

Abstract: Oral presentation

Title: Who uses the Scheck app for methamphetamine use and what are the outcomes? Early results from an Australian cohort.

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Objectives: The S-Check App is a low threshold behavioural change intervention designed to address delays in treatment seeking and low intervention coverage for people who use methamphetamine and has waitlist randomised controlled evidence to promote treatment seeking. This cohort study explores the characteristics of S-Check App users enrolled in a freely available version of the App and retained to Day 28, along with changes in self-reported methamphetamine use.

Materials and methods: A prospective cohort study of Australian anonymous S-Check App users aged ≥ 18 years reporting methamphetamine use at least once in the previous month (St Vincent's Hospital Human Research Ethics Committee approval 2024/ETH01154). Data were collected within the S-Check App and were analysed descriptively. Changes in methamphetamine use were assessed by Wilcoxon signed-rank test.

Results and conclusions: From 06 December 2024 to 23 March 2026, 443 people completed baseline data. 75 (17%) completed follow-up assessments at day 28, among whom median age was 38 years (IQR 30-44), 42 (56%) were women, 24 (32%) were of diverse sexual orientations, 27 (36%) lived outside major cities, and 45 (60%) had not sought professional help. Median past 28-day methamphetamine use decreased from 24 days (IQR 8-28) at baseline to 14 days at day 28 (IQR 3-28; $p = 0.007$). The S-Check App engages a diverse range of people, the majority of whom are not currently engaged in treatment. Retention after download was low, typical of substance use mobile apps. While the Scheck App's aim is to promote treatment seeking, its use is associated with reductions in methamphetamine use. Further exploration of the place of self-administered electronic interventions in the treatment landscape is indicated.

Conflicts of interest: No conflicts of interest to declare. NE, JB and KS are employed into the NSW public health system and NE, AD, SC, KF and KS by the University of NSW. All co-authors confirm they have no links with any pharmaceutical, tobacco, alcohol, electronic cigarette, gambling or gaming industries.

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