

# Self help interventions for alcohol use

<b>Submission date</b> 12/08/2014	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 22/08/2014	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 18/12/2020	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Many people who drink too much (regardless of whether they are experiencing alcohol related problems or not) do not seek treatment services. Due to the costs to the individual and society of heavy drinking, it is necessary to find ways to help those who could benefit from reducing the amount of alcohol they drink. The internet provides the opportunity to provide treatment services (i.e. interventions) to people in their own homes. There are many websites which claim to help people to change their drinking habits, but many have not been assessed for their usefulness and safety. Previous research (in Canadian adults) has demonstrated that the amount of alcohol people drink can be reduced through the use of two web-based self help methods (interventions). Here, we want to find out whether these same interventions also work in the UK, and whether a full large scale study to find out how well they work is practical.

### Who can participate?

Adults (aged 18 or over) who are heavy drinkers

### What does the study involve?

Participants will be randomly allocated to one of four groups. Group one will receive the Check Your Drinking site which is a basic intervention based on comparing alcohol consumption to others who are similar in age, sex and location. Group two will receive access to the Alcohol Help Center site which has more tools to explore individual alcohol use. Group three will receive access to Check Your Drinking first and Alcohol Help Centre after three months. Group four will be asked about elements they consider important in alcohol self-help programs. Participants will be contacted at the start of the study and followed up at three and six months. They will also be contacted (and separate consent will be given) to take part in qualitative interviews to discuss their experience in more depth.

### What are the possible benefits and risks of participating?

Information from this study will be used to develop future alcohol self-help program, to better understand alcohol use and to develop trial methods in online interventions. Participants receive £10 vouchers for each questionnaire returned. There are limited risks to taking part but participants will be informed of sources of help should they have concerns about either their own or others alcohol use. There are both general contact details (Alcohol Concern) and more specific details for each region of the UK.

Where is the study run from?  
University of Ulster (UK)

When is the study starting and how long is it expected to run for?  
The study will start recruitment in August 2014 and follow up will end in March 2015. The study will continue until December 2015.

Who is funding the study?  
The HSC research and development division of the Public Health Agency (Northern Ireland) (UK)

Who is the main contact?  
Dr Gillian W Shorter

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Gillian Shorter

**Contact details**  
University of Ulster, Northland Road,  
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## Additional identifiers

**EudraCT/CTIS number**

**IRAS number**

**ClinicalTrials.gov number**

**Secondary identifying numbers**  
STL/4971/14

## Study information

**Scientific Title**  
Self Help Interventions to Reduce Alcohol Consumption

**Acronym**  
SHIRAC

**Study objectives**  
As this is a feasibility (external) pilot study the aims are:  
1. To assess the impact of minimal and full internet based self help interventions for hazardous drinkers in the UK compared with no intervention control

2. To determine the rates of recruitment and retention using online methods and evidence the feasibility of the trial methods in the UK context
3. To understand the barriers and facilitators of behavior change in hazardous drinkers in the UK context (using qualitative research methods)

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

University of Ulster, Psychology Filter Committee, 05/08/2014

**Study design**

Randomized allocation to one of four arms; Masking: Double blind (subject and statistician assessing outcomes) Single centre

**Primary study design**

Interventional

**Secondary study design**

Randomised controlled trial

**Study setting(s)**

Internet/virtual

**Study type(s)**

Treatment

**Participant information sheet**

Not available in web format, please use the contact details to request a patient information sheet

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

Heavy alcohol use, alcohol dependence

**Interventions**

Behavioural: Check your drinking (CYD)

Internet based programme of lower intensity compared to the Alcohol Help Centre. Designed to assess drinking patterns, increase awareness of triggers and set/achieve goals related to alcohol use reduction.

Behavioural; Alcohol Help Centre (AHC)

Internet based program of higher intensity as compared to the CYD intervention above.

Designed to assess drinking patterns, increase self-awareness of individual triggers and set or achieve alcohol reduction goals. Designed for repeated use.

Arm one receives CYD

Arm two AHC

Arm three CYD then AHC three months later

Arm four receives a no intervention control but are asked to describe what they would consider key components of alcohol self-help interventions to be

**Intervention Type**

Other

**Phase**

Not Applicable

**Primary outcome measure**

Alcohol consumption as measured by the total score on the Alcohol Use Disorders Identification Test, quantity and frequency of past month alcohol consumption, highest number of drinks on occasion, and standard drinks consumed in the past week. Measured at baseline, three months and six month intervals.

**Secondary outcome measures**

1. Alcohol Use Disorders Identification Test - Consumption factor
2. Alcohol Use Disorders Identification Test - Problem factor
3. Drinking refusal self-efficacy
4. Rates of recruitment and retention
5. Intervention use
6. Barriers and facilitators of change

**Overall study start date**

25/08/2014

**Completion date**

31/12/2015

**Eligibility****Key inclusion criteria**

1. Resident in the UK
2. Aged 18 years or over
3. Hazardous drinking indicated by a score of eight or more on the Alcohol Use Disorders Identification Test
4. Access to the internet

**Participant type(s)**

Patient

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Both

**Target number of participants**

Around 400 randomized from 1000 recruited

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

25/08/2014

**Date of final enrolment**

31/12/2015

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

Northern Ireland

United Kingdom

**Study participating centre****University of Ulster**

Londonderry

United Kingdom

BT48 7JL

**Sponsor information****Organisation**

HSC Public Health Agency Research & Development Division (UK)

**Sponsor details**

Public Health Agency

12-22 Linenhall Street

Belfast

United Kingdom

BT2 8BS

**Sponsor type**

Government

**Website**

<http://www.publichealth.hscni.net>

**ROR**

<https://ror.org/03ek62e72>

# Funder(s)

## Funder type

Government

## Funder Name

HSC Research & Development Division, Public Health Agency, Northern Ireland (UK): Reference STL/4971/14

# 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