Who uses online interventions for problem drinkers

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Today's Talk

- A randomized controlled trial
- Issues with interpreting the results:
  - Who uses the intervention?
- Future Directions

Check Your Drinking screener

- www.checkyourdrinking.net
  - 18 Item Survey Contains:
    - AUDIT
    - Drinking on each day of a typical week
    - Greatest amount on a single occasion
    - Experience of psychosocial consequences
    - Demographics
- Normative comparison data for USA, Canada and United Kingdom

CheckYourDrinking.net 2.0

CHECK YOUR DRINKING

English (CA)

The Check Y...

The 18 question CYD su...
finished the test you can...

Please begin the survey...

Your First name:

You are: male fem...

Your date of birth: Year

What country do you live i...

How much do you weigh...

You are taking this test:
- For yourself
- For someone you kn...
- You are just checking...

How much would you sa...

Please Note: By clicking...
physician or other health...

Statistical data collected...
other personal informatio...

☐ Please check this box...
for research puposes. W...

☐ Check this box if you...
professional use.

Start the Survey
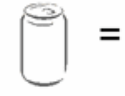
CheckYourDrinking.net v...
worldwide patent rights r...

Page 1 of 4

One Standard Drink Eq

12 oz. Beer (5% alcohol)   =   5 oz. Wi (10-12% al

1. How often do you hav
- never
- monthly or less
- 2-4 times a month
- 2-3 times a week
- 4 or more times a v

2. On a typical day whe
- 0-2
- 3-4
- 5-6
- 7-9
- 10+

3. How often do you hav
- never
- less than monthly
- once per month
- 2-3 times per mont
- weekly
- 2-4 times per week
- daily or almost dail

4. How often during the
- never
- less than monthly
- monthly
- weekly
- daily or almost dail

5. How often during the
- never
- less than monthly
- monthly
- weekly
- daily or almost dail

Back   Next

CheckYourDrinking.net...
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Page ...

6. How ofte
- never
- less th
- month
- weekly
- daily o

7. How ofte
- never
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- month
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- daily o

8. How ofte
- never
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- month
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9. Have yo
- no
- yes, bu
- yes, du

10. Has a
- no
- yes, bu
- yes, du

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One Standard Dri

12 oz. Beer (5% alcohol)   =   (10-

11. What was you
indicate the appro

MON	TUES

12. What is the gr

Back   Next

CheckYourDrinkin
V-CC Systems In

CHECK YOUR DRINKING

Page 4 of 4: How Your Drinking Effects Your Lifestyle

13. Within the last twelve (12) months was there ever a time that you felt your alcohol use had a harmful effect on your friendships or social life?
- no
- yes

14. Within the last twelve (12) months was there ever a time that you felt your alcohol use had a harmful effect on your physical health?
- no
- yes

15. Within the last twelve (12) months was there ever a time that you felt your alcohol use had a harmful effect on your outlook on life (happiness)?
- no
- yes

16. Within the last twelve (12) months was there ever a time that you felt your alcohol use had a harmful effect on your home life or marriage?
- no
- yes

17. Within the last twelve (12) months was there ever a time that you felt your alcohol use had a harmful effect on your work, studies or employment opportunities?
- no
- yes

18. Within the last twelve (12) months was there ever a time that you felt your alcohol use had a harmful effect on your financial position?
- no
- yes

Back   Click Here to Generate Your Final Report

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CYD Final Report

CHECK YOUR DRINKING

Print — printer friendly version of Final Repo

Email — email this report to yourself or your p

Final Report For Trevor

The average number of drinks

How do you compare to male
to other males in your age ran

Average

(26%) 1-2 drin

Within the last twelve (12) mo

- You reported drinking
- You reported that you

This also means that:

- You spent approximate
- You consumed (on av
  enough alcohol to add
  and 3,500 calories rou
- You also reported that

Your Drinking Patterns

The following graph outlines
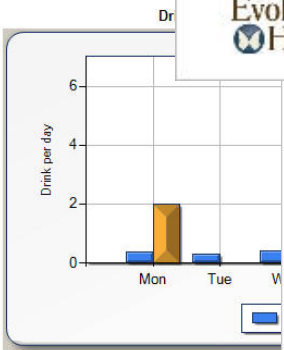
Heavy Drinking Days

How often do males from C
drinking fits into the chart:

5-

(25%) less than
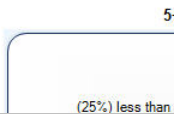
AUDIT Score

The AUDIT questionnaire was deve
shows whether a person's drinking
in the shape of a pyramid to show t
score falls.

Your AUDIT score is 14. Based on t
score falls.

Audit score (risk of al
Audit

Health Effects of Alcohol

We've included the following information in the event that you would like to learn more about how the use of alcohol can affect your health.

Your liver
Because the liver receives blood directly from the intestines, it takes the brunt of high alcohol concentrations. Heavy alcohol consumption can lead to two serious types of liver injury: *hepatic inflammation* (alcohol hepatitis) and *progressive liver scarring* (fibrosis or cirrhosis). (*Chedid et al 1991; Dufour et al 1993*)

Women are more at risk to serious alcohol-related liver injury; they develop cirrhosis at a lower dose of alcohol than men do. (*Marbet et al 1987*)

Reducing Your Risk

There are many things that you can do to reduce the risk of hurting yourself or others. Here are some small steps you can take to start making a change:

- Don't drink in any situation where there's a risk of accident or injury — for example, drinking and driving.
- Don't mix alcohol with other drugs — especially other depressants like tranquilizers, barbiturates, heroin or other opioids.
- Try to reduce by one or two days the number of days you drink each week.
- Decide how much you will drink ahead of time and keep yourself to this limit.
- Take a limited amount of money with you if you go out to have a drink.
- Keep track of the amount you drink.
- Alternate alcoholic with non-alcoholic beverages when you drink.
- Choose alcoholic beverages with lower alcohol content.
- If you are out drinking with friends, make sure at least one person stays sober. If that person is driving they should not drink any alcohol at all.
- Do not become intoxicated with people you do not know and trust; criminal victimization is a much greater risk when you are drunk.
- Remember the need to practice safer sex — always use condoms.

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- If your liver is healthy, burni
  take about 18 hours until the
- In the last year you spent ab

There are also other kinds of risk th
heavy equipment safely. **If you have**

Sensible Drinking

Guidelines supported by the Centre
significant risk to their health, in the

Most people can and do drink safel
men and 9 drinks for women. It is a
drinks per day would be too many. I
amounts of alcohol could increase
health problems such as heart dis

Compared with a person with no alcohol in their blood, a person with a blood alcohol concentration (BAC) of 0.10% is between 13 and 18 times more likely to have any crash and 50-90 times more likely to have a fatal crash. (*Miller, 2001*)

Unlike what some people believe, vehicle occupants with high levels of alcohol in their system (high BAC) are more likely to be seriously injured or to die in the event of a crash. (*Soderstrom, 1993*)

Alcohol and Violence
In 1997, about 40% of all crimes (violent and non-violent) were committed by people who had alcohol in their system. (*Bureau of Justice Statistics, 1998*)

In 1997, 40% of convicted rape and sexual assault offenders said that they were drinking at the time of their crime. (*Greenfield, 2000*)

Approximately 72% of rapes reported on college campuses occur when victims are so intoxicated they are unable to consent or refuse. (*Wecshler, 2004*)

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Recruitment by telephone

◆ Use RDD telephone survey to identify at-risk drinkers
- Identify those who are hypothetically interested in an Internet program that provides a summary of the person's drinking and compares it to other Canadians
  - Home access to the Internet
  - Ask these people if they are interested in taking part in a study to help us revise and evaluate self-help materials
  - Send description and consent form
    - Randomly assign to receive or not receive intervention
    - Follow-up to assess differences at three-, six- and twelve-month follow-up

Drinks per week
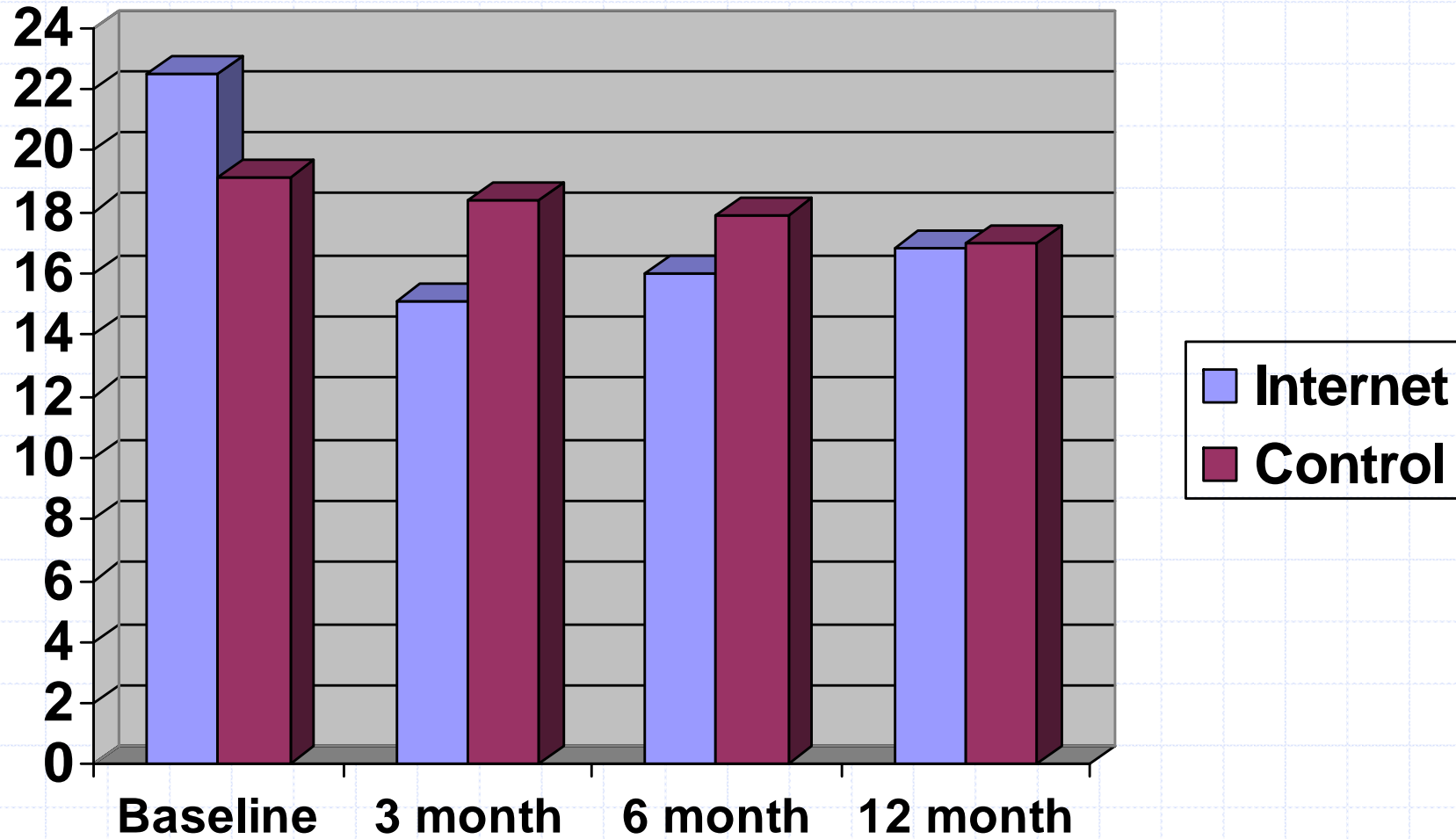
Issues running the study

- One-third of people assigned to experimental condition are not accessing the website
  - Study becomes one testing the impact of providing *access* to the intervention

Issues with interpretation

Comparing people who used the intervention to those who did not

Demographics

Variable	Did not use	Used	*p*
Mean Age	36.2	41.4	.07
% Male	68.6	50.9	.13
% Some post-secondary education	71.4	82.5	.30
% Married	34.3	52.6	.13
% Employed	64.7	61.4	.82
Mean Days used Internet/year	269.5	315.0	.05

Drinking variables

Variable	Did not use	Used	*p*
Mean AUDIT score	12.5	10.4	.18
Mean typical weekly drinking	15.3	13.1	.35
Mean highest number one occasion	12.4	9.0	.02

Perceptions

Variable	Did not use	Used	p
Perceived risk	19.6	20.5	.73
Perceived typical week	15.7	11.7	.04
Perceived minus actual weekly drinking	12.4	8.3	.04

Summary

- Ideal target for intervention
  - Heavier drinkers
  - Those who have greater normative misperceptions
- However, we seem to be getting the opposite

Future Directions

- Need to study who uses IBIs in more detail
- Proposed study design
  - Conduct random digit dialing telephone survey of current heavy drinkers
  - Assess factors we believe are predictive of who will use intervention
  - Provide link to password protected website at end of survey
  - Relate who uses accesses the website to data on telephone survey using unique passwords

Collaborators and Funding

◆ Collaborators:

Keith Humphreys, Cameron Wild

◆ Sources of Funding:

National Institute on Alcohol Abuse and Alcoholism

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