



Background

Methamphetamine use disorder is a significant public health concern in Australia and internationally. There are no TGA approved pharmacotherapies for methamphetamine use disorder.

The Tina Trial is testing whether mirtazapine, an antidepressant medication, will help people reduce their methamphetamine use.

Aim

The aim of this clinical trial is to assess whether take-home oral mirtazapine can be used safely and effectively in routine clinical care to help people with a methamphetamine use disorder reduce their methamphetamine use.

We hypothesise that 12 weeks of take-home oral mirtazapine treatment (30 mg/day) will reduce methamphetamine use, reduce depressive

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Tertiary endpoints:

Other substance use, suicidality, anxiety, patient impression, medication tolerability, medication adherence (using MEMS Smartcaps®, Figure 2), work productivity, health service use and contact with the criminal justice system.

Progress

Recruitment for the Tina Trial commenced in November 2022. As of July 31, 2024, 267 participants had been randomised. The follow-up rate over all 10 assessments was 89% (with a follow up rate at week 12 of 87%).

Randomised participants had used methamphetamine on a median of 24 days in the past 4 weeks (IQR 17-28), 45% reported injecting methamphetamine, and 56% had not previously received drug treatment for their methamphetamine use. Almost half (48%) had screened positive for major depression on the PHQ-9 (score of 10 or greater).