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Web-based screening and brief Intervention for substance using teens

Submission date	Recruitment status	[_] Prospectively registered
12/06/2012	No longer recruiting	[X] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
16/07/2012	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
31/03/2017	Mental and Behavioural Disorders	

Plain English summary of protocol

Background and study aims
Adolescents aged 16 to 18 are at risk of problematic drinking and illegal drug use. While the short- and long-term effects are a major public health concern, current prevention programs targeting alcohol- and other drug-using adolescents are scarce. The aim of this study is to test the effectiveness of a web-based brief intervention aimed at reducing problematic alcohol use and abstaining from illegal drugs among adolescents aged 16 to 18 in Belgium, Germany, Czech Republic and Sweden.

Who can participate?
Adolescents aged 16 to 18 from Sweden, Czech Republic, Belgium and Germany who are tested for and found to be at risk of alcohol and drugs-related problems

What does the study involve?
Participants are randomly allocated to one of two groups. One group receives the web-based intervention, which takes about 10 to 15 minutes. The intervention provides feedback on participants' alcohol and drug use, including the risks, and practical advice to encourage reduced drinking and abstinence from illegal drugs. The other group receives no intervention. Both groups' use of alcohol and drugs is measured at the start of the study and at 3 months follow-up.

What are the possible benefits and risks of participating?
Not provided at time of registration

Where is the study run from?
University Hospital Hamburg-Eppendorf (Germany)

When is the study starting and how long is it expected to run for?
June 2012 to January 2013

Who is funding the study?
1. European Commission (EU)
2. University Hospital Hamburg-Eppendorf (Germany)
3. Laboratory of Social Psychiatry at Prague Psychiatric Center (Czech Republic)

4. Stockholm Centre for Psychiatric Research and Education, Stockholm County Council Health Care Provision and Karolinska Institute (Sweden)
5. Vereniging voor Alcohol en andere Drugproblemen vzw (VAD) (Belgium)
6. Universität Lund, Clinical Alcohol Research, Skane University Hospital (Sweden)

Who is the main contact?
Prof Rainer Thomasius
thomasius@uke.uni-hamburg.de

Contact information

Type(s)
Scientific

Contact name
Prof Rainer Thomasius

Contact details
Deutsches Zentrum für Suchtfragen des Kindes und Jugendalters
University Hospital Hamburg-Eppendorf
Center for Psychosocial Medicine
Martinistrasse 52
Hamburg
Germany
20246
-
thomasius@uke.uni-hamburg.de

Additional identifiers

Protocol serial number
JUST/2010/DPIP/AG/0914-30-CE-0379823/00-48

Study information

Scientific Title
Web-based screening and brief Intervention for SubstancE using teens: a randomised controlled trial

Acronym
WISEteens

Study objectives
Adolescents with risky substance use who participate in the WISEteens intervention show lower levels of substance consumption and higher levels of substance reduction and abstinence related cognitions as opposed to those who receive an assessment only.

Ethics approval required
Old ethics approval format

Ethics approval(s)
1. Hamburg, Chamber of Physicians,Germany, 10/04/2012 ref: PV4087
2. Ethics Committee of Prague Psychiatric Centre, Czech Republic, 18/04/2012, ref: 49/12
3. The Regional Ethical Review Board Karolinska Institutet, Sweden, ref: nr 2012/462-31/3
4. Committee for Medical Ethics, University of Antwerp, Belgium (Comité voor medische ethiek Universiteit Antwerpen), ref: B300201214283

Study design
Two-arm randomized controlled trial study

Primary study design
Interventional

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Prevention of continued risky substance consumption among young persons

Interventions
The overarching goal of the intervention is to encourage reduced alcohol consumption and abstinence of any illicit drugs. The intervention relies on a single session, is fully electronically delivered (automatic) yet interactive. It works with presenting tailored feedback to the participants responses in the earlier assessment (i.e., consumption levels) and provides choice options to react to this feedback. This interactivity simulates a face-to face dialogue, which aims for an empathic style, avoids argumentation, rolls with resistance and aims at creating a dissonance between actual and desired behavior and raising self-efficacy. In these goals, our intervention basically comprises of three components. First, participants will receive personalized feedback on their substance consumption patterns including the associated risks (related to health and other consequences) and comparisons to a normative reference group. Second, participants engage in interactive MI-based exercises that have been proven effective in prompting readiness to change by encouraging the participant to consider the costs and benefits of their current substance use and actual change. Finally, the intervention will include practical advice concerning alternative behavior in tempting situations, with a focus on peer resistance skills to raise self-efficacy beliefs and implementation intentions. All components will be described in more detail below. Time to complete the intervention is supposed to take 10 to 15 minutes approximately.

The control group will get no intervention. Participants are invited to visit again and participate after the evaluation period of the intervention of 3 months.

Intervention Type
Behavioural

Primary outcome(s)
Frequency and quantity of use of alcohol and drugs other than alcohol over a 30 day period, as well as consumption per typical occasion

Key secondary outcome(s))
1. Additional behavioral outcomes including peak drinking quantity
2. Frequency of drinking to intoxication and typical weekend-drinking

3. Possible changes in substance use related cognitions including attitudes, subjective norms, control/self-efficacy beliefs, implementation intentions, and stages of change
4. Moreover the study addresses a number of moderator variables, such as general psychopathology and quality of parent-child relationship

Completion date
25/01/2013

Eligibility

Key inclusion criteria
1. Age between 16 and 18 years
2. A positive screen on the CRAFFT for risky substance use
3. Informed consent of the participants
4. Access to the internet

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Child

Lower age limit
16 years

Upper age limit
18 years

Sex
All

Key exclusion criteria
Does not meet inclusion criteria

Date of first enrolment
25/06/2012

Date of final enrolment
25/01/2013

Locations

Countries of recruitment
Belgium

Czech Republic

Germany

Sweden

Study participating centre
University Hospital Hamburg-Eppendorf
Hamburg
Germany
20246

Sponsor information

Organisation
German Center for Addiction Research of Child and Adolescent (Germany)

Funder(s)

Funder type
Government

Funder Name
European Commission (EU) ref: JUST/2010/DPIP/AG/0914-30-CE-0379823/00-48

Alternative Name(s)
European Union, Comisión Europea, Europäische Kommission, EU-Kommissionen, Euroopa Komisjoni, EC, EU

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location

Funder Name
German Centre for Addiction Research in Children and Adolescents, University Medical Centre Hamburg-Eppendorf (Germany)

Funder Name
Laboratory of Social Psychiatry at Prague Psychiatric Center (Czech Republic)

Funder Name
Stockholm Centre for Psychiatric Research and Education, Stockholm County Council Health Care Provision and Karolinska Institute (Sweden)

Funder Name
Vereniging voor Alcohol en andere Drugproblemen vzw (VAD) (Belgium)

Funder Name
Universität Lund, Clinical Alcohol Research, Skane University Hospital (Sweden)

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?
Results article	results	24/05/2016		Yes	No
Protocol article	protocol	26/09/2012		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes