

PROFESSIONAL SOCIALIZATION AND SUBSTANCE USE STUDY VOLUNTEERS NEEDED

INTENTION OF THIS STUDY

This study will provide an opportunity for **professionals** and post-secondary **students in professional programs** to confidentially share information about their use of substances and the use of substances within their profession. The intention of this research is to broaden the social understanding of Canadians' use of substances in daily life.

The term “substance” can include:

- Legal substances (e.g. caffeine, nicotine, alcohol, over-the-counter medication)
- Prescription medication (e.g. oxycodone, benzodiazepines)
- Illegal drugs (e.g. heroin, marijuana, cocaine)
- Healing plants or medicines (e.g. san pedro, ketamine)

People use substances for various reasons, such as:

- Enjoyment
- Improving performance of certain activities
- Altering experiences
- Socializing with others
- Healing or spiritual practice

THIS RESEARCH IS INTENDED TO UNDERSTAND HOW PEOPLE CHOOSE TO USE SUBSTANCES AND THE WAYS THAT SUBSTANCES ARE INTEGRATED INTO DAY-TO-DAY ACTIVITIES AND ROUTINES.

INCLUSION CRITERIA

- You live in Canada
 - You are 19-years or older
 - You are a professional or post-secondary student in a professional program
- You use a substance in one or more of the following ways:
 - i) Approximately daily use of any non-prescribed substance (legal or illegal)
 - ii) Weekly use of one or more substance.Some of the substances may be prescribed, but not all.
 - iii) Infrequent, but heavy use of one or more non-prescribed substance
E.g., Heavy use over a period of time; binge use.

WHAT IS INVOLVED?

All participants will use an app to track every instance of using substance. You would record information about what substance you are using, what effects you expect from the substance, and whether there were any unexpected effects that you noticed afterwards.

You will be asked whether you would like to be contacted for an interview, either in person or by phone. A select number of people will be interviewed to discuss their use of substances and substance use within their profession. There will be three interviews, lasting 30-60 minutes each. These interviews will be audio recorded and the researcher may take notes during the interview. The audio files will be deleted at the end of the study.

CONFIDENTIALITY

The information you choose to share is confidential. Your name and identity will not be released.

CONTACT

If you are interested in being involved in this study, please contact:

Niki Kiepek, Dalhousie University
e-mail: appstudy@dal.ca
phone: 902-494-2609

