Retraining automatic action tendencies and attentional bias in individuals with alcohol dependency problems

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Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON31772

Source
ToetsingOnline

Brief title
Alcoholtraining

Condition

- Other condition

Synonym
alcohol dependence, alcoholism

Health condition

alcoholisme

Research involving
Human

Sponsors and support

Primary sponsor: Universiteit Maastricht
Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: alcoholism, cbt, implicit, training

Outcome measures

Primary outcome

We hypothesize that the attentional bias training will mainly affect the attentional bias for alcohol, which will be measured both with the task used during the training (Stroop), and with scores on another task to assess attentional bias (Flicker task). Accordingly, it is expected that training the automatic action tendencies will mainly affect the automatic approach bias, which will be measured with the same test as used during the training (ATT) and with another computer task (SRC). Further, we investigate whether there are cross over effect for both varieties of training (whether attentional bias training also changes automatic action tendencies and vice versa). Generalization will always be studied within the task (comparing stimuli which were presented in during the training with stimuli that have not been presented during the training) and between tasks (comparing the task which is trained versus the task which has not been trained). Next to these effects of the training on automatic processes, we will also measure several clinically relevant variables, such as: craving, motivation to change the addictive behavior, self-efficacy and risk of relapse. In order to measure craving, questionnaires will be used, and relapse risk will be calculated with the aid

of interviews and information from the treating clinicians.

Secondary outcome

craving (AAAQ).

Study description

Background summary

Studies on processes involved in addiction problems, have shown that patients diagnosed with alcohol dependence demonstrate several relatively automatic or implicit reactions to alcoholic stimuli. Two examples of such processes are an attentional bias for alcoholic stimuli and an automatic tendency to approach alcoholic stimuli. Both processes are largely automatic, and appear to play an important role in the maintenance of addiction. Recent studies have demonstrated that both biases can be influenced through different forms of (re-)training. In non-clinical samples both forms of training showed an effect on the automatic responses to alcoholic stimuli as well as on craving for alcohol. Pilots with clinical samples have also found positive effects of these different forms of training. This study will test several forms of training in a clinical population of alcohol dependent individuals in multiple clinics.

Study objective

Goal of this study is to investigate whether re-training of an attentional bias for alcohol, decreases the attentional bias for alcoholic stimuli, and whether a re-training the automatic approach bias for alcoholic stimuli decreases this cognitive bias. Further, this study will investigate whether the effects of each training are specific for each bias, or if the training of attentional bias will also effect the approach bias and vice versa. Finally, we will also study the effects of both varieties of training on several clinically relevant variables, such as relapse, craving and motivation to change drinking behaviour.

Study design

This study is designed as a Randomized Controlled Trial with 6 different groups. One of these groups will receive an attentional-training, 3 groups will receive different versions of the automatic approach training, the fifth group receives a control training and group 6 will serve as a waiting list condition (one month) after which participants in this group will be allocated to group 1 (attentional training). All trainings contain of one screening measurement, 4 training sessions, one measurement after the final training session, and a

follow-up period of 3 months.

Intervention

Participants are allocated to one of the training varieties, either focussing on an attentional bias or on an approach bias or to a placebo-training. These different forms of training consist of computer tasks in which alcohol related en neutral stimuli are presented, to which participants have to respond. In the attentional training the participant learns to steer their attention away from the alcoholic stimuli, and during the automatic approach training or action tendency training (ATT), participants learn to push alcohol away (training an avoidance response instead of an approach response). In one of the varieties of the action tendency training, the participant is instructed to respond to the relevant features of the presented stimuli (push alcohol pictures away), in the other varieties and in the placebo-control condition they are instructed to respond to an irrelevant feature of the presented pictures (for example; pull all the pictures presented in landscape format toward you, and push all pictures presented in portrait format away). The automatic tendency from the participants to approach alcohol will be influenced during these trainings sessions by presenting (almost) all alcohol related pictures in the format which is pushed away, and (almost) all soda pictures in the format which is pulled. In the control condition the push/pull ratio for alcohol and softdrink pictures is set at 50%.

Study burden and risks

There is no noteworthy risk involved in participation of the study.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

alcoholism

Exclusion criteria

very low intellectual ability, psychotic disorders, dependence to other psychoactive substances, other than nicotine, other Axis-1 (DSM-IV) disorder which requires immediate treatment

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active
Primary purpose:	Treatment

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	01-05-2008
Enrollment:	102
Type:	Actual

Ethics review

Approved WMO Date:	24-04-2008
Application type:	First submission
Review commission:	METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)
Approved WMO Date:	04-06-2008
Application type:	Amendment
Review commission:	METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

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
CCMO	NL21115.068.07