ISRCTN15542211 https://doi.org/10.1186/ISRCTN15542211

Outpatient follow-up program for adolescents with acute alcohol intoxication

Submission date
22/04/2025

Recruitment status
No longer recruiting

Registration date
22/04/2025

Overall study status
Completed

Last Edited
11/05/2026

Condition category
Other

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol

Background and study aims
This study aims to reduce recurrence, decrease alcohol misuse, detect underlying psychological disorders and improve parent-child interaction among adolescents admitted to hospital with an acute alcohol intoxication in Antwerp, Belgium.

Who can participate?
Adolescents aged 10–17 years who present with acute alcohol intoxication at the emergency, paediatric, or intensive care departments of the hospitals ZAS Augustinus, ZAS Vincentius, or Antwerp University Hospital (UZA) in Antwerp, Belgium, with a clinically diagnosed or laboratory-confirmed alcohol intoxication who have decreased consciousness or an indication for hospitalisation overnight. Patients are recruited at the Antwerp University Hospital, ZAS Augustinus and ZAS Vincentius in Antwerp, Belgium.

What does the study involve?
The participants are offered a 6-month outpatient follow-up program located in ZAS Augustinus, including personalised feedback, motivational interviewing, psychological screening, and parental involvement. It encompasses information materials at the time of discharge, screening consultations with a child psychologist and medical doctor one month after discharce, an advisory consult 1 month later, and a final follow-up consultation with both the child psychologist and medical doctor 6 months after admission, to assess progress and, if necessary, provide a referral.

What are the possible benefits and risks of participating?
No possible risks are expected from participating. Potential benefits are decreased problematic alcohol use and improved parent-child interaction.

Where is the study run from?
Antwerp University Hospital, ZAS Augustinus and ZAS Vincentius in Antwerp (Belgium)

When is the study starting and how long is it expected to run for?
January 2022 to May 2025

Who is funding the study?
University of Antwerp (Belgium)

Who is the main contact?
PhD student Hanna van Roozendaal, hanna.vanroozendaal@uantwerpen.be

Contact information

Type(s)
Public, Scientific

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Additional identifiers

Protocol serial number
Project ID 5149 (ethics committee Antwerp University Hospital) and study number 230101ACADEM (ethics committee ZAS hospital Antwerp)

Study information

Scientific Title
Outpatient multidisciplinary follow-up program for adolescents with acute alcohol intoxication in Belgium: the SPIRIT pilot study

Acronym
SPIRIT

Study objectives
The outpatient follow-up program for adolescents with acute alcohol intoxication will support in reducing the recurrence rate, decreasing problematic alcohol use, detecting underlying psychological disorders and increasing the parent-child interaction.

Ethics approval required
Ethics approval required

Ethics approval(s)
1. Approved 20/02/2023, Central Ethical Committee of The Antwerp University Hospital (Drie Eikenstraat 655, Edegem, 2650, Belgium; +32 (0)3 821 38 97; ethisch.comite@uza.be), ref: 5149

2. Approved 07/03/2023, Medical Ethical Committee of ZAS Augustinus (Oosterveldlaan 22, Wilrijk, 2610, Belgium; +32 (0)3 443 38 62; gza.ec@zas.be), ref: 230101ACADEM

Primary study design
Interventional

Study design
Multicenter interventional non-randomized quasi-experimental trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Adolescents admitted with acute alcohol intoxication

Interventions
The intervention consists of a 6-month outpatient follow-up treatment program for adolescents admitted to hospital, which includes personalised feedback, motivational interviewing, psychological screening, and parental involvement. At discharge (T0), participants and their parents receive a QR code linking to a study-specific website where they fill in questionnaires and can find information materials. Four to six weeks post-discharge (T1), participants and their parents are invited for screening consultations with the child psychologist and medical doctor. Four to six weeks after the T1 consultations, adolescents and their parents attend a second consultation with the psychologist, where advice based on the initial screening is provided. Motivational interviewing and brief cognitive behavioural therapy, when indicated, are used here. Finally, at 6 months post-admission (T2), a final follow-up consultation with both the psychologist and the medical doctor is conducted to assess progress and, if necessary, provide a referral. Participants and parents fill in a follow-up questionnaire at this timepoint.

Intervention Type
Behavioural

Primary outcome(s)
Alcohol use measured with the AUDIT-C score at T0 and T2

Key secondary outcome(s)
1. Recurrent alcohol intoxications measured via survey at T2
2. Frequency of binge drinking questioned in the T0 and T2 surveys
3. Internalising and externalising problems measured using the Youth Self-Report (YSR) and Child Behavior Checklist (CBCL) at T0 and T2
4. Parental rule setting regarding alcohol use questioned in the T0 and T2 surveys
5. Parent-child interaction measured with the Conflict Behavior Questionnaire (CBQ) at T0 and T2
6. Parenting style measured with the Parenting Scale at T0 and T2

Completion date
31/05/2025

Eligibility

Key inclusion criteria
1. Adolescents aged 10–17 years
2. Present with acute alcohol intoxication (AAI) at the emergency, paediatric, or intensive care departments of the hospitals ZAS Augustinus, ZAS Vincentius, or Antwerp University Hospital (UZA) in Antwerp, Belgium
3. Alcohol intoxication clinically diagnosed or laboratory-confirmed (increased blood alcohol concentration [BAC])
4. Decreased consciousness (Glasgow Coma Scale [GCS] ≤14) or an indication for hospitalisation overnight

Participant type(s)
Patient, Other

Healthy volunteers allowed
No

Age group
Child

Lower age limit
10 Years

Upper age limit
17 Years

Sex
All

Total final enrolment
14

Key exclusion criteria
In the case of direct referral for addiction treatment, patients are not included in the study

Date of first enrolment
23/05/2023

Date of final enrolment
31/03/2025

Locations

Countries of recruitment
Belgium

Study participating centre
Antwerp University Hospital
Drie Eikenstraat 655
Edegem
Belgium
2650

Study participating centre
ZAS Augustinus
Oosterveldlaan 24
Wilrijk
Belgium
2610

Study participating centre
ZAS Vincentius
Sint-Vincentiusstraat 20
Antwerp
Belgium
2018

Sponsor information

Organisation
University of Antwerp

ROR
https://ror.org/008x57b05

Funder(s)

Funder type
University/education

Funder Name
Universiteit Antwerpen

Alternative Name(s)
University of Antwerp, UAntwerp, Universiteit van Antwerpen, Uantwerpen

Funding Body Type
Private sector organisation

Funding Body Subtype
Universities (academic only)

Location
Belgium

Results and Publications

Individual participant data (IPD) sharing plan
The dataset generated and analysed during the current study will be available upon request from Hanna van Roozendaal (hanna.vanroozendaal@uantwerpen.be)

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article		11/12/2025	11/05/2026	Yes	No
Other publications	Implementation process evaluation and preliminary effect analysis	11/12/2025	30/12/2025	Yes	No
Study website		11/11/2025	11/11/2025	No	Yes