

# BEAT IT! Training behavioral control in adolescents.

No registrations found.

|                              |                  |
|------------------------------|------------------|
| <b>Ethical review</b>        | Positive opinion |
| <b>Status</b>                | Recruiting       |
| <b>Health condition type</b> | -                |
| <b>Study type</b>            | Interventional   |

## Summary

### ID

NL-OMON28915

### Source

NTR

### Brief title

Beat it

### Health condition

increasing behavioral control and reducing (heavy) alcohol use

keywords EN: serious gaming, behavioral control, alcohol use, adolescents, delay of gratification

keyword NL: serious gaming, gedragscontrole, alcohol gebruik, adolescenten, uitstel van beloning

## Sponsors and support

**Primary sponsor:** Utrecht University, Dynamics of Youth

**Source(s) of monetary or material Support:** Utrecht University

## Intervention

## Outcome measures

### Primary outcome

behavioral control at 2 and 4 weeks after training

## **Secondary outcome**

alcohol use after 4 weeks and 3 month follow-up

# **Study description**

## **Background summary**

This study will test the effectiveness of a serious game developed to increase behavioral control and subsequently decrease heavy drinking in adolescents. Evidence based training paradigms are implemented in a serious game to increase participants' motivation to complete the training.

## **Study objective**

- 1) behavioral control increases stronger in the game condition training compared to placebo and traditional training condition
- 2) adolescents in the game condition training will be more motivated to complete the training compared to adolescents in the placebo/traditional training condition
- 3) adolescents in the game condition training will drink less heavily after training compared to adolescents in the placebo/traditional training condition.

## **Study design**

- 1) pre-assessment + first training session
- 2) second training session + behavioral control assessment
- 3) third training session
- 4) fourth training session + post-assessment
- 5) brief 3 month follow-up by email

## **Intervention**

- 1) serious game training condition
- 2) placebo game training condition

3) non-Game training condition

## Contacts

### **Public**

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## Eligibility criteria

### **Inclusion criteria**

adolescents between 15-18 years mainstream and special education

### **Exclusion criteria**

none

## Study design

## Design

|                     |                             |
|---------------------|-----------------------------|
| Study type:         | Interventional              |
| Intervention model: | Factorial                   |
| Allocation:         | Randomized controlled trial |
| Masking:            | Open (masking not used)     |
| Control:            | Placebo                     |

## Recruitment

|                           |             |
|---------------------------|-------------|
| NL                        |             |
| Recruitment status:       | Recruiting  |
| Start date (anticipated): | 01-09-2016  |
| Enrollment:               | 150         |
| Type:                     | Anticipated |

## Ethics review

|                   |                  |
|-------------------|------------------|
| Positive opinion  |                  |
| Date:             | 11-07-2016       |
| 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 NL5812

**Register ID**

NTR-old NTR5967

Other facultaire ethische commissie (Universiteit Utrecht, faculteit Sociale Wetenschappen) : FETC16-064

## Study results

**Summary results**

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