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Evaluation of two web-based self-help interventions for young adults with risky alcohol use

Submission date
25/03/2011

Recruitment status
No longer recruiting

Registration date
08/04/2011

Overall study status
Completed

Last Edited
21/06/2013

Condition category
Mental and Behavioural Disorders

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

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Mr Marc-Dennan Tensil

Contact details
Delphi GmbH
Kaiserdamm 8
Berlin
Germany
14057
tensil@delphi-gesellschaft.de

Additional identifiers

Study information

Scientific Title
Comparing the efficacy of two web-based self-help interventions for young adults with risky alcohol use a randomised controlled trial

Study objectives

The modified program with more computer-tailored feedbacks and interactive elements of relapse prevention is more effective than the original version

Ethics approval required
Old ethics approval format

Ethics approval(s)
The ethics committee of the University of Applied Sciences Magdeburg-Stendal approved the study protocol an 28/10/2010 (ref: AZ 4973-15)

Study design
Randomised controlled trial

Primary study design
Interventional

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Risky alcohol use, alcohol abuse or addiction

Interventions
1. Two versions of a fully automated self-help intervention for adolescents and young adults with risky alcohol use are compared
2. Both versions of change your drinking begin with a self-test (check your drinking), which gives a personalised feedback
3. The aim of change your drinking is to reduce or to drinking
4. In detail, participants should not drink more than 24g/12g (m/f) pure alcohol per day
5. They can even choose to drink less or abstain from drinking
6. After registration participants get access to a drinking diary
7. In the original program the drinking dairy can be filled out for 10 days and participants receive a short personalised feedback at the end
8. The modified version lasts 14 days and consists of additional interactive elements:
8.1. Participants receive short personalised feedbacks every day and longer feedbacks 7 and 14 days after registration
8.2. Every day participants are advised to reflect their personal risk situations and to develop strategies in order to cope with those situations (relapse prevention)
8.3. Participants are encouraged to reward themselves for achieving their personal goal
8.4. The drinking diary can be extended for additional 14 days, but without personalised feedback
9. The program is open to the general public
10. Eligibility criteria will be checked after completion of the self-test check your drinking 11. Users who do not meet criteria or do not want to participate on the study receive the original version of change your drinking

Intervention Type
Other

Phase

Not Applicable

Primary outcome(s)
1. Alcohol consumption within the last seven days: amount of pure alcohol
2. Mean number of drinking days in the past 30 days
3. Proportion of subjects drinking within the guidelines: i.e., not drinking more than 24 grams of pure alcohol (men) or 12 grams (women) on any day during the last week
4. Proportion of binge drinking within the last seven days: five or more drinks on one occasion
5. Mean number of alcohol related problems
6. Follow-ups are carried out six weeks and three months after registration

Key secondary outcome(s))
Satisfaction with the intervention

Completion date
31/12/2012

Eligibility

Key inclusion criteria
1. Minimum age of 18 years
2. Alcohol Use Disorder Identification Test (AUDIT): score of 8 or more
3. Last week average daily alcohol consumption of pure alcohol: 24g (males), 12g (females)

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

Key exclusion criteria
Does not meet inclusion criteria

Date of first enrolment
01/03/2011

Date of final enrolment
31/12/2012

Locations

Countries of recruitment
Germany

Study participating centre
Delphi GmbH
Berlin
Germany
14057

Sponsor information

Organisation
Federal Centre for Health Education (BZgA) (Germany)

ROR
https://ror.org/054c9y537

Funder(s)

Funder type
Government

Funder Name
Federal Centre for Health Education (BZgA) (Germany)

Alternative Name(s)
Federal Centre for Health Education, BZgA

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Germany

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	06/06/2013		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes