

# A pilot feasibility cluster randomised controlled trial of screening and brief alcohol intervention to prevent hazardous drinking in young people aged 14–15 years in a high school setting (SIPS JR-HIGH)

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## Plain English summary

### Alcohol intervention to prevent hazardous drinking

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## Plain English summary

Approximately 33% of 15- to 16-year-olds in England report alcohol intoxication in the past month. This study assessed the feasibility of the effectiveness and cost-effectiveness of a study of alcohol screening and brief alcohol intervention (ASBI) in a school setting to reduce risky drinking in adolescents aged 14–15 years in seven high schools in North East England. A survey using questionnaires to measure risky drinking was administered to all young people whose parents had consented to them taking part. Young people were randomly allocated to one of three groups. Each group received an intervention administered by trained school staff: (1) no intervention (control) – they received feedback that they may be drinking in a way that may be harmful to them and were given an alcohol information leaflet; (2) intervention 1 – a 30-minute one-to-one brief interactive advice session, as well as an alcohol information leaflet; or (3) intervention 2 – young people allocated to intervention 2 received the same input as intervention 1 plus the offer of a 1-hour session with parental/family involvement. The study included in-depth interviews with school staff, parents and young people to explore their views on how best to deliver the intervention. Results showed that it is feasible and acceptable to carry out ASBI in a school setting. A total of 182 young people were recruited to the study; however, only 8 of the 75 people allocated to the family involvement group had a family meeting. Results show that a definitive study should focus on working with young people rather than involving parents.

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