

## **Perspectives and Sentiments on Contingency Management from People Who Use Methamphetamine**

### **Presenting Authors:**

Simon Clay

**Introduction:** Contingency management (CM) is the most efficacious treatment for methamphetamine use, yet it is rarely available in routine care. We examined the viewpoints of people who use methamphetamine on CM as a potential treatment for methamphetamine use disorder.

**Method:** Semi-structured qualitative interviews with 30 Australians aged 18 years or older who had used methamphetamine at least weekly in the past 6 months.

**Results:** Participants reported overall positive attitudes toward CM as a potential treatment option for methamphetamine use disorder. However, there was a need for greater flexibility in meeting participant treatment goals (e.g., reduced use vs. complete abstinence). There was concern about the viability of initiating abstinence, both in terms of the sufficiency of the initial financial incentive and in managing withdrawal symptoms. There was strong interest in the use of digital technologies to provide remote CM, particularly the convenience and flexibility this offered. Despite this, participants remained keen to access adjunctive treatment and support services but stressed that engagement with these additional services should not be mandatory. Promotion of CM will need to address preconceptions about drug-testing used in abstinence-based CM being punitive (especially urine testing) and connotations with criminal justice interventions.

**Discussions and Conclusions:** We found that people who used methamphetamine were potentially interested in CM as a treatment option. Several potential barriers to implementation were identified, including the need for flexibility in goal setting, concurrent treatment support, and the adequacy of financial incentives.

**Implications for Practice or Policy:** Positive attitudes toward CM bode well for potential uptake should CM be made available in routine clinical practice. However, there is a need to adapt CM to ensure it is feasible and attractive to people who are seeking treatment for methamphetamine use disorder.