

Targeting young drinkers online: The effectiveness of a web-based brief alcohol intervention in preventing excessive drinking patterns among adolescents.

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The present study will test the effectiveness of a web-based brief alcohol intervention that is specifically aimed at reducing heavy alcohol use among heavy drinkers in the ages between 18 and 24 years in a Dutch sample. We expect that a larger...

Ethische beoordeling	Niet van toepassing
Status	Werving gestopt
Type aanpak	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON27527

Bron

Nationaal Trial Register

Verkorte titel

Web-based brief alcohol intervention

Aandoening

Heavy alcohol use among adolescents / young adults.

Ondersteuning

Primaire sponsor: Radboud University Nijmegen and Trimbos-institute - Netherlands Institute of Mental Health and Addiction

Overige ondersteuning: Zon-Mw, The Netherlands Organization for Health Research and Development

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The percentage of participants who drink within the normative limits of the Dutch National Health Council for low-risk drinking and thereby not exceeding a mean consumption rate of more than 14 (females) or 21 (men) glasses of standard units of alcohol per week and/or drink 5 or more glasses of standard units of alcohol on one drinking occasion at least once per week at 1 month and 6 months after the intervention. In addition, we will assess reductions in mean weekly alcohol consumption and frequency of binge drinking.

Toelichting onderzoek

Achtergrond van het onderzoek

The aim of the project is to test the effectiveness of a web-based brief alcohol intervention that is specifically aimed at reducing heavy alcohol use among heavy drinkers in the ages between 18 and 24 years in a Dutch sample. A randomized controlled trial (RCT) trial with a 1 factor (two levels: experimental versus control condition) pre-post test design will be conducted. EMA measurements on mean weekly alcohol consumption and binge drinking will be employed and assessments on alcohol related cognitions will be conducted periodically.

Doel van het onderzoek

The present study will test the effectiveness of a web-based brief alcohol intervention that is specifically aimed at reducing heavy alcohol use among heavy drinkers in the ages between 18 and 24 years in a Dutch sample. We expect that a larger percentage of participants in the experimental condition will drink within the normative limits of the Dutch National Health Council for low-risk drinking compared to the control condition as a direct result of the intervention and thereby not exceeding a mean consumption rate of more than 14 (females) or 21 (men) glasses of standard units of alcohol per week and/or drink 5 or more glasses of standard units of alcohol on one drinking occasion at least once per week at 1 month and 6 months after the intervention. It was hypothesized that reductions in mean weekly alcohol consumption and frequency of binge drinking would occur in both arms, but exposure to the web-based brief alcohol intervention would be more effective than receiving no intervention.

Onderzoeksopzet

Baseline, 1, and 6 months.

Onderzoeksproduct en/of interventie

Participants will be allocated at random to either the experimental condition – exposure (\pm 20 minutes) to a web-based brief alcohol intervention – or control condition – no intervention. In addition, all participants are being offered a monetary reward of 100 euro after completing the total follow up period.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Adolescents aged between 18 and 24 years, either sex;
2. Adolescents report heavy drinking in the past 6 months. Heavy drinking is based on measures of heavy alcohol use and binge drinking and differs according to adolescents' sex. Heavy alcohol use is defined as alcohol consumption exceeding the Dutch National Health Council for low-risk drinking – a mean consumption rate of more than 14 (females) or 21

(men) glasses of standard units of alcohol per week. Binge drinking is defined as drinking 5 or more glasses of standard units of alcohol on one drinking occasion at least once per week;

3. Adolescents are in the (pre)contemplation stage of change;

4. Adolescents have daily access to Internet;

5. Adolescents sign informed consent.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Adolescents who are problem drinkers, drinkers who show symptoms of alcohol abuse or dependence and/or receive treatment for drinking-related problems, will be excluded from participation.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Enkelblind
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	11-11-2010
Aantal proefpersonen:	908
Type:	Werkelijke startdatum

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
NTR-new	NL2547
NTR-old	NTR2665
Ander register	ZonMw : 50-50110-96-682
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten

N/A