ISRCTN31070347 https://doi.org/10.1186/ISRCTN31070347

Down Your Drink: On-line Randomised Controlled Trial of an Interactive Web-based Intervention for Reducing Alcohol Consumption

Submission date
19/04/2006

Recruitment status
No longer recruiting

Registration date
06/06/2006

Overall study status
Completed

Last Edited
23/11/2011

Condition category
Mental and Behavioural Disorders

[X] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
G0501298

Study information

Scientific Title

Acronym
DYD

Study objectives
The aim of the study is to determine whether the fully interactive on-line intervention, Down Your Drink (DYD), leads to important reductions in alcohol consumption amongst members of the public at risk of harm from alcohol.

Please note that this trial was updated on 29/04/2008. All changes can be found in the relevant field under the above update date.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the University College London Research Ethics Committee on the 26 April 2007 (ref: 0825/003).

Study design
Complex intervention study, incorporating a phase II development stage, together with a pilot phase and a phase III, two-arm randomised controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Not specified

Study type(s)
Treatment

Participant information sheet

Health condition(s) or problem(s) studied
Alcohol consumption

Interventions

Intervention website - DYD interactive web-based intervention, providing motivational enhancement therapy and cognitive behaviour therapy versus comparator website - Hows Your Drink (HYD), a minimally interactive website, providing information only.

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
Current primary outcome measures as of 29/04/2008:
Data from 3 and 12-month follow-up will be analysed separately at the end of the trial. The primary end point is at 3 months. The primary outcome is reduction in alcohol consumption. The primary outcome measure will be total past weeks alcohol consumption.

Previous primary outcome measures:
Data from 3 and 12-month follow-up will be analysed separately at the end of the trial. The primary end point is at 3 months. The primary outcome is reduction in alcohol consumption. The primary outcome measure will be total past weeks alcohol consumption as calculated by quantity or frequency.

Secondary outcome measures
Added as of 29/04/2008:
1. AUDIT
2. Alcohol Problems Questionnaire (APQ)
3. Leeds Dependence Questionnaire (LDQ)
4. CORE-10

Overall study start date
01/07/2006

Completion date
31/12/2009

Eligibility

Key inclusion criteria
Current inclusion criteria as of 29/04/2008:
All participants aged 18 or over and scoring 5 or more on the AUDIT-C screening test.

Previous inclusion criteria:
All registrants of the How's Your Drink (HYD) website (aged 16 or over) with a functional assessment staging tool (FAST) score of 3 or more who consent to participate.

Participant type(s)
Patient

Age group

Adult

Lower age limit
18 Years

Sex
Both

Target number of participants
2600

Key exclusion criteria
Current exclusion criteria as of 29/04/2008:
1. Research participants who are under 18 years of age
2. Inability to provide informed consent due to mental incapacity or active psychotic illness
3. Inability to use intervention independently due to visual, hearing or motor handicap
4. Inability to use intervention or to complete the follow-up questionnaires independently due to poor command of English

Previous exclusion criteria:
1. Research participants who are under 16 years of age
2. Inability to provide informed consent due to mental incapacity or active psychotic illness
3. Inability to use intervention independently due to visual, hearing or motor handicap
4. Inability to use intervention or to complete the follow-up questionnaires independently due to poor command of English

Date of first enrolment
01/07/2006

Date of final enrolment
31/12/2009

Locations

Countries of recruitment
England

United Kingdom

Study participating centre
Department of Primary Care and Population Sciences
London
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N19 5LW

Sponsor information

Organisation
University College London (UK)

Sponsor details
University College London
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Sponsor type
University/education

ROR
https://ror.org/02jx3x895

Funder(s)

Funder type
Research organisation

Funder Name
National Prevention Research Initiative (NPRI) (UK)

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?
Results article	results	02/03/2011		Yes	No

Results article	results	09/03/2011	Yes	No
Results article	results	18/11/2011	Yes	No