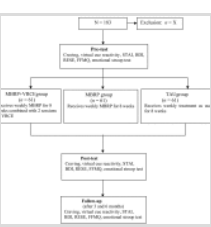


Outline

- Abstract
  - Keywords
  - 1. Introduction
  - 2. Methods
  - 3. Outcomes
  - 4. Sample size
  - 5. Statistical analysis
  - 6. Ethical principles and safety
  - 7. Discussion
  - Conflict of interest
  - Funding
  - References
- Show full outline

Cited By (13)

Figures (1)



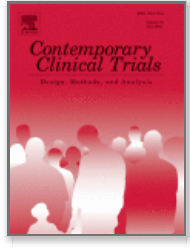
Tables (1)

Table 1



Contemporary Clinical Trials

Volume 70, July 2018, Pages 99-105



Mindfulness-based relapse prevention combined with virtual reality cue exposure for methamphetamine use disorder: Study protocol for a randomized controlled trial

Xi Jing Chen <sup>a, b</sup>, Dong Mei Wang <sup>a, b</sup>, Li Dan Zhou <sup>a, b</sup>, Markus Winkler <sup>c</sup>, Paul Pauli <sup>c, d</sup>, Nan Sui <sup>a, b</sup>, Yong Hui Li <sup>a, b</sup>

Show more

Share Cite

<https://doi.org/10.1016/j.cct.2018.04.006>

Get rights and content

Abstract

Background

Mindfulness-based relapse prevention (MBRP) is a method that combines cognitive behavioral relapse prevention with mindfulness practice. Research suggests that MBRP can effectively reduce withdrawal/craving in people with substance use disorder (SUD). An important part of MBRP is to practice mindfulness meditation to cope with high-risk situations for relapse, such as stimuli and situations associated with drug taking. Virtual reality cue exposure (VRCE) may be a complementary approach to MBRP as it allows for controlled and graded presentations of various high-risk situations with distal and proximal drug cues. The aim of the study is to investigate the effects of MBRP combined with VRCE, in comparison to MBRP alone or treatment as usual, on craving and emotional responses in people with methamphetamine use disorders.

Method/design

The study is a parallel randomized controlled study including 180 participants with methamphetamine use disorder. Three parallel groups will receive 8 weeks of MBRP combined with VRCE, MBRP alone, or treatment as usual, respectively. Craving, virtual cue reactivity, anxiety, depression, emotion regulation, mindfulness and drug-related attention bias will be assessed at pre-treatment, post-treatment, and 3 and 6 months of follow-up.

Discussion

This innovative study aims at investigating the effects of MBRP combined with VRCE in people with SUD. The combined intervention may have important clinical implications for relapse prevention due to its ease of application and high cost-effectiveness. This study may also stimulate research on the neuronal and psychological mechanisms of MBRP in substance use disorder.

Trial registration number

ChiCTR-INR-17013041.

Previous article in issue

Next article in issue

Keywords

Mindfulness based relapse prevention; Virtual reality; Cue exposure; Randomized controlled trial; Substance use disorder; Methamphetamine addiction

Cited by (13)

[Advances in immersive virtual reality interventions for mental disorders: A new reality?](#)

2021, Current Opinion in Psychology

Show abstract

[A Narrative Review of Mindfulness-Based Interventions Using Virtual Reality](#)

2022, Mindfulness

[Virtual reality: a powerful technology to provide novel insight into treatment mechanisms of addiction](#)

2021, Translational Psychiatry

[Mindfulness-based interventions for substance use disorders](#)

2021, Cochrane Database of Systematic Reviews

[Clinical relevance of immersive virtual reality in the assessment and treatment of addictive disorders: A systematic review and future perspective](#)

2021, Journal of Clinical Medicine

[Is virtual reality cue exposure a promising adjunctive treatment for alcohol use disorder?](#)

2021, Journal of Clinical Medicine

[View all citing articles on Scopus](#)

Recommended articles

[Varenicline treatment for methamphetamine...](#)

Drug and Alcohol Dependence, Volume 189, 20...

Purchase PDF

View details

[Gray matter volume showed dynamic alte...](#)

Progress in Neuro-Psychopharmacology and Bi...

Purchase PDF

View details

[High frequency repetitive transcranial ma...](#)

Drug and Alcohol Dependence, Volume 175, 20...

Purchase PDF

View details

1 2 Next

Article Metrics

Citations

Citation Indexes: 13

Captures

Exports-Saves: 32

Readers: 224

Social Media

Tweets: 3



View details