

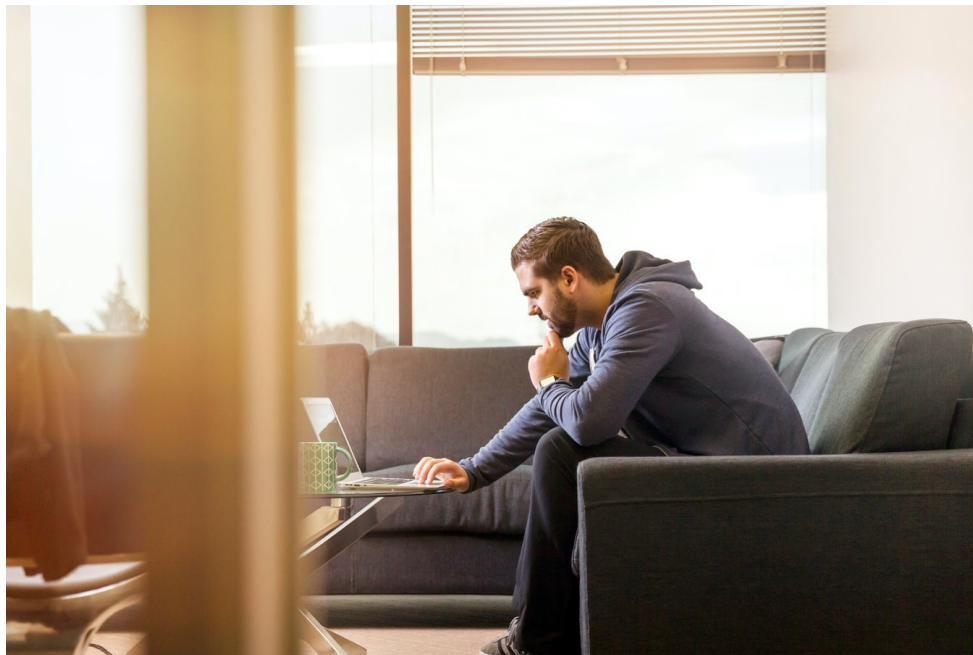
## Breaking the ice: An internet-based brief early intervention



# BREAKING THE ICE

*This resource was developed by The University of Sydney and Newcastle University.*

*This resource is an early intervention tool for **psychostimulant** use.*



**Summary:** Breaking the Ice is an internet-based brief early intervention for **psychostimulant** use, including crystal methamphetamine ('ice'). The intervention draws on Cognitive Behavioural Therapy and Motivation Enhancement Training, and aims to:

- Target light-moderate psychostimulant use (methamphetamines, including ice, and ecstasy), and particularly those who are at high risk of progressing to **dependent** or problematic use, or who are already experiencing problems, but are not seeking help, and;
- Focus particularly on young adults aged 16-25 years (but not to the exclusion of older adults).

**Developers:** Breaking the Ice was originally developed in collaboration with researchers from the [Australian National University](#), the [University of New South Wales](#) and [Curtin University](#). The NHMRC Centre for Research Excellence in Mental Health and Substance Use (now the [Matilda Centre for Research in Mental Health and Substance Use](#)), in partnership with [NSW Health](#) and [Curtin University](#), re-developed the program in 2016 based on feedback obtained by young people at risk of, or already using, ice.

**Costs:** Free

**Year:** 2013

**Evidence base:** The original Breaking the Ice online intervention has been evaluated in one peer-reviewed randomised controlled trial. See references below:

- Tait, R.J., McKetin, R., Kay-Lambkin, F., Carron-Arthur, B., Bennett, A., Bennett, K., Christensen, H., Griffiths, K., 2015. Six month outcomes of a web-based intervention for users of amphetamine-type stimulants: Randomized controlled trial. *Journal of Medical Internet Research* 17, e105 <http://www.jmir.org/2015/2014/e2105/>.
- Tait, R.J., McKetin, R., Kay-Lambkin, F.J., Carron-Arthur, B., Bennett, A., Bennett, K., Christensen, H. & Griffiths, K.M. (2014). Breaking the Ice: 3-month outcomes of a randomised controlled trial of a web-based intervention for users of amphetamine-type stimulants. *Journal of Medical Internet Research (Mental Health)*, 1(1): e1. <https://mental.jmir.org/2014/1/e1/>
- Tait, R.J., McKetin, R., Kay-Lambkin, F., Bennett, K., Tam, A., Bennett, A., Geddes, J., Garrick, A., Christensen, H., Griffiths, K.M. (2012). Breaking the Ice: A protocol for a randomised controlled trial of an internet-based intervention addressing amphetamine-type stimulant use. *BMC Psychiatry*. 12(67): DOI: 10.1186/1471-244X-12-67.

[Access the Breaking the Ice intervention](#)