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'Drinking Less' - an online self-help intervention for problem drinkers in the general population

Submission date	Recruitment status	[ ] Prospectively registered
20/12/2005	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
20/12/2005	Completed	[X] Results
Last Edited	**Condition category**	[ ] Individual participant data
07/01/2021	Mental and Behavioural Disorders	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
NTR131

Study information

Scientific Title
'Drinking Less' - an online self-help intervention for problem drinkers in the general population: results from an online randomised clinical trial

Acronym
'Drinking Less'

Study objectives
We tested the hypothesis of the superior effectiveness of an online preventive self help intervention for problem drinkers based on cognitive-behavioural self control principles vis-à-vis an online psycho-education brochure for problem drinkers.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Ethics approval received from the local medical ethics committee

Primary study design
Interventional

Study design
Randomised, active controlled, parallel group trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Alcohol abuse, alcoholism

Interventions
The experimental condition received the 'Drinking Less' intervention. 'Drinking Less' is a web-based self help intervention for problem drinkers who want to reduce their alcohol consumption without any direct professional guidance. It is based on cognitive-behavioural self control principles. The program consists of four phases:
1. Preparation
2. Decision and goal setting
3. Conduct
4. Maintenance

The intervention provides support to problem drinkers through techniques such as a monitoring log book, educational information and exercises. It also allows different participants to exchange information and experiences with one another through an internet forum. Participants are advised to use the intervention for a period of six weeks.

The control group received access to a brief web-based alcohol information brochure in which the impact of alcohol on body, mind and functioning and the limits for safe alcohol consumption are discussed.

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
1. Mean weekly alcohol consumption: number of units (10 g pure alcohol) in the past 7 days
2. Proportion of subjects not at-risk, i.e. drinking 21 units or less a week (men) and 14 units or less a week (women)
3. Proportion of subjects not drinking hazardously: i.e., not drinking more than 5 units (men) or 3 units (women) on any day a week in the past three months
4. Proportion of subjects not drinking at risk and/or hazardously (as defined under 2 and 3)
5. Proportion of subjects not drinking at risk and/or hazardously (as defined under 4) and who do not experience alcohol related problems

Key secondary outcome(s)
1. Quality of life
2. Psychological well being
3. Satisfaction with the interventions

Completion date
31/10/2004

Eligibility

Key inclusion criteria
Participants were eligible to participate if they were between 18 and 65 years of age, had a weekly alcohol consumption of more than 21 units (greater than or equal to 210 g - men) or more than 14 units (greater than or equal to 140 g - women) and or who were consuming more than 5 units of alcohol (greater than or equal to 50 g - men) or 3 units of alcohol (greater than or equal to 30 g - women) on one or more days a week in the past three months and who had access to a computer and internet.

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Sex
All

Total final enrolment
261

Key exclusion criteria
1. Participants who received professional help
2. Participated in a self help group and/or medication for their drinking problems (last year)
3. Participated in a conflicting scientific study

Date of first enrolment
01/06/2003

Date of final enrolment
31/10/2004

Locations

Countries of recruitment
Netherlands

Study participating centre
Trimbos-instituut
Utrecht
Netherlands
3500 AS

Sponsor information

Organisation
Trimbos Institute - Netherlands Institute of Mental Health and Addiction (Netherlands)

ROR
https://ror.org/02amggm23

Funder(s)

Funder type
Research organisation

Funder Name
The Netherlands Organisation for Health Research and Development (ZonMw) (Netherlands)

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	secondary analysis results	22/11/2008	07/01/2021	Yes	No