

Feasibility study on the modification of drinking and safety behaviour through the use of participant designed, self generated text messages via mobile phones delivered at times scheduled by the participant

ACTRN12611000242921

Status RECRUITING
Sponsor Karen Renner
Enrollment 50 participants

Plain Language Summary

This small pilot study (called SPILL IT) is looking at whether young adults who drink alcohol would use a simple website that lets them write their own safety reminders and schedule them to be sent to their mobile phone while they are out drinking. The idea is that people often forget the plans they made to stay safe once they have had a few drinks — so a personal reminder on their phone at the right moment might help them make safer choices.

You may be eligible if:

- You are between 18 and 99 years old (i.e., an adult)
- You own a mobile phone

You may NOT be eligible if:

- You do not own a mobile phone
- You are under 18 years old

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Participants must be within the age limits defined below and own a mobile phone.

Exclusion (1)

- No mobile phone or outside the specified age limit

Locations (1 total)

Auckland, New Zealand