

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

Submission date

27/06/2007

Recruitment status

No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date

27/06/2007

Overall study status

Completed

☐ Statistical analysis plan

☒ Results

Last Edited

25/10/2021

Condition category

Mental and Behavioural Disorders

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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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. 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?
Results article		01/05/2009	25/10/2021	Yes	No