



UNIVERSITY OF ABERDEEN

Research into over-the-counter (OTC) medicine dependence

We would your assistance with a new research study. The aim of the study is to identify the perceived barriers and enablers to seeking treatment for people who are dependent on or addicted to OTC/non-prescription medicines (i.e. medicines which can be bought or supplied **without** a prescription e.g. painkillers which contain codeine and paracetamol/ibuprofen, cough and cold remedies, etc.). The study is being carried out as part of a PhD research project at the University of Aberdeen which is funded by the Society for the Study of Addiction.

We are hoping to recruit individuals in the UK aged 18 years and above who are **currently dependent** on OTC/non-prescription medicines, or **currently receiving treatment** for OTC/non-prescription medicine dependence.

We would like to request your assistance in identifying patients who are receiving treatment for OTC/non-prescription medicine dependence or addiction from your service. We would ask you to provide them with a cover letter and participant information sheet to inform them about the study. It would then be up to the individuals themselves to contact us, the research team, if they wish to participate in a telephone or Skype interview about their dependence and so would require no further involvement from you. Ethical approval has been received from the North of Scotland Research Ethics Committee.

If you need any additional information or would be interested in assisting in this way, please email Ms Niamh Fingleton (n.fingleton@abdn.ac.uk).