'Drinking Less? do-it-yourself!' Effectiveness of a television supported course

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Background

- High prevalence of problem drinking: 10.3%
- Third most important risk factor for ill health and premature death in the EU
- Low uptake of services by problem drinkers
  - addiction treatment (3%)
  - general health services (10%)
- Need for low threshold interventions
- Television and Internet: can bring interventions to a large audience

Drinking Less, Do-it-yourself!
What is it?

Self-help program: cognitive behavioral principles.

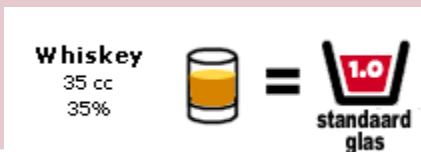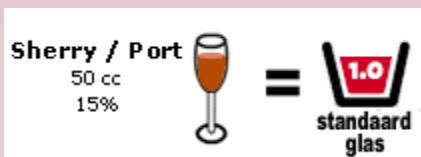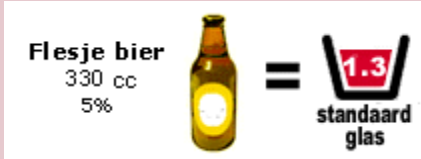Goal: to reduce alcohol consumption

3 Components:

- TV series: 5 episodes of 25 minutes,

  2 real-life participants & Coach →

- Course manual (200 pages)

- Online self-help program www.minderdrinken.nl

4 Step program
Step 1: Preparing

Reviewing:

- How much do I drink? (WR)
- What risks on alcohol related problems? (AUDIT)
- Balance of pros and cons of drinking.
- Am I motivated to change? (RCQ-D)

Fles wijn
750 cc
12%
= 7
standaard glas

Flesje bier
330 cc
5%
= 1.3
standaard glas

Blikje bier
330 cc
5%
= 1.3
standaard glas

Sherry / Port
50 cc
15%
= 1.0
standaard glas

Whiskey
35 cc
35%
= 1.0
standaard glas

Step 2: Deciding, goal setting

- Maximum number of drinks (a day, a week)
- When to start
- What time frame to reach the goals

Guideline for goal setting

	Man	Vrouw	
Laag risico	Maximaal 3	Maximaal 2	Per dag
Enig risico	3 à 5	2 à 3	Per dag
Veel risico	Meer dan 5	Meer dan 3	Per dag

Step 3: Action to reach goals

- How to handle 'craving' and social pressure
- Changing habits
- Tips and tricks
- Alcohol diary
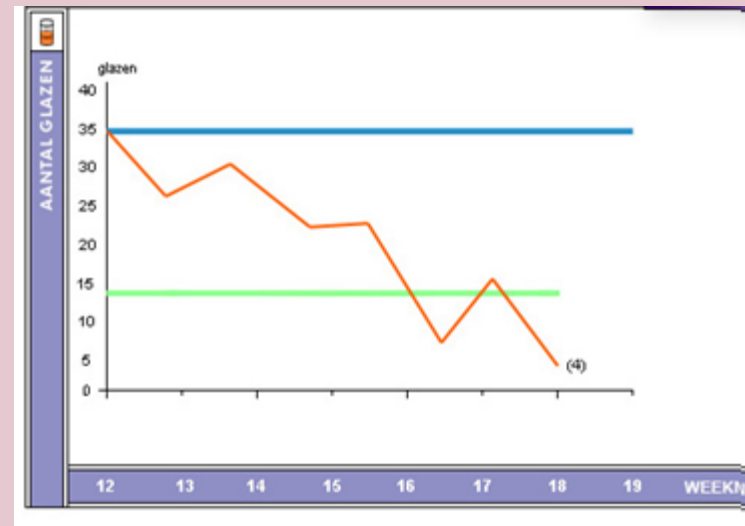
Step 4: Relapse prevention

- Analyze relapse situations
- Prevent it in the future

Design of the effect study

Objective: To study the effectiveness of the television supported self-help intervention for problem drinking: Drinking Less? Do-it-yourself!

Randomized controlled trial, 2 conditions:
- Drinking Less (DL) course
- A six week waiting list group (WL)

Procedure

- To ensure a 'clean' control group: imitation of course before broadcast on TV

- DL group received series on DVD: 1 DVD per week

- Manual and web address with 1st DVD

- After post-test: broadcast on TV started

Inclusion criteria

- At least 18 years old
- No professional help or medication
- Access to Internet and e-mail
- Dvd-player
- Exceeding the limits for low-risk alcohol use

High risk drinking in units		
	female	male
At least once a week	4 or more	6 or more
Mean a week	>21	>14

Measures

Assessments with online questionnaires
- pre test, post test (5 weeks)
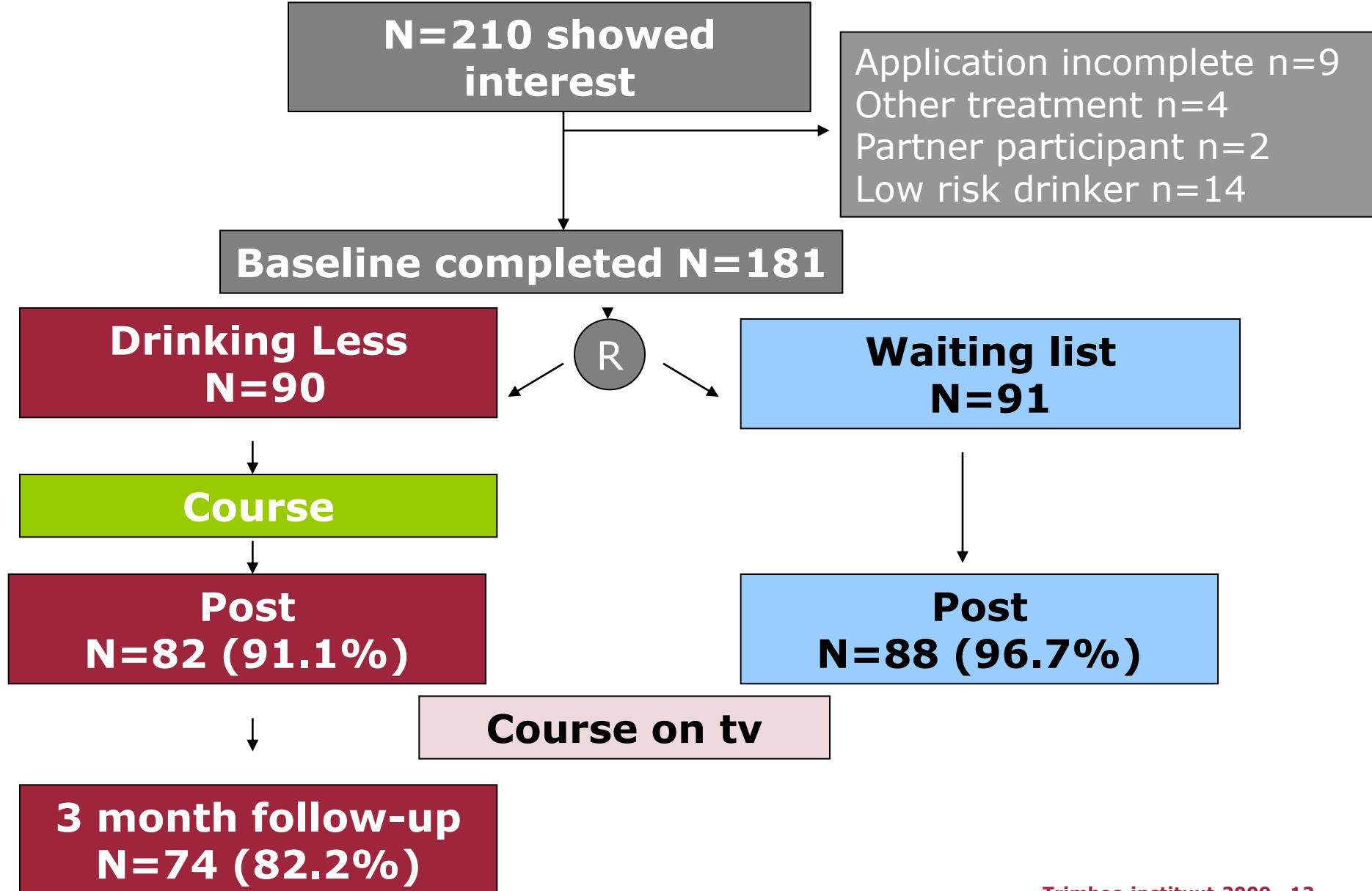- three months follow-up (DL group only)

Outcome:

- High-risk drinking

High risk drinking in units		
	female	male
At least once a week	4 or more	6 or more
Mean a week	>21	>14

- Alcohol consumption in the past week
- Evaluation of the course

Flow chart

N=210 showed interest

Application incomplete n=9
Other treatment n=4
Partner participant n=2
Low risk drinker n=14

Baseline completed N=181

R

Drinking Less N=90

Waiting list N=91

Course

Post N=82 (91.1%)

Post N=88 (96.7%)

Course on tv

3 month follow-up N=74 (82.2%)

Baseline characteristics 1

	DL course (n=90)	Waiting list (n=91)
Female gender	52,2%	51,6%
Mean age (sd)	49,1 (8,5)	48,5 (9,9)
Paid employment	72,2%	75,8%
High level of education	62,2%	56,0%

No significant differences between groups

Baseline characteristics 2

	DL course (n=90)	Waiting list (n=91)
High risk drinking	90 (100%)	91 (100%)
Weekly alcohol intake mean (SD)	37.5 (17.0)	39.1 (16.4)

No significant differences between groups

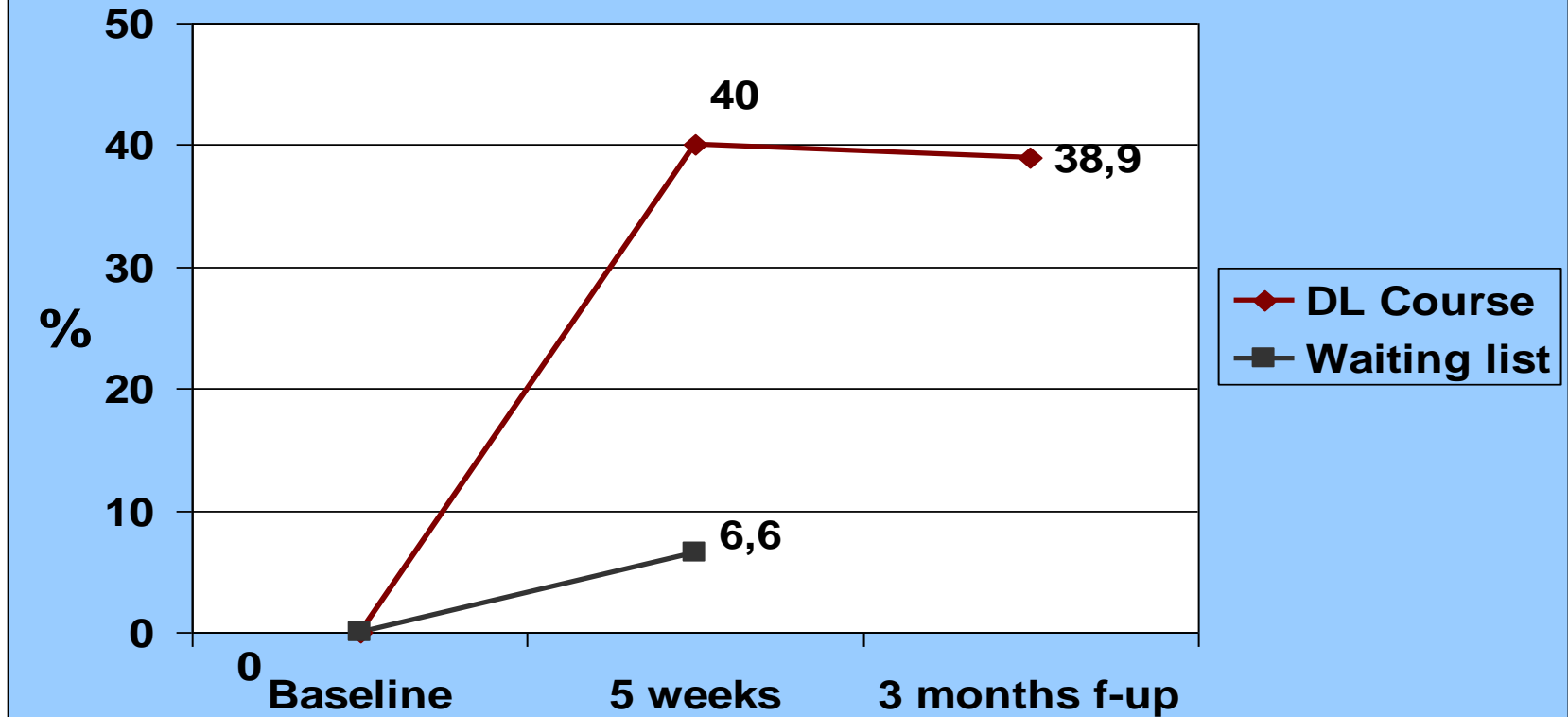# Results of the evaluation at post-test, DL group(n=82)

Uptake:

Used at least one course component	92.7%
Viewed at least 3 out of 5 episodes	63.4%
Used the course manual	90,2%
Visited minderdrinken.nl	18,3%

Satisfaction: on a 1-to-10 scale

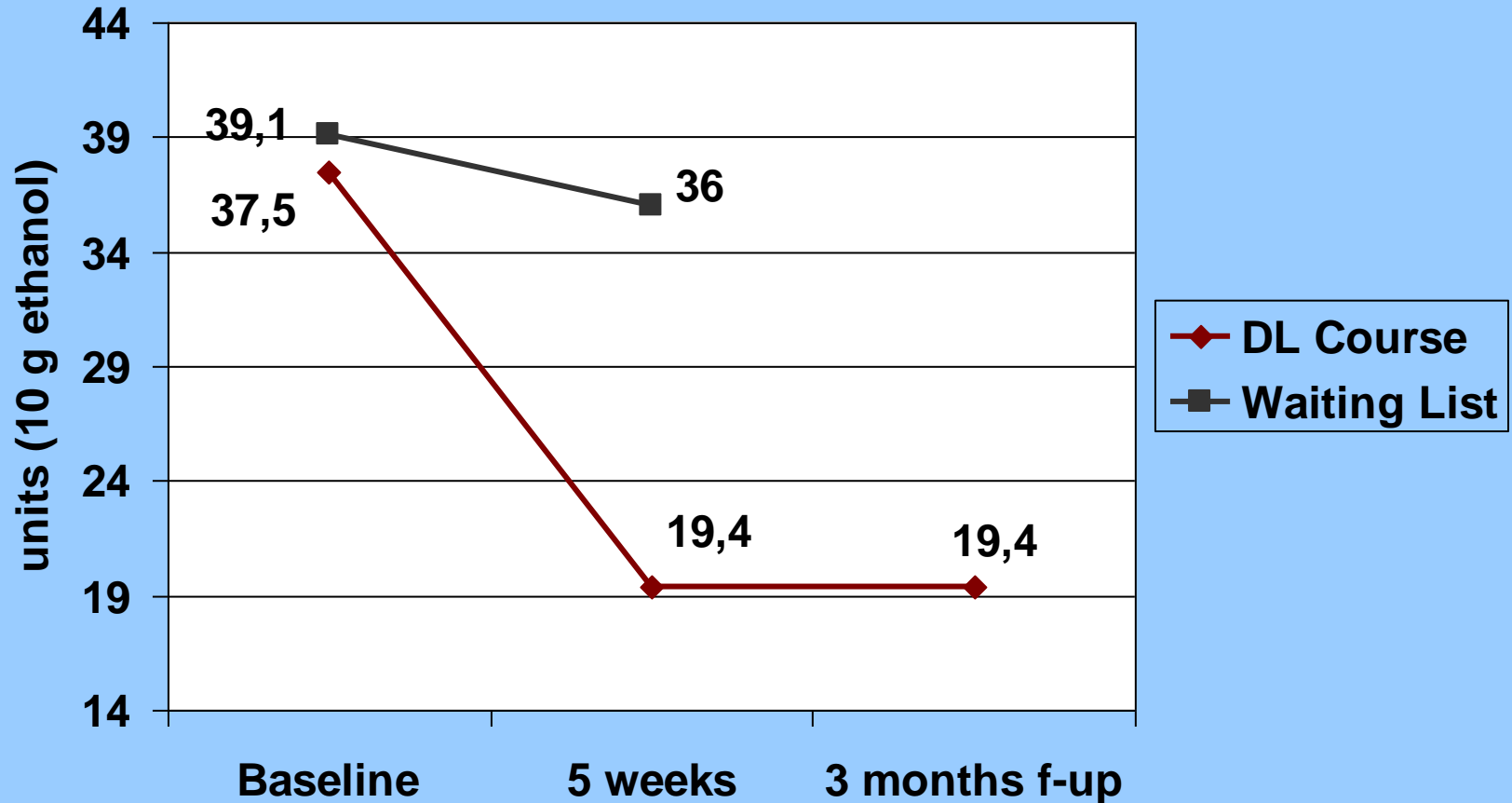|	Mean (Sd)
TV series	7.6 (1.1)
Course manual	7.3 (1.1)
MinderDrinken.nl	6.8 (1.1)

Low risk drinking

Intention to treat analysis with regression imputation

Between groups: $\chi 2(1)=28.3$, $p<.001$, $OR=9.4$, $RD=0.33$, $NNT=3$.

Mean weekly alcohol consumption

Between group differences at post-test: t(152.6)=7.3 p<.001, dif d=0.90

Conclusions

The DL course seems to help
  – 39% drinks low risk at 3 months follow-up
  – A mean decrease of 18 units a week at 3 months follow-up.

- Uptake and acceptability:
  – tv and manual well used
  – Participants are positive about the Course

- 65% still drinks to much
  – More work to do!

- Long term effects?

Thank you for your attention!