

ABC-training to help in voluntary abstinence challenge (IkPas / NoThanks)

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We expect better outcomes: ABC > CBM > sham-CBM

Ethische beoordeling	Niet van toepassing
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON23464

Bron

NTR

Verkorte titel

ABCIkPas

Aandoening

harmful drinking

Ondersteuning

Primaire sponsor: UvA, Psychology

Overige ondersteuning: -

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Primary outcome variables alcohol-related:

1. #abstinence days
2. drinking at follow-ups (2 weeks, 3 months and 6 months after posttest)
3. number of binges (5+ standard NL units of 10 grams of alcohol on a day for females, 6+

for males)

Toelichting onderzoek

Achtergrond van het onderzoek

In this study, we test a novel form of cognitive training: ABC-training (Wiers et al., 2020), during a six-week voluntary abstinence period. Participants will be recruited from IkPas(NoThanks!), which is a Dutch health campaign by the Positive Lifestyle foundation that helps adult alcohol users put their alcohol consumption on hold. ABC-training is based on the idea that inferential processes rather than associative processes underlie training effects in cognitive bias modification (CBM). ABC training incorporates personalized risk situations, or antecedents (A), and requires participants to make behavioral choices (B), in accordance with their personal goals, in light of their consequences (C). Therefore, training the repeated choice to either approach or avoid substances with certain (personally relevant) consequences attached, will create inferences about the evaluative properties of these choices. The A's and B's will be simulated in a virtual environment, where the participants will navigate an avatar to become aware of the goal related consequences (C's) of their choices. In this RCT, volunteer participants are randomized over three conditions: ABC-training, regular CBM training and sham-training. We expect stronger effects of ABC-training than of regular CBM, for which we expect stronger effects than sham-CBM: ABC>CBM>sham-CBM. Main outcome variables are duration of successful abstinence (days), and drinking at three follow-ups: 2 weeks, 3 months and 6 months after posttest. Secondary outcome variables are expectancies, self-efficacy, and alcohol-related problems (AUDIT past half year, assessed only at pre-test and 6 months follow-up).

Doel van het onderzoek

We expect better outcomes: ABC > CBM > sham-CBM

Onderzoeksopzet

Pretest, 6 week voluntary training period during IkPas (max 12 training sessions, suggested to do at least 6), posttest, follow-ups two weeks, three and six months after posttest.

Onderzoeksproduct en/of interventie

ABC-training (Wiers, Van Dessel & Köpetz, 2020, Current Directions in Psychological Science)
CBM in the same setup (cf. Wiers et al, 2010; 2011; Van Dessel et al, 2018).
Sham CBM in the same setup (idem).

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

adult volunteer participants of IkPas, voluntary abstinence challenge

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

minor

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind

Controle: Placebo

Deelname

Nederland
Status: Werving gestart
(Verwachte) startdatum: 21-02-2021
Aantal proefpersonen: 300
Type: Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Niet van toepassing
Soort: Niet van toepassing

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
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NTR-new	NL9274
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Ander register UvA, ethical committee psychology : 2021-DP-13138 (approved)

Resultaten

Samenvatting resultaten

ethical committee psychology UvA, 2021-DP-13138