# Does the serving-size of beer glasses matter for how much students drink on a night out?

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>
26/05/2020	No longer recruiting	☐ Protocol
Registration date	Overall study status	<ul><li>Statistical analysis plan</li></ul>
31/05/2020	Completed	Results
Last Edited	Condition category	Individual participant data
28/05/2020	Other	Record updated in last year

### Plain English summary of protocol

Background and study aims

Excessive alcohol consumption amongst youths, especially students, poses serious health and risk problems. Research suggests that the serving-size of glasses in which alcohol is consumed may influence both the amounts poured, perceptions of portion size, drinking pace as well as purchasing and consumption behaviour. The aim of this study is to examine the impact of reducing the standard serving size, including size of glass, of beer by 20% on on-site beer consumption by students in a student bar.

Who can participate?

Guests at a large student dormitory bar in Copenhagen, Denmark

### What does the study involve?

Beer glasses of two different sizes are placed in a random sequence under the bar desk. The students are either served free beer with a standard 50 cl serving size or a smaller 40 cl serving size during the first 2.5 hours of the student event. Consumption is measured by writing the students' names on their glasses and then videotaping the glasses served from cameras placed underneath the bar desk and monitoring the students throughout the night.

What are the possible benefits and risks of participating? The possible benefits and risks are that participants might get tipsy.

Where is the study run from? Roskilde University (Denmark)

When is the study starting and how long is it expected to run for? The study took place in April 2017

Who is funding the study? Investigator initiated and funded

Who is the main contact? Pelle Guldborg Hansen pgh@ruc.dk

### Contact information

### Type(s)

Scientific

### Contact name

Mr Pelle Guldborg Hansen

#### **ORCID ID**

https://orcid.org/0000-0002-0042-0852

#### Contact details

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### Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### ClinicalTrials.gov (NCT)

Nil known

### Protocol serial number

BEER1

### Study information

#### Scientific Title

Does the serving-size of beer glasses matter for how much students drink on a night out? A randomised controlled field experiment

### Acronym

**BEER** 

### Study objectives

This experiment aimed to examine the impact of reducing the standard serving-size, including size of glass, of beer with 20% on on-site beer consumption by students in a student bar. The hypothesis was that the intervention would lead to a reduction.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Approved 25/05/2020, The Committee for Research Ethics, Roskilde University (Institute for Communication Studies and Arts, Roskilde University, Universitetsvej 1, Bld. 42.1, 4000 Roskilde, Denmark; +45 (0)4674 2445; Ryberg@ruc.dk), no ref. number

### Study design

Randomised controlled field experiment

### Primary study design

Interventional

### Study type(s)

Prevention

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

Excessive alcohol consumption

#### **Interventions**

At a regular quiz night in a large student dormitory bar in Copenhagen, Denmark, beer glasses of two different sizes are placed in a randomised sequence under the bar desk. This allowed for randomly allocating the 103 participating students into two groups either served free beer with standard 50 cl serving size (n = 54) or smaller 40 cl serving size (n = 49) during the first 2.5 hours of the student event. Consumption is measured by writing the students' names on their glasses and then videotaping the glasses served from cameras placed underneath the bar desk and monitoring the students throughout the night.

### **Intervention Type**

Behavioural

### Primary outcome(s)

Beer served measured in centiliters by having bartenders pour beer to a particular line on the beer glasses and recording this with go-pro cameras during the first 2.5 hours of the student event

### Key secondary outcome(s))

There are no secondary outcome measures

### Completion date

20/04/2017

### **Eligibility**

### Key inclusion criteria

Guests at a dormitory bar

### Participant type(s)

Healthy volunteer

### Healthy volunteers allowed

No

### Age group

Adult

### Sex

All

### Total final enrolment

103

### Key exclusion criteria

Does not meet inclusion criteria

### Date of first enrolment

20/04/2017

### Date of final enrolment

20/04/2017

### Locations

### Countries of recruitment

Denmark

## Study participating centre Roskilde University

Universitetsvej 1 Roskilde Denmark 4000

### Sponsor information

### Organisation

**Roskilde University** 

### **ROR**

https://ror.org/014axpa37

### Funder(s)

### Funder type

Other

#### Funder Name

Investigator initiated and funded

### **Results and Publications**

### Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request from Pelle Guldborg Hansen (pgh@ruc.dk). Type of dataset: Excel. The data will be available as long as required conditional on an academic affiliation as a full-time researcher for all types of analyses. No need for consent from participants will be needed as the data is fully anonymised.

### IPD sharing plan summary

Available on request

### **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