

Screening and brief alcohol intervention to prevent risky drinking in young people aged 14-15 in a high school setting

Submission date 21/08/2015	Recruitment status No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
Registration date 15/09/2015	Overall study status Completed	<input checked="" type="checkbox"/> Protocol
Last Edited 10/10/2023	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

In England between 2007 and 2013, alcohol consumption in 11-15 year olds decreased from 54% to 39%. Although this reduction in underage drinking is encouraging, teenagers in the UK are still amongst the heaviest drinkers in Europe. There is a great deal of evidence to show that underage drinking can lead to health and social problems in later life. It can also lead to risky behaviour in teenagers, such as smoking and promiscuity (sleeping around). "Alcohol screening and brief intervention" is a preventive strategy targeting people whose drinking habits are likely to be harmful to their health or well-being. The scheme works by identifying young people engaging in risky drinking behaviour, and then providing structured advice or counselling to help them drink less and more responsibly. A key feature of this programme is that it is designed by GP's rather than addiction specialists, as the participants themselves may not be aware that they have a problem with alcohol. The aim of this study is to find out whether an alcohol screening and brief intervention programme in schools is a successful and cost-effective way of reducing drinking in young people.

Who can participate?

Healthy adolescents between 14 and 15 years old who have a risky level of alcohol consumption.

What does the study involve?

Participants are randomly allocated into one of two groups. Those in the first group (control) continue their usual school lessons to help them understand alcohol issues. They are also given minimal feedback from their alcohol consumption screening, as well as an alcohol information leaflet which includes information about how to get help with alcohol-related issues. Those in the second group (intervention) receive the same leaflet and normal school lessons as the control group, however they also take part in a 30 minute personalized, interactive worksheet-based session designed to explore the young persons' drinking habits and their motivation for change. These participants also receive structured feedback from the alcohol use screening, as well as advice about the long-term problems linked with drinking too much alcohol.

What are the possible benefits and risks of participating?

There are no direct benefits of participating, although information gained from the study will be used for an intervention manual to be used in schools in the future. All young people involved will be given an information leaflet with information about alcohol and contact details of local help services however. There are no specific risks involved.

Where is the study run from?

Seven schools in the County Durham area.

When is the study starting and how long is it expected to run for?

September 2015 to December 2017

Who is funding the study?

National Institute for Health Research (UK)

Who is the main contact?

Dr Emma Giles

Contact information

Type(s)

Scientific

Contact name

Dr Emma Giles

ORCID ID

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Contact details

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Middlesbrough
United Kingdom
TS1 3BA

Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

Protocol serial number

002

Study information

Scientific Title

A multi-centre randomised controlled trial of screening and brief alcohol intervention to prevent risky drinking in young people aged 14-15 in a high school setting (SIPS JR-HIGH)

Acronym

SIPS JR-HIGH

Study objectives

The aim of the study is to evaluate the effectiveness and cost-effectiveness of alcohol screening and brief intervention to reduce risky drinking in young people aged 14-15 in the English high school setting.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Teesside University Ethics Committee, 03/09/2015, ref: 164/15

Study design

Multi-centre two-arm randomized controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Risky alcohol consumption

Interventions

Participants are randomised in a 1:1 ratio into the intervention and control arms, with individual randomisation stratified by school.

Control arm: Involves usual practice on alcohol issues as delivered normally to all students in personal, social and health education (PSHE) lessons and curriculum delivered by class teachers as well as minimal feedback on their alcohol screen and an alcohol information leaflet with information on local sources of help for problems relating to alcohol, given by the learning mentor to those that consent to the trial.

Intervention arm: In addition to input equivalent to the control arm; the young people who are eligible and consent to participate in a 30-minute personalised interactive worksheet-based session. This will be delivered by the learning mentor (at school) and will contain structured feedback about the individual student's drinking behaviour and advice about the health and social consequences of continued risky alcohol consumption. The intervention encompasses the elements of the FRAMES approach for eliciting behaviour change.

Intervention Type

Behavioural

Primary outcome(s)

Total alcohol consumed in the last 28 days, using the 28 day Alcohol Timeline Followback (TLFB) questionnaire at 12-month follow-up.

Key secondary outcome(s)

1. Percentage days abstinence over last 28 days, drinks per drinking day and days >2 units from TLFB
2. Risky drinking using the A-SAQ (last 6 months), AUDIT (last 6 months) and TFLB (last 28 days)
3. Smoking behavior (age of first use and amount used in last 30 days)
4. Alcohol related problems using the RAPI (last 6 months)
5. Drunkenness during the last 30 days, both dichotomised as 'never' and '1-2 times or more'
6. Emotional wellbeing using the WEMWBS in the last two weeks
7. Drinking motives using the DMQ (last 6 months)
8. Energy drink consumption (last week)
9. Use of NHS, educational, social, and criminal services data (S-SUQ) (last 6 months)
10. Quality of life and health utility measured using EQ-5D 5L (today)
11. Sexual risk taking: "After drinking alcohol, have you engaged in sexual intercourse that you regretted the next day?" and "After drinking alcohol, have you ever engaged in sexual intercourse without a condom?" (ever)

Completion date

31/12/2017

Eligibility

Key inclusion criteria

1. Aged between 14-15 years inclusive whose parents do not opt them out of the study
2. Scoring positively for risky alcohol consumption on the Self-Assessment Questionnaire A (A-SAQ)

Participant type(s)

Learner/student

Healthy volunteers allowed

No

Age group

Child

Lower age limit

14 years

Upper age limit

15 years

Sex

All

Total final enrolment

443

Key exclusion criteria

1. Those already seeking or receiving help for an alcohol use disorder
2. Those with a recognised mental health or challenging behaviour issue

Date of first enrolment

01/01/2016

Date of final enrolment

31/03/2016

Locations

Countries of recruitment

United Kingdom

England

Study participating centre**Ferryhill Business & Enterprise College**

Merrington Road

Ferryhill

County Durham

United Kingdom

DL17 8RW

Study participating centre**Greenfield Community College - A Specialist Arts & Science School**

Greenfield Way

Newtom Aycliffe

County Durham

United Kingdom

DL5 7LF

Study participating centre**Woodham Academy**

Washington Crescent

Newton Aycliffe

County Durham

United Kingdom

WC2R 2LS

Study participating centre**Durham Johnston School**

Crossgate Moor

Durham

County Durham
United Kingdom
DH1 4SU

Study participating centre

Consett Academy

Dunelm Rd
Consett
County Durham
United Kingdom
DH8 8EG

Study participating centre

Park View Community School

Church Chare
Chester le Street
County Durham
United Kingdom
DH3 3QA

Study participating centre

Teesdale School

Prospect Pl
Barnard Castle
County Durham
United Kingdom
DL12 8HH

Sponsor information

Organisation

Newcastle University

ROR

<https://ror.org/01kj2bm70>

Funder(s)

Funder type

Government

Funder Name

National Institute for Health Research

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	01/05/2019	10/12/2020	Yes	No
Results article		12/03/2022	10/10/2023	Yes	No
Protocol article	protocol	23/12/2016	10/12/2020	Yes	No