

# Swiss Study on Young People and Alcohol

<b>Submission date</b> 12/06/2012	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 20/07/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 18/12/2019	<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

### Background and study aims

Unhealthy alcohol use (alcohol consumption that is associated with varying degrees of risk to health, such as injury, trauma, physical, psychological or social harm) is a leading cause of illness and death among young adults. It is therefore crucial to develop preventive interventions targeting unhealthy alcohol use. Face-to-face brief interventions targeting alcohol use are considered effective in primary care settings, but young individuals tend to have limited contacts with the health care system and are therefore unlikely to receive any intervention. As a result, electronic brief interventions have been developed that can reach a broad population at a relatively low cost and potentially impact the public health system. Electronic screening and brief interventions (E-SBI) targeting alcohol use are effective among college students, but more evidence is needed in order to evaluate E-SBI designed for young individuals in other settings. There is also a lack of knowledge about the primary prevention effects of these interventions on, for example, moderate drinkers. The aim of this study is to evaluate the effectiveness of a proactive E-SBI providing personalized feedback and information on alcohol use and its consequences among young men in the general population, to determine how young men will use E-SBI to obtain information on alcohol use and its consequences, and to evaluate how young men perceive the use of Internet to deliver preventive interventions. We think that E-SBI will decrease later alcohol use and related consequences among individuals with unhealthy alcohol use, and will prevent the increase of alcohol use among individuals without unhealthy alcohol use.

### Who can participate?

The study participants will come from a population-based sample of 20-year-old men recruited from among participants in the Cohort Study on Substance Use Risk Factors (C-SURF).

### What does the study involve?

Participants will be randomly allocated to either receive electronic personalized feedback (intervention group) or to not receive feedback (control group), and will be followed up at 1 month and at 6 months. The electronic personalized feedback includes self-assessment of current alcohol use and consequences, personalized feedback on alcohol use, and general information on alcohol use and its consequences (i.e., factsheets). Participants who report unhealthy alcohol use are encouraged to modify their drinking habits, and are presented with the rationale for risks associated with their current use of alcohol. Participants have the opportunity to print their personalized feedback form, and are able to access a section

containing general information on alcohol use and its consequences. Participants in the control group complete the same baseline assessment as do members of the intervention group, but neither receive personalized feedback nor have access to the general information section on the website. The approximate time to complete the baseline assessment is three minutes. All participants are asked if they think that the Internet is a suitable option for providing personalized information about substance use.

What are the possible benefits and risks of participating?

There are several benefits from this study. The direct benefits include improvement in drinking habits if E-SBI proves to be effective, and the assessments and other information that participants will receive as feedback might give them a heightened awareness of their drinking habits and encourage them to drink less alcohol. The major risk in this research is breach of confidentiality, but great effort have been made to minimize that risk as much as possible. Electronic interventions have no reported or known side effects. The possible risk of harm to participants caused by this study is limited; therefore the potential benefits outweigh any potential risks.

Where is the study run from?

Lausanne University Hospital, Lausanne, Switzerland.

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

The recruitment starts in June 2012 and will last until July 2014.

Who is funding the study?

The Swiss National Science Foundation (Switzerland).

Who is the main contact?

Nicolas Bertholet  
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## Contact information

**Type(s)**

Scientific

**Contact name**

Dr Nicolas Bertholet

**Contact details**

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1011

## Additional identifiers

**Protocol serial number**

135538 Swiss National Science Foundation

# Study information

## Scientific Title

Electronic alcohol screening and brief intervention (E-SBI) for young adults:a randomized controlled trial

## Acronym

SSYPA

## Study objectives

It is hypothesized that E-SBI will decrease later alcohol use and related consequences among individuals with unhealthy alcohol use and will prevent the increase of alcohol use among individuals without unhealthy alcohol use.

## Ethics approval required

Old ethics approval format

## Ethics approval(s)

Ethics for the Research on Human Beings (Cantonal commission) 22 August 2011 ref: 260/2011

## Study design

Randomized controlled trial

## Primary study design

Interventional

## Study type(s)

Treatment

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

Alcohol use

## Interventions

Web based brief intervention and information on alcohol use and its consequences (primary and secondary prevention intervention depending on alcohol use level, duration: approx. 10 minutes, web-based)

Comparator: No intervention

Follow-up at 1 and 6 month

## Intervention Type

Other

## Phase

Not Applicable

## Primary outcome(s)

Self reported alcohol use:

1. Weekly alcohol consumption (number of drinks per week, where one drink contains 10g of

ethanol)

2. Monthly frequency of Risky Single Occasion Drinking episodes (RSOD corresponding to 6 or more drinks per occasion)

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

1. Number of consequences due to alcohol

1.1. Was injured or injured someone else

1.2. Had a hangover

1.3. Missed a class or work

1.4. Performed poorly at work

1.5. Did something that was later regretted

1.6. Had a blackout

1.7. Got into an argument or fight with friends

1.8. Had unplanned sex

1.9. Had unprotected sex

1.10. Damaged property

1.11. Had problems with the police

1.12. Received medical treatment

1.13. Observed negative impact on physical health and observed negative impact on mental health

2. Computed Blood Alcohol Concentration (BAC), based on maximum reported alcohol

3. Presence of unhealthy alcohol use (≥ 21 drinks per week or at least one RSOD episode per month)

4. Use of the website (number of visits on information pages)

### **Completion date**

31/07/2014

## **Eligibility**

### **Key inclusion criteria**

1. Study participants are recruited among participants to the Cohort Study on Substance Use Risk Factors (C-SURF)

2. Informed consent

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

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Sex**

All

### **Total final enrolment**

737

**Key exclusion criteria**

Does not meet inclusion criteria

**Date of first enrolment**

01/07/2012

**Date of final enrolment**

31/07/2014

**Locations****Countries of recruitment**

Switzerland

**Study participating centre****Alcohol Treatment Center**

Lausanne

Switzerland

1011

**Sponsor information****Organisation**

Swiss National Science Foundation (Switzerland)

**ROR**

<https://ror.org/00yjd3n13>

**Funder(s)****Funder type**

Government

**Funder Name**

Swiss National Science Foundation (Switzerland) ref: 135538

**Alternative Name(s)**

Schweizerischer Nationalfonds, Swiss National Science Foundation, Fonds National Suisse de la Recherche Scientifique, Fondo Nazionale Svizzero per la Ricerca Scientifica, Fonds National Suisse, Fondo Nazionale Svizzero, Schweizerische Nationalfonds, The Swiss National Science Foundation (SNSF), SNF, SNSF, FNS

## Funding Body Type

Private sector organisation

## Funding Body Subtype

Trusts, charities, foundations (both public and private)

## Location

Switzerland

# Results and Publications

## Individual participant data (IPD) sharing plan

### IPD sharing plan summary

#### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	07/12/2015		Yes	No
<a href="#">Results article</a>	results	01/08/2018	18/12/2019	Yes	No