

Boozebuster

Gepubliceerd: 12-08-2020 Laatste bijgewerkt: 18-08-2022

It is hypothesized that this mobile intervention will effectively reduce alcohol consumption and binge-drinking frequency.

Ethische beoordeling	Positief advies
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON23438

Bron

Nationaal Trial Register

Verkorte titel

Boozebuster

Aandoening

Problem drinking

Ondersteuning

Primaire sponsor: Vrije Universiteit Amsterdam

Overige ondersteuning: ERAB Grant EA1720

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The quantity and frequency of drinking

Toelichting onderzoek

Achtergrond van het onderzoek

Only a minority of young adults make use of traditional prevention or counseling services for drinking-related problems. Digital interventions are known to effectively reduce risky drinking in young adults. However, there is a lack of tailored mobile interventions aiming to promote low-risk drinking by utilizing various lifestyle components and thus making use of a comprehensive intervention strategy suitable to young adults. This study aims to investigate the effectiveness of a self-guided mobile intervention that provides young adults a tool to tackle and prevent problem drinking by promoting low-risk drinking behaviors and provide optional modules targeting mood and sleep. Participants are randomly allocated to the intervention or the control condition receiving an educational brochure. It is hypothesized that this mobile intervention will effectively reduce alcohol consumption and binge-drinking frequency.

Doel van het onderzoek

It is hypothesized that this mobile intervention will effectively reduce alcohol consumption and binge-drinking frequency.

Onderzoeksopzet

T0 - baseline

T1 - 6 weeks

T2 - 3 months

Onderzoeksproduct en/of interventie

Boozebuster includes a variety of interactive tools and modules based on evidence based behavioral change techniques, including Personalized Normative Feedback, motivational interviewing, goal setting, self-monitoring, protective behavioral strategies, and mindfulness. In addition, via ecological momentary assessments, participants will be able to monitor their daily alcohol consumption by means of the amount of standard drinks, their mood via daily mood ratings by means of a scale of one to ten and, their sleep quality via daily sleep quality ratings. Furthermore, participants will be able to monitor their progress on those three key behaviors (drinking, mood, sleep quality) via visual feedback given within the mobile application.

Contactpersonen

Publiek

VU University Amsterdam
Mieke Schulte

+31 20 59 84115

Wetenschappelijk

VU University Amsterdam
Mieke Schulte

+31 20 59 84115

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- 1) aged between 18 and 30 years
- 2) proficiency in reading and writing in Dutch
- 3) have access to a mobile android or IOS device with connection to the internet and possessing an e-mail address.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

None

Onderzoeksopzet

Opzet

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

Controle: Placebo

Deelname

Nederland
Status: Werving gestart
(Verwachte) startdatum: 01-09-2020
Aantal proefpersonen: 506
Type: Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies
Datum: 12-08-2020
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	NL8828
Ander register	VU University, Amsterdam : CWE-2019-016

Resultaten