

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effectiveness of Adolescent-Community Reinforcement Approach on Treatment Outcome Among Adolescents with Cannabis Use Disorder

#### Protocol summary

##### Study aim

The purpose of this study is to investigate the effectiveness of Adolescent Community Reinforcement Approach (ACRA) on treatment outcome in adolescents with Cannabis use disorder.

##### Design

Clinical trial with a control treatment as usual group, parallel groups, without blinding on 30 adolescent patients.

##### Settings and conduct

The location of the research is the treatment centers for addiction and centers providing services to teenagers. Adolescents who have met the criteria, will be placed in two intervention (Adolescent Community Reinforcement Approach) and control groups (treatment as usual) in a quasi-random manner.

##### Participants/Inclusion and exclusion criteria

Inclusion criteria: having a cannabis use disorder and being in the age range of 15 to 19 years old. Exclusion criteria are having psychotic symptoms, having Autism Spectrum Disorder, having Bipolar and Related Disorders and Intellectual Disability and abusing opioid and stimulant substances

##### Intervention groups

The intervention group will receive adolescent community reinforcement approach which includes 12 one-hour individual sessions with the adolescent, 2 sessions with the caregiver, and 2 joint caregivers and the adolescent sessions. Intervention procedures include functional analysis of substance use and prosocial behaviors, self-assessment of happiness, planning for social recreation, relapse prevention, communication skills, problem solving, finding a job, anger management, crisis intervention, communication skills in caregivers and urine testing. The control group will receive the usual treatments including psychoeducation about substance use, managing cravings and coping strategies training.

##### Main outcome variables

abstinence rate; substance use problems; psychological symptoms; relation with parents; health promoting life style; retention rate

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20230423057978N1**

Registration date: **2023-05-19, 1402/02/29**

Registration timing: **registered\_while\_recruiting**

Last update: **2023-05-19, 1402/02/29**

Update count: **0**

##### Registration date

2023-05-19, 1402/02/29

##### Registrant information

##### Name

Najmeh Khosrovanmehr

##### Name of organization / entity

##### Country

Iran (Islamic Republic of)

##### Phone

+98 21 8843 0847

##### Email address

khosrovanmehr.n@iums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2023-05-05, 1402/02/15

##### Expected recruitment end date

2023-05-20, 1402/02/30

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

**Trial completion date**  
empty

**Scientific title**  
Effectiveness of Adolescent-Community Reinforcement Approach on Treatment Outcome Among Adolescents with Cannabis Use Disorder

**Public title**  
Effect of Adolescent-Community Reinforcement Approach on Cannabis Use

**Purpose**  
Education/Guidance

**Inclusion/Exclusion criteria**  
**Inclusion criteria:**  
Having a cannabis use disorder Being in the age range of 15 to 19 years old  
**Exclusion criteria:**  
having psychotic symptoms having Autism Spectrum Disorder Having Bipolar and Related Disorders Intellectual Disability Abusing Opioid and Stimulant substances

**Age**  
From **15 years** old to **19 years** old

**Gender**  
Both

**Phase**  
N/A

**Groups that have been masked**  
*No information*

**Sample size**  
Target sample size: **30**

**Randomization (investigator's opinion)**  
Not randomized

**Randomization description**

**Blinding (investigator's opinion)**  
Not blinded

**Blinding description**

**Placebo**  
Not used

**Assignment**  
Parallel

**Other design features**

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Research Ethics Committees of Iran University of Medical Sciences

##### Street address

Research and Technology Vice-Chancellor, Central Headquarters Building, Hemat Highway, next to Milad Tower

##### City

Tehran  
**Province**  
Tehran  
**Postal code**  
۱۴۴۹۶۱۴۵۳۵

#### Approval date

2022-11-02, 1401/08/11

#### Ethics committee reference number

IR.IUMS.REC.1401.621

## Health conditions studied

### 1

#### Description of health condition studied

Cannabis Use Disorder

#### ICD-10 code

F12.2

#### ICD-10 code description

Cannabis dependence

## Primary outcomes

### 1

#### Description

Substance use problem

#### Timepoint

Before intervention, Immediately After Intervention, 3 Months after intervention

#### Method of measurement

Substance Problem Scale

### 2

#### Description

Abstinence Rate

#### Timepoint

Before intervention, Immediately After Intervention, 3 Months after intervention

#### Method of measurement

Urine Test Kit for Cnnabis

## Secondary outcomes

### 1

#### Description

Psychological symptoms ( Depression, Anxiety, Stress)

#### Timepoint

Before intervention, Immediately after intervention, 3 Months after intervention

#### Method of measurement

Depression Anxiety Stress Scale

### 2

#### Description

Parent- child interaction

#### Timepoint

Before intervention, Immediately after intervention, 3 Months after intervention

### Method of measurement

Parent - Child Interaction Scale

### 3

#### Description

Health promoted life style

#### Timepoint

Before intervention, Immediately after intervention, 3 Months after intervention

#### Method of measurement

Health promoted life style Questionnaire

### 4

#### Description

Retention

#### Timepoint

Immediately after intervention

#### Method of measurement

The total number of days from the start of treatment to the last treatment session

## Intervention groups

### 1

#### Description

Intervention group: Treatment by Adolescent-Community Reinforcement Approach that includes 12 one-hour individual sessions with adolescents and 2 sessions with caregivers (parents) and 2 joint sessions between caregivers (parents) and adolescents. These meetings are held weekly over a period of 12 to 14 weeks. The duration of the sessions can be changed based on the needs of the adolescent or caregiver or the discretion of the therapist. This program has 19 procedures that the therapist chooses the appropriate procedure according to the client's needs during the implementation of the intervention. Intervention procedures and case management activities include functional analysis of substance use or prosocial behaviors, self-assessment of happiness, counseling goals, planning for socially acceptable recreation, relapse prevention skills, communication skills, problem solving skills, family relationship skills (such as problem solving, communication and happy relationships), setting homework, homework review, finding a job skills, anger management, crisis intervention, communication skills in caregivers, parent-adolescent communication skills, systematic encouragement and urine testing. Adolescents who receive 10 or more of these procedures during their treatment and attend at least 7 treatment sessions are more likely to stay in recovery for a long time.

#### Category

Behavior

### 2

#### Description

Control group: Treatment as usual that include psychoeducation about substance use and behavioral

techniques for managing cravings and teaching coping strategies. Adolescents participate in at least 5 , 45-minute therapy sessions weekly. Based on the client's needs and the therapist's discretion, the number of sessions can be increased up to 8 sessions. The treatment period will last between 5 and 8 weeks.

#### Category

Behavior

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Association for protection of child laborers

##### Full name of responsible person

Najmeh Khosrovanmehr

##### Street address

No. 17, 3rd Alley, Asad Abadi Ave.

##### City

تهران

##### Province

Tehran

##### Postal code

1433643177

##### Phone

+98 21 8810 5127

##### Email

nkhosrovan@yahoo.com

### 2

#### Recruitment center

##### Name of recruitment center

Toloo Bi-neshanha society

##### Full name of responsible person

Najmeh Khosrovanmehr

##### Street address

No.6, in front of the clinic of Qasem-Ebn-Hasan Mosque , Shahid Salehi Alley, Local access, before the exit of Imam Ali (AS) North, Shahid Mahallati Highway East to West

##### City

Tehran

##### Province

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1767914363

##### Phone

+98 21 3317 2171

##### Email

nkhosrovan@yahoo.com

## Sponsors / Funding sources

### 1

#### Sponsor

##### Name of organization / entity

Iran University of Medical Sciences

##### Full name of responsible person

Dr. Reza Falak

**Street address**

5th floor of the central headquarters, Iran University of Medical Sciences, next to Milad Tower, Hemat Highway

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+98 21 8670 2504

**Email**

falak.r@iums.ac.ir

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Iran University of Medical Sciences

**Proportion provided by this source**

100

**Public or private sector**

Public

**Domestic or foreign origin**

Domestic

**Category of foreign source of funding**

*empty*

**Country of origin**

**Type of organization providing the funding**

Academic

## Person responsible for general inquiries

**Contact**

**Name of organization / entity**

Iran University of Medical Sciences

**Full name of responsible person**

Najmeh Khosrovanmehr

**Position**

PhD student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

**Street address**

No. 89, 3rd Andishe Alley, North Sohrevardi

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**Postal code**

1569637811

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**Email**

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## Person responsible for scientific inquiries

**Contact**

**Name of organization / entity**

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**Full name of responsible person**

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**Latest degree**

Master

**Other areas of specialty/work**

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## Person responsible for updating data

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**Name of organization / entity**

Iran University of Medical Sciences

**Full name of responsible person**

Najmeh Khosrovanmehr

**Position**

Phd student

**Latest degree**

Master

**Other areas of specialty/work**

Psychology

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**Email**

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## Sharing plan

**Deidentified Individual Participant Data Set (IPD)**

No - There is not a plan to make this available

**Justification/reason for indecision/not sharing IPD**

It is possible to misuse individual raw data.

**Study Protocol**

Undecided - It is not yet known if there will be a plan to make this available

**Statistical Analysis Plan**

Yes - There is a plan to make this available

**Informed Consent Form**

Yes - There is a plan to make this available

**Clinical Study Report**

Yes - There is a plan to make this available

**Analytic Code**

No - There is not a plan to make this available

**Data Dictionary**

Not applicable

**Title and more details about the data/document**

Results from statistical analysis and reports of clinical outcomes will be available. Also, the informed consent form will be available for the Research Ethics Committee of Iran University of Medical Sciences

**When the data will become available and for how long**

The beginning of the period of access to the findings is

one month after the publication of the data in the form of theses and articles.

**To whom data/document is available**

All researchers and health policy makers can access clinical findings and statistical analysis results. The informed consent form will only be available to the Research Ethics Committee of Iran University of Medical Sciences.

**Under which criteria data/document could be used**

The data will be available for establishing meta-analyses, as well as for developing new protocols and presenting of reports at health-related conferences.

**From where data/document is obtainable**

Applicants can contact the following email addresses.  
Name of the respondent: Najmeh Khosrovanmehr  
khosrovanmehr.n@iums.ac.ir nkhosrovan@yahoo.com

**What processes are involved for a request to access data/document**

Answering the requests and sending the desired data will be done by email and will take about a month.

**Comments**