

# 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

Nationaal Trial Register

### 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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