Light to fight addiction

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We hypothesize that exposure to the user-tailored, dynamic lighting condition will stabilize or reduce alcohol consumption and craving in comparison to a control condition with regular lighting.

Ethische beoordeling	Positief advies
Status	Anders
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24477

Bron
NTR

Verkorte titel
LtFA

Aandoening

chronic alcohol dependency

Ondersteuning

Primaire sponsor: Technische Universiteit Eindhoven
Overige ondersteuning: ZonMW Offroad program

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The main study parameters are self-reported number of drinking days, number of alcoholic drinks consumed and alcohol craving

Toelichting onderzoek

Achtergrond van het onderzoek

Alcohol use disorder (AUD) patients often suffer from disturbed sleep-wake patterns, and may experience challenges related to their self-control. As sleep problems, circadian misalignment, and reduced self-control have been implicated to increase alcohol consumption, this may lead to a downwards spiral. As shown by the relatively high relapse rates among AUD patients, this negative spiral is difficult to break. The key objective of the current field study is to test the effectiveness of an integrative lighting intervention to support sleep and increase self-control among AUD patients in ambulant care, and, in turn, stabilize and/or reduce alcohol consumption and craving. To this end, a randomized, placebo-controlled trial will be performed in the field, in which out-patients suffering from alcohol dependency are monitored over prolonged time (baseline + 12-week treatment period). The intervention group will receive behavioural instructions (about sleep-wake timing) combined with a lighting intervention aimed to facilitate adherence to these instructions and to increase self-control and mood during daytime, while the placebo group will only receive behavioural instructions with standard light settings. The lighting intervention will consist of dawn/dusk simulation, combined with a higher intensity level during daytime and gradual dimming in the evening in the living room and bedroom. We hypothesize that the user-tailored, dynamic lighting regime will – in addition to standard care - support AUD patients in their fight against alcohol by facilitating sleep and self-control.

Doel van het onderzoek

We hypothesize that exposure to the user-tailored, dynamic lighting condition will stabilize or reduce alcohol consumption and craving in comparison to a control condition with regular lighting.

Onderzoeksopzet

Baseline + 12-week treatment period; repeated measures (experience sampling, diary) combined with wearable sensors (actigraphy and light sensors) and a (online) questionnaire during three relatively intensive sampling weeks (at baseline, in week 6 and week 12 of the treatment period). Weekly assessments during regular meetings with caregiver

Onderzoeksproduct en/of interventie

One group (intervention group) will receive behavioural instructions (about sleep-wake timing) combined with a lighting intervention aimed to facilitate adherence to these instructions and to increase self-control and mood during daytime, while the other group (placebo group) will only receive behavioural instructions with standard light settings. The lighting intervention will consist of dawn/dusk simulation, combined with a higher intensity level during daytime and gradual dimming in the evening in the living room and bedroom.

Contactpersonen

Publiek

Wetenschappelijk

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

In order to be eligible to participate in this study, a subject must meet all of the following criteria: Patients should be under current, active treatment of the FACT team, with primary alcohol dependence, capable of adherence to agreements with FACT team (based on a maximum of 30% of not showing up for meetings at the clinic or being at home for home visits by caregiver), and are aged 24-65 years old. Moreover, they should be fluent in the Dutch language.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

A potential subject who meets any of the following criteria will be excluded from participation in this study:

• Current florid psychosis

• Depression, prominent suicidal and/or homicidal ideation with active intervention during the month prior to the moment of investigation and expected active intervention during the actual research period

• Mentally incompetent

• Homelessness, or a housing condition that impedes participation

• Relatively high use of (pre-scribed) sleep mediation as reported by caregiver or use of illegal sleep medication

• Two or more time zones trans-meridian flights one month prior to participation

• Shift work during the three months prior to participation

• Color blindness assessed with Ishihara test

• Visually impaired

• Recent eye surgery (last year), glaucoma or other eye disease

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blindering:	Dubbelblind
Controle:	Placebo

Deelname

Nederland

Status:	Anders
(Verwachte) startdatum:	01-12-2018
Aantal proefpersonen:	60
Type:	Onbekend

Ethische beoordeling

Positief advies

Datum:	26-10-2018
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 49511
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL7457
NTR-old	NTR7699
CCMO	NL67085.100.18
OMON	NL-OMON49511

Resultaten