

# "Drinking Less;" an online self-help intervention for problem drinkers in the general population: Results from an online randomised clinical trial.

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON21430

### Source

Nationaal Trial Register

### Brief title

Drinking Less

### Health condition

Problematic alcohol consumption.

## Sponsors and support

**Primary sponsor:** Trimbos-instituut

**Source(s) of monetary or material Support:** ZonMw Preventie (The Netherlands Organisation for Health Research and Development/ Prevention Programme)

## Intervention

## Outcome measures

### Primary outcome

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 hazourdously: 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 hazourdously (as defined under 2 and 3);
5. Proportion of subjects not drinking at risk and/or hazourdously (as defined under 4) and who do not experience alcohol related problems.

### Secondary outcome

1. Quality of life;
2. Psychological well being;
3. Satisfaction with the interventions.

## Study description

### Background summary

A randomised controlled trial (RCT) was designed which could be conducted entirely via the internet.

Not only the tested interventions were provided to the respondents via the internet, but also the information, instructions and questionnaires for the trial.

Advertisements in Dutch nationwide newspapers and on an internet website were used to recruit 335 potential respondents. After screening them online for eligibility, we selected 268 persons for inclusion in the sample: they were consuming more alcohol than the guidelines for sensible drinking recommend.

After they completed a baseline questionnaire, we randomly determined whether respondents would use the online self-help intervention MinderDrinken (134 persons) or an online information leaflet about alcohol use (likewise 134 persons).

Six months and twelve months later, we once again recorded the alcohol consumption of the two groups.

## Study objective

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.

## Study design

N/A

## Intervention

The experimental condition received the Drinking Less Intervention.

DrinkingLess is a webbased 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:

preparation, decision and goal setting, conduct and 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 webbased alcohol information brochure in which the impact of alcohol on body, mind and functioning and the limits for safe alcohol consumption are discussed.

## Contacts

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## Eligibility criteria

### 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 (f@210 g) (men) or more than 14 units (f@140 g) (women) and or who were consuming more than 5 units of alcohol (f@50 g) (men) or 3 units of alcohol (f@30 g) (women) on one or more days a week in the past three months and who had access to a computer and internet.

### Exclusion criteria

Participants who received professional help, participated in a self help group and/or medication for their drinking problems (last year) and those who participated in a conflicting scientific study.

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-06-2003
Enrollment:	268

Type:

Actual

## Ethics review

Positive opinion

Date:

23-08-2005

Application type:

First submission

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
NTR-new	NL100
NTR-old	NTR131
Other	: N/A
ISRCTN	ISRCTN47285230

## Study results

### Summary results

Addiction. 2008 Feb;103(2):218-27.