Targeting young drinkers online: The effectiveness of a web-based brief alcohol intervention in preventing excessive drinking patterns among adolescents with a low educational background.

No registrations found.

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

Summary

ID

NL-OMON27506

Source
Nationaal Trial Register

Brief title
Web-based brief alcohol intervention

Health condition

Adolescents, Alcohol

Sponsors and support

Primary sponsor: Radboud University Nijmegen Medical Centre, Trimbos-institute - Netherlands Institute of Mental Health and Addiction
Source(s) of monetary or material Support: The Netherlands Organization for Health Research and Development (ZonMw)

Intervention

Outcome measures

Primary outcome

The percentage of participants who drink within the normative limits of the Dutch National Health Council for low-risk drinking and thereby not exceeding a mean consumption rate of more than 7 (girls aged 15-16 years), 12 (boys aged 15-16 years), 14 (females aged 17-20 years) or 21 (men aged 17-20 years) glasses of standard units of alcohol per week and/or drink 5 or more glasses of standard units of alcohol on one drinking occasion at least once per month and week for boys and girls aged 15-16 years and men and females aged 17-20 years respectively at 1 month and 6 months after the intervention. In addition, we will assess reductions in mean weekly alcohol consumption and frequency of binge drinking.

Secondary outcome

Attitudes, self-efficacy, and subjective norms will be assessed as secondary outcome measures. These alcohol-related cognitions will be included at baseline and 1 and 6 months after the intervention.

Study description

Background summary

The aim of the project is to test the effectiveness of a web-based brief alcohol intervention that is aimed at reducing heavy drinking among adolescents with a low educational background, that is participants of secondary schools (VMBO) and institutions for professional education (ROC) in the ages between 15 and 20 years in a Dutch sample. A randomized controlled trial (RCT) trial with a 1 factor (two levels: experimental versus control condition) pre-post test design will be conducted. Measurements on mean weekly alcohol consumption and binge drinking will be employed and assessments on alcohol related cognitions will be conducted at baseline, and 1 month and 6 months after the intervention.

Study objective

The present study will test the effectiveness of a web-based brief alcohol intervention that is aimed at reducing heavy drinking among adolescents with a low educational background, that is participants of secondary schools (VMBO) and institutions for professional education (ROC) in the ages between 15 and 20 years in a Dutch sample. We expect that a larger percentage of participants in the experimental condition will drink within the normative limits of the Dutch National Health Council for low-risk drinking compared to the control condition as a direct result of the intervention. This means that their consumption will not exceed a

mean heavy alcohol use consumption of more than 7 (girls aged 15-16 years), 12 (boys aged 15-16 years), 14 (females aged 17-20 years) or 21 (men aged 17-20 years) glasses of standard units of alcohol per week and/or, in case of binge drinking, 5 or more glasses of standard units of alcohol on one drinking occasion at least once per month and week for boys and girls aged 15-16 years and men and females aged 17-20 years respectively at 1 month and 6 months after the intervention. It was hypothesized that reductions in mean weekly alcohol consumption and frequency of binge drinking would occur in both arms, but exposure to the web-based brief alcohol intervention would be more effective than receiving no intervention.

Study design

Baseline, 1 and 6 months.

Intervention

Participants will be allocated at random to either the experimental condition – exposure (± 20 minutes) to a web-based brief alcohol intervention – or control condition – no intervention. In addition, the participating institutions for secondary education (VMBO) and professional education (ROC) are being offered a reward “Workshop Reclamebureau” after their students completing the total follow up period. During this workshop students are being asked to evaluate a commercial about healthy choices and social influence.

Contacts

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Eligibility criteria

Inclusion criteria

1. Adolescents of secondary schools (VMBO) and institutions for professional education (ROC) aged between 15 and 20 years, either sex;
2. Adolescents report heavy drinking in the past 6 months. Heavy drinking is based on measures of heavy alcohol use and binge drinking and differs according to adolescents' sex and age. We will differentiate adolescents aged 15-16 years and adolescents aged 17-20 years.
Adolescents aged 15-16 years will be included if they report heavy alcohol use in the past month and/or binge drinking at least once per month in the past 6 months. For this age group, heavy alcohol use is defined as having a mean consumption rate of more than 7 (girls) or 12 (boys) glasses of standard units of alcohol per week in the past month. Binge drinking is defined as drinking 5 or more glasses of standard units of alcohol at one drinking occasion at least once per month.
Adolescents aged 17-20 years will be included if they report heavy alcohol use in the past month and/or binge drinking at least once per week in the past 6 months. For this age group, heavy alcohol use is defined as an alcohol consumption exceeding the Dutch National Health Council for low-risk drinking – a mean consumption rate of more than 14 (females) or 21 (men) glasses of standard units of alcohol per week. Binge drinking is defined as drinking 5 of more glasses of standard units of alcohol on one drinking occasion at least once per week;
3. Adolescents are in the (pre)contemplation stage of change.

Exclusion criteria

Adolescents who are problem drinkers, drinkers who show symptoms of alcohol abuse or dependence and/or receive treatment for drinking-related problems, will be excluded from participation.

Study design

Design

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

Control:	Active

Recruitment

NL

Recruitment status:	Pending
Start date (anticipated):	01-09-2011
Enrollment:	749
Type:	Anticipated

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	NL2830
NTR-old	NTR2971
Other	ZonMw : 50-50110-96-682
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results
N/A