

# Effectiveness of a multi media self-help intervention for problem drinkers: the Teleac Course 'Drinking less, do it yourself!', a randomised controlled trial

<b>Submission date</b>	<b>Recruitment status</b>	<input type="checkbox"/> Prospectively registered
27/06/2007	No longer recruiting	<input type="checkbox"/> Protocol
<b>Registration date</b>	<b>Overall study status</b>	<input type="checkbox"/> Statistical analysis plan
27/06/2007	Completed	<input checked="" type="checkbox"/> Results
<b>Last Edited</b>	<b>Condition category</b>	<input type="checkbox"/> Individual participant data
25/10/2021	Mental and Behavioural Disorders	

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Dr Jeannet Kramer

### Contact details

Trimbos Institute - Netherlands Institute for Mental Health and Addiction

Centre for Prevention and Brief Intervention

P.O. Box 725

Utrecht

Netherlands

3500 AS

+31 (0)30 295 9380

jkramer@trimbos.nl

## Additional identifiers

### Protocol serial number

NL950 (NTR976)

## Study information

**Scientific Title**

Effectiveness of a multi media self-help intervention for problem drinkers: the Teleac Course 'Drinking less, do it yourself!', a randomised controlled trial

**Study objectives**

Compared to a waiting list control group, do participants who receive a multi media self-help program drink less standard units of alcohol a week?

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approval received from the local ethics board (METIGG, chamber North, PO Box 86, 3500 AB Utrecht, The Netherlands) on the 22nd September 2006 (ref: CCMO registration number: NL13989.097.06; Research number: 6235).

**Study design**

Randomised, controlled, parallel group trial

**Primary study design**

Interventional

**Study type(s)**

Quality of life

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

Problem drinking

**Interventions**

The experimental group received the multichannel Teleac course Drinking less, do it yourself!. Its a cognitive behavioural self-help intervention to reduce alcohol consumption. The course consists of a course book (Drinking less: Lemmers et al, 2006), five television episodes of 25 minutes (Teleac/NOT, 2006) the self-help site MinderDrinken.nl (Riper E.A., 2002) and an informative site of Teleac: [www.teleac.nl/minderdrinken.nl](http://www.teleac.nl/minderdrinken.nl). The book has 190 pages and contains information, exercises and a diary to register alcohol intake. The television episodes follow the information in the five chapters of the book. Also two students are followed over time while they work through the course. A TV-coach gives advice.

The waiting list control group receives the intervention after the post-measurement (about eight weeks after baseline).

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Alcohol consumption a week measured in standard units (weekly recall). Measured after the intervention (T1) and three months later (T2) and at the same time for the waiting list control group.

**Measurements:**

1. T0: baseline (pre-intervention)
2. T1: 7 weeks after T0
3. T2: 3 months after T1

**Key secondary outcome(s)**

1. Alcohol related problems
2. Health care use
3. Quality of life

**Measurements:**

1. T0: baseline (pre-intervention)
2. T1: 7 weeks after T0
3. T2: 3 months after T1

**Completion date**

31/01/2007

## Eligibility

**Key inclusion criteria**

1. Informed consent
2. Age of 18 years or older
3. Access to the internet
4. Availability of an e-mail address
5. Access to a DVD or video player

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

Not Specified

**Total final enrolment**

181

**Key exclusion criteria**

1. Professional help for alcohol problems
2. Member of a self help group like Alcoholics Anonymous
3. Presently using alcohol medication

4. Involved in a study about alcohol
5. No alcohol consumption at baseline

**Date of first enrolment**

01/09/2006

**Date of final enrolment**

31/01/2007

## Locations

**Countries of recruitment**

Netherlands

**Study participating centre**

Trimbos Institute - Netherlands Institute for Mental Health and Addiction

Utrecht

Netherlands

3500 AS

## Sponsor information

**Organisation**

Trimbos Institute - Netherlands Institute of Mental Health and Addiction (The Netherlands)

**ROR**

<https://ror.org/02amggm23>

## Funder(s)

**Funder type**

Research organisation

**Funder Name**

Trimbos Institute - Netherlands Institute of Mental Health and Addiction (The Netherlands)

## Results and Publications

**Individual participant data (IPD) sharing plan**

Not provided at time of registration

## 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="#"><u>Results article</u></a>		01/05/2009	25/10/2021	Yes	No