Is alcohol-avoidance training effective and feasible in regular treatment?

Submission date	Recruitment status	Prospectively registered
18/02/2021	No longer recruiting	∐ Protocol
Registration date	Overall study status	Statistical analysis plan
22/02/2021	Completed	☐ Results
Last Edited	Condition category	Individual participant data
22/02/2021	Mental and Behavioural Disorders	Record updated in last year

Plain English summary of protocol

Background and study aims

An alcohol use disorder (AUD) is drinking that causes distress and harm. Alcohol-Avoidance Training (AAT) using a PC and joystick is a promising new treatment for patients with AUD, helping them to avoid relapse. However, it is not known whether AAT also works in practice in different types of clinics. The aim of this study is to find out whether AAT reduces relapse rates in currently abstinent alcohol-dependent patients in 10 German rehabilitation clinics.

Who can participate?

Alcohol-dependent inpatients who are currently abstinent and receive treatment at one of 10 German rehabilitation clinics.

What does the study involve?

Patients are randomly allocated to the active training group or the control group. In addition to usual treatment, all patients in the active training group receive six sessions of AAT. During AAT, patients use a joystick to push away pictures of alcoholic drinks and pull closer pictures of non-alcoholic drinks. Patients in the control group receive only treatment-as-usual.

What are the possible benefits and risks of participating? The possible benefit is a reduced risk of relapse. There are no risks.

Where is the study run from?
The Salus Clinic Lindow (Germany)

When is the study starting and how long is it expected to run for? July 2010 to January 2015

Who is funding the study?
The German Pension Fund (Deutsche Rentenversicherung Bund) (Germany)

Who is the main contact? Prof. Dr Mike Rinck m.rinck@psych.ru.nl

Contact information

Type(s)

Scientific

Contact name

Prof Mike Rinck

Contact details

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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

Effectiveness and feasibility of alcohol-avoidance training: a phase 4 multi-center randomized controlled trial

Acronym

AATMC

Study objectives

Active Alcohol-Avoidance Training reduces relapse rates in currently abstinent alcohol-dependent patients in 10 German rehabilitation clinics.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 02/02/2011, Ethics Board: Ethikkommission der Fakultaet Human- und Sozialwissenschaften der Universität Chemnitz (Ethics Committee of the Dept. of Human and Social Sciences, Chemnitz University, Technical University Chemnitz, 09107 Chemnitz, Germany; +49 (0)371-53134535;

ethik@hsw.tu-chemnitz.de), ref: 02022011

Study design

Multicenter interventional non-blinded randomized controlled trial

Primary study design

Interventional

Study type(s)

Prevention

Health condition(s) or problem(s) studied

Prevention of relapse in currently abstinent patients with Alcohol Use Disorder

Interventions

During their 3-months stay at one of the 10 participating rehabilitation clinics, currently abstinent alcohol-dependent patients are randomly assigned by coin toss to an active training group or a control group.

Active training condition: In addition to treatment-as-usual, patients complete six sessions of alcohol-avoidance training. During each session, they use a joystick and a PC to push away 100 pictures of alcoholic drinks and pull closer 100 pictures of non-alcoholic drinks. Control condition: Treatment-as-usual only.

Total duration of follow-up: 12 months

Intervention Type

Behavioural

Primary outcome(s)

Relapse measured using a standard questionnaire given on paper or via telephone at 3-months, 6-months, and 12-months follow-up

Key secondary outcome(s))

- 1. Evaluation of the training by patients, measured using a questionnaire at the end of the training
- 2. Return rate recorded at each follow-up point per clinic

Completion date

01/01/2015

Eligibility

Key inclusion criteria

Alcohol dependence, currently abstinent

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Total final enrolment

1586

Key exclusion criteria

- 1. Non-native speaker of German
- 2. History of schizophrenia or psychotic disorders
- 3. Visual or hand-motor handicaps
- 4. Strong withdrawal symptoms
- 5. Severe neurological disorders

Date of first enrolment

01/09/2012

Date of final enrolment

01/10/2013

Locations

Countries of recruitment

Germany

Study participating centre AHG Klinik Toenisstein

Hochstraße 25 Bad Neuenahr-Ahrweiler Germany 53474

Study participating centre AHG Klinik Wilhelmsheim

Wilhelmsheim 11 Oppenweiler Germany 71570

Study participating centre Bernhard-Salzmann-Klinik

Buxelstraße 50

Guetersloh Germany 33334

Study participating centre Fachklinik Fredeburg

Zu den Drei Buchen 1 Schmallenberg Germany 57392

Study participating centre Fachkrankenhaus Hansenbarg

Franz-Barca-Weg 36 Hanstedt Germany 21271

Study participating centre Fontaneklinik Motzen

Fontanestraße 5 Mittenwalde OT Motzen Germany 15749

Study participating centre Paracelsus Wiehengebirgsklinik

Kokenrottstraße 71 Bad Essen Germany 49152

Study participating centre Salus Klinik Friedrichsdorf

Landgrafenplatz 1 Friedrichsdorf Germany 61381

Study participating centre salus klinik Huerth

Willy-Brandt-Platz 1 Huerth Germany 50354

Sponsor information

Organisation

Radboud University Nijmegen

ROR

https://ror.org/016xsfp80

Funder(s)

Funder type

Other

Funder Name

German Pension Fund (Deutsche Rentenversicherung Bund)

Results and Publications

Individual participant data (IPD) sharing plan

Anonymized participant-level data will be available upon request from Mike Rinck (m. rinck@psych.ru.nl).

IPD sharing plan summary

Available on request

Study outputs

Output type Details Date created Date added Peer reviewed? Patient-facing?

Participant information sheet Participant information sheet 11/11/2025 No Yes