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

Submission date	Recruitment status	[X] Prospectively registered
17/12/2009	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
17/02/2010	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
08/10/2020	Mental and Behavioural Disorders	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
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

Study type(s)
Prevention

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

Key secondary outcome(s))
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

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

Healthy volunteers allowed
No

Age group
Adult

Sex
Male

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
United Kingdom

Scotland

Study participating centre
Department of Public Health
Dundee
United Kingdom
DD2 4BF

Sponsor information

Organisation
University of Dundee (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

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?
Results article	results	01/07/2017	08/10/2020	Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes