

Post-Doctoral Transitional Development Support

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In November 2020 I was granted post-doctoral transitional development support jointly funded by the Society for the Study of Addiction (SSA) and the NIHR Maudsley Biomedical Research Centre (BRC). The support has enabled me to work as a Research Associate at the Addictions Department, King's College London. Whilst the scheme provided me with 12-months funding, I took the opportunity to fulfil a role as a Teaching Fellow in the Psychology department, King's College London, and paused the transitional development support for 10-months.

The transitional development support has been imperative in enabling me to develop research projects and fellowship grant applications, connect with and establish networks with key researchers in the field and assist with clinical trial grant applications. The funding has enabled me to focus on building upon and advancing my existing research interests: the remote delivery of Contingency Management (CM) (e.g., mobile CM; mCM) behavioural interventions to address substance use disorder. During my PhD I recognised that while mCM demonstrates potential effectiveness in reducing alcohol and nicotine use, there is a dearth of research assessing the effectiveness of mCM in reducing illicit substance use (e.g., opioids and cocaine). While this has primarily been due to technological limitations, recent advances in technology could now offer a way in which to monitor illicit substance use remotely. More specifically, I am focussing on the development of mCM interventions to remotely monitor and reinforce reduction in opioid use.

During the initial seven months under the transitional funding, I conducted qualitative explorations with 21 key stakeholders to ascertain views on mCM's place within UK drug and alcohol services and inform the development of a future mCM intervention. Key stakeholders were those involved in the delivery of substance use treatment and included: (1) commissioners responsible for investment decisions and commissioning of drug and alcohol treatment; (2) policymakers involved in making decisions surrounding the implementation and delivery of addiction treatment; and (3) practitioners involved in the management or delivery of addiction treatment (e.g. addictions psychiatrists, clinical psychologists, pharmacists, prescribers). This project was imperative in not only establishing connections with key stakeholders in the field, but in ascertaining future directions for CM interventions to guide and shape the development of funding applications.

I have identified funding opportunities and developed a body of research that I propose to conduct during my fellowship. I have established new connections and strengthened existing ones with researchers and academics who have conducted important research within the field. These connections have been highly valuable, resulting in me obtaining support and mentorship imperative for my fellowship. At this stage, I have developed two fellowship applications: (1) Wellcome Trust Sir Henry Dale Fellowship (progressed but rejected at round two) and (2) Society for the Study of Addiction Academic Fellowship (application awaiting submission).

During this time, I was invited to present my research in the SSA-sponsored symposium session at the SSA Annual Conference, 2021. I have also worked as a news editor for the Society's journal *Addiction*, composing reports for the *Addiction* newsroom and featuring on the *Addictions Edited* podcast. I also undertook several teaching responsibilities, including the supervision of a Masters student, supporting them through the analysis and write-up of a research project examining treatment providers' attitudes towards CM interventions. Furthermore, I contributed to the development of an NIHR research grant application to explore the feasibility of conducting a clinical trial to examine the effectiveness of mCM to enhance medication adherence. The post-doctoral

transitional development support has also enabled me to focus on the development of several research outputs (published/in preparation):

1. Getty, C. A., Weaver, T., Lynskey, M., Kirby, K. C., Dallery, J., & Metrebian, N. (2021). Patients' beliefs towards contingency management: Target behaviours, incentives and the remote application of these interventions. *Drug and Alcohol Review*, 41(1), 96-105.
2. Metrebian, N., ... Getty, C.A. & van der Waal, R. (2021). Mobile telephone delivered contingency management for encouraging adherence to supervised methadone consumption: feasibility study for an RCT of clinical and cost-effectiveness (TIES). *Pilot and Feasibility Studies*, 7(1), pp.1-12.
3. Getty, C.A, Weaver, T. & Metrebian, N. (2022). Patients' experience of receiving mCM to encourage adherence to supervised methadone: A qualitative exploration. *Drug & Alcohol Review*. *Under review*.
4. Getty, C.A., Metrebian, N., Neale, J. & Strang, J. (2022). Stakeholders' perspectives on remote delivered Contingency Management and its place within UK drug and alcohol services: Future directions. *In preparation*.

While I am currently fulfilling a role as a Teaching Fellow on the BSc Psychology course at King's College London, I will return to my research position under the transitional development support in July 2022. At that time, I will continue to identify and apply for fellowship funding opportunities to explore how mobile telephones can be utilised to implement Contingency Management interventions to treat substance use disorder.