Boozebuster

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON23438

Source
Nationaal Trial Register

Brief title
Boozebuster

Health condition

Problem drinking

Sponsors and support

Primary sponsor: Vrije Universiteit Amsterdam
Source(s) of monetary or material Support: ERAB Grant EA1720

Intervention

Outcome measures

Primary outcome

The quantity and frequency of drinking

Secondary outcome

Binge drinking frequency

Study description

Background summary

Only a minority of young adults make use of traditional prevention or counseling services for drinking-related problems. Digital interventions are known to effectively reduce risky drinking in young adults. However, there is a lack of tailored mobile interventions aiming to promote low-risk drinking by utilizing various lifestyle components and thus making use of a comprehensive intervention strategy suitable to young adults. This study aims to investigate the effectiveness of a self-guided mobile intervention that provides young adults a tool to tackle and prevent problem drinking by promoting low-risk drinking behaviors and provide optional modules targeting mood and sleep. Participants are randomly allocated to the intervention or the control condition receiving an educational brochure. It is hypothesized that this mobile intervention will effectively reduce alcohol consumption and binge-drinking frequency.

Study objective

It is hypothesized that this mobile intervention will effectively reduce alcohol consumption and binge-drinking frequency.

Study design

T0 - baseline
T1 - 6 weeks
T2 - 3 months

Intervention

Boozebuster includes a variety of interactive tools and modules based on evidence based behavioral change techniques, including Personalized Normative Feedback, motivational interviewing, goal setting, self-monitoring, protective behavioral strategies, and mindfulness. In addition, via ecological momentary assessments, participants will be able to monitor their daily alcohol consumption by means of the amount of standard drinks, their mood via daily mood ratings by means of a scale of one to ten and, their sleep quality via daily sleep quality ratings. Furthermore, participants will be able to monitor their progress on those three key behaviors (drinking, mood, sleep quality) via visual feedback given within the mobile application.

Contacts

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Eligibility criteria

Inclusion criteria

1) aged between 18 and 30 years
2) proficiency in reading and writing in Dutch
3) have access to a mobile android or IOS device with connection to the internet and possessing an e-mail address.

Exclusion criteria

None

Study design

Design

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

Recruitment

NL

Recruitment status:	Recruiting
Start date (anticipated):	01-09-2020

Enrollment:	506
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Ethics review

Positive opinion

Date:	12-08-2020
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	NL8828
Other	VU University, Amsterdam : CWE-2019-016

Study results