

# Collaboration in an online treatment for problems with alcoholintake

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Exploring the relation between working alliance and the course and treatment outcome of an online treatment for a disorder in the use of alcohol. Objective 1: Does monitoring working alliance during an online treatment for the use of alcohol cause...

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

## Samenvatting

### ID

NL-OMON25361

### Bron

NTR

### Verkorte titel

Working alliance in online treatment alcohol use disorder

### Aandoening

alcohol use disorder, working alliance, treatment outcome/ effect, adherence, depressive, anxiety and stress symptoms, working alliance inventory.

stoornis in het gebruik van alcohol, werkrelatie, effect behandeling, angstklachten, depressieve klachten, stressklachten, werkrelatie vragenlijst.

## Ondersteuning

**Primaire sponsor:** Brijder, onderdeel van de Parnassia Groep

dhr. G.J. Tupker, directeur

R. Holkade 4

2033 PZ Haarlem

**Overige ondersteuning:** Brijder, onderdeel van de Parnassia Groep

R. Holkade 4

2033 PZ Haarlem

## Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

- The course of treatment (how far do people progress in the treatment)<br>
- Treatment outcome (in terms of: alcohol use, depressive, anxiety and stress symptoms).<br><br>

Treatment outcome in terms of alcohol use analogous to the treatment result defined by Stichting Benchmark GGZ:<br>

- abstinence (i.e. no use of alcohol the past 30 days).<br>
- moderate use (i.e. a maximum of 4 days of 'hefty' use of alcohol (more than 3 units a day for women/ more than 4 units a day for men) in the past 30 days).<br>
- excessive use (i.e. 5 or more days of 'hefty' use of alcohol in the past 30 days).<br>

Within the treatment outcome excessive use there is also the distinction between participants with whom there is a considerable reduction in the use of alcohol in the amount of days of 'hefty' use of alcohol (at least 40% decrease in the amount of days compared to the amount of days of 'hefty' alcohol use at the start of treatment) and participants with whom there was no considerable reduction in the amount of days on which there is 'hefty' use of alcohol. <br><br>

Treatment outcome in terms of depressive, anxiety and stress symptoms is defined by the score on the DASS-21 (the Dutch version of the Depression, Anxiety and Stress Scale).

## Toelichting onderzoek

#### Achtergrond van het onderzoek

When all costs and benefits of alcohol use are assessed in money, the societal costs in the Netherlands in 2013 were between 2,3 and 2,9 billion euros (Trimbos, RIVM 2016). In 2015 exactly one out of 10 inhabitants of the Netherlands aged 18 years or older was a 'heavy drinker' (Trimbos, RIVM 2016). For men this means they drink 6 or more glasses of alcohol a day at least once a week. For women this means they drink 4 or more glasses a day at least once a week.

The online, free and anonymous treatment of Brijder in the Netherlands is a way to lower the threshold to treatment for people who feel ashamed to enter addiction care for face-to-face treatment. In face-to-face treatment the working alliance (quality of collaboration between therapist and client) is an important predictor in the effectiveness of treatment. Online treatment for problematic alcohol use has proved to be effective. However, it is unclear to what extent working alliance influences treatment completion in online treatment.

Completing treatment for a disorder in substance abuse has proven to be one of the most important predictors of treatment outcome.

## **Doel van het onderzoek**

Exploring the relation between working alliance and the course and treatment outcome of an online treatment for a disorder in the use of alcohol.

Objective 1: Does monitoring working alliance during an online treatment for the use of alcohol cause more people to complete treatment?

Objective 2: Does monitoring working alliance during an online treatment for alcohol abuse have an effect on the alcohol use, and depressive, anxiety and stress symptoms?  
Explorative objective: is there a relation between working alliance on the one hand, and treatment retention and treatment effect on the other, in terms of alcohol use and depressive, anxiety and stress symptoms?

## **Onderzoeksopzet**

Directly following treatment completion or termination and follow up 3 months after treatment completion or termination.

## **Onderzoeksproduct en/of interventie**

The intervention consists of measuring the quality of working alliance 5 times during an anonymous and free online treatment consisting of cognitive behavioral therapy for people who experience a problem with their alcohol use.

To measure working alliance the WAV-12 (the Dutch 12-item version of the Working Alliance Inventory) is used.

## **Contactpersonen**

### **Publiek**

### **Wetenschappelijk**

## Deelname eisen

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

To be eligible for the study, participants have to:

- Be at least 18 years old.
- Master the Dutch language.
- Experience a problem with their alcohol use (there is no 'objective' minimum for what defines problematic use of alcohol; it's the experienced problem by the participant that is most important).

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

- Participants who report thoughts about suicide
- Participants who report suicide attempts
- Hallucinations (current or a history of)
- Medical complications concerning withdrawal symptoms (for example, an epileptic seizure due to instantly quitting excessive alcohol use)
- The use of more than 7 to 8 units alcohol a day.

## Onderzoekopzet

### Opzet

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

## Deelname

Nederland	
Status:	Werving gestart
(Verwachte) startdatum:	24-08-2018
Aantal proefpersonen:	224
Type:	Verwachte startdatum

## Ethische beoordeling

Positief advies	
Datum:	28-11-2018
Soort:	Eerste indiening

## Registraties

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

ID: 47813  
Bron: ToetsingOnline  
Titel:

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

Geen registraties gevonden.

### In overige registers

Register	ID
NTR-new	NL6390
NTR-old	NTR7662
CCMO	NL61974.058.17
OMON	NL-OMON47813

## Resultaten