

A Supportive Digital Intervention Aiming to Reduce Young Adults' Alcohol Intake: A Randomized Controlled Trial

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BACKGROUND

- Problem drinking is a common condition negatively affecting young adults' mental, social, and physical health.
- The drinking behavior of approximately 60% of young adults lies within the harmful use range.
- Traditional counseling is often avoided by young adults due to stigma and the desire for self-reliance.
- Unguided internet- and mobile-based interventions require limited resources and might be a novel solution to overcome common obstacles.

AIMS

- Developing a suitable and attractive intervention for young adults to stimulate less hazardous drinking behaviors.
- Assessing the feasibility and effectiveness of our application compared to an educational brochure condition.

TARGET POPULATION

- Recruitment: 255 young adults (18-30) who express the wish to reduce their drinking levels will be recruited from the Netherlands.
- We will make use of an open recruitment strategy via social media advertisements, flyers and posters at places of interest for young adults.

INTERVENTION

- The intervention will provide young adults with strategies to self-manage their drinking.
- The included modules provide tailored text and visual based feedback according to participants' responses.
- Specific components of our intervention are personalized normative feedback, protective behavior strategies, relaxation techniques, and a drinking diary.

DESIGN

- Two-arm RCT comparing a mobile self-help intervention with an educational brochure. Assessments are taken online at baseline, 6 weeks after baseline, and 3 months after baseline.

DEVELOPMENT PROCESS

- A participatory design was used to develop the intervention content.
- We identified the evidence base via systematic searches of the literature.
- We identified existing interventions including commercial products via systematic searches of the literature and IOS and Google App Store.
- We refined the intervention content based on focus groups with university researchers and our target group.
- We are assessing the feasibility, piloting methods, and varying recruitment strategies.

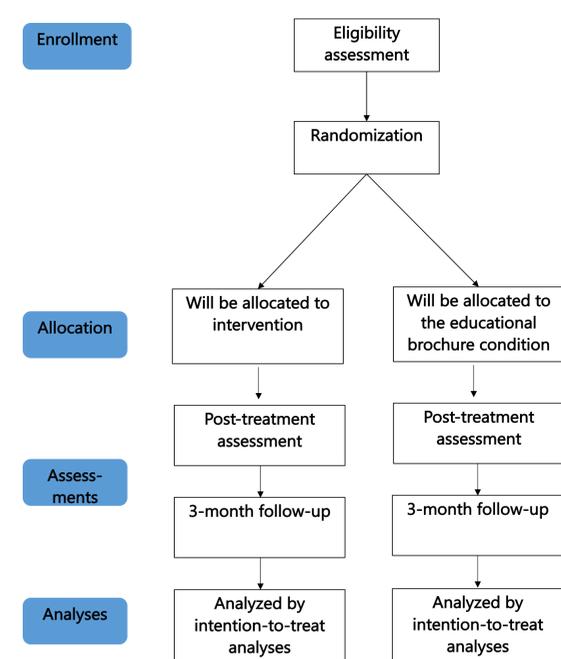


Figure 1. Flowchart

Table 1. Overview of measurements and instruments.

Assessments / instruments	Baseline	6-week post-test	6-month follow-up
Socio-demographics	x		
Alcohol use (TLFB)	x	x	x
Binge drinking frequency	x	x	x
Cannabis consumption, frequency and quantity	x	x	x
Depressive symptoms (PHQ-9)	x	x	x
Perceived stress (PSS)	x	x	x
Alcohol-related consequences (RAPI)	x	x	x
Participants' motivation (SMFL)	x	x	
Task Performance (IWPQ)	x	x	x
Treatment adherence		x	x



Figure 2. Screenshot displaying the home screen of the Moodbuster platform on which the web version will be built.



Figure 3. Screenshot displaying the home screen of the app prototype.

