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Internet-based cognitive bias modification for binge drinking prevention ('binge drinking' chez les jeunes: etude pilote de la prévention de l' alcoolisme par un réentrainement attentionnel en ligne)

Submission date
27/05/2015

Registration date
05/06/2015

Last Edited
08/05/2017

Recruitment status
No longer recruiting

Overall study status
Completed

Condition category
Mental and Behavioural Disorders

[X] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[ ] Record updated in last year

Plain English summary of protocol

Background and study aims
Binge drinking is a term used to describe the consumption of lots of alcoholic drinks in a short period of time (hours to days) with the sole purpose of becoming drunk (intoxicated). Binge drinking is well known to have many negative effects on a person's physical and mental health, particularly in young people whose brains are still developing. There is some evidence to suggest that people who regularly binge drink are more sensitive to environmental stimuli related to alcohol, such as advertising. This is called attentional bias. An attentional bias towards alcohol may make a person who binge drinks more likely to engage in that behaviour. It may also make it harder for them to not drink, even if that is what they feel they would prefer, because it affects their will power. The aim of this study is to test an online attentional bias modification programme. The study will assess whether people who engage in binge drinking behaviour show reduced attentional bias towards alcohol-related stimuli following completion of the programme.

Who can participate?
Adults aged 18-29 who exhibit binge drinking behaviour and have a good command of French.

What does the study involve?
Participants are randomly allocated into one of two groups. Those in group 1 (intervention group) take part in 8 online sessions of the attentional bias modification programme. Those in group 2 (control group) take part in 8 online sessions of a modified version of the attentional bias modification programme; it is not considered to have any therapeutic effect for the participant. All participants take part in the programme sessions over a four week period. Each session takes approximately 20 minutes to complete. Participants are asked to complete questionnaires at the start of the study, at the end of the 8 programme sessions, and again 1 month later.

What are the possible benefits and risks of participating?
There are foreseeable risks related to the use of the Attentional Bias Modification procedure. Meanwhile, we expect two potential benefits to the participants, a possible reduction in alcohol consumption after the completion of eight sessions of the intervention task and a monetary remuneration at the end of the study.

Where is the study run from?
University of Geneva (Switzerland)

When is the study starting and how long is it expected to run for?
July 2013 to March 2016

Who is funding the study?
Information Technology Commission of the University of Geneva (Switzerland)

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
Social Affaire and Health Department of the State of Geneva Grant: N 180490

Study information

Scientific Title
Internet-based cognitive bias modification for binge drinking prevention: protocol for a randomised controlled trial

Acronym

iCBM-A Binge Drinking

Study objectives
1. Binge drinkers trained to attend to alcohol-unrelated stimuli will decrease their attentional bias towards alcohol and their alcohol consumption. We expect this effect to last for at least one month.
2. The attentional bias modification will mediate changes in alcohol consumption. Additionally, we will explore the effects of the Cognitive Bias Modification of Attention procedure on participants' subjective craving for alcohol. We expect that the reduction of attentional bias will be accompanied by a decrease in craving.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics Committee of the University of Geneva, 19/07/2013.

Study design
Randomised controlled singe-centre interventional study

Primary study design
Interventional

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Alcohol consumption (binge drinking behaviour)

Interventions
1. Intervention group: eight sessions of an internet-based attentional bias modification programme. During the intervention, 95% of the probes will appear at the spatial location previously occupied by the alcohol-unrelated picture (contingency ratio of 95:05). The intervention takes place over four weeks, and each session lasts about 20 minutes.
2. Control group: eight sessions of the internet-based control task. For the control sessions, probes will replace alcohol-related pictures as often as alcohol-unrelated pictures (contingency of 50:50). The sessions take place over four weeks, and each session lasts about 20 minutes.

Intervention Type
Behavioural

Primary outcome(s)
Baseline and post-intervention:
1. Self-reported assessment of alcohol consumption during last two weeks (Time-Line-Follow-Back)
2. Attentional bias towards alcohol (Dot Probe Detection Task)
One month follow-up:
1. Self-reported assessment of alcohol consumption during last two weeks (Time-Line-Follow-Back)

Key secondary outcome(s))

1. Self-reported assessment of binge drinking behaviour. Participants will be asked to evaluate their average alcohol consumption during last six months using the following questions:
1.1. How many times per week do you consume alcoholic drinks?
1.2. On a typical day when you are drinking, how many alcoholic drinks do you have?
2. Self-reported drug consumption (Alcohol, Smoking and Substance Involvement Screening Test)
Baseline:
1. Self-reported craving for alcohol (Alcohol Craving Experience Questionnaire)
2. Self-reported readiness to change alcohol use (The Stages of Change Readiness and Treatment Eagerness Scale)
3. Self-reported depressive symptoms (Beck depression inventory)
4. Self-reported anxiety (Spielberger State-trait anxiety inventory)
5. Social desirability (Crowne-Marlowe Social Desirability Scale)
6. Demographic data
Post-intervention and one month follow-up:
1. Self-reported craving for alcohol (Alcohol Craving Experience Questionnaire)

Completion date
30/05/2016

Eligibility

Key inclusion criteria
1. Aged 18-29
2. Presents with binge drinking behaviour: consumption of over five (for men) or four (for women) standard alcoholic drinks in a row at least once per fortnight during the previous 6 months
3. Attentional bias towards alcohol
4. Internet access
5. Good command of French

Participant type(s)
Healthy volunteer

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Upper age limit
29 years

Sex
All

Key exclusion criteria

1. Scores more than 3 on the Alcohol, Smoking and Substance Involvement Screening Test (ASSIST) for all addictive substances except alcohol and nicotine
2. No psychotropic medication change or dosage change within the past three months from study start
3. Introduction of, or change in, psychotherapeutic treatments within 3 months preceding study start

Date of first enrolment
20/08/2015

Date of final enrolment
15/03/2016

Locations

Countries of recruitment
Switzerland

Study participating centre
University of Geneva
Abnormal Emotion and Trauma Laboratory
40, boulevard du Pont-d'Arve
Geneva
Switzerland
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Sponsor information

Organisation
University of Geneva

Organisation
Geneva University Hospitals

Organisation
University Hospital of Geneva

ROR
https://ror.org/01m1pv723

Funder(s)

Funder type
University/education

Funder Name
Information Technology Commission of the University of Geneva (Switzerland)

Funder Name
Social Affaire and Health Department of the State of Geneva Grant: N 180490

Results and Publications

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?
Study website	Study website	11/11/2025	11/11/2025	No	Yes