will also be available to help if you have questions.

Do I have to complete the web-based sessions at the clinic?

No. You can complete the web-based sessions from any computer with high-speed Internet access. Multiple computer stations will be available at the clinic for you to use.

Is the study confidential?

Every effort will be made to keep your information private and confidential. A Certificate of Confidentiality, obtained from the U.S. Department of Health and Human Services for this study, protects identifiable research information from compelled disclosure.

FOR MORE INFORMATION

Please ask to speak with the study research staff at the clinic. They can tell you more about the study and help you decide if it would be right for you.



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Web-delivery of Evidence- Based, Psychosocial Treatment for Substance Use Disorders



Should I Join?



NATIONAL INSTITUTES OF HEALTH
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Web-delivery of Evidence-Based, Psychosocial Treatment for Substance Use Disorders

WHAT IS THIS STUDY ABOUT?

The study is looking at whether a web-based program, called the Therapeutic Education System (TES), can help people get off and stay off drugs and alcohol.

WHAT IS THE THERAPEUTIC EDUCATION SYSTEM (TES)?

TES is a web-based treatment program that people can log into at their convenience and learn important skills through interactive sessions. Sessions cover a wide range of topics like relapse prevention, communication, financial management, decision making, negative mood management, time management, and increasing recreational activities. TES also includes “virtual” drawings for prizes. When participants complete TES sessions or have drug-free urine screens, they get a chance to win different types of prizes, small and large.

WHO CAN JOIN?

The study is for people 18 years or older who are experiencing a problem with alcohol or other drugs. Eligible participants must be in treatment at this clinic and meet several other criteria.

WHAT SHOULD I EXPECT?

If you decide to participate, you will have a 50/50 chance of participating either in the web-based treatment or in regular care at this clinic.

If you are selected for regular care, you will receive the usual clinical treatment, without the web-based program. You will also attend group sessions and meet with your individual counselor as you normally would.

If you are in the TES web-based program, you will attend regular treatment, but approximately 2 hours each week (1 hour, twice per week) of regular treatment will be replaced by the TES treatment.

Whether in the regular care or the TES group, you will be asked to attend brief research interviews once per week and provide urine drug/breath alcohol screens twice per week. You will also meet with the research staff for two follow-up visits at 3 and 6 months after the study. At the research visits, you will be asked about your drug use and how things are going in other areas of your life.

Our hope is that the information you provide about your own recovery experience in this study will help us design better tools for others seeking treatment in the future.

COMMON QUESTIONS

How long will I be in the study?

The study treatment will last 12 weeks, with two follow-up research visits 3 and 6 months later.

How many other people will be in the study?

About 50 people from this clinic will participate in the study. There are also study sites across the United States.

Will I receive anything for participating?

You will be reimbursed for your time spent completing research interviews and providing urine drug/breath alcohol screens.

What if I decide I don't want to participate after I join the study?

This study is entirely voluntary. You can decide to stop at any time with no penalty to you.

Do I still get treatment at this clinic?

Yes. You will receive your standard treatment at your clinic. If you are in the TES web-based program, your standard treatment at the clinic will be reduced by about 2 hours each week so you can complete the computer sessions. After the 12 weeks of study involvement, you will receive standard care offered within this clinic.

