

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

<b>Submission date</b> 19/04/2006	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
<b>Registration date</b> 06/06/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 23/11/2011	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

Prof Paul Wallace

### Contact details

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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

United Kingdom

N19 5LW

## **Sponsor information**

## Organisation

University College London (UK)

## Sponsor details

University College London  
Biomedicine Research and Development Unit  
Hampstead Campus  
London  
England  
United Kingdom  
NW3 2PF  
o.avwenagha@medsch.ucl.ac.uk

## 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?
<a href="#">Results article</a>	results	02/03/2011		Yes	No

<a href="#">Results article</a>	results	09/03/2011	Yes	No
<a href="#">Results article</a>	results	18/11/2011	Yes	No