



# CRAVING-MANAGER

Efficacy of a smartphone application designed to manage craving and individual predictors of substance use / addictive behavior among individuals with addictive disorders: Study protocol for a randomized controlled trial

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## INTRODUCTION

### Craving:

- An irrepressible and unvoluntary desire to use the substance/addictive behavior, despite the subject tries to remain abstinent.
- A major predictor of relapse, common to all addictions
- Person-specific cues could precipitate craving in daily life (Fatseas et al. 2015)
- Its management is an important focus of addiction treatments (Auriacombe et al. 2018)

**Treatment Gap:** Less than 25% of people with SUD receive addiction treatment (Rehm, Allamani et al. 2015)

**EMI** (Ecological Momentary Intervention) presents opportunities for treatments to be available to people during times and in situations when they are most needed (Heron and Smyth, 2010)

The **Craving-Manager** app has been developed by SANPSY lab to

- assess and manage craving and individual predictors of use, and
- delivers specific and personalized interventions (counseling messages), based on traditional approaches of addiction treatment.

## OBJECTIVE

To evaluate the efficacy of using **Craving-Manager app** to initiate decrease of use of main problematic substance/addictive behavior over a 4 weeks period, among subjects requesting and waiting for starting a treatment program in addiction treatment centers.

## METHOD

Randomized controlled trial comparing two parallel groups  
6 centers: Bordeaux, Bayonne, La Réunion, Grenoble, Limoges, Poitiers

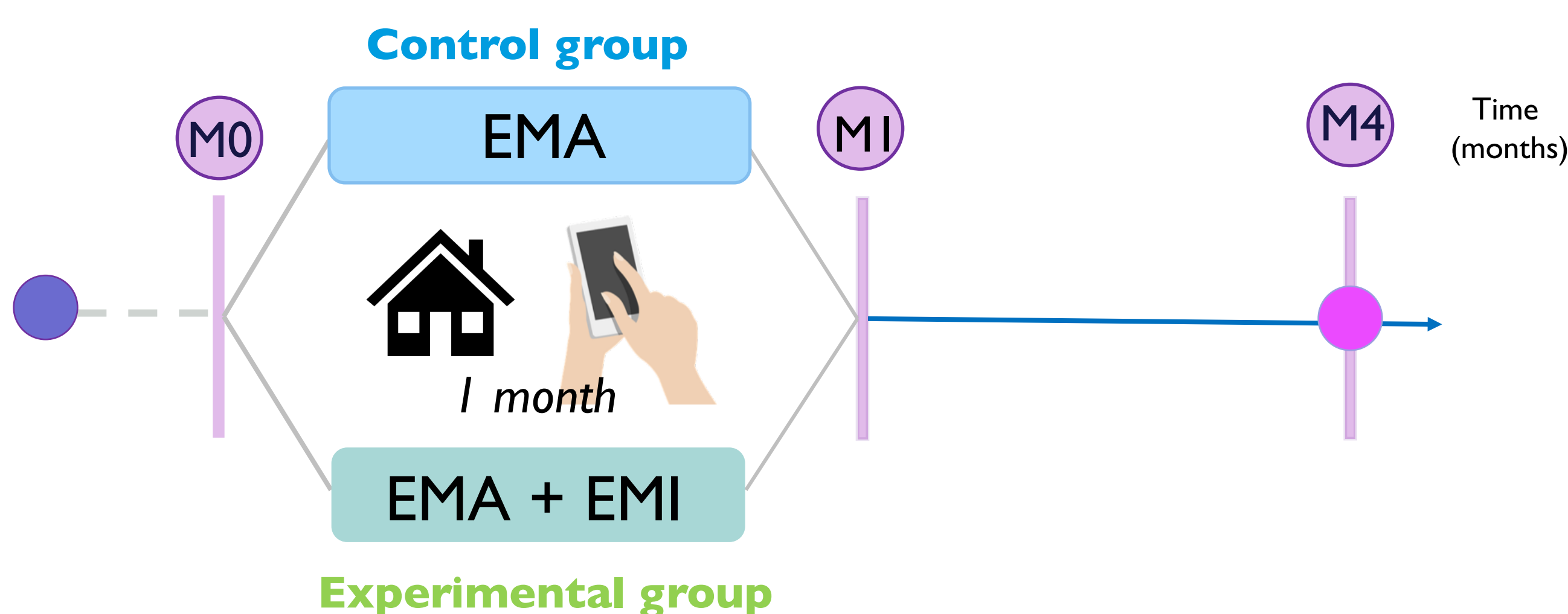
### Study Size

274 patients  
2 groups

### Study duration

Duration of the inclusion period: 24 months  
Participant duration: 4 months  
Total duration of the research project : 28 months

### Procedure of the research project



- First contact: Request for addiction treatment in inclusion center
- Pre-screening and pre-inclusion contacts
- | Research evaluations (Classic assessment tools: ASI, MINI)
- Standard treatment in inclusion specialized addiction treatment center
- Acceptability and feasibility questionnaires (AES, D-VAI, uMARS)

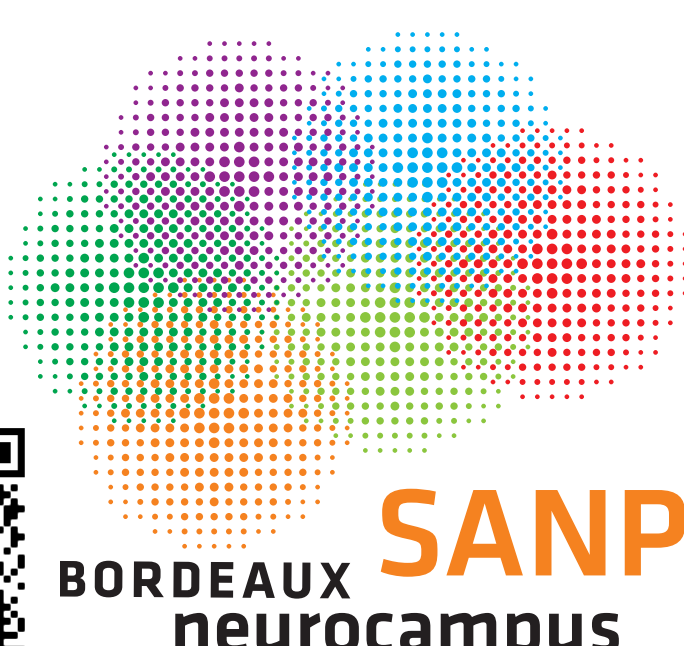


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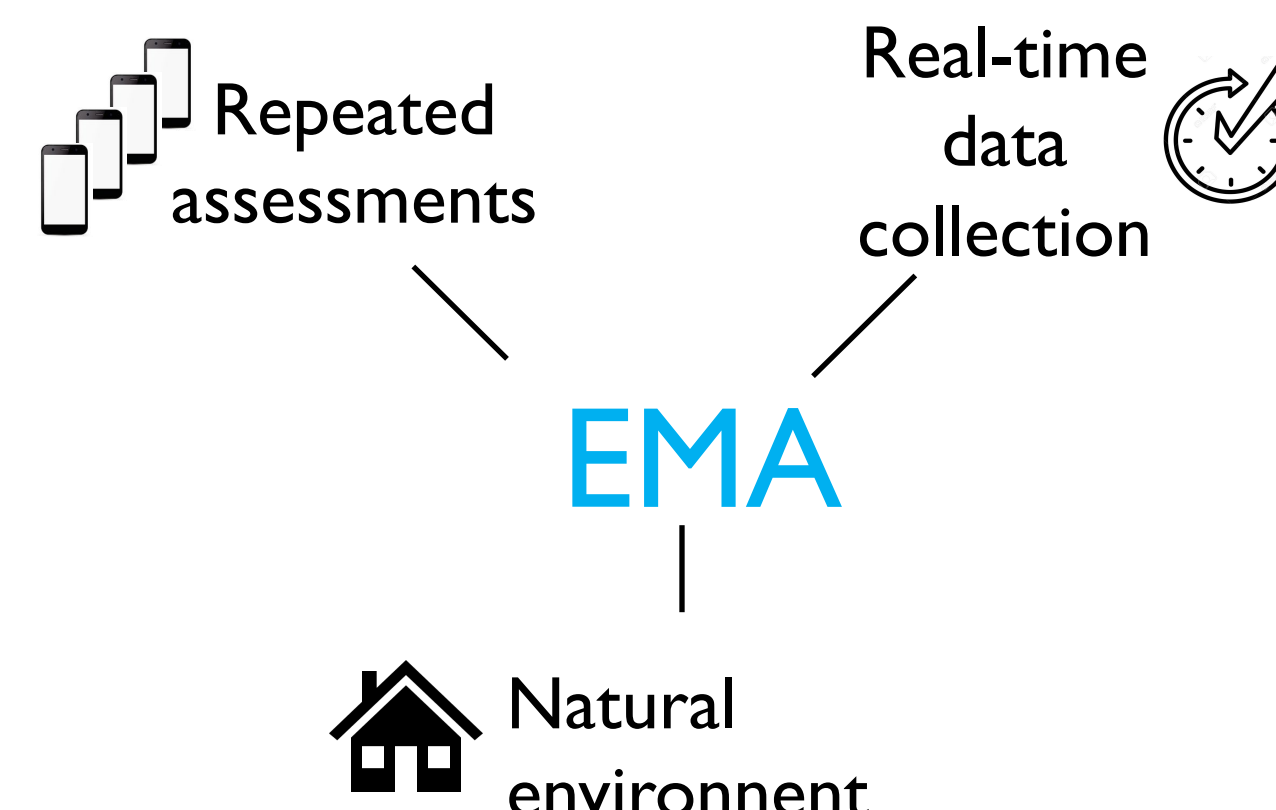
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### Control group: EMA

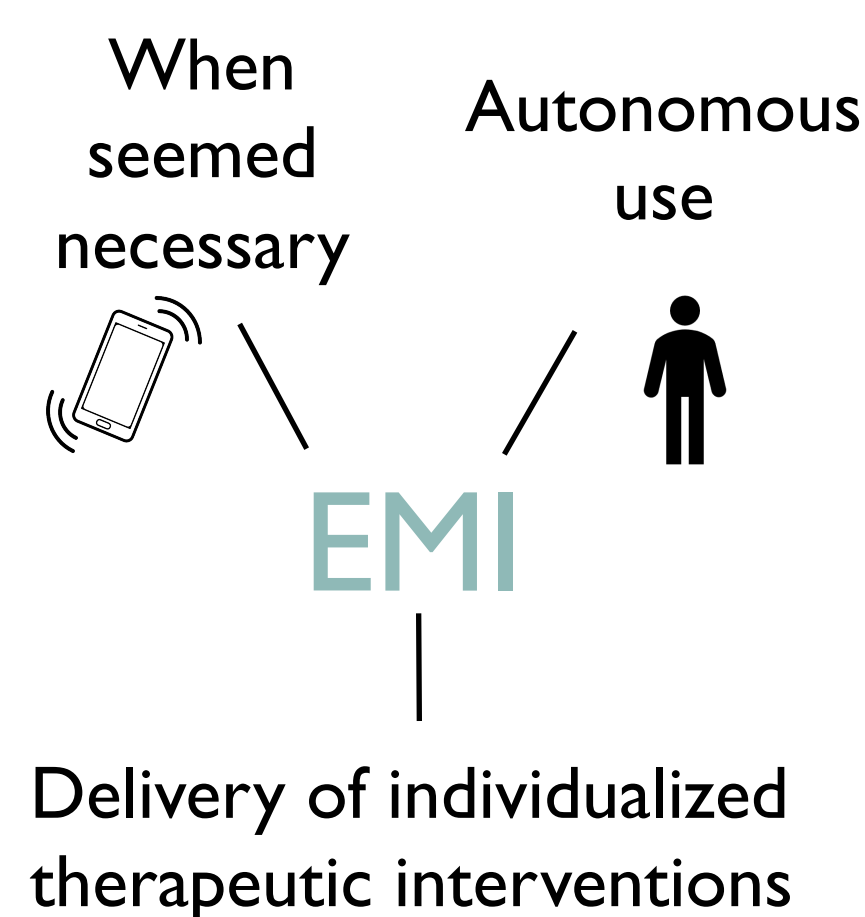
- 4 electronic questionnaires/day
- Random call
- Assessing craving, use



### Experimental group: EMA + EMI

Full version of Craving-Manager app

- 4 electronic questionnaires/day
- Monitor craving, use and presence of individual cues
- Explore all substance/ behavioral addictions
- Both explicit and passive (GPS) detection of at risk situations
- Delivery of personalized interventions that adapt to the exact situation / needs



### Analysis strategy

A comparison between groups on the evolution of main problematic use/addictive behavior features over a 4 weeks period.

## EXPECTED IMPACTS

**Decrease in use of the main problematic substance / addictive behavior.**

### Craving-Manager app:

- Easy to-use and accessible to the greatest number of subjects
- Personalized and adjusted interventions
- Opportunities for treatments to be available when the most needed

### At all stages of addiction

- Explore all Use Disorders diagnoses
- Educate about addiction
- Provide a first treatment approach
- Regular re-assessment of severity and risk of addiction transfer

### Usability

- Used autonomously or as a complement to standard treatments
- Possible alternative while waiting for treatment to begin
- Could refer the most severe subjects to specialized centers