

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

No registrations found.

Ethical review	Not applicable
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON27527

Source

Nationaal Trial Register

Brief title

Web-based brief alcohol intervention

Health condition

Heavy alcohol use among adolescents / young adults.

Sponsors and support

Primary sponsor: Radboud University Nijmegen and Trimbos-institute - Netherlands
Institute of Mental Health and Addiction

Source(s) of monetary or material Support: Zon-Mw, The Netherlands Organization for Health Research and Development

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 14 (females) or 21 (men) 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 week 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

Ecological Momentary Assessment (EMA) will be employed both in the pre-test (one month before the intervention) and post-test from January until August 2011 with a final follow up in November 2011. Every Monday participants will report the number of standard glasses of alcohol they drank during each day of that week and report the frequency of binge drinking during the assessment period. In addition, we will assess attitudes, self-efficacy, subjective norms and alcohol expectancies. These alcohol-related cognitions will be included at baseline, immediately after the intervention, and 1 and 6 months after the intervention. A cost-effectiveness analysis will also 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 specifically aimed at reducing heavy alcohol use among heavy drinkers in the ages between 18 and 24 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. EMA measurements on mean weekly alcohol consumption and binge drinking will be employed and assessments on alcohol related cognitions will be conducted periodically.

Study objective

The present study will test the effectiveness of a web-based brief alcohol intervention that is specifically aimed at reducing heavy alcohol use among heavy drinkers in the ages between 18 and 24 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 and thereby not exceeding a mean consumption rate of more than 14 (females) or 21 (men) 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 week 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 (\pm 20 minutes) to a web-based brief alcohol intervention – or control condition – no intervention. In addition, all participants are being offered a monetary reward of 100 euro after completing the total follow up period.

Contacts

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Eligibility criteria

Inclusion criteria

1. Adolescents aged between 18 and 24 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. Heavy alcohol use is defined as 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 or 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;
4. Adolescents have daily access to Internet;
5. Adolescents sign informed consent.

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:	Recruitment stopped
Start date (anticipated):	11-11-2010
Enrollment:	908
Type:	Actual

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	NL2547
NTR-old	NTR2665
Other	ZonMw : 50-50110-96-682
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A