

# Comparing immediate and delayed initiation of online support for excessive alcohol consumption

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<b>Registration date</b> 01/02/2021	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Protocol
<b>Last Edited</b> 16/06/2023	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

This study aims to investigate the effects of immediate versus delayed initiation of online support for excessive alcohol consumption. The treatment will be access to online materials that are believed to help people reduce their drinking.

### Who can participate?

Anyone aged 18 or older who has consumed either more than 6 drinks of alcohol on at least one occasion the past month, or who has consumed at least 10 drinks the past week can participate.

### What does the study involve?

Participants will be randomly allocated to two groups. Half of the participants will receive access to online materials immediately. The other half of the participants will have to wait for 1 month to receive access to online materials. The study involves answering a few online questions and reading some online material.

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

The benefits including getting access to material which are believed to help people reduce their drinking. A possible risk is that receiving materials believed to help individuals, and finding that it does not help, could be de-motivating.

### Where is the study run from?

Linköping University (Sweden)

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

From March 2021 to June 2023

### Who is funding the study?

This trial is investigator-initiated and funded

Who is the main contact?

Dr Marcus Bendtsen  
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## Contact information

### Type(s)

Scientific

### Contact name

Dr Marcus Bendtsen

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## Additional identifiers

## Study information

### Scientific Title

Effects of a waiting list control design on alcohol consumption among online help-seekers

### Study objectives

The objective of this study is to estimate the effects immediate versus delayed initiation of online support for excessive alcohol consumption. The primary effects being estimated are the total effect and moderation by readiness to change.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

Approved 25/01/2021, the Swedish Ethical Review Authority (Etikprövningsmyndigheten, Box 2110, 750 02 Uppsala, Sweden; +46 (0)10-475 08 00; [registrator@etikprovning.se](mailto:registrator@etikprovning.se)), ref: Dnr 2020-06267

### Study design

2-arm double-blind randomized wait-list controlled trial

### Primary study design

Interventional

**Study type(s)**

Prevention

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

Excessive alcohol consumption

**Interventions**

This trial will use a randomised (1:1) wait list controlled design. Block randomisation will be used with random block sizes of 2 and 4.

Individuals in both groups will receive the same personalised feedback and advice based on a baseline questionnaire. The material has been developed from previous research and is based around social cognitive theories of health behaviour. This includes:

1. Feedback on current consumption in relation to recommendations
2. Content to increase motivation and self-efficacy
3. Advice on what to do to reduce drinking and avoid environmental triggers

The treatment takes between 5 and 20 min and the follow-up period will be one month.

**Intervention Type**

Behavioural

**Primary outcome(s)**

1. Frequency of heavy episodic drinking in the past month assessed by asking for the number of times in the past month the participant has consumed 6 or more drinks on one occasion at baseline and 1 month
2. Overall consumption the past week assessed by asking participants to report their consumption day-by-day at baseline and 1 month

**Key secondary outcome(s)**

1. Readiness to change measured using the readiness to change questionnaire (treatment version) at baseline and 1 month

**Completion date**

20/06/2023

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

1. Report having consumed  $\geq 6$  standard drinks on  $\geq 1$  occasion in the past month, or having consumed  $\geq 10$  standard drinks in the past week

**Participant type(s)**

All

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Aged  $\leq 18$  years

**Date of first enrolment**

29/10/2021

**Date of final enrolment**

01/03/2023

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

Sweden

**Study participating centre**

Linköping University

Linköping

Sweden

581 83

**Sponsor information****Organisation**

Linköping University

**ROR**

<https://ror.org/05ynxx418>

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

Other

**Funder Name**

Investigator initiated and funded

# Results and Publications

## Individual participant data (IPD) sharing plan

Deidentified individual participant-level data will be made available upon reasonable request following publication. The data may only be used for analyses that are congruent with the informed consent given by participants and the ethical approval of the trial. A registered study protocol must be available before data is shared.

## IPD sharing plan summary

Available on request

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol article</a>		26/08/2021	31/08/2021	Yes	No