

## 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).

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### Recent Papers

1. Ramo DE, Thrul J, Chavez K, Delucchi KL, Prochaska JJ, et al. (2015). Feasibility and Quit Rates of the Tobacco Status Project: A Facebook Smoking Cessation Intervention for Young Adults. *J Med Internet Res*. 2015; 17(12):e291. PMID: 26721211.

<http://www.ncbi.nlm.nih.gov/pubmed/26721211> [1]

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2. Ramo, D.E., Popova, L., Grana, R., Zhao, S., Chavez, K. (2015) Cannabis mobile apps: A content analysis. *JMIR mHealth uHealth*, 3(3): e81. doi:10.2196/mhealth.4405. PMID:

<http://mhealth.jmir.org/2015/3/e81/> [2]

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3. Ramo, D.E., Thrul, J., Delucchi, K.L., Ling, P.M., Hall, S.M., & Prochaska, J.J. (2015) The Tobacco Status Project (TSP): Study protocol for a randomized controlled trial of a Facebook smoking cessation intervention for young adults. *BMC Public Health*, 15: 897. PMC4572690.

<http://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-015-2217-0> [3]

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4. Wang, J. B., Ramo, D. E., Lisha, N. E., & Cataldo, J. K. (2016). Medical marijuana legalization and cigarette and marijuana co-use in adolescents and adults. *Drug and alcohol dependence*, 166, 32-38.

<http://www.sciencedirect.com/science/article/pii/S0376871616301636> [4]

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5. Thrul, J. & Ramo, D.E. (2016). Cessation strategies young adults use after participating on a Facebook intervention. *Substance Use and Misuse*.

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

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6. McKelvey, K. Ramo, D.E., Delucchi, K.L., & Rubinstein M.L. (2017). Polydrug use among urban adolescent cigarette smokers. *Addictive Behaviors*.

<http://www.sciencedirect.com/science/article/pii/S0306460316303975?> [6]

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7. Gubner, N.R., Thrul, J., Kelly, O.A., & Ramo, D.E. (2017). Young adults report increased pleasure from smoking cigarettes when drinking alcohol but not when using marijuana. *Addiction Research & Theory*.

<http://www.tandfonline.com/doi/abs/10.1080/16066359.2017.1311877?> [7]

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8. Costello, C, & Ramo, D.E. (2017) Social media and substance use: What should we be recommending to teens and their parents? [Letter to the editor] *Journal of Adolescent Health*.

<http://www.sciencedirect.com/science/article/pii/S1054139X17301581> [8]

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**Links**

[1] <http://www.ncbi.nlm.nih.gov/pubmed/26721211>

[2] <http://mhealth.jmir.org/2015/3/e81/>

[3] <http://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-015-2217-0>

[4] <http://www.sciencedirect.com/science/article/pii/S0376871616301636>

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[7] <http://www.tandfonline.com/doi/abs/10.1080/16066359.2017.1311877>

[8] <http://www.sciencedirect.com/science/article/pii/S1054139X17301581>