



A Brief Motivational Intervention (BMI) to reduce excessive alcohol use and related harm in children and adolescents treated in Emergency Departments (EDs) in Europe

Objective:

To carry out a European multicenter randomized clinical trial of BMI for alcohol-positive children and adolescents (< 18 years) treated in EDs. To test whether BMI is superior to Standard Care (SC) in reducing alcohol consumption and related harmful consequences.

Background:

- Binge Drinking in children and adolescents is associated with diverse harmful health consequences (i.e. injuries, crashes, hypothermia, harm of vitals, changing brain and cognitive functions, early sexual activity, sexual and physical abuse, initiation of other substances) and early initiation is a major risk factor for later alcohol dependency.
- Heavy-drinking episodes resulting in admission to EDs offer a „teachable moment“ for modifying drinking behavior.
- Brief Interventions and Motivational Interviewing have shown positive small to medium effect sizes in the field of problematic drinking in adults and college students compared to no interventions.
- Trials on BMI in EDs in children and adolescents are rare and findings incoherent, but promising.
- Adding booster sessions to BMI in ED settings in patients with problematic alcohol use seem to be superior to only BMI or SC.

Target population:

Children and adolescents age 13 - 17 years admitted to ED's because of an alcohol intoxication or injury related to prior alcohol consumption, without serious mental health problems or serious traumatic injuries.

Intervention:

BMI according to the principles of Motivational Interviewing (Express empathy, develop discrepancy, avoid argumentation, roll with resistance) conducted by trained research staff.

Study-Design:

- After baseline-assessment participants are randomized to either...
 - (1) BMI-group
 - (2) BMI-group + telephone booster sessions (after 1 and 3 month)
 - (3) SC-control group
- Evaluation at T1 (6 month) and T2 (12 month)
- Participants will receive monetary incentives for every completed assessment and telephone booster session