Welcome

About the Lab

The Research on Addictions and Digital Intervention (Readi) Lab, led Danielle Ramo, PhD, works at the intersection of substance use and digital health. With an emphasis on interdisciplinary collaboration between psychology, epidemiology, medicine, and computer science, our work is focused on using digital tools to facilitate behavior change in young adults, understand use of multiple substances over time, and track patterns of substance use in response to policy changes.

Behavior Change

We use social media tools to aid in changing tobacco use, heavy drinking, and marijuana use, and tailoring interventions for sexual and gender minority populations.

Understanding Polysubstance Use

We focus on understanding use of multiple substances over time, especially tobacco and marijuana co-use, and how youth and young adults are combining novel substances and routes of administration (e.g., vaping).

Responses to Changing Policies

We use online data (e.g., online communities, social media) to track patterns of substance use in the context of rapidly changing policies such as legalization of marijuana and more strict regulations on tobacco, electronic cigarettes, and prescription opioids (pain killers).

Recent Papers


http://dx.doi.org/10.1080/10826084.2016.1223690 [5]


