

# MAIN ADVANTAGES AND DISADVANTAGES ASSOCIATED WITH DRINKING REPORTED BY USERS OF A WEB-BASED SELF-HELP INTERVENTION: INFLUENCE OF GENDER

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**Bem vindo!**

Bem vindo ao portal INFORMÁLCOOL. Se você é um profissional ou gestor de saúde, familiar, usuário de álcool ou alguém preocupado com algum parente ou amigo, aqui você encontrará informações importantes sobre os efeitos do consumo de álcool. Além disso, você encontrará ferramentas e estratégias que lhe permitirão reduzir ou parar de consumir bebidas alcoólicas. Saiba mais neste Portal.

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## Many people who are at-risk of alcohol-related problems:

- are not aware of their problems
- do not look for help in traditional health or social work services

## Advantages in the use of e-SBI over traditional face-to-face approaches

- facilitate the detection of alcohol problem users
- Make it possible to provide brief interventions by Internet
- are a good alternative to people who:
  - live in rural/ isolated areas or have limited access to health or social work services
  - are resistant to looking for help due to the stigma associated with alcohol or drug users

# THE WHO E-HEALTH PROJECT ON ALCOHOL AND HEALTH

([http://www.who.int/substance\\_abuse/activities/ehealth/en/](http://www.who.int/substance_abuse/activities/ehealth/en/))



Main objective: the development of a generic portal on alcohol and health that could be easily translated into other languages and adapted to different cultures.

Coordinated by the WHO Department of Mental Health and Substance Abuse in collaboration with Trimbos Institute in the Netherlands, and institutes and organizations from Belarus, Brazil, India and Mexico.

# “BEBER MENOS” (*Drink Less*) PROGRAM

Four Countries (*Languages*):

Belarus (*Russian*)



Brazil (*Portuguese*)



India (*English*)



Mexico (*Spanish*)



Coordinated and supported by



## TIMELINE:

**2010 to November 2012: development**

**December 2012** Initial version (test) release


**January 2013 to September 2016**

- Dissemination to health professionals and general population, adjustments to the sites

**September 2016 to November 2018**

- Randomized Clinical Trial to evaluate its effectiveness compared to a waiting list (control group)

# MAIN STEPS OF THE INTERVENTION

- Screening of alcohol-related problems (AUDIT) and information about alcohol and drinking consequences
  - Daily monitoring of alcohol consumption (amount, situations, people and feelings associated with drinking)
  - **Main advantages and disadvantages associated with drinking**
  - Determination of goals and strategies to reduce or stop drinking
  - Tips to help the users to reduce drinking and/or maintain this reduction, mainly if there is a relapse
  - Regular e-mails from the system to follow up the users
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# EXAMPLE OF HOW THEY REGISTERED THE ADVANTAGES AND DISADVANTAGES

The screenshot shows the top navigation bar of the Beber MENOS website. It includes the logo 'Beber MENOS' with 'Brasil' above it. To the right are links for 'Voltar ao Informalcool', 'Contate-nos', and 'Sobre o site'. A search bar contains the text 'Buscar no site'. Further right are user options: 'Bem-vindo, admin', 'Meu perfil/opções', and 'Sair'. Below this is a secondary navigation menu with links: 'Painel', 'Diário', 'Metas', 'Persista', 'Recaída', 'Progresso', 'Avaliação', 'Biblioteca', 'Fórum', and 'Peça ajuda'. At the bottom of the header, there is a breadcrumb trail: 'Início » Persista » Seus prós e contras de não beber ou reduzir seu consumo' and a 'Imprimir esta página' button.

## Prós e contras de beber menos

[Ir para Persistir](#) A seguir lhe apresentamos um exercício para que

Recentemente, voce pode ter experienciado algumas vantagens e desvantagens por ter bebido menos e certamente pode tirar várias lições destas experiências. Perceba que elas podem ajudá-lo a manter seus objetivos e a persistir na redução do seu consumo.

Pense nas situações em que você bebeu e faça

uma lista com as vantagens e desvantagens se tivesse bebido uma quantidade menor.

Agora, pense no que você poderia fazer para contornar os problemas que você vivenciou.

Se precisar de ajuda para refletir em alguavantagens e desvantagens ou maneiras de reduzir seu consumo ou parar de beber, clique nos links abaixo:

- [Vantagens e desvantagens](#)
- [Como manter bons hábitos](#)

### Vantagens que vivenciei

I was happy
it reduced my anxiety

[Adicionar outra vantagem](#)

### Desvantagens que vivenciei

### O que poderia ter feito sobre isso?

I had a hangover	
Bad relationship with my partner	
I gained weight	

[Adicionar outra desvantagem](#)

# MAIN ADVANTAGES AND DISADVANTAGES ASSOCIATED WITH DRINKING BY BRAZILIAN USERS OF INFORMALCOOL SITE



We analyzed data from

1,317 men



958 women




who registered in the program between 2013 and 2018 and reported the main advantages and disadvantages associated with drinking.



# MAIN DEMOGRAPHIC CHARACTERISTICS OF THE SAMPLE

	Men	Women
Age (mean $\pm$ SD)	39 $\pm$ 11	37 $\pm$ 11
Working (%)	79	75
Higher education (%)	77	87
Baseline AUDIT (n)	(157)	(92)
< 8 (low risk)	7.6	29.3
8 - 19	34.4	28.3
20+ (dependence?)	58.0	42.4

## MAIN ADVANTAGES REPORTED

- It is fun to drink 67.7%
  - I do funny things 51.2%
  - I make friends more easily 53.6% (men)  
44.2% (women)
  - I feel excited 48%
  - I do not feel lonely 41.5% (men)  
39.7% (women)
- 

## MAIN DISADVANTAGES REPORTED (I)

- I have a hangover 54.5%
- I am out of shape 54.2%
- I spend too much money 52%
- I make a fool of myself 52.5% (men)  
50.9% (women)
- I do not sleep well 53.1% (men)  
47.8% (women)


## MAIN DISADVANTAGES REPORTED (II)

- Reduction of sexual performance 42.5% (men)  
31.4% (women)
- Gaining weight 38% (men)  
46.1% (women)
- Disturbing the relationship with their partners 35.4% (men)  
25.5% (women)
- Problems at work 23.9% (men)  
15.8 % (women)

The knowledge of the most important *pros* and *cons* to drinking, considering gender influence, may be helpful to plan adequate strategies to reduce drinking and prevent risk situations.



## SUGGESTED STRATEGIES FOR BOTH GENDERS

- To discover new ways to have fun without drinking
  - To develop social communication skills
  - To meet people who do not drink or drink little
  - To avoid binge drinking and alternate alcoholic and non alcoholic beverages, in order to reduce hangover, be out of shape and spend too much money on beverages
- 


## SUGGESTED STRATEGIES FOR BOTH GENDERS

- To offer opportunities to reduce anxiety and improve sleep quality through techniques such as mindfulness or physical exercising
- To increase awareness of the detrimental effects of situations associated with making a fool of themselves

## **SUGGESTED STRATEGIES FOR MEN**

- To increase awareness about work and sexual problems and their possible consequences as unemployment and detrimental relationship with their partners

## **SUGGESTED STRATEGIES FOR WOMEN**

- To increase awareness about gain of weight and sexual problems and their possible consequences as an inadequate self-image, reduction of self-esteem and detrimental relationship with their partners
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**MEXICO:** Instituto Nacional de Psiquiatría Ramón de la Fuente Muñiz