

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

<b>Submission date</b> 18/02/2021	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 22/02/2021	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 22/02/2021	<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

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

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# Additional identifiers

## Clinical Trials Information System (CTIS)

Nil known

## Protocol serial number

Nil known

# 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 Fakultät 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

## Study design

Multicenter interventional non-blinded randomized controlled trial

**Primary study design**

Interventional

**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 Toennisstein**

Hochstraße 25

Bad Neuenahr-Ahrweiler

Germany

53474

**Study participating centre**

**AHG Klinik Wilhelmsheim**

Wilhelmsheim 11

Oppenweiler

Germany

71570

**Study participating centre**

**Bernhard-Salzmänn-Klinik**

Buxelstraße 50

Guetersloh

Germany

33334

**Study participating centre**

**Fachklinik Fredeburg**

Zu den Drei Buchen 1

Schmallenberg

Germany

57392

**Study participating centre**

**Fachkrankenhaus Hansenburg**

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