

PROVIDER INFORMATION SHEET:



KETAMINE & MINDFULNESS FOR ALCOHOL USE DISORDER

CURRENTLY RECRUITING

Study investigators are seeking referrals of people with Alcohol Use Disorder (AUD). Participation will involve attending a six-week-long group mindfulness programme specifically designed for Aotearoa New Zealand, assisted by either ketamine or active control midazolam.

This research study aims to test whether ketamine assisted mindfulness can help reduce relapse to alcohol use. Both ketamine and mindfulness have separately shown success in reducing relapse rates in people with AUD.

To be included, participants should:

- Have an established diagnosis of Alcohol Use Disorder
- Be aged between 18 and 70 years

Potential participants will be excluded if they:

- Are female and are, or intend to become, pregnant, or are lactating
- Are unable to understand the information or participant in the procedures of the study
- Have started new antidepressants, anxiolytics, or psychotherapy within 4 weeks of enrolment. Use of antidepressants, anxiolytics at doses that have been stable for at least 4 weeks or long-term psychotherapy is allowed
- Have comorbid schizophrenia, bipolar disorder, or severe personality disorder
- Are acutely suicidal with a plan
- Have current other moderate to severe substance use disorder other than nicotine or caffeine, as determined by a urine drug screen.

To refer a potential participant, request more information, or speak with study staff, please email audket@otago.ac.nz

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Provisional
ethics approval
granted 18 Feb 2022