

# BRAISH - a feasibility study of alcohol brief intervention in a sexual health clinic

<b>Submission date</b> 12/08/2014	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 02/10/2014	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 13/03/2020	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

The excessive drinking of alcohol, or binge drinking, is a major social and health issue in the UK. It can lead to having sex with a lot of different partners and is often the cause of unintended pregnancy. Binge drinking in young people is a key part of the UK's drinking culture and sexually transmitted diseases (STIs) are most often found in this age group. A study at a sexual health clinic in Portsmouth found that many people who came to the clinic with STIs were heavy drinkers, with 87% admitting to binge drinking with an average intake of alcohol of 20 units in a heavy night (the equivalent of 10 cans of beer or lager). Giving advice to people who have been identified to be drinking heavily could reduce the problem of binge drinking. An Australian study found a reduction in drinking when it was tried in a sexual health clinic. This study aims to find out if it is possible and effective to give advice to adults attending a sexual health clinic in the UK.

### Who can participate?

People aged 16 and over attending the sexual health clinic for the first time.

### What does the study involve?

Participants were screened for alcohol misuse and were asked if they were ready to take part in this study. They were randomly allocated to one of two groups: one received a brief intervention (BI), a short 5-minute discussion on alcohol as part of the clinic visit, and the other group received usual care (given an alcohol health-promoting leaflet during their appointment). All participants were followed up after 6 months to see if they benefitted.

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

Patients may benefit from reducing their alcohol usage and risky sexual behaviour.

### Where is the study run from?

The study was run from the Portsmouth sexual health clinic, UK.

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

May 2011 to October 2012.

Who is funding the study?  
National Institute for Health Research (NIHR), UK.

Who is the main contact?  
Dr Harindra Veerakathy  
veerakathy.harindra@solent.nhs.uk

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Harindra Veerakathy

**Contact details**  
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United Kingdom  
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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
N/A

## Study information

**Scientific Title**  
Assessing feasibility and acceptability of a BRIEF intervention for risky Alcohol consumption In Sexual Health clinic attendees: a randomised controlled trial

**Acronym**  
BRAISH

**Study objectives**  
To assess the feasibility and acceptability of screening attendees at a sexual health clinic (SHC) for alcohol misuse and delivering a brief intervention (BI) and to explore the effect on drinking and sexual behaviour.

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**

NRES Committee South Central - Southampton A, 01/12/2010, ref. 10/HO502/76

**Study design**

Individual randomised feasibility study to test screening, recruitment, baseline procedures, intervention process and follow-up

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Other

**Study type(s)**

Treatment

**Participant information sheet**

Not available in web format, please use the contact details below to request a patient information sheet

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

Alcohol misuse in people attending a sexual health clinic

**Interventions**

Alcohol brief intervention plus leaflet vs leaflet (usual care)

**Intervention Type**

Behavioural

**Primary outcome measure**

Feasibility study, not powered on single outcome but included AUDIT score, alcohol units/week, binge drinking frequency, new sexual partner frequency, frequency of drunkenness and regretted sex

Timepoints: 6 weeks and 6 months after randomisation

Method: Questionnaire, self-reported measures of alcohol use and sexual risk behaviour

**Secondary outcome measures**

Not provided at time of registration

**Overall study start date**

01/05/2011

**Completion date**

31/10/2012

# Eligibility

## Key inclusion criteria

All attendees aged 16 and over, irrespective of their sexual orientation or gender, attending the clinic for the first episode of care were recruited. Both symptomatic and asymptomatic presentations were included

## Participant type(s)

Patient

## Age group

Other

## Sex

Both

## Target number of participants

Feasibility study, recruited n=215

## Key exclusion criteria

None

## Date of first enrolment

01/05/2011

## Date of final enrolment

31/10/2012

# Locations

## Countries of recruitment

England

United Kingdom

## Study participating centre

Queen Alexandra Hospital

Portsmouth

United Kingdom

PO6 3LY

# Sponsor information

## Organisation

Portsmouth Hospitals NHS Trust (UK)

**Sponsor details**

Research and Development Department  
1st Floor  
Gloucester House  
Queen Alexandra Hospital  
Cosham  
Portsmouth  
England  
United Kingdom  
PO63LY

**Sponsor type**

Hospital/treatment centre

**Website**

<http://www.porthosp.nhs.uk>

**ROR**

<https://ror.org/009fk3b63>

**Funder(s)****Funder type**

Government

**Funder Name**

National Institute for Health Research (NIHR RfPB PB-PG-1208-18156) (UK)

**Alternative Name(s)**

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

United Kingdom

**Results and Publications**

Publication and dissemination plan

Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/04/2016		Yes	No