Avoid alcohol training in treatment for problem drinkers

No registrations found.

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

Summary

ID

NL-OMON24326

Source
NTR

Brief title
CBM-AAT +CBT

Health condition

Problem drinking

Sponsors and support

Primary sponsor: Saxion University of Applied Sciences, University Amsterdam (UvA), University Twente (UT), Tactus Addiction Treatment
Source(s) of monetary or material Support: NWO Veni grant 451-10-029 , promotion funds Saxion University of Applied Sciences, University Amsterdam (UvA), University Twente (UT), Tactus Addiction Treatment

Intervention

Outcome measures

Primary outcome

Proportion of participants reaching the guidelines for low risk drinking (<22 standard units/week for men and <15 for women).

Secondary outcome

-To investigate whether adding online CBM Avoid Alcohol training to cognitive behavioral treatment (TAU) improves health status (MAP-HSS) and decreases depression, anxiety and stress (DASS-21) when compared to TAU + placebo training.

-Whether the added effect on treatment outcome is mediated by the amount of change in approach-bias (AAT).

-Investigate who benefits most from training.

-To what extent clients adhere to the CBM Avoid Alcohol training and to what extent they find the CBM Avoid Alcohol training acceptable and credible (CEQ, CSQ).

Study description

Background summary

The aim of the study is to examine the effectiveness of CBM Avoid Alcohol training as an adjunct to a cognitive behavioral treatment (TAU) in an outpatient treatment setting. The TAU consists of a structured, online CBT program in which the participant and the therapist communicate asynchronously, via the Internet only or a face-to-face CBT group or individual therapy. A treatment regarding CBM Avoid Alcohol training is added to the TAU. Patients will be randomised to a CBM Avoid Alcohol training or to a CBM placebo training. All participants receive pictures of alcoholic beverages and soda drinks, that are tilted to the left or right. They are instructed to approach one type of tilt (e.g., tilted left) by pushing a certain key (and the picture grows bigger) and avoid the other type of tilt (e.g., tilted right) by another key (and the picture shrinks). Participants in the experimental group (AAT-training) avoid alcoholic pictures and approach soda drinks, while participants in the control group (placebo training) approach and avoid those pictures equally often.

Study objective

1. A higher percentage of participants reaching the guidelines for low risk drinking in the AAT training condition compared to those in the AAT placebo condition.

2. Improvement of health status and depression, anxiety and stress symptoms in participants in the AAT training condition compared to those in the placebo condition.

3.The added effect on treatment outcome is mediated by a change in approach bias.

Study design

- Intake procedure Treatment as usual (demographic characteristics, TLFB, MAP-HSS, DASS-21, 5-items OCDS, CIDI)

- Pre-assessment training (TLFB, VAS, DMQ-r, Drinking refusal self-efficacy, AAT)

- Post- assessment training (TLFB, VAS, AAT and CSQ)

- Posttest and follow-up Treatment as usual (TLFB, MAP-HSS, DASS-21, 5-items OCDS)

Intervention

The CBM training will start simultaneously with the goal setting assignment in the TAU (web-based treatment or face-to face treatment for alcohol abuse).

The training consists of a pre- and postassessment and 8 training sessions.

Condition 1: TAU + AAT training

Condition 2: TAU + placebo AAT

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Eligibility criteria

Inclusion criteria

- Participants follow cognitive behavioral

treatment for alcohol abuse.

- Dutch as first language

Exclusion criteria

- There are no exclusion criteria in order to participate in this trial.

For participation in the web- based treatment:

- Age ¡Ý 18

- Serious psychiatric illnesses with a chance to decompensate while decreasing alcohol consumption.

- A chance of severe physical illnesses as a consequence of decreasing alcohol consumption behavior.

Study design

Design

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

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	13-05-2015
Enrollment:	304
Type:	Anticipated

IPD sharing statement

Plan to share IPD: Undecided

Ethics review

Positive opinion

Date:	10-03-2015
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 42123
Bron: ToetsingOnline
Titel:

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

No registrations found.

In other registers

Register	ID
NTR-new	NL4965
NTR-old	NTR5087
CCMO	NL48563.018.14
OMON	NL-OMON42123

Study results