

S-Check App: An app to track your methamphetamine use



This resource was developed by the National Centre for Clinical Research on Emerging Drugs (NCCRED), in partnership with St Vincent's Hospital.

Summary: The S-Check app is designed for people who use **methamphetamine**, to help track their use and understand the impact it's having on their overall health. As well as daily tracking of use, sleep and mood, the app includes tailored information, tips, and resources to support health and wellbeing.

This app aims to support people reduce their **methamphetamine** use through an engaging online format and improve knowledge about **methamphetamine**, the effects, and risks.

The app provides self-assessment of psychological wellbeing, physical health, social wellbeing, sexual health, and thinking and cognition.

Developers: S-Check was originally developed in collaboration with researchers and clinicians from NCREDD and St Vincent's Hospital. The development and initial evaluation were assisted by collaborators from the University of New South Wales, the University of Newcastle, and ACON.

Costs: Free

Year: Developed 2016. Last updated 2024.

Evidence base: Developed by the **Stimulant** Treatment Program at St Vincent's Hospital, the app has been clinically trialled and uses clinical assessments and questionnaire.

A 2017 pilot study of the S-Check app supported its acceptability and ease of use. The S-Check app was updated based on feedback from the initial pilot study.

Evaluation of the updated version of the app via a randomised wait-list controlled trial (259 participants) showed that the intervention group reported almost double the rate of seeking professional help compared to controls. Further, increased app engagement was linked to a higher likelihood of seeking help and a decrease in MA use.

See references below:

- Herman D, Ferrari M, Moran-Pryor A, Malone V, Ezard N. Usability and acceptability of S-Check app: a harm reduction and early intervention smartphone application to engage people who use **methamphetamine** and are not-in-treatment. 2018. Presented at: NADA Conference Exploring Therapeutic Interventions; June 7-8, 2018; Sydney, NSW.
- Siefried, K. J., Bascombe, F., Clifford, B., Liu, Z., Middleton, P., Kay-Lambkin, F., ... & Ezard, N. (2024). Effect of a Smartphone App (S-Check) on Actual and Intended Help-Seeking and Motivation to Change **Methamphetamine** Use Among Adult Consumers of **Methamphetamine** in Australia: Randomized Waitlist-Controlled Trial. *JMIR mHealth and uHealth*, 12, e55663.

[Download the S-Check App](#)



Crystal Methamphetamine
*Trusted, evidence-based
information for the community*

GET THE FACTS ABOUT ICE WHAT ARE THE EFFECTS OF ICE? STAYING SAFE
www.cracksintheice.org.au



Australian Government
Department of Health
and Aged Care



THE UNIVERSITY OF
SYDNEY
—
Matilda Centre