

Comparing immediate and delayed initiation of online support for excessive alcohol consumption

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| Submission date 26/01/2021 | Recruitment status No longer recruiting | <input checked="" type="checkbox"/> Prospectively registered |
| Registration date 01/02/2021 | Overall study status Completed | <input checked="" type="checkbox"/> Protocol |
| Last Edited 16/06/2023 | Condition category Mental and Behavioural Disorders | <input type="checkbox"/> Statistical analysis plan |
| | | <input type="checkbox"/> Results |
| | | <input type="checkbox"/> Individual participant data |
| | | <input type="checkbox"/> Record updated in last year |

Plain English summary of protocol

Background and study aims

This study aims to investigate the effects of immediate versus delayed initiation of online support for excessive alcohol consumption. The treatment will be access to online materials that are believed to help people reduce their drinking.

Who can participate?

Anyone aged 18 or older who has consumed either more than 6 drinks of alcohol on at least one occasion the past month, or who has consumed at least 10 drinks the past week can participate.

What does the study involve?

Participants will be randomly allocated to two groups. Half of the participants will receive access to online materials immediately. The other half of the participants will have to wait for 1 month to receive access to online materials. The study involves answering a few online questions and reading some online material.

What are the possible benefits and risks of participating?

The benefits including getting access to material which are believed to help people reduce their drinking. A possible risk is that receiving materials believed to help individuals, and finding that it does not help, could be de-motivating.

Where is the study run from?

Linköping University (Sweden)

When is the study starting and how long is it expected to run for?

From March 2021 to June 2023

Who is funding the study?

This trial is investigator-initiated and funded

Who is the main contact?

Dr Marcus Bendtsen
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Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

ClinicalTrials.gov (NCT)

Nil known

Protocol serial number

Nil known

Study information

Scientific Title

Effects of a waiting list control design on alcohol consumption among online help-seekers

Study objectives

The objective of this study is to estimate the effects immediate versus delayed initiation of online support for excessive alcohol consumption. The primary effects being estimated are the total effect and moderation by readiness to change.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 25/01/2021, the Swedish Ethical Review Authority (Etikprövningsmyndigheten, Box 21110, 750 02 Uppsala, Sweden; +46 (0)10-475 08 00; registrator@etikprovning.se), ref: Dnr 2020-06267

Study design

2-arm double-blind randomized wait-list controlled trial

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Excessive alcohol consumption

Interventions

This trial will use a randomised (1:1) wait list controlled design. Block randomisation will be used with random block sizes of 2 and 4.

Individuals in both groups will receive the same personalised feedback and advice based on a baseline questionnaire. The material has been developed from previous research and is based around social cognitive theories of health behaviour. This includes:

1. Feedback on current consumption in relation to recommendations
2. Content to increase motivation and self-efficacy
3. Advice on what to do to reduce drinking and avoid environmental triggers

The treatment takes between 5 and 20 min and the follow-up period will be one month.

Intervention Type

Behavioural

Primary outcome(s)

1. Frequency of heavy episodic drinking in the past month assessed by asking for the number of times in the past month the participant has consumed 6 or more drinks on one occasion at baseline and 1 month
2. Overall consumption the past week assessed by asking participants to report their consumption day-by-day at baseline and 1 month

Key secondary outcome(s)

1. Readiness to change measured using the readiness to change questionnaire (treatment version) at baseline and 1 month

Completion date

20/06/2023

Eligibility

Key inclusion criteria

1. Report having consumed ≥ 6 standard drinks on ≥ 1 occasion in the past month, or having consumed ≥ 10 standard drinks in the past week

Participant type(s)

All

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Aged ≤ 18 years

Date of first enrolment

29/10/2021

Date of final enrolment

01/03/2023

Locations

Countries of recruitment

Sweden

Study participating centre

Linköping University

Linköping

Sweden

581 83

Sponsor information

Organisation

Linköping University

ROR

<https://ror.org/05ynxx418>

Funder(s)

Funder type

Other

Funder Name

Investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan

Deidentified individual participant-level data will be made available upon reasonable request following publication. The data may only be used for analyses that are congruent with the informed consent given by participants and the ethical approval of the trial. A registered study protocol must be available before data is shared.

IPD sharing plan summary

Available on request

Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|----------------------------------|---------|--------------|------------|----------------|-----------------|
| Protocol article | | 26/08/2021 | 31/08/2021 | Yes | No |