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A community intervention to reduce alcohol consumption and drunkenness among adolescents – a quasi-experimental evaluation of the Öckerö method

Submission date
29/03/2021

Recruitment status
No longer recruiting

Registration date
31/03/2021

Overall study status
Completed

Last Edited
23/04/2021

Condition category
Other

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

Plain English summary of protocol

Background and study aims
Alcohol consumption among young people is a risk behavior linked to several potentially negative consequences. It is therefore important to further develop local alcohol prevention work. There is a great need to develop new methods and to conduct research into the methods that are already in use, despite a lack of sufficient support in the research.
The Öckerö method is an established alcohol prevention method that is used in around 25 municipalities in Sweden. The method has also inspired the work of several other municipalities. Despite the dissemination of the method and the fact that it is perceived as effective by local drug prevention workers, no independent research has to date been conducted concerning its effects.
The aim of this trial is to study the possible effects of the Öckerö method based on a number of different outcome measures – first and foremost alcohol consumption and parents' attitudes to adolescent alcohol use.

Who can participate?
All school students in grade 7-9 (aged 13-15 years) in 17 secondary schools in eight municipalities in Skåne county, Sweden over the course of 2016-2019.

What does the study involve?
Participating municipalities are allocated to the intervention group (Öckerö Method) or the control group. The Öckerö Method is a community intervention that aims to change the social norms of adolescents with regards to alcohol consumption by providing information to parents, other adults, local associations and local media, with the intent of influencing their attitudes towards alcohol consumption by adolescents. The intervention consists of four components: (1) information at school parent meetings in grades 7, 8 and 9, (2) newsletters to parents and other adults, (3) information work directed at the local community, and (4) information via local media. The intervention is implemented by local prevention workers. It is followed up with self-report surveys that are conducted once each year with adolescents in secondary school.

What are the possible benefits and risks of participating?
The adolescents in the intervention group may benefit from reduced alcohol and other drug consumption if the method turns out to have positive effects. All the questions and scales used in the study have been used in previous research among adolescents without any problems being reported in connection with the data collection. It cannot be completely ruled out that some adolescents may find it uncomfortable to answer certain questions, but the researchers consider the risks of the study to be very limited. As extra security, they inform in the written information that the participating adolescents can turn to the school counselor if the questionnaire raises thoughts or negative feelings.

Where is the study run from?
Malmö University (Sweden)

When is the study starting and how long is it expected to run for?
June 2015 to September 2019

Who is funding the study?
1. Public Health Agency of Sweden (Sweden)
2. County Administrative Board of Skåne (Sweden)
3. Systembolaget (Sweden)

Who is the main contact?
Prof. Björn Johnson
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Contact information

Type(s)
Scientific

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Study information

Scientific Title
The Öckerö method for alcohol prevention - a quasi-experimental evaluation

Study objectives
The aim of this study is to evaluate the effectiveness of the Öckerö Method. The study focuses on two research questions:
1. Is it possible to identify the effects of the Öckerö Method on youths' alcohol consumption and drunkenness?
2. Is it possible to identify the effects of the Öckerö Method on parental attitudes towards alcohol consumption and drunkenness, based on the youths' perceptions?

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 04/05/2016, Regional Ethics Review Board in Lund (Regionala etikprövningsnämnden, Lunds Universitet, Box 133, 22100 Lund, Sweden; +46 (0)46 2224180; registrator@epn.lu.se), ref: 2016/88

Primary study design
Interventional

Study design
Quasi-experimental design using matched controls

Study type(s)
Prevention

Health condition(s) or problem(s) studied
Alcohol use and drunkenness among adolescents aged 13-15 years

Interventions
The Öckerö Method is a community intervention that aims to change social norms of adolescents with regards to alcohol consumption, by providing information to parents, other adults, local associations and local media, with the intent of influencing their attitudes towards alcohol consumption by adolescents. The intervention consists of four components:
1. Information at school parent meetings in grades 7, 8 and 9

2. Newsletters to parents and other adults
3. Information work directed at the local community
4. Information via local media
The intervention is implemented by local prevention workers. It is followed up by means of self-report surveys that are conducted once each year with adolescents in secondary school.

The county of Skåne is selected as the evaluation area because adolescent alcohol consumption in the county is higher than in Sweden as a whole. Eight municipalities are selected following a pairwise matching procedure using several matching variables (e.g. average educational level within the municipality, and the proportion of municipal residents of non-Swedish background). A randomly selected municipality from each matched pair is then asked whether they would like to be an intervention municipality, and the remaining municipalities whether they would like to be control municipalities.

A self-report survey is conducted throughout the project period (once per year, at the beginning of the autumn term) in the intervention and control municipalities. The same questionnaire is used in both the intervention and control group. The self-report survey is administered in the form of a web-based questionnaire that is completed under conditions of anonymity.

Intervention Type
Behavioural

Primary outcome(s)
Alcohol consumption (ever) and drunkenness (last year, last month) among adolescents, measured by self-report data using well-established survey questions at baseline (start of grade 7), at the start of grade 8, and at the start of grade 9

Key secondary outcome(s)
Parental attitudes towards adolescent drinking as perceived by the adolescents, measured by two self-report items combined into a scale at baseline (start of grade 7), at the start of grade 8, and at the start of grade 9

Completion date
30/09/2019

Eligibility

Key inclusion criteria
All school students in grade 7-9 (aged 13-15 years) in the participating municipalities

Participant type(s)
Other

Healthy volunteers allowed
No

Age group
Child

Lower age limit

13 Years

Upper age limit
15 Years

Sex
All

Total final enrolment
12486

Key exclusion criteria
Not present in the school at the day of the survey procedure or no consent from parents (for adolescents aged below 15 years)

Date of first enrolment
15/08/2016

Date of final enrolment
30/09/2019

Locations

Countries of recruitment
Sweden

Study participating centre
Ljungbyhedskolan
Nybrogatan 9
Ljungbyhed
Sweden
26452

Study participating centre
Nya Snyggatorpsskolan
Torggatan 32
Klippan
Sweden
26434

Study participating centre
Varagårdsskolan
Södra Storgatan 21

Bjuv
Sweden
26740

Study participating centre
Jens Billeskolan
Badhusvägen 1
Billesholm
Sweden
25771

Study participating centre
Ekeby skola
Allégatan 2
Ekeby
Sweden
26775

Study participating centre
Alléskolan
Bruksgatan 1
Skurup
Sweden
27435

Study participating centre
Mackleanskolan
Stora Torggatan 13
Skurup
Sweden
27434

Study participating centre
Korsavadsskolan
Backgatan 48
Simrishamn
Sweden
27235

Study participating centre
Parkskolan
Östra Storgatan 8
Osby
Sweden
28341

Study participating centre
Hasslarödsskolan
Hasslarödsvägen 12
Osby
Sweden
28333

Study participating centre
Örkenedsskolan
Tosthultsvägen 19
Lönsboda
Sweden
28302

Study participating centre
Snapphaneskolan
Göingevägen 12
Knislinge
Sweden
28331

Study participating centre
Göingeskolan
Kyrkogatan 10
Broby
Sweden
28941

Study participating centre
Frostaskolan
Komministergatan 4
Hörby
Sweden
24232

Study participating centre
Georgshillsskolan
Georgshillsvägen 11
Hörby
Sweden
24233

Study participating centre
Ludvigsborgs friskola
A P Kleens väg 8 Ludvigsborg
Höör
Sweden
24271

Study participating centre
Kastanjeskolan
Anders Perssons väg 7
Tomelilla
Sweden
27335

Sponsor information

Organisation
Malmö University

ROR
https://ror.org/05wp7an13

Funder(s)

Funder type
Government

Funder Name
Folkhälsomyndigheten

Alternative Name(s)
Public Health Agency of Sweden

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Sweden

Funder Name
County Administrative Board of Skåne

Funder Name
Systembolaget

Alternative Name(s)

Funding Body Type
Government organisation

Funding Body Subtype
Local government

Location
Sweden

Results and Publications

Individual participant data (IPD) sharing plan
The datasets used in the current study are not publicly available due to restrictions made by the Regional Ethical Review Board in Lund, Sweden, but are available from the trial main contact on reasonable request (e.g. for researchers who wants to control or replicate analyses). The person to contact for the dataset is Prof. Björn Johnson (bjorn.johnson@mau.se).

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		21/04/2021	23/04/2021	Yes	No