

Evaluation of an internet-based one-time counselling intervention for young cannabis- or alcohol-users

Submission date	Recruitment status	<input type="checkbox"/> Prospectively registered
29/10/2010	No longer recruiting	<input type="checkbox"/> Protocol
Registration date	Overall study status	<input type="checkbox"/> Statistical analysis plan
25/11/2010	Completed	<input type="checkbox"/> Results
Last Edited	Condition category	<input type="checkbox"/> Individual participant data
25/11/2010	Mental and Behavioural Disorders	<input type="checkbox"/> Record updated in last year

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

N/A

Study information

Scientific Title

Evaluation of an internet-based one-time counselling intervention for young cannabis- or alcohol-users: an online randomised controlled trial

Study objectives

A one-time professional chat-based intervention for problematic cannabis- and alcohol-users is more effective than a chat-based interaction solely dealing with general addiction issues.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics committee of the University of Applied Sciences Magdeburg approved on the 9th September 2010 (ref: AZ-4973-14)

Study design

Randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Alcohol abuse or addiction, cannabis abuse or addiction

Interventions

Participants in the experimental condition receive a one-time brief intervention delivered via internet-chat. During the intervention, Motivational Interviewing (MI) is applied by trained psychologists.

Participants in the control condition receive information about addiction in general and about the results in the self-test.

Each arm involves a one-time chat-based intervention with a duration of approximately 30 minutes, with follow-up online surveys at one month and three months.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Alcohol users:

1. Mean weekly alcohol consumption: consumed amount of pure alcohol in the past 7 days
2. Mean number of consumption days in the past 30 days
3. Proportion of subjects not drinking hazardously: i.e., not drinking more than 24 grams of pure alcohol (men) or 12 grams (women) on any day during the last week

Cannabis users:

4. Mean number of consumption days in the past 30 days

Both alcohol and cannabis users:

5. Allocation on the Stages of Change (Transtheoretical Model) measured by the "Readiness to Change Questionnaire" (RTCQ)

Measured using follow-up online surveys at one month and three months.

Key secondary outcome(s)

Satisfaction with the received intervention, measured using follow-up online surveys at one month and three months.

Completion date

31/03/2011

Eligibility

Key inclusion criteria

The study aims at participants of two automated internet-based self-tests for cannabis- or alcohol-users installed on the prevention website www.drugcom.de. In order to be eligible for the study, those users have to meet the following criteria:

1. Problematic alcohol use defined as:

1.1. Alcohol Use Disorders Identification Test (AUDIT) score of 16 or more, or

1.2. Alcohol consumption of more than 60 g per day (men)/40 g per day (women), or

1.3. Binge drinking (i.e. at least 5 units of alcohol per occasion) at least once per week

2. Problematic cannabis use defined as 4 or more points in the Severity of Dependence Scale (SDS) (men) or 2 points or more (women)

3. Aged 18 - 35 years, either sex

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

All

Key exclusion criteria

Participants who currently receive professional help or participate at a self help group.

Date of first enrolment

30/09/2010

Date of final enrolment

31/03/2011

Locations

Countries of recruitment

Germany

Study participating centre

Behaimstr. 20
Berlin
Germany
10585

Sponsor information

Organisation

Federal Centre for Health Education (BZgA) (Germany)

ROR

<https://ror.org/054c9y537>

Funder(s)

Funder type

Government

Funder Name

Federal Centre for Health Education (BZgA) (Germany)

Alternative Name(s)

Federal Centre for Health Education, BZgA

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

Germany

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?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes