

# Effectiveness of a multi media self-help intervention for problem drinkers: 'The Telec Course Drinking less, do it yourself!' A randomized controlled trial.

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON28749

### Source

Nationaal Trial Register

### Brief title

N/A

### Health condition

problem drinking, probleem drinken.

## Sponsors and support

**Primary sponsor:** Trimbos-instituut. Utrecht, The Netherlands

**Source(s) of monetary or material Support:** fund = initiator = sponsor

## Intervention

## Outcome measures

### Primary outcome

Alcohol consumption a week measured in standard units (Weekly Recall). Measured after the

intervention (T1) and 3 months later (T2) and at the same time for the waiting list control group.

### **Secondary outcome**

1. Alcohol related problems;
2. Health care use;
3. Quality of life.

## **Study description**

### **Background summary**

In a randomized clinical trial (RCT) the effectiveness of a multi media self-help intervention is studied. The experimental group is compared to a waiting list control group. The waiting list control group receives the material one week after the experimental group has finished the course and after the first follow-up measurement.

The course materials are: a course book, five DVDs containing one episode and a self help website: [www.minderdrinken.nl](http://www.minderdrinken.nl). Measurements take place at baseline, 8 weeks later (after the first course group) and 3 months later. The primary outcome is the number of standard units alcohol a week.

### **Study objective**

Compared to a waiting list control group, do participants who receive a multi media self-help program drink less standard units of alcohol a week?

### **Study design**

N/A

### **Intervention**

The experimental Group received the multichannel Teleac course 'Drinking less, do it yourself!'. It's a cognitive behavioural self-help intervention to reduce alcohol consumption. The course consists of a course book ('Drinking less'; Lemmers et al, 2006), five television episodes of 25 minutes (Teleac/NOT, 2006) the self-help site MinderDrinken.nl (Riper e.a., 2002) and an informative site of Teleac: [www.teleac.nl/minderdrinken.nl](http://www.teleac.nl/minderdrinken.nl). The book has 190 pages and contains information, exercises and a diary to register alcohol intake. The television episodes follow the information in the five chapters of the book. Also two students are followed over time while they work through the course. A tv-coach gives advise.

The waiting list control group receives the intervention after the post-measurement (about 8 weeks after baseline).

## Contacts

### Public

Trimbos Institute - The Netherlands, Institute for Mental Health and Addiction.  
Centre for Prevention and Brief Intervention,  
P.O. Box 725  
Jeannet Kramer  
Da Costakade 45  
Utrecht 3500 AS  
The Netherlands  
+31 (0)30 2959380

### Scientific

Trimbos Institute - The Netherlands, Institute for Mental Health and Addiction.  
Centre for Prevention and Brief Intervention,  
P.O. Box 725  
Jeannet Kramer  
Da Costakade 45  
Utrecht 3500 AS  
The Netherlands  
+31 (0)30 2959380

## Eligibility criteria

### Inclusion criteria

1. Informed consent;
2. Age of 18 years or older;
3. Access to the internet;
4. Availability of an e-mail address;
5. Access to a DVD or video player.

### Exclusion criteria

1. Professional help for alcohol problems;
2. Member of a self help group like Alcoholics Anonymous;
3. Presently using alcohol medication;
4. Involved in a study about alcohol;
5. No alcohol consumption at baseline.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-09-2006
Enrollment:	200
Type:	Actual

## Ethics review

Positive opinion	
Date:	15-05-2007
Application type:	First submission

## 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	NL950
NTR-old	NTR976
Other	:
ISRCTN	ISRCTN14847232

## Study results

### Summary results

N/A