

CANNABIS PROJECT INTRODUCTORY DOCUMENT

- What research are we undertaking?
We are looking to see if psychotherapy treatments (like CBT) are good at treating people who are addicted to cannabis.
- How are we doing the research?
We are undertaking what is called a “systematic review”, which means that we are looking at all the research that has been undertaken in this area and summarising all the results. This allows us to say whether or not the treatment works. We are not actually treating patients, we are just looking at research that has already been done.
- Why are we doing this research?
Currently there are lots of ways of treating people for cannabis addiction – we do not know which is best. This review will allow us to understand which treatment is the best at reducing, or stopping, cannabis usage for people who regularly use cannabis.
- How is a systematic review undertaken?
 - First we develop a document which describes how we are undertaking the systematic review – this is called the ‘**protocol**’. Because there has been so much research in this area, we have to narrow down what we are going to look at. In the protocol document, we describe the treatments we are going to look at and the measures by which the treatments will be assessed. We also describe how we are going to locate the previous research.
 - We then search for all the research that has been done in this area.
 - The research is summarised, and the results from all the different studies are brought together.
 - We then write up the research and describe what we have found, in a ‘**report**’.
- What input will we need from you, the service user?
We will show you sections of the protocol and report. We will describe what is written and ask you if you have any thoughts on it – don’t worry if you don’t have anything to say, just say so. We are looking for anything that you think is important to add – don’t worry if you are not sure if it is relevant or important - any input we receive will be useful.