ISRCTN19452424 https://doi.org/10.1186/ISRCTN19452424

BRAISH - a feasibility study of alcohol brief intervention in a sexual health clinic

Submission date
12/08/2014

Recruitment status
No longer recruiting

Registration date
02/10/2014

Overall study status
Completed

Last Edited
13/03/2020

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol

Background and study aims
The excessive drinking of alcohol, or binge drinking, is a major social and health issue in the UK. It can lead to having sex with a lot of different partners and is often the cause of unintended pregnancy. Binge drinking in young people is a key part of the UK's drinking culture and sexually transmitted diseases (STIs) are most often found in this age group. A study at a sexual health clinic in Portsmouth found that many people who came to the clinic with STIs were heavy drinkers, with 87% admitting to binge drinking with an average intake of alcohol of 20 units in a heavy night (the equivalent of 10 cans of beer or lager). Giving advice to people who have been identified to be drinking heavily could reduce the problem of binge drinking. An Australian study found a reduction in drinking when it was tried in a sexual health clinic. This study aims to find out if it is possible and effective to give advice to adults attending a sexual health clinic in the UK.

Who can participate?
People aged 16 and over attending the sexual health clinic for the first time.

What does the study involve?
Participants were screened for alcohol misuse and were asked if they were ready to take part in this study. They were randomly allocated to one of two groups: one received a brief intervention (BI), a short 5-minute discussion on alcohol as part of the clinic visit, and the other group received usual care (given an alcohol health-promoting leaflet during their appointment). All participants were followed up after 6 months to see if they benefitted.

What are the possible benefits and risks of participating?
Patients may benefit from reducing their alcohol usage and risky sexual behaviour.

Where is the study run from?
The study was run from the Portsmouth sexual health clinic, UK.

When is the study starting and how long is it expected to run for?
May 2011 to October 2012.

Who is funding the study?
National Institute for Health Research (NIHR), UK.

Who is the main contact?
Dr Harindra Veerakathy
veerakathy.harindra@solent.nhs.uk

Contact information

Type(s)
Scientific

Contact name
Dr Harindra Veerakathy

Contact details
Genitourinary Medicine Department
Queen Alexandra Hospital
Southwick Road
Portsmouth
United Kingdom
PO6 3LY

Additional identifiers

Protocol serial number
N/A

Study information

Scientific Title
Assessing feasibility and acceptability of a BRief intervention for risky Alcohol consumption In Sexual Health clinic attendees: a randomised controlled trial

Acronym
BRAISH

Study objectives
To assess the feasibility and acceptability of screening attendees at a sexual health clinic (SHC) for alcohol misuse and delivering a brief intervention (BI) and to explore the effect on drinking and sexual behaviour.

Ethics approval required
Old ethics approval format

Ethics approval(s)
NRES Committee South Central - Southampton A, 01/12/2010, ref. 10/HO502/76

Study design

Individual randomised feasibility study to test screening, recruitment, baseline procedures, intervention process and follow-up

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Alcohol misuse in people attending a sexual health clinic

Interventions
Alcohol brief intervention plus leaflet vs leaflet (usual care)

Intervention Type
Behavioural

Primary outcome(s)
Feasibility study, not powered on single outcome but included AUDIT score, alcohol units/week, binge drinking frequency, new sexual partner frequency, frequency of drunkenness and regretted sex

Timepoints: 6 weeks and 6 months after randomisation
Method: Questionnaire, self-reported measures of alcohol use and sexual risk behaviour

Key secondary outcome(s))
Not provided at time of registration

Completion date
31/10/2012

Eligibility

Key inclusion criteria
All attendees aged 16 and over, irrespective of their sexual orientation or gender, attending the clinic for the first episode of care were recruited. Both symptomatic and asymptomatic presentations were included

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Other

Sex
All

Key exclusion criteria
None

Date of first enrolment
01/05/2011

Date of final enrolment
31/10/2012

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Queen Alexandra Hospital
Portsmouth
United Kingdom
PO6 3LY

Sponsor information

Organisation
Portsmouth Hospitals NHS Trust (UK)

ROR
https://ror.org/009fk3b63

Funder(s)

Funder type
Government

Funder Name
National Institute for Health Research (NIHR RfPB PB-PG-1208-18156) (UK)

Alternative Name(s)
National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/04/2016		Yes	No