

Interventions to reduce alcohol consumption in obese men

Introduction

The aim of the HTA Programme is to ensure that high quality research information on the effectiveness, costs and broader impact of health technologies is produced in the most efficient way for those who use, manage, provide care in or develop policy for the NHS. Topics for research are identified and prioritised to meet the needs of the NHS. Health technology assessment forms a substantial portfolio of work within the National Institute for Health Research and each year about fifty new studies are commissioned to help answer questions of direct importance to the NHS. The studies include both primary research and evidence synthesis.

Research Question:

What is the feasibility of developing and evaluating interventions to reduce alcohol consumption in obese men?

1. Intervention: Tailored interventions to reduce alcohol consumption through the motivation of weight loss in obese men.
2. Target group: Men who regularly consume >21 units of alcohol a week and are obese (BMI >30).
3. Setting: Any.
4. Control or comparator: Standard alcohol reduction interventions.
5. Study design: A preliminary study incorporating a feasibility stage to develop and manualise interventions, leading to recommendations for a definitive study. The methodology to be used for developing new or adapting existing interventions should be clearly described and justified. Qualitative work with the selected groups and stakeholder involvement may be necessary to support development of the interventions.
6. Important outcomes: Developed intervention(s) which could be tested in a future full trial; recommendations for the design of a future full trial. Other outcomes: Cost.
7. Minimum duration of follow-up: N/A.

Background information for potential applicants:

UK adults are taking in on average around 155,000 calories each a year through drinking alcohol, adding to the country's growing obesity problems. In England, 4% of people aged between 16 and 65 are dependent on alcohol (6% of men and 2% of women). More than 24% of the English population (33% of men and 16% of women) consume alcohol in a way that is potentially or actually harmful to their health or wellbeing. Raised BMI and alcohol consumption are both related to liver disease, with evidence of a supra-additive interaction between the two.

Weight management interventions tend to be more readily taken up by women than by men. For many men, alcohol will be contributing significantly to problems of overweight and obesity in addition to its impact on other aspects of health. It is likely that addressing excessive alcohol consumption will be an important component of helping men tackle weight problems, but it is not known how interventions should be provided to do this in the most acceptable, effective and cost effective way.

Hence HTA are inviting applications to carry out research as outlined above.

Please note: A decision on whether to commission a full trial will be made separately.