

Drinking Less, Self help for Problem Drinking: randomised clinical trial.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON20817

Source

NTR

Brief title

N/A

Health condition

Self help, problem drinking, randomised controlled trial, bibliotherapy without therapist guidance, adult general population;

(NLD: zelfhulp, probleemdrukken, effectonderzoek, volwassen algemene bevolking).

Sponsors and support

Primary sponsor: Heleen Riper, Trimbos Instituut

Source(s) of monetary or material Support: Ministry Of Health and Social Affairs

Intervention

Outcome measures

Primary outcome

Problem drinking, defined as alcohol consumption exceeding the guideline - 21 or 14 standard units (m/f) average per week or 6 or 4 units (m/f) at least one day per week over

the previous three months.

Secondary outcome

Mean weekly alcohol consumption in terms of a continuous measure over the past three months.

Study description

Background summary

The experimental condition decreased its alcohol consumption over the past three months to a significant higher degree than the control condition six months after the start of the intervention.

Study objective

To test the effectiveness of a self help booklet without therapist guidance vis-à-vis a psycho-education brochure for adult problem drinkers in the general population.

Study design

N/A

Intervention

Experimental condition:

The self help book “How to moderate your drinking?” (Hoe minder te drinken; Van Emst 1997)? This self help book is based on cognitive behavioural and self control principles. The book aims to support problem drinkers in their effort to decrease their alcohol consumption. The booklet consists of information on sensible and risky drinking patterns, alcohol monitoring diary and tips and exercises for maintaining reduced alcohol consumption and coping with relapse. The recommended treatment period is 6 weeks.

Control condition:

A psycho-educational brochure on the effects of alcohol use.

Contacts

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Eligibility criteria

Inclusion criteria

1. a. Men drinking either more than 21 units per week (excessive drinking) or more than 6 units at least one day per week for the past three months (hazardous drinking);
b. Women drinking over 14 units a week or more than 4 units at least one day a week for the past three months. One unit represents 10 g of ethanol;
2. Age 18 to 65;
3. Given informed consent.

Exclusion criteria

1. Receiving professional help for problem drinking in the 12 months period before the start of the study;
2. Not available for follow up;

3. Participation in a study with a conflicting interest.

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-06-2001
Enrollment:	175
Type:	Actual

Ethics review

Positive opinion	
Date:	20-04-2007
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL935
NTR-old	NTR960
Other	:
ISRCTN	ISRCTN wordt niet meer aangevraagd

Study results

Summary results

N/A