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# 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

**Protocol serial number**
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

## Study type(s)
Treatment

## 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(s)
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.

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

### 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

### Healthy volunteers allowed
No

### Age group
Adult

### Lower age limit
18 years

### Sex
All

### 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
United Kingdom

England

### Study participating centre
**Department of Primary Care and Population Sciences**
London
United Kingdom
N19 5LW

## Sponsor information

### Organisation
University College London (UK)

### ROR
https://ror.org/02jx3x895

## Funder(s)

### Funder type
Research organisation

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

# 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? |
|---|---|---|---|---|---|
| Results article | results | 02/03/2011 | | Yes | No |
| Results article | results | 09/03/2011 | | Yes | No |
| Results article | results | 18/11/2011 | | Yes | No |