

The Marijuana Check-up: promoting change in ambivalent marijuana users

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ABSTRACT

Aims To evaluate the efficacy of a two-session assessment and feedback intervention designed to reach and increase motivation for change in marijuana users who were experiencing negative consequences but were ambivalent about change. **Design** Random assignment to one of two types of feedback conditions or a delayed feedback control (DFC) with follow-up assessments at 7 weeks, 6 months and 12 months. **Setting** University of Washington research center in Seattle, Washington. **Participants** A total of 188 adult male and female marijuana users who responded to advertisements. **Interventions** A personalized feedback (PF) condition utilizing motivational interviewing was compared to an educational control condition labeled multi-media feedback (MMF). **Measurements** Marijuana use, dependence symptoms, other associated negative consequences and motivational constructs were assessed at all time-points. **Findings** PF participants reported fewer days of use per week, fewer periods of use per day and fewer dependence symptoms at 7 weeks than those in the MMF and DFC conditions. PF participants also reported fewer days of use per week compared to MMF participants at the 12-month follow-up and fewer dependence symptoms at both the 6- and 12-month follow-ups compared to MMF participants. **Conclusions** The PF intervention, delivered in the context of a check-up, shows potential as a way of reaching and motivating change in marijuana users with a diagnosable disorder who otherwise are not ready to approach treatment. Ways of augmenting the modest absolute levels of change are discussed.

Keywords Cannabis, marijuana, motivational enhancement therapy, multi-media feedback, personalized feedback.