

# Outpatient follow-up program for adolescents with acute alcohol intoxication

<b>Submission date</b> 22/04/2025	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 22/04/2025	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 11/05/2026	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> 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 discharge, 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

### Contact name

Mrs Hanna van Roozendaal

### ORCID ID

<https://orcid.org/0000-0001-7599-4503>

### Contact details

Universiteitsplein 1  
Wilrijk  
Belgium  
2610  
+32 (0)3 265 41 11  
hanna.vanroozendaal@uantwerpen.be

### Type(s)

Principal investigator

### Contact name

Prof Guido Van Hal

### ORCID ID

<https://orcid.org/0000-0002-4611-4076>

### Contact details

Universiteitsplein 1  
2610  
Belgium  
2610  
+32 (0)3 265 41 11  
guido.vanhal@uantwerpen.be

## 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

## Study design

Multicenter interventional non-randomized quasi-experimental trial

## Primary study design

Interventional

## 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]  $\leq 14$ ) 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?
<a href="#">Protocol article</a>		11/12/2025	11/05/2026	Yes	No
<a href="#">Other publications</a>	Implementation process evaluation and preliminary effect analysis	11/12/2025	30/12/2025	Yes	No
<a href="#">Study website</a>		11/11/2025	11/11/2025	No	Yes