

# Does replacing pints with 2/3 pints in pubs, bars and restaurants reduce beer and cider consumption?

<b>Submission date</b> 20/01/2023	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 31/01/2023	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 18/09/2024	<b>Condition category</b> Other	<input checked="" type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Removing the largest serving of wine by the glass from the range of available options in pubs, bars and restaurants can decrease wine consumption. This study will explore whether removing the largest serving size of draught beer or cider by the glass (1 pint), and replacing it with 2/3 of a pint has a similar effect on beer consumption.

### Who can participate?

Licensed premises that serve draught beer and cider and are willing to remove the offer of pints

### What does the study involve?

Licensed premises that agree to remove the offer of pints for all draught beer and cider and introduce 2/3 pints, if this size is not already included in their range, will do so for a period of 4 weeks. Premises will be asked to remove mention of pints from menus and signs as necessary. Sales data will be collected from premises for a period of 12 weeks, covering 4 weeks of baseline business as usual, 4 weeks of the intervention and 4 weeks of going back to business as usual.

### What are the possible benefits and risks of participating?

A possible benefit of participating is the opportunity to contribute to a better understanding of how the serving sizes of beer affect consumption. Licensed premises may benefit from publicity in taking part in this research once the results have been published, but can choose to stay anonymous if they wish. There is no change for the customers except to the serving size of draught beer, so there is no risk or benefit to visiting premises participating in the study.

### Where is the study run from?

Behaviour and Health Research Unit, University of Cambridge (UK)

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

September 2022 to September 2023

Who is funding the study?  
Wellcome Trust (UK)

Who is the main contact?  
Prof. Theresa Marteau, tm388@medschl.cam.ac.uk

## Contact information

### Type(s)

Principal investigator

### Contact name

Prof Theresa Marteau

### ORCID ID

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### Contact details

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### ClinicalTrials.gov (NCT)

Nil known

### Protocol serial number

206853/Z/17/Z

## Study information

### Scientific Title

Impact on beer sales of removing pints from the range of options available in licensed premises

### Study objectives

Removing the largest serving size of draught beer and cider by the glass (1 pint), so that the largest serving size available becomes 2/3 of a pint, reduces the volume of beer and cider sold.

### Ethics approval required

Old ethics approval format

### **Ethics approval(s)**

Approved 20/01/2023, Psychology Research Ethics Committee of the University of Cambridge (School of the Biological Sciences, 17 Mill Lane, Cambridge, CB2 1RX, UK; +44 (0)1223 766876; cheryl.torbett@admin.cam.ac.uk), ref: PRE.2022.103

### **Study design**

Cross-over study

### **Primary study design**

Interventional

### **Study type(s)**

Prevention

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

Alcohol consumption

### **Interventions**

Licensed premises will remove the largest serving size of draught beer and cider (1 pint) from their existing range so that the largest serving size available is 2/3 of a pint. Where 2/3 pints are not usually served, the intervention will include introducing this serving size, with proportionate pricing as far as is possible i.e. with a price which is linear-by-volume between the pint and half-pint sizes. If half pints and pints are not proportionately priced then, premises will be requested to price 2/3 pints in proportion to pints. Premises will be provided with the necessary glassware by the research team. Menus and signs will be updated to reflect the changes.

Licensed premises that agree to remove the offer of pints for all draught beer and cider and introduce 2/3 pints, if this size is not already included in their range, will do so for a period of 4 weeks. Premises will be asked to remove mention of pints from menus and signs as necessary. Sales data will be collected from premises for a period of 12 weeks, covering 4 weeks of baseline business as usual, 4 weeks of the intervention and 4 weeks of going back to business as usual.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Daily volume (in millilitres [ml]) of all beer and cider sold (draught as well as bottled), extracted from electronic records of sales. Sales will be recorded for 12 weeks, including 4 weeks of business as usual before the intervention, 4 weeks of the intervention and 4 weeks going back to business as usual after the intervention.

### **Key secondary outcome(s)**

The following outcomes will be extracted from the electronic records of sales from each premise, recorded daily for 12 weeks: 4 weeks baseline, business as usual, 4 weeks intervention and 4 weeks back to business as usual:

1. Daily volume (in ml) of beer and cider available in each serving size, for example 1/3 pint (189 ml) draught, 1/2 pint (284 ml) draught, 330 ml bottle, 440 ml can, 500 ml bottle, pint (568 ml)

- draught, 600 ml bottle, 5 litre (5000 ml) keg/jug
2. Daily volume (in ml) of wine sold
  3. Daily revenue from food, alcoholic and non-alcoholic drinks

**Additional measures:**

1. Max temperature will be measured daily using data from the National Observatory
2. Special events will be recorded using national calendars to check for bank holidays or major sporting events that coincide with any day of the 12-week study.
3. Total revenue will be recorded daily for each of the 12 weeks of the study, using electronic sales records
4. Day of the week, referring to each day (Monday-Sunday) of the 12-week study
5. Study day at the start of the period, corresponding to a number between 1-84 (equivalent to 12 weeks) representing each day in the study
6. Season at the start of the study, referring to whether it is Winter, Spring, Summer or Autumn when a venue begins the study

**Completion date**

07/05/2023

## Eligibility

**Key inclusion criteria**

Public houses, bars and restaurants that meet the following criteria:

1. Sell a minimum of 150 pints of beer and cider on average per week
2. Be willing to remove the larger serving of draught beer and cider i.e. the pint and introduce 2/3 pints if this serving size is not already available
3. Have an electronic point of sale (EPOS) till system to record daily sales of all drinks and their served sizes
4. Be primarily indoor, permanent establishments in a fixed location; i.e. not purposefully temporary or time-limited (e.g. pop-up), or mobile venues (e.g. vans)

**Participant type(s)**

Healthy volunteer

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Total final enrolment**

13

**Key exclusion criteria**

Does not meet the inclusion criteria

**Date of first enrolment**

01/02/2023

**Date of final enrolment**

06/02/2023

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**University of Cambridge**

Behaviour and Health Research Unit

Cambridge Public Health

East Forvie Site

Cambridge

United Kingdom

CB2 0SR

## Sponsor information

**Organisation**

University of Cambridge

**ROR**

<https://ror.org/013meh722>

## Funder(s)

**Funder type**

Charity

**Funder Name**

Wellcome Trust

**Alternative Name(s)**

Wellcome, WT

**Funding Body Type**

Private sector organisation

## Funding Body Subtype

Trusts, charities, foundations (both public and private)

## Location

United Kingdom

# Results and Publications

## Individual participant data (IPD) sharing plan

The study will not use individual-level data: the unit of randomisation, data collection and analysis will be individual public houses and bars. The datasets generated and/or analysed during the current study will be stored in a publicly available repository. All study data will be anonymised using a unique numeric identifier. At the appropriate time, the anonymous study datasheet will be locked and deposited on the University of Cambridge Data Repository. If a publican decides that they do not want their data to be used after their participation they have the right to request that their data are withdrawn from the study. They can request this up to 2 weeks after study completion. Publicans are made aware of this prior to giving consent to their participation in the study and to the use of their anonymised study data.

## IPD sharing plan summary

Stored in publicly available repository

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		17/09/2024	18/09/2024	Yes	No
<a href="#">Dataset</a>			18/09/2024	No	No
<a href="#">Protocol (other)</a>			18/09/2024	No	No
<a href="#">Protocol file</a>	version 2.0	09/01/2023	23/01/2023	No	No
<a href="#">Statistical Analysis Plan</a>			18/09/2024	No	No