

## **Lessons from the evaluation of a novel web-app to assist Aboriginal and Torres Strait Islander people to reduce or stop using methamphetamine: We Can Do This.**

RACHEL REILLY<sup>1</sup>, REBECCA MCKETIN<sup>2</sup>, JULIA BUTT<sup>3</sup>, NADINE EZARD<sup>2</sup>, ADRIAN DUNLOP<sup>4</sup>, KATE CONIGRAVE<sup>5</sup>, BRENDAN QUINN<sup>6</sup>, CARLA TRELOAR<sup>7</sup>, DENNIS GRAY<sup>8</sup>, LEDA SIVAK<sup>1</sup>, JANE LOCKTON<sup>1</sup>, HANNAH WHETHAM<sup>1</sup>, JAMES WARD<sup>9</sup>.

<sup>1</sup>Aboriginal Health Equity, South Australian Health and Medical Research Institute, <sup>2</sup>National Drug and Alcohol Research Centre, University of New South Wales, <sup>3</sup>School of Psychology, Edith Cowan University, <sup>4</sup>University of Newcastle, <sup>5</sup>School of Medicine, University of Sydney, <sup>6</sup>Australian Institute of Family Studies, <sup>7</sup>Centre for Social Research in Health, University of New South Wales, <sup>8</sup>National Drug Research Institute, Curtin University, <sup>9</sup>Poche Centre for Indigenous Health, University of Queensland

Rachel Reilly: [rachel.reilly@sahmri.com](mailto:rachel.reilly@sahmri.com)

**Background:** Methamphetamine use is of deep concern to Aboriginal and Torres Strait Islander communities. Responding to a lack of available treatment options that are specific for Aboriginal and Torres Strait Islander people, we developed a web-app entitled *We Can Do This*. The web-app incorporates evidence-based therapies in a culturally-appropriate format.

**Methods:** *We Can Do This* was evaluated in an online randomised controlled trial as a stand-alone online treatment option in the community. In addition, qualitative feedback on acceptability and feasibility was gathered from a subset of trial participants, and clinicians who used the app in the course of their work with clients.

**Results:** 210 Aboriginal and Torres Strait Islander participants were randomised (115 intervention, 95 control). 48% were female and the median age was 33 (IQR 27-39.5). Participants had a median 19 days use in the past 4 weeks (IQR 12-26); 51% smoked and 46% injected methamphetamine. Assessments were completed at baseline, 1, 2 and 3 months and 60% were followed-up. Outcomes will be presented.

**Discussion:** We were able to successfully trial the intervention with Aboriginal and Torres Strait Islander communities. The evaluation of *We Can Do This* presented several challenges and lessons for future similar evaluations. Further work is establishing the best way to support clinicians to use the app, including the development of a clinician's guide.

**Disclosure of Interest:** None