

# Reduction of alcohol use by young adolescents: a randomized trial with four conditions.

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON28136

### Source

NTR

### Brief title

N/A

### Health condition

No disorder, healthy persons

## Sponsors and support

**Primary sponsor:** Trimbos Institute, Utrecht

University of Utrecht

University of Nijmegen

**Source(s) of monetary or material Support:** ZonMw, The Netherlands Organization for Health Research and Development.

## Intervention

## Outcome measures

### Primary outcome

Over a course of three years, the effectiveness of two interventions for reducing alcohol use by adolescents under the age of 16 is assessed. In particular, we examine the effectiveness of each of the interventions separately and simultaneously offered.

The interventions are targeted at the reduction of alcohol consumption among young adolescents. These objectives will be concretized in the following attainment targets:

1. Reduce the percentage of binge drinking (> than five drinks) with at least 10%;
2. Reduce the weekly number of drinks from 10 to 6 drinks;
3. Reduce the percentage of adolescents who drink on a weekly basis with 10%.

The parent intervention will take place in October 2006, booster sessions at the beginning of each successive school year in 2007 and 2008.

The alcohol module will be run in March to April of the first grade in secondary education in all participating schools in 2007.

Measurements will take place before the first intervention, T0 August to September 2006, and at the beginning of each successive school year; T1 October to November 2007, T2 October to November 2008, T3 October to November 2009.

Students will answer a digital questionnaire in their classroom. Parents will be sent a questionnaire by post.

## **Secondary outcome**

We will examine whether the effectiveness of these interventions is dependent upon particular child, parent or school characteristics (moderator-effects) and whether the effectiveness is mediated by particular child, parent or school characteristics. In addition, it will be analysed whether the interventions have a simultaneous effect on the reduction of externalising problem behaviour.

# **Study description**

## **Background summary**

The effectiveness of two interventions for reducing alcohol use by adolescents under the age of 16 is measured. The two interventions are the renewed alcohol module, developed within the scope of the Healthy School and Drugs (Gezonde School en Genotmiddelen) program, based on elements proven effective in the past in previous modules, and a new parent intervention that primarily focuses on influencing the way parents raise their children with respect to alcohol consumption. It concerns a randomized controlled trial with four parallel groups in which we study the effectiveness of each of the interventions separately and simultaneously offered. In addition, we examine whether the effectiveness of these interventions is dependent upon particular child, parent or school characteristics (moderator-effects) and whether the effectiveness is mediated by particular child, parent or school characteristics.

## **Study objective**

The implementation of the interventions will reduce the alcohol use by adolescents under the age of 16, measured by the percentage of binge drinking, the weekly number of drinks and the percentage of adolescents who drink on a weekly basis.

## **Intervention**

The objective of the present study is to determine the effectiveness of two interventions for reducing alcohol use by young adolescents: the renewed alcohol module, developed within the scope of the Healthy School and Drugs (Gezonde School en Genotmiddelen) program, based on elements proven effective in the past in previous modules, and a new parent intervention that primarily focuses on influencing the way parents raise their children with respect to alcohol consumption. The renewed alcohol module consists of four lessons. The parent intervention is introduced during a parent evening at the school. Both interventions will be held in the first year of secondary education

Schools will be randomly assigned to one of the following four conditions: (1) Regular curriculum, (2) renewed Healthy School and Drugs alcohol module, (3) Parent Intervention (PI), (4) Combination of 2 and 3.

## **Contacts**

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## **Eligibility criteria**

## Inclusion criteria

Adolescents in the first grade of secondary school.

## Exclusion criteria

Adolescents who do not attend school.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Masking:	Open (masking not used)
Control:	Active

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	15-04-2006
Enrollment:	5400
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	NL593
NTR-old	NTR649
Other	: 50-50110-98-208
ISRCTN	ISRCTN31724721

## Study results

### Summary results

N/A