

Who uses the S-Check App for methamphetamine use and what are the outcomes?

Early results from an Australian cohort

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Background

Methamphetamine use is associated with health-related harms, yet many individuals delay seeking treatment. Accessible digital interventions may facilitate professional help-seeking behaviours and support reductions in methamphetamine use.

Introduction

The S-Check App was released in Australia in December 2024 as part of a cohort study evaluating its effectiveness (1,2). The present study provides a preliminary evaluation of the S-Check App.

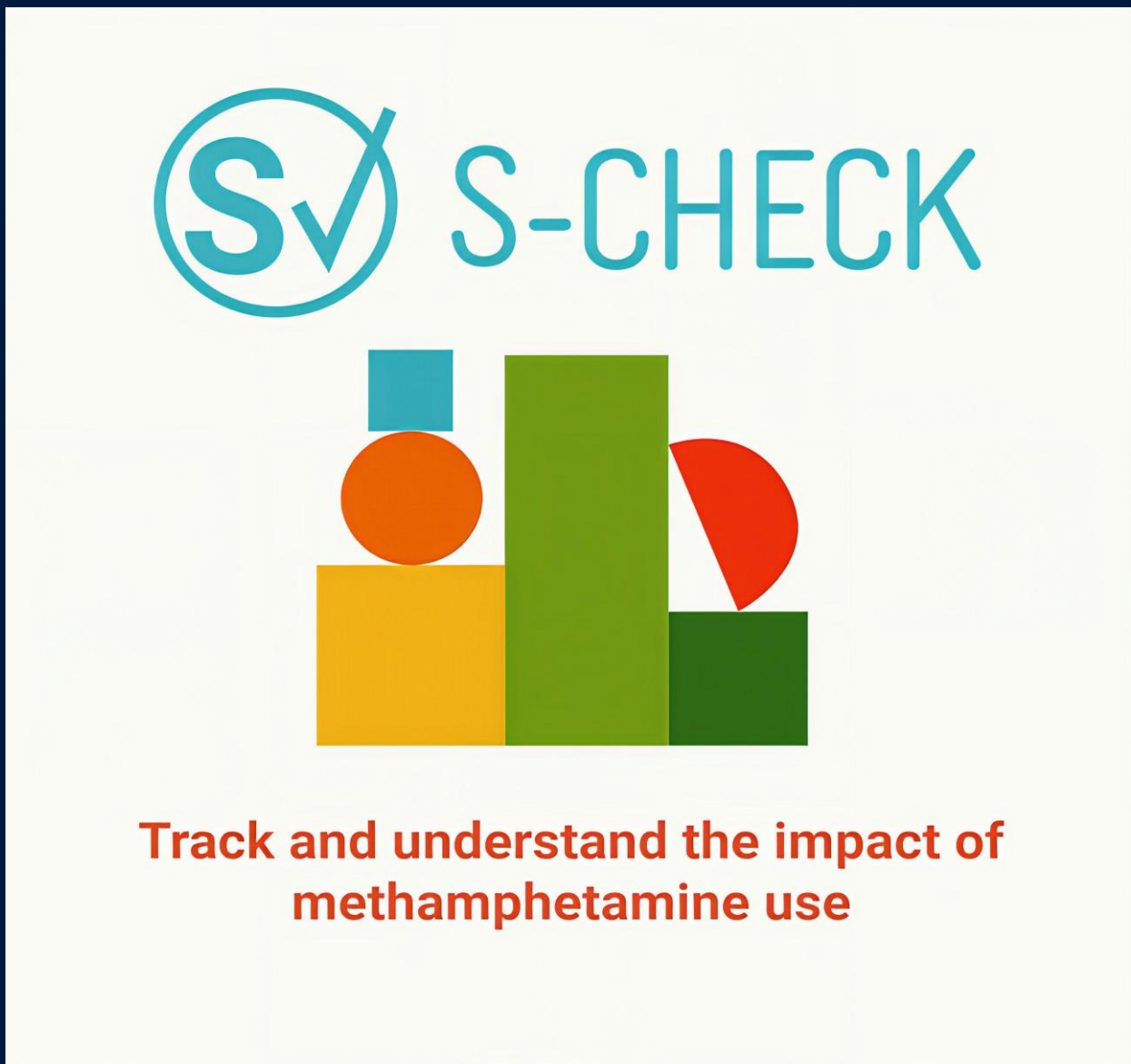
Aim

Evaluate the effect of the S-Check App on methamphetamine use and help-seeking behaviour among adult consumers of methamphetamine in Australia who have completed their first follow-up check-in assessment within the app.

Methods

A prospective cohort study of Australian anonymous S-Check App users. Data were collected within the app and analysed descriptively. Changes in methamphetamine use were assessed using the Wilcoxon signed-rank test, and changes in help-seeking behaviour was assessed using McNemar's test.

While the **S-Check App’s** aim is to promote treatment seeking, its use is associated with reductions in methamphetamine use



Results

- Data collection: December 2024 to June 2026
- Study sample: 571 participants
- First check-in: 90 participants (15.8%)

Participants characteristics

Table 1: Participants characteristics at baseline (n=571)

Variable	App Users (n=481)	First Check-in (n=90)
Age	39.0 years (SD=11.5)	38.3 years (SD=10.8)
Gender	Woman or female (n=245, 50.9%)	Woman or female (n=47, 52.2%)
Sexual Orientation	Straight/Heterosexual (n=324, 67.4%)	Straight/Heterosexual (n=59, 65.6%)
State	NSW (n=170, 35.3%)	NSW (n=38, 42.2%)
MMM* Classification	Urban (n=347, 79.6%)	Urban (n=71, 85.5%)
SEIFA (RSAD)** Classification	High SES (n=178, 40.8%)	High SES (n=43, 51.8%)
Help-seeking Behaviour	No (n=291, 60.5%)	No (n=54, 60.0%)

*Modified Monash Model (MMM)
**Socio-Economic Indexes for Areas (SEIFA), Index of Relative Socio-economic Advantage and Disadvantage (IRSAD)

Methamphetamine use

Methamphetamine use decreased from 23.5 days (IQR 10–28) at baseline to 15 days (IQR 3–28) at first follow-up check-in assessment, representing a median reduction of 8.5 days. This reduction was statistically significant ($Z = -3.85$, $p < .001$).

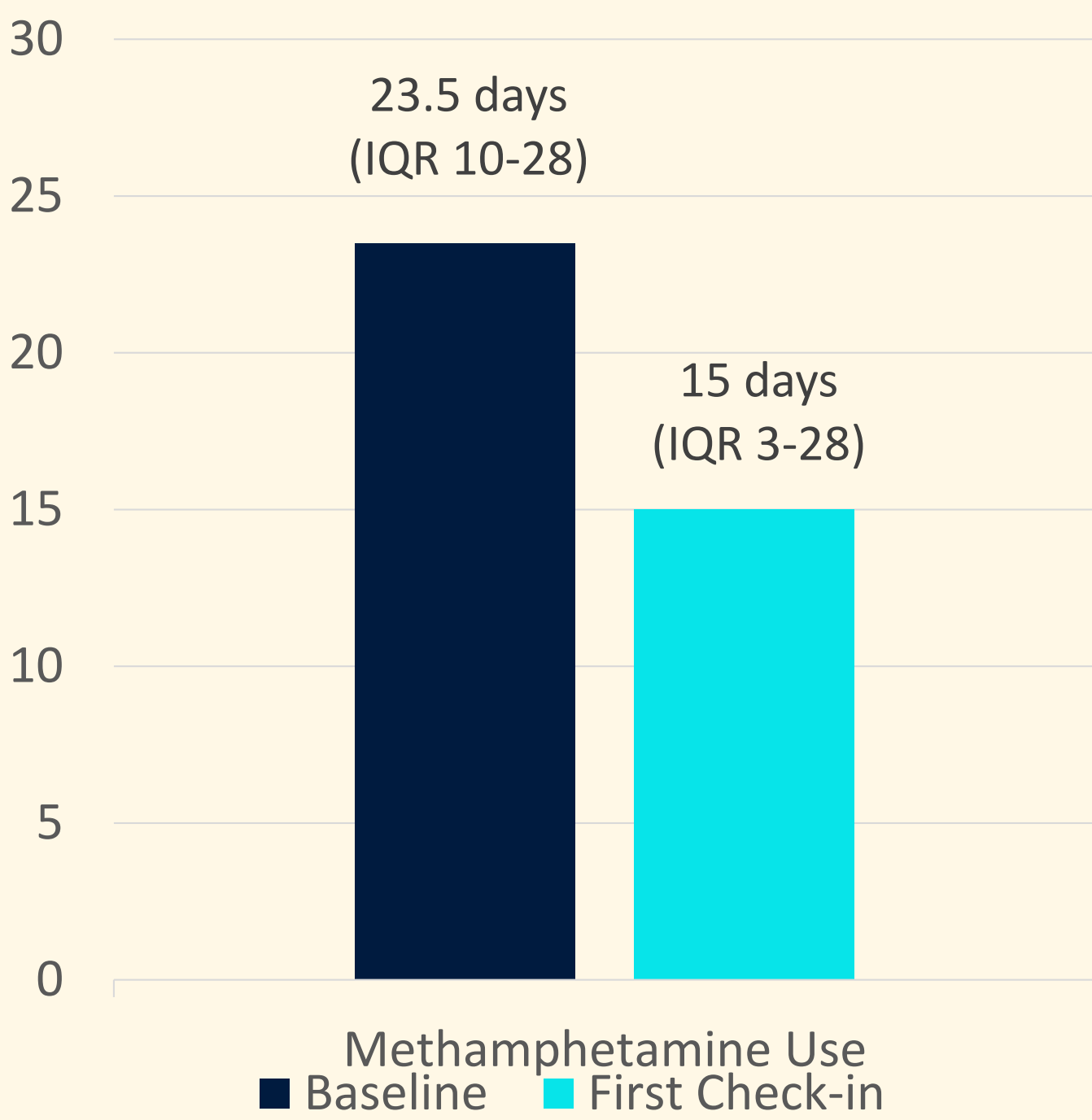


Figure 1: Methamphetamine use at baseline and first check-in (n=90)

Help-seeking behaviour

Help-seeking behaviour increased slightly from 40.0% at baseline to 44.4% at first check-in. It was not statistically significant ($p = .503$).

Implications

The S-Check App may help engage people who use methamphetamine who are not currently accessing formal treatment. Participants who completed the first follow-up check-in reported significant reductions in methamphetamine use, suggesting that self-guided digital interventions may support positive behaviour change.

Conclusions and next steps

The S-Check App engages a diverse population. Retention is relatively low, consistent with findings from similar digital health interventions. Further research is needed to better understand the role of self-guided digital interventions in the treatment landscape. A related paper is forthcoming.

References

- NCCRED. S-Check App 2024. Available from: <https://nccred.org.au/research/our-research/current-research-projects/s-check-app>
- ANZCTR. S-Check 2.0: a smartphone application to address methamphetamine use in adults – Trial Registration 2024. Available from: <https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?id=388383&isReview=true>

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