

# A community intervention to reduce alcohol consumption and drunkenness among adolescents – a quasi-experimental evaluation of the Öckerö method

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<b>Registration date</b> 31/03/2021	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 23/04/2021	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Alcohol consumption among young people is a risk behavior linked to several potentially negative consequences. It is therefore important to further develop local alcohol prevention work. There is a great need to develop new methods and to conduct research into the methods that are already in use, despite a lack of sufficient support in the research.

The Öckerö method is an established alcohol prevention method that is used in around 25 municipalities in Sweden. The method has also inspired the work of several other municipalities. Despite the dissemination of the method and the fact that it is perceived as effective by local drug prevention workers, no independent research has to date been conducted concerning its effects.

The aim of this trial is to study the possible effects of the Öckerö method based on a number of different outcome measures – first and foremost alcohol consumption and parents' attitudes to adolescent alcohol use.

### Who can participate?

All school students in grade 7-9 (aged 13-15 years) in 17 secondary schools in eight municipalities in Skåne county, Sweden over the course of 2016-2019.

### What does the study involve?

Participating municipalities are allocated to the intervention group (Öckerö Method) or the control group. The Öckerö Method is a community intervention that aims to change the social norms of adolescents with regards to alcohol consumption by providing information to parents, other adults, local associations and local media, with the intent of influencing their attitudes towards alcohol consumption by adolescents. The intervention consists of four components: (1) information at school parent meetings in grades 7, 8 and 9, (2) newsletters to parents and other adults, (3) information work directed at the local community, and (4) information via local media. The intervention is implemented by local prevention workers. It is followed up with self-report surveys that are conducted once each year with adolescents in secondary school.

What are the possible benefits and risks of participating?

The adolescents in the intervention group may benefit from reduced alcohol and other drug consumption if the method turns out to have positive effects. All the questions and scales used in the study have been used in previous research among adolescents without any problems being reported in connection with the data collection. It cannot be completely ruled out that some adolescents may find it uncomfortable to answer certain questions, but the researchers consider the risks of the study to be very limited. As extra security, they inform in the written information that the participating adolescents can turn to the school counselor if the questionnaire raises thoughts or negative feelings.

Where is the study run from?

Malmö University (Sweden)

When is the study starting and how long is it expected to run for?

June 2015 to September 2019

Who is funding the study?

1. Public Health Agency of Sweden (Sweden)
2. County Administrative Board of Skåne (Sweden)
3. Systembolaget (Sweden)

Who is the main contact?

Prof. Björn Johnson

[bjorn.johnson@mau.se](mailto:bjorn.johnson@mau.se)

## Contact information

### Type(s)

Scientific

### Contact name

Prof Björn Johnson

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**Additional identifiers****Clinical Trials Information System (CTIS)**

Nil known

**ClinicalTrials.gov (NCT)**

Nil known

**Protocol serial number**

Nil known

**Study information****Scientific Title**

The Öckerö method for alcohol prevention - a quasi-experimental evaluation

**Study objectives**

The aim of this study is to evaluate the effectiveness of the Öckerö Method. The study focuses on two research questions:

1. Is it possible to identify the effects of the Öckerö Method on youths' alcohol consumption and drunkenness?
2. Is it possible to identify the effects of the Öckerö Method on parental attitudes towards alcohol consumption and drunkenness, based on the youths' perceptions?

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Approved 04/05/2016, Regional Ethics Review Board in Lund (Regionala etikprövningsnämnden, Lunds Universitet, Box 133, 22100 Lund, Sweden; +46 (0)46 2224180; [registrator@epn.lu.se](mailto:registrator@epn.lu.se)), ref: 2016/88

**Study design**

Quasi-experimental design using matched controls

**Primary study design**

Interventional

**Study type(s)**

Prevention

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

Alcohol use and drunkenness among adolescents aged 13-15 years

## **Interventions**

The Öckerö Method is a community intervention that aims to change social norms of adolescents with regards to alcohol consumption, by providing information to parents, other adults, local associations and local media, with the intent of influencing their attitudes towards alcohol consumption by adolescents. The intervention consists of four components:

1. Information at school parent meetings in grades 7, 8 and 9
2. Newsletters to parents and other adults
3. Information work directed at the local community
4. Information via local media

The intervention is implemented by local prevention workers. It is followed up by means of self-report surveys that are conducted once each year with adolescents in secondary school.

The county of Skåne is selected as the evaluation area because adolescent alcohol consumption in the county is higher than in Sweden as a whole. Eight municipalities are selected following a pairwise matching procedure using several matching variables (e.g. average educational level within the municipality, and the proportion of municipal residents of non-Swedish background). A randomly selected municipality from each matched pair is then asked whether they would like to be an intervention municipality, and the remaining municipalities whether they would like to be control municipalities.

A self-report survey is conducted throughout the project period (once per year, at the beginning of the autumn term) in the intervention and control municipalities. The same questionnaire is used in both the intervention and control group. The self-report survey is administered in the form of a web-based questionnaire that is completed under conditions of anonymity.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Alcohol consumption (ever) and drunkenness (last year, last month) among adolescents, measured by self-report data using well-established survey questions at baseline (start of grade 7), at the start of grade 8, and at the start of grade 9

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

Parental attitudes towards adolescent drinking as perceived by the adolescents, measured by two self-report items combined into a scale at baseline (start of grade 7), at the start of grade 8, and at the start of grade 9

## **Completion date**

30/09/2019

## **Eligibility**

### **Key inclusion criteria**

All school students in grade 7-9 (aged 13-15 years) in the participating municipalities

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

Other

**Healthy volunteers allowed**

No

**Age group**

Child

**Lower age limit**

13 years

**Upper age limit**

15 years

**Sex**

All

**Total final enrolment**

12486

**Key exclusion criteria**

Not present in the school at the day of the survey procedure or no consent from parents (for adolescents aged below 15 years)

**Date of first enrolment**

15/08/2016

**Date of final enrolment**

30/09/2019

## **Locations**

**Countries of recruitment**

Sweden

**Study participating centre**

**Ljungbyhedskolan**

Nybrogatan 9

Ljungbyhed

Sweden

26452

**Study participating centre**

**Nya Snyggatorpsskolan**

Torggatan 32

Klippan  
Sweden  
26434

**Study participating centre**  
**Varagårdsskolan**  
Södra Storgatan 21  
Bjuv  
Sweden  
26740

**Study participating centre**  
**Jens Billeskolan**  
Badhusvägen 1  
Billesholm  
Sweden  
25771

**Study participating centre**  
**Ekeby skola**  
Allégatan 2  
Ekeby  
Sweden  
26775

**Study participating centre**  
**Alléskolan**  
Bruksgatan 1  
Skurup  
Sweden  
27435

**Study participating centre**  
**Mackleanskolan**  
Stora Torggatan 13  
Skurup  
Sweden  
27434

**Study participating centre**  
**Korsavadsskolan**  
Backgatan 48  
Simrishamn  
Sweden  
27235

**Study participating centre**  
**Parkskolan**  
Östra Storgatan 8  
Osby  
Sweden  
28341

**Study participating centre**  
**Hasslarödsskolan**  
Hasslarödsvägen 12  
Osby  
Sweden  
28333

**Study participating centre**  
**Örkenedsskolan**  
Tosthultsvägen 19  
Lönsboda  
Sweden  
28302

**Study participating centre**  
**Snapphaneskolan**  
Göingevägen 12  
Knislinge  
Sweden  
28331

**Study participating centre**  
**Göingeskolan**  
Kyrkogatan 10  
Broby  
Sweden  
28941

**Study participating centre****Frostaskolan**

Komministergatan 4

Hörby

Sweden

24232

**Study participating centre****Georgshillsskolan**

Georgshillsvägen 11

Hörby

Sweden

24233

**Study participating centre****Ludvigsborgs friskola**

A P Kleens väg 8 Ludvigsborg

Höör

Sweden

24271

**Study participating centre****Kastanjeskolan**

Anders Perssons väg 7

Tomelilla

Sweden

27335

**Sponsor information****Organisation**

Malmö University

**ROR**

<https://ror.org/05wp7an13>

**Funder(s)**



**Funder type**

Government

**Funder Name**

Folkhälsomyndigheten

**Alternative Name(s)**

Public Health Agency of Sweden

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

**Location**

Sweden

**Funder Name**

County Administrative Board of Skåne

**Funder Name**

Systembolaget

**Alternative Name(s)****Funding Body Type**

Government organisation

**Funding Body Subtype**

Local government

**Location**

Sweden

## Results and Publications

**Individual participant data (IPD) sharing plan**

The datasets used in the current study are not publicly available due to restrictions made by the Regional Ethical Review Board in Lund, Sweden, but are available from the trial main contact on reasonable request (e.g. for researchers who wants to control or replicate analyses). The person to contact for the dataset is Prof. Björn Johnson (bjorn.johnson@mau.se).

## IPD sharing plan summary

Available on request

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		21/04/2021	23/04/2021	Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes