

# Alcohol-ROC-Training

NCT05491551

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Yale University
Enrollment	177 participants

## Key Eligibility Criteria

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### Inclusion (1)

- (1) Young adults ages 18-26 years, who (2) report e 3 heavy drinking days (i.e., heavy drinking defined by  $\geq 3$  drinks for women,  $\geq 4$  drinks for men) in the prior month; (3) are motivated to quit or reduce drinking; (4) are fluent in English and have a 6th grade or higher reading level; (5) have access to a computer with working internet; (6) use a working smartphone; (7) can commit to the full length of the protocol; and (8) are willing to be randomized to intervention condition.

### Exclusion (1)

- (1) Current (past 12 months) clinically-severe alcohol use disorder (AUD; e.g., history of seizures, delirium, or hallucinations during withdrawal) or current severe alcohol withdrawal; (2) Current (past 12 months) clinically-severe substance use disorder (except tobacco) or current severe drug withdrawal; (3) serious other psychiatric illness by history or examination; (4) severe or unstable physical disease within the past 6 months; (5) psychoactive medications (e.g., mood stabilizers) that have not been at a stable dose unless determined to be on a stable dose of medication by the study psychiatrist; (6) current use of any investigational medication; (7) color blindness; (8) biological females who are pregnant; and (9) notable dislike to any particular type of alcoholic beverage depicted in study stimuli; (10) Participants who will not complete at least 70% of past day EMA reports in the pre-intervention phase will not be randomized; (11) Participants who cannot understand or follow study-related instructions (e.g., unable to correctly use the intervention strategies, indicate lack of understanding of study instructions despite multiple attempts).

## Locations (2 total)

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University of California, Berkeley, Berkeley, California, United States  
Yale University, New Haven, Connecticut, United States