

# The effectiveness of the Teleac self-help course 'Drinking less'. A randomised controlled trial.

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The goal of this study is to evaluate the self help course \*Drinking less, and to study the effectiveness.

<b>Ethical review</b>	-
<b>Status</b>	Pending
<b>Health condition type</b>	Lifestyle issues
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON29971

### Source

ToetsingOnline

### Brief title

Effectiveness of the Teleac course 'Drinking less'.

### Condition

- Lifestyle issues

### Synonym

drinking to much alcohol, problematic alcohol use

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Trimbos-instituut

**Source(s) of monetary or material Support:** Ministerie van VWS

## Intervention

**Keyword:** Alcohol, Effectiveness, RCT, Self help

## Outcome measures

### Primary outcome

Reduction of weekly alcohol consumption as measured with the Weekly Recall (WR)

### Secondary outcome

- Drinking according to the guidelines for sensible drinking, that is drinking 14 or less units a week for woman and 21 or less units a week for men and at the same time refrain from binge drinking (here defined as drinking at least once a week 4 or more units on a day for woman and 6 or more units for men).
- Alcoholrelated problems (Probleemindex)
- Readiness to change alcoholconsumption (RCQ-D)
- Also an economic evaluation of the course takes place.

## Study description

### Background summary

Approximately 10,3% of the Dutch population in the age of 16 to 69 years can be regarded as harmful alcohol users . These drinkers have little contact with healthcare professionals and have a low need for help. Low threshold interventions like \*self-help\* have the potential to reach these harmful alcohol users. For that purpose Teleac and the Trimbos-institute have developed the Television course \*Drinking less\*. Teleac courses attract between 150.000 and 300.000 viewers each episode. So, the course has a high potential for reaching a broad range of persons with alcohol problems.

### Study objective

The goal of this study is to evaluate the self help course \*Drinking less, and to study the effectiveness.

## Study design

A controlled randomised trial (RCT) with two conditions:

1. the Teleac course \*Drinking less\* which encloses five television episodes on DVD or videotape, a self help book and access to the Drinking less website.
2. a waiting list control Group. This group receives the intervention after the first post treatment measurement..

The RCT encompasses three measurement points: a baseline measurement before the intervention, post-measurement right after the intervention (about six weeks after the baseline measurement), and a follow-up measurement after another three months.

## Intervention

The Teleac course \*Drinking less\* consists of 5 one-hour television episodes, a self help book and a website. Each of the television episodes gives information about the drinking process and shows two individuals who are working on lessening their drinking. The self help book (190 pages) encompasses background information about alcohol and exercises. The course helps participants to gain insight into their drinking behaviour, helps to set goals and gives advice concerning risk situations, craving and relapse. Effective techniques from cognitive behaviour therapy are used.

## Study burden and risks

Subjects complete 3 questionnaires (length 30 minutes each) in a period of 5 months. Watching the television episodes takes 5 hour. Homework takes approximately 9 hours. Self-help is dependent on the motivation and the effort of the participants. So, there will be great variation in the workload for the participants.

There are no risks for participants expected.

## Contacts

### Public

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### Scientific

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

18 years or older

In possession of a DVD-player or VHS-recorder

Has access to a computer with internet connection

### Exclusion criteria

Presently having professional help because of alcohol problems

Presently using medication because of alcohol problems

## Study design

### Design

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

Primary purpose: Prevention

## Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 01-08-2006

Enrollment: 202

Type: Anticipated

## Ethics review

Not available

## 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

CCMO

### ID

NL13989.097.06