

# Evaluation of an internet-based one-time counselling intervention for young cannabis- or alcohol-users

<b>Submission date</b> 29/10/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 25/11/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 25/11/2010	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

### Study information

**Scientific Title**  
Evaluation of an internet-based one-time counselling intervention for young cannabis- or alcohol-users: an online randomised controlled trial

**Study objectives**  
A one-time professional chat-based intervention for problematic cannabis- and alcohol-users is more effective than a chat-based interaction solely dealing with general addiction issues.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Ethics committee of the University of Applied Sciences Magdeburg approved on the 9th September 2010 (ref: AZ-4973-14)

## **Study design**

Randomised controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Alcohol abuse or addiction, cannabis abuse or addiction

## **Interventions**

Participants in the experimental condition receive a one-time brief intervention delivered via internet-chat. During the intervention, Motivational Interviewing (MI) is applied by trained psychologists.

Participants in the control condition receive information about addiction in general and about the results in the self-test.

Each arm involves a one-time chat-based intervention with a duration of approximately 30 minutes, with follow-up online surveys at one month and three months.

## **Intervention Type**

Other

## **Phase**

Not Applicable

## **Primary outcome(s)**

Alcohol users:

1. Mean weekly alcohol consumption: consumed amount of pure alcohol in the past 7 days
2. Mean number of consumption days in the past 30 days
3. Proportion of subjects not drinking hazardously: i.e., not drinking more than 24 grams of pure alcohol (men) or 12 grams (women) on any day during the last week

Cannabis users:

4. Mean number of consumption days in the past 30 days

Both alcohol and cannabis users:

5. Allocation on the Stages of Change (Transtheoretical Model) measured by the "Readiness to Change Questionnaire" (RTCQ)

Measured using follow-up online surveys at one month and three months.

**Key secondary outcome(s)**

Satisfaction with the received intervention, measured using follow-up online surveys at one month and three months.

**Completion date**

31/03/2011

**Eligibility****Key inclusion criteria**

The study aims at participants of two automated internet-based self-tests for cannabis- or alcohol-users installed on the prevention website [www.drugcom.de](http://www.drugcom.de). In order to be eligible for the study, those users have to meet the following criteria:

1. Problematic alcohol use defined as:

1.1. Alcohol Use Disorders Identification Test (AUDIT) score of 16 or more, or

1.2. Alcohol consumption of more than 60 g per day (men)/40 g per day (women), or

1.3. Binge drinking (i.e. at least 5 units of alcohol per occasion) at least once per week

2. Problematic cannabis use defined as 4 or more points in the Severity of Dependence Scale (SDS) (men) or 2 points or more (women)

3. Aged 18 - 35 years, either sex

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

Participants who currently receive professional help or participate at a self help group.

**Date of first enrolment**

30/09/2010

**Date of final enrolment**

31/03/2011

**Locations****Countries of recruitment**

Germany

**Study participating centre**

Behaimstr. 20

Berlin

Germany

10585

## 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?
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes