

# Alcohol eMail Assessment & feedback study Dismantling Effectiveness for University Students: the AMADEUS-1 trial

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| <b>Submission date</b><br>13/10/2011   | <b>Recruitment status</b><br>No longer recruiting             | <input type="checkbox"/> Prospectively registered<br><input checked="" type="checkbox"/> Protocol |
| <b>Registration date</b><br>04/11/2011 | <b>Overall study status</b><br>Completed                      | <input type="checkbox"/> Statistical analysis plan<br><input checked="" type="checkbox"/> Results |
| <b>Last Edited</b><br>08/11/2019       | <b>Condition category</b><br>Mental and Behavioural Disorders | <input type="checkbox"/> Individual participant data  |

## Plain English summary of protocol

### Background and study aims

Because alcohol causes huge health problems for society in order to prevent and reduce problems we need to help people think about their drinking. This can be done online, asking people to complete a few questions and giving brief feedback and advice where it may be needed. This study aims to find out whether a brief online intervention works, and whether it is necessary to receive feedback or whether simply answering questions helps people to think about their drinking and to change it.

### Who can participate?

Students from two universities in Sweden.

### What does the study involve?

Participants are randomly allocated into three groups. The first group receive an e-mail asking them to participate in a short 9-question survey about alcohol habits. After completing the questionnaire they immediately receive feedback about their alcohol consumption, comparing their drinking patterns against the safe drinking limits established by the Swedish Institute for Public Health. After this follows feedback describing their alcohol use compared to their peers in Swedish universities and, if applicable, personalised advice concerning the importance of reducing unhealthy levels or patterns of drinking. The feedback can be printed out by the student. The second group are not contacted at all until the end of the study. The third group complete the questionnaire without getting feedback. After 3 months all three groups receive an email asking them to participate in a seemingly unrelated general health survey about students' lifestyle habits with no reference to the previous surveys. All students at this time have an opportunity to receive personalised feedback.

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

Not provided at time of registration.

### Where is the study run from?

Two universities in Sweden.

When is the study starting and how long is it expected to run for?  
September to December 2011.

Who is funding the study?  
Swedish Council for Working Life and Social Research (Sweden)

Who is the main contact?  
Prof Preben Bendtsen  
preben.bendtsen@liu.se

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
N/A

## Study information

**Scientific Title**  
Alcohol eMail Assessment & feedback study Dismantling Effectiveness for University Students: the AMADEUS-1 trial

**Acronym**  
AMADEUS-1

**Study objectives**  
Evaluate the effectiveness of electronic screening and brief intervention (e-SBI), employing an randomised controlled trial (RCT) design that takes account of baseline assessment reactivity (and other possible effects of the research process) due to the similarity between the intervention and assessment content. The hypothesis is that the assessment has an impact on drinking behaviour but to a lesser extent than the intervention.

**Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Regional Ethical Committee in Linköping, Sweden, 12/10/2010, ref: 2010/291-31

## **Study design**

Randomised controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Quality of life

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

Risky alcohol consumption

## **Interventions**

Intervention delivery begins with receipt of an e-mail with a hyperlink to a computerised alcohol intervention. The mail is sent from the local student health care asking them to participate in a short 9 question survey concerning alcohol habits. They will be informed that the survey is part of the university's work with alcohol in general. After having completed a 9 item questionnaire the intervention Group feedback immediately upon completion of the assessment consisting of three statements summarising their weekly consumption, their frequency of heavy episodic drinking and their highest blood alcohol concentration during the last four weeks, comparing drinking patterns against the safe drinking limits established by the Swedish Institute for Public Health. After this follows comprehensive normative feedback with information describing participants' alcohol use compared to their peers in Swedish universities, and, if applicable, personalised advice concerning the importance of reducing any unhealthy levels or pattern of consumption. The feedback can be printed out by the student. A demonstration version can be viewed of the assessment and feedback intervention can be viewed at [demo.livsstillstest.nu](http://demo.livsstillstest.nu).

The present study is designed in such a manner that the control group is as non contaminated as possible from the possible effects of research participation. Two kind of control groups will therefore be included in the study

1. A no contact group that do not know they will be asked to complete a seemingly unrelated general health survey, including alcohol questions, after 3 months
2. An assessment only group that complete the baseline questionnaire without getting a feedback who also do not know they will be asked to complete a seemingly unrelated general health survey, including alcohol questions, after 3 month.

After 3 month all students in all three groups will receive a mail from the research group asking them to participate in a seemingly unrelated general health survey about students lifestyle habits with no reference to the previous survey 3 month earlier. This is done in order minimise a Hawthorne effect in the assessment group and the assessment and feedback group i.e. being aware that the results will be compared with the first survey. The appearance of the two surveys, as well as their source, will be different from each other to protect against this possibility. All students will at this time receive a personalised feedback opportunity directly on the screen of their computer and have the possibility to print it out. The students will also automatically receive a mail with their feedback so they can read the feedback at a later stage.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

1. Reduced average alcohol consumption
2. Reduced frequency of heavy episodic drinking
3. Reduced maximal drinking at one occasion

Measured at baseline before they get a written feedback and after 3 months before another written feedback

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

Reduction in proportion of students with risky drinking. Measured at baseline before they get a written feedback and after 3 months before another written feedback.

## **Completion date**

31/12/2011

## **Eligibility**

### **Key inclusion criteria**

All university students at term 1, 3 and 5 in two universities in Sweden

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Sex**

All

### **Key exclusion criteria**

Does not meet inclusion criteria

### **Date of first enrolment**

01/09/2011

### **Date of final enrolment**

31/12/2011

## **Locations**

### **Countries of recruitment**

Sweden

**Study participating centre**  
**Linköping University**  
Linköping  
Sweden  
581 83

## Sponsor information

### Organisation

Swedish Council for Working Life and Social Research (Sweden)

### ROR

<https://ror.org/02d290r06>

## Funder(s)

### Funder type

Government

### Funder Name

Swedish Council for Working Life and Social Research (Sweden) ref: 2010-0024

### Alternative Name(s)

Swedish Council for Working Life and Social Research, FAS

### Funding Body Type

Private sector organisation

### Funding Body Subtype

Other non-profit organizations

### Location

Sweden

## 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? |
|------------------------------------|------------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a>    | results    | 01/11/2013   |            | Yes            | No              |
| <a href="#">Protocol article</a>   | protocol   | 06/07/2012   |            | Yes            | No              |
| <a href="#">Other publications</a> | reanalysis | 07/11/2019   | 08/11/2019 | Yes            | No              |