

# Alcohol and disadvantaged men: developing a brief intervention for delivery by mobile phone

<b>Submission date</b> 17/12/2009	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 17/02/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 08/10/2020	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
1.1

# Study information

## Scientific Title

Reducing alcohol-related harm in disadvantaged men: development and feasibility assessment of a brief intervention delivered by mobile phone

## Study objectives

Can a brief intervention delivered by mobile reduce heavy drinking among disadvantaged young to middle aged men?

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Tayside Committee on Medical Research Ethics A, 13/11/2009, ref: 09/S1401/78

## Study design

Feasibility study with a randomised controlled component

## Primary study design

Interventional

## Secondary study design

Randomised controlled trial

## Study setting(s)

Community

## Study type(s)

Prevention

## Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

## Health condition(s) or problem(s) studied

Alcohol-related problems

## Interventions

A series of 28 interactive text messages and images to be delivered over a 4-week period to participants in both arms of the study. The intervention group will receive messages to address four areas:

1. Increasing awareness of and perceived risk of experiencing alcohol-related harm
2. Modifying the balance between perceived benefits and harms of alcohol
3. Addressing misperceptions about alcohol consumption by peers
4. Increasing the ability to refuse drinks

The comparator group will receive the same number of text messages and images. These will cover the general health promotion messages from current government public health policy. These include diet, physical activity, smoking and mental wellbeing.

The total duration of the intervention is 28 days. Participants will be followed up for 3 months.

**Intervention Type**

Behavioural

**Primary outcome measure**

The change in frequency of heavy drinking (consumption of 8 or more units in a single session), measured at 3 months

**Secondary outcome measures**

Measured at 3 months:

1. The extent to which the intervention has influenced perceptions of harms
2. The benefits of moderated drinking
3. Intentions for future drinking

**Overall study start date**

01/03/2010

**Completion date**

30/11/2011

## Eligibility

**Key inclusion criteria**

1. Men aged 25 - 44 years
2. Living in deprived urban communities
3. Have consumed 8 or more units of alcohol in a single drinking session at least twice in the preceding 4 weeks

**Participant type(s)**

Patient

**Age group**

Adult

**Sex**

Male

**Target number of participants**

Phase 1: 50 focus group participants; Phase 2: 60 men; Phase 3: 20 men recruited from Phase 2

**Key exclusion criteria**

Cannot communicate (verbally and by text message) in English

**Date of first enrolment**

01/03/2010

**Date of final enrolment**

30/11/2011

# Locations

## Countries of recruitment

Scotland

United Kingdom

## Study participating centre

Department of Public Health

Dundee

United Kingdom

DD2 4BF

# Sponsor information

## Organisation

University of Dundee (UK)

## Sponsor details

Research and Innovation Services

11 Perth Road

Dundee

Scotland

United Kingdom

DD1 4HN

+44 (0)1382 344 644

j.houston@dundee.ac.uk

## Sponsor type

University/education

## Website

<http://www.dundee.ac.uk/>

## ROR

<https://ror.org/03h2bxq36>

# Funder(s)

## Funder type

Government

**Funder Name**

National Institute for Health Research (NIHR) (UK) - Public Health Research Programme (ref: 09/3001/09)

## Results and Publications

**Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date****Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/07/2017	08/10/2020	Yes	No