

# "Drinking Less;" an online self-help intervention for problem drinkers in the general population: Results from an online randomised clinical trial.

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We tested the hypothesis of the superior effectiveness of an online preventive self help intervention for problem drinkers based on cognitive-behavioural self control principles vis-à-vis an online psycho-education brochure for problem drinkers.

<b>Ethische beoordeling</b>	Positief advies
<b>Status</b>	Werving gestopt
<b>Type aandoening</b>	-
<b>Onderzoekstype</b>	Interventie onderzoek

## Samenvatting

### ID

NL-OMON21430

### Bron

NTR

### Verkorte titel

Drinking Less

### Aandoening

Problematic alcohol consumption.

## Ondersteuning

**Primaire sponsor:** Trimbos-instituut

**Overige ondersteuning:** ZonMw Preventie (The Netherlands Organisation for Health Research and Development/ Prevention Programme)

## Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

1. Mean weekly alcohol consumption: number of units (10 g pure alcohol) in the past 7 days;<br>
2. Proportion of subjects not at-risk, i.e. drinking 21 units or less a week (men) and 14 units or less a week (women);<br>
3. Proportion of subjects not drinking hazourdously: i.e. not drinking more than 5 units (men) or 3 units (women) on any day a week in the past three months;<br>
4. Proportion of subjects not drinking at risk and/or hazourdously (as defined under 2 and 3);<br>
5. Proportion of subjects not drinking at risk and/or hazourdously (as defined under 4) and who do not experience alcohol related problems.

## Toelichting onderzoek

#### Achtergrond van het onderzoek

A randomised controlled trial (RCT) was designed which could be conducted entirely via the internet.

Not only the tested interventions were provided to the respondents via the internet, but also the information, instructions and questionnaires for the trial.

Advertisements in Dutch nationwide newspapers and on an internet website were used to recruit 335 potential respondents. After screening them online for eligibility, we selected 268 persons for inclusion in the sample: they were consuming more alcohol than the guidelines for sensible drinking recommend.

After they completed a baseline questionnaire, we randomly determined whether respondents would use the online self-help intervention MinderDrinken (134 persons) or an online information leaflet about alcohol use (likewise 134 persons).

Six months and twelve months later, we once again recorded the alcohol consumption of the two groups.

#### Doel van het onderzoek

We tested the hypothesis of the superior effectiveness of an online preventive self help intervention for problem drinkers based on cognitive-behavioural self control principles vis-à-vis an online psycho-education brochure for problem drinkers.

#### Onderzoeksopzet

N/A

## **Onderzoeksproduct en/of interventie**

The experimental condition received the Drinking Less Intervention.

DrinkingLess is a webbased self help intervention for problem drinkers who want to reduce their alcohol consumption without any direct professional guidance.

It is based on cognitive-behavioural self control principles.

The program consists of four phases:

preparation, decision and goal setting, conduct and maintenance.

The intervention provides support to problem drinkers through techniques such as a monitoring log book, educational information and exercises. It also allows different participants to exchange information and experiences with one another through an internet forum. Participants are advised to use the intervention for a period of six weeks.

The control group received access to a brief webbased alcohol information brochure in which the impact of alcohol on body, mind and functioning and the limits for safe alcohol consumption are discussed.

## **Contactpersonen**

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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Participants were eligible to participate if they were between 18 and 65 years of age, had a weekly alcohol consumption of more than 21 units (f®210 g) (men) or more than 14 units (f®140 g) (women) and or who were consuming more than 5 units of alcohol (f®50 g) (men) or 3 units of alcohol (f®30 g) (women) on one or more days a week in the past three months and who had access to a computer and internet.

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Participants who received professional help, participated in a self help group and/or medication for their drinking problems (last year) and those who participated in a conflicting scientific study.

## Onderzoeksopzet

### Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

### Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-06-2003
Aantal proefpersonen:	268
Type:	Werkelijke startdatum

## Ethische beoordeling

Positief advies

Datum: 23-08-2005

Soort: Eerste indiening

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

Register	ID
NTR-new	NL100
NTR-old	NTR131
Ander register	: N/A
ISRCTN	ISRCTN47285230

## Resultaten

### Samenvatting resultaten

Addiction. 2008 Feb;103(2):218-27.