

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

Submission date 18/02/2021	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 22/02/2021	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 22/02/2021	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> 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

PO Box 9104
Nijmegen
Netherlands
6500 HE
+31 (0)243612154
m.rinck@psych.ru.nl

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 Fakultät 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 Toennisstein

Hochstraße 25

Bad Neuenahr-Ahrweiler

Germany

53474

Study participating centre

AHG Klinik Wilhelmsheim

Wilhelmsheim 11

Oppenweiler

Germany

71570

Study participating centre

Bernhard-Salzmänn-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	11/11/2025	No	Yes