



A multi-centre investigation of increasing alcohol abstinence with ketamine-assisted psychological therapy in severe alcohol use disorder.

Below are some frequently asked questions about the trial. We encourage you to ask your research team about any questions you have and discuss the trial with family and friends.

What treatment is being tested?

Over the course of a one-month period, you will receive three treatments with one of two doses of ketamine; either 0.8mg/kg or 0.05mg/kg over 40 minutes given through a drip. Alongside this you will receive seven sessions of one-to-one psychological support from a therapist, in the form of either therapy or alcohol education. The ketamine dose and type of psychological support you receive will be randomly assigned by a computer. Neither you nor the site research team will know which dose/support you are given.

What is ketamine?

Ketamine is an anaesthetic drug that is widely used in general hospitals for carrying out brief surgical procedures. In lower doses ketamine has anti-depressant properties. The drug has different effects in different people, but some people may experience a dissociative effect of ketamine which may make you feel very strange, like you are outside of your body, or have strange changes to vision and hearing. These effects only last for a short time though and wear off quickly after the infusion is stopped.

What are the risks?

Ketamine is safe and well-tolerated in humans at doses chosen for this trial. Ketamine may have some effects, but you will be closely monitored throughout each visit by medical professionals. The detailed participant information sheet explains all the potential risks involved in the trial including the potential side effects of ketamine and the likelihood of you experiencing these.

Aren't you just swapping one addiction for another?

Ketamine is a drug which is sometimes abused recreationally. One concern sometimes raised is that participants may become dependent on ketamine instead of alcohol. The way ketamine is used recreationally is very different from how it is administered in controlled medical settings. This trial involves only three low doses of ketamine with no scope for further treatment once participation ends.

MORE-KARE FAQ Participant Information Sheet EXCLUDING BACtrack SKYN, V1.0, 07/MAY/2024,
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Will I definitely be able to take part?

Unfortunately, no. We will need to ask you some questions and carry out some tests to make sure you are suitable. To do this we will ask you to:

1. Fill in an online self-assessment on the trial website.
2. Have a telephone call with a member of the trial team.
3. Attend a screening visit at one of the participating trial sites.

More detail can be found in the detailed Participant Information Sheet.

What do I have to do if I take part?

- Complete the 3 above screening steps.
- Reduce your alcohol intake safely to the point where you have been abstinent for ideally 2 weeks before your first treatment visit.
- Attend all treatment visits, please see overleaf for the visit schedule and timings. Full details of these visits can be found in the detailed participant information sheet.
- Self-breathalyse every day during the trial.
- Keep an alcohol diary during the follow-up period of the trial.
- Attend all follow-up visits.

What happens at the end of the trial?

You will not receive any further treatment with this drug or therapy as part of this trial. However, you may be asked if you'd be willing to complete some voluntary online questionnaires 12 months after you started the trial. You will also have the opportunity to participate in an online voluntary peer support group with other trial participants. There may also be the opportunity to take part in a voluntary interview about your trial experiences within the first 3 months after finishing the trial.

What if I want to stop taking part?

Your participation in this trial is voluntary and you have the right to withdraw at any stage without needing to provide a reason. This will not affect your future medical care.

