ISRCTN18432640 https://doi.org/10.1186/ISRCTN18432640

Is alcohol-avoidance training effective and feasible in regular treatment?

Submission date
18/02/2021

Recruitment status
No longer recruiting

Registration date
22/02/2021

Overall study status
Completed

Last Edited
22/02/2021

Condition category
Mental and Behavioural Disorders

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

Plain English summary of protocol

Background and study aims
An alcohol use disorder (AUD) is drinking that causes distress and harm. Alcohol-Avoidance Training (AAT) using a PC and joystick is a promising new treatment for patients with AUD, helping them to avoid relapse. However, it is not known whether AAT also works in practice in different types of clinics. The aim of this study is to find out whether AAT reduces relapse rates in currently abstinent alcohol-dependent patients in 10 German rehabilitation clinics.

Who can participate?
Alcohol-dependent inpatients who are currently abstinent and receive treatment at one of 10 German rehabilitation clinics.

What does the study involve?
Patients are randomly allocated to the active training group or the control group. In addition to usual treatment, all patients in the active training group receive six sessions of AAT. During AAT, patients use a joystick to push away pictures of alcoholic drinks and pull closer pictures of non-alcoholic drinks. Patients in the control group receive only treatment-as-usual.

What are the possible benefits and risks of participating?
The possible benefit is a reduced risk of relapse. There are no risks.

Where is the study run from?
The Salus Clinic Lindow (Germany)

When is the study starting and how long is it expected to run for?
July 2010 to January 2015

Who is funding the study?
The German Pension Fund (Deutsche Rentenversicherung Bund) (Germany)

Who is the main contact?
Prof. Dr Mike Rinck
m.rinck@psych.ru.nl

Contact information

Type(s)
Scientific

Contact name
Prof Mike Rinck

Contact details
PO Box 9104
Nijmegen
Netherlands
6500 HE
+31 (0)243612154
m.rinck@psych.ru.nl

Additional identifiers

Study information

Scientific Title
Effectiveness and feasibility of alcohol-avoidance training: a phase 4 multi-center randomized controlled trial

Acronym
AATMC

Study objectives
Active Alcohol-Avoidance Training reduces relapse rates in currently abstinent alcohol-dependent patients in 10 German rehabilitation clinics.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 02/02/2011, Ethics Board: Ethikkommission der Fakultaet Human- und Sozialwissenschaften der Universität Chemnitz (Ethics Committee of the Dept. of Human and Social Sciences, Chemnitz University, Technical University Chemnitz, 09107 Chemnitz, Germany; +49 (0)371-53134535;
ethik@hsw.tu-chemnitz.de), ref: 02022011

Primary study design
Interventional

Study design
Multicenter interventional non-blinded randomized controlled trial

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Prevention of relapse in currently abstinent patients with Alcohol Use Disorder

Interventions
During their 3-months stay at one of the 10 participating rehabilitation clinics, currently abstinent alcohol-dependent patients are randomly assigned by coin toss to an active training group or a control group.
Active training condition: In addition to treatment-as-usual, patients complete six sessions of alcohol-avoidance training. During each session, they use a joystick and a PC to push away 100 pictures of alcoholic drinks and pull closer 100 pictures of non-alcoholic drinks.
Control condition: Treatment-as-usual only.

Total duration of follow-up: 12 months

Intervention Type
Behavioural

Primary outcome(s)
Relapse measured using a standard questionnaire given on paper or via telephone at 3-months, 6-months, and 12-months follow-up

Key secondary outcome(s)
1. Evaluation of the training by patients, measured using a questionnaire at the end of the training
2. Return rate recorded at each follow-up point per clinic

Completion date
01/01/2015

Eligibility

Key inclusion criteria
Alcohol dependence, currently abstinent

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Sex
All

Total final enrolment
1586

Key exclusion criteria

1. Non-native speaker of German
2. History of schizophrenia or psychotic disorders
3. Visual or hand-motor handicaps
4. Strong withdrawal symptoms
5. Severe neurological disorders

Date of first enrolment
01/09/2012

Date of final enrolment
01/10/2013

Locations

Countries of recruitment
Germany

Study participating centre
AHG Klinik Toenisstein
Hochstraße 25
Bad Neuenahr-Ahrweiler
Germany
53474

Study participating centre
AHG Klinik Wilhelmsheim
Wilhelmsheim 11
Oppenweiler
Germany
71570

Study participating centre
Bernhard-Salzmann-Klinik
Buxelstraße 50
Guetersloh
Germany
33334

Study participating centre
Fachklinik Fredeburg
Zu den Drei Buchen 1

Schmallenberg
Germany
57392

Study participating centre
Fachkrankenhaus Hansenbarg
Franz-Barca-Weg 36
Hanstedt
Germany
21271

Study participating centre
Fontaneklinik Motzen
Fontanestraße 5
Mittenwalde OT Motzen
Germany
15749

Study participating centre
Paracelsus Wiehengebirgsklinik
Kokenrottstraße 71
Bad Essen
Germany
49152

Study participating centre
Salus Klinik Friedrichsdorf
Landgrafenplatz 1
Friedrichsdorf
Germany
61381

Study participating centre
salus klinik Huerth
Willy-Brandt-Platz 1
Huerth
Germany
50354

Sponsor information

Organisation
Radboud University Nijmegen

ROR
https://ror.org/016xsfp80

Funder(s)

Funder type
Other

Funder Name
German Pension Fund (Deutsche Rentenversicherung Bund)

Results and Publications

Individual participant data (IPD) sharing plan
Anonymized participant-level data will be available upon request from Mike Rinck (m.rinck@psych.ru.nl).

IPD sharing plan summary
Available on request