ABC-training to help in voluntary abstinence challenge (IkPas / NoThanks)

No registrations found.

Ethical review   Not applicable
Status   Recruiting
Health condition type -
Study type   Interventional

Summary

ID

NL-OMON23464

Source
NTR

Brief title
ABCIkPas

Health condition

harmful drinking

Sponsors and support

Primary sponsor: UvA, Psychology
Source(s) of monetary or material Support: -

Intervention

Outcome measures

Primary outcome

Primary outcome variables alcohol-related:
1. #abstinence days
2. drinking at follow-ups (2 weeks, 3 months and 6 months after posttest)
3. number of binges (5+ standard NL units of 10 grams of alcohol on a day for females, 6+ for males)

Secondary outcome

1. Expectancies (VAV, Wiers et al, 1997), shortened, reduced positive and increased negative expectancies;
2. Automatically activated expectancies (Cummins & De Houwer, in press, mouse-based task)*
3. Self-efficacy (situational confidence questionnaire)
* only in pilot in Feb-March 2021, not in larger study January 2022

Study description

Background summary

In this study, we test a novel form of cognitive training: ABC-training (Wiers et al., 2020), during a six-week voluntary abstinence period. Participants will be recruited from IkPas(NoThanks!), which is a Dutch health campaign by the Positive Lifestyle foundation that helps adult alcohol users put their alcohol consumption on hold. ABC-training is based on the idea that inferential processes rather than associative processes underlie training effects in cognitive bias modification (CBM). ABC training incorporates personalized risk situations, or antecedents (A), and requires participants to make behavioral choices (B), in accordance with their personal goals, in light of their consequences (C). Therefore, training the repeated choice to either approach or avoid substances with certain (personally relevant) consequences attached, will create inferences about the evaluative properties of these choices. The A's and B's will be simulated in a virtual environment, where the participants will navigate an avatar to become aware of the goal related consequences (C's) of their choices. In this RCT, volunteer participants are randomized over three conditions: ABC-training, regular CBM training and sham-training. We expect stronger effects of ABC-training than of regular CBM, for which we expect stronger effects than sham-CBM: ABC>CBM>sham-CBM. Main outcome variables are duration of successful abstinence (days), and drinking at three follow-ups: 2 weeks, 3 months and 6 months after posttest. Secondary outcome variables are expectancies, self-efficacy, and alcohol-related problems (AUDIT past half year, assessed only at pre-test and 6 months follow-up).

Study objective

We expect better outcomes: ABC > CBM > sham-CBM

Study design

Pretest, 6 week voluntary training period during IkPas (max 12 training sessions, suggested to do at least 6), posttest, follow-ups two weeks, three and six months after posttest.

Intervention

ABC-training (Wiers, Van Dessel & Köpetz, 2020, Current Directions in Psychological Science)
CBM in the same setup (cf. Wiers et al, 2010; 2011; Van Dessel et al, 2018).
Sham CBM in the same setup (idem).

Contacts

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Eligibility criteria

Inclusion criteria

adult volunteer particiants of IkPas, voluntary abstinence challenge

Exclusion criteria

minor

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)

Control:	Placebo

Recruitment

NL
Recruitment status:	Recruiting
Start date (anticipated):	21-02-2021
Enrollment:	300
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Ethics review

Not applicable
Application type:	Not applicable

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	NL9274
Other	UvA, ethical committee psychology : 2021-DP-13138 (approved)

Study results

Summary results

ethical committee psychology UvA, 2021-DP-13138