

Web-Based Treatment of Heavy Drinking Among Women With a History of Sexual Trauma

NCT: STUDY00001028

Date: November 2, 2022

Study Protocol and Statistical Analysis Plan

Study Protocol

The objective of this protocol was to evaluate the initial efficacy of a brief web-based intervention to reduce heavy drinking among college women with sexual assault histories compared to an assessment only control condition. The intervention incorporated alcohol reduction strategies shown to be effective at reducing drinking in other web-based alcohol interventions with emotion regulation and distress tolerance skills.

Recruitment. Participants were recruited from a large university in the Pacific Northwest United States. Women were randomly selected from the university's registrar's list and sent an email seeking interested individuals to participate in the study. Interested individuals were asked to complete a web-based screening survey.

Retention. Of the 200 participants, 168 (84.0%) completed the post-treatment survey, 168 (84.0%) completed the 1-month follow-up survey, and 143 (71.5%) completed the 6-month follow-up assessment.

Study Design. After determining participant eligibility, they were directed to an online pre-treatment survey to provide informed consent and provide baseline characteristics. Next, they were randomized to either the intervention condition or an assessment only condition. For the next 14 days, all participants completed a 5-minute daily monitoring survey. Following the daily monitoring survey, individuals randomized to the intervention condition received a 5-10 minute skill module. After the daily monitoring assessments, all participants completed a post-treatment follow-up survey, and 1- and 6-month follow-up surveys.

Statistical Analysis Plan

To evaluate differences in drinks per week over time between the intervention and assessment only conditions, we conducted a multilevel linear mixed-effects model. This two-level random intercept model had an independent covariance structure between the random effects. Pairwise comparisons were examined to evaluate the treatment x time effects.