

'Drinking Less' - an online self-help intervention for problem drinkers in the general population

Submission date 20/12/2005	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 20/12/2005	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 07/01/2021	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr H. Riper

Contact details
Trimbos-instituut
P.O. Box 725
Utrecht
Netherlands
3500 AS
+31 (0)30 297 1100
hriper@trimbos.nl

Additional identifiers

Protocol serial number
NTR131

Study information

Scientific Title
'Drinking Less' - an online self-help intervention for problem drinkers in the general population: results from an online randomised clinical trial

Acronym

'Drinking Less'

Study objectives

We tested the hypothesis of the superior effectiveness of an online preventive self help intervention for problem drinkers based on cognitive-behavioural self control principles vis-à-vis an online psycho-education brochure for problem drinkers.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics approval received from the local medical ethics committee

Study design

Randomised, active controlled, parallel group trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Alcohol abuse, alcoholism

Interventions

The experimental condition received the 'Drinking Less' intervention. 'Drinking Less' is a web-based self help intervention for problem drinkers who want to reduce their alcohol consumption without any direct professional guidance. It is based on cognitive-behavioural self control principles. The program consists of four phases:

1. Preparation
2. Decision and goal setting
3. Conduct
4. Maintenance

The intervention provides support to problem drinkers through techniques such as a monitoring log book, educational information and exercises. It also allows different participants to exchange information and experiences with one another through an internet forum. Participants are advised to use the intervention for a period of six weeks.

The control group received access to a brief web-based alcohol information brochure in which the impact of alcohol on body, mind and functioning and the limits for safe alcohol consumption are discussed.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

1. Mean weekly alcohol consumption: number of units (10 g pure alcohol) in the past 7 days
2. Proportion of subjects not at-risk, i.e. drinking 21 units or less a week (men) and 14 units or less a week (women)
3. Proportion of subjects not drinking hazardously: i.e., not drinking more than 5 units (men) or 3 units (women) on any day a week in the past three months
4. Proportion of subjects not drinking at risk and/or hazardously (as defined under 2 and 3)
5. Proportion of subjects not drinking at risk and/or hazardously (as defined under 4) and who do not experience alcohol related problems

Key secondary outcome(s)

1. Quality of life
2. Psychological well being
3. Satisfaction with the interventions

Completion date

31/10/2004

Eligibility**Key inclusion criteria**

Participants were eligible to participate if they were between 18 and 65 years of age, had a weekly alcohol consumption of more than 21 units (greater than or equal to 210 g - men) or more than 14 units (greater than or equal to 140 g - women) and or who were consuming more than 5 units of alcohol (greater than or equal to 50 g - men) or 3 units of alcohol (greater than or equal to 30 g - women) on one or more days a week in the past three months and who had access to a computer and internet.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Total final enrolment

261

Key exclusion criteria

1. Participants who received professional help
2. Participated in a self help group and/or medication for their drinking problems (last year)
3. Participated in a conflicting scientific study

Date of first enrolment

01/06/2003

Date of final enrolment

31/10/2004

Locations

Countries of recruitment

Netherlands

Study participating centre

Trimbos-instituut

Utrecht

Netherlands

3500 AS

Sponsor information

Organisation

Trimbos Institute - Netherlands Institute of Mental Health and Addiction (Netherlands)

ROR

<https://ror.org/02amggm23>

Funder(s)

Funder type

Research organisation

Funder Name

The Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

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	secondary analysis results	22/11/2008	07/01/2021	Yes	No