

Institutionalization of mail based e-SBI to college and university students in Sweden

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e-health applications

College and university students in Sweden

- Sweden has a population around 9 million inhabitants
- In total college and university students are 300.000
- Each term around 100.000 new students are enrolled – an increase with 22.000 just the last few years

Health care among students

- Students often move from their family to another part of Sweden in order to study
- Concerning health care they are entitled to seek the public health care wherever they are – like GP's or specialized care
- Each university has a student health care that offers some mental support and take care of minor medical problems but they normally do not have a physician
- Their task is foremost prevention of ill health
 - Not least to minimize the negative consequences of drinking

Preventive work in the student health care in Sweden

- The students are offered various face-to-face interventions as well as group interventions for problems like hazardous drinking and stress
- The task is enormous considering the number of staff in relation to students

Drinking among students in Sweden

- ◉ College and university students in most parts of the world may not drink very frequent, but they have to drink excessively when they drink alcohol
- ◉ Earlier studies from Sweden confirms this since 51% of female and 70 % of male students reported engaging in heavy episodic drinking at least a month (*defined as 5/4 or more standard drinks (12 gram of alcohol)*)

How to reach students with an alcohol preventive intervention

◉ Social norms interventions

- Social norms refers to our perception and beliefs what is "normal" behaviour in the people close to us, and that these beliefs influence our behaviour
- Misperceptions takes place when there is an underestimation or overestimation of the prevalence of behaviours/attitudes in a population/group
 - Social norms intervention aims to correct such misunderstanding – hopefully leading to a change in the behaviour

Computerized personalized normative feedback

- Can provides students with information about actual student drinking norms
- Can offer a comparison between the students drinking pattern and the actual drinking norm
- Can offer a personal drinking profile with relevant advice
- Can be delived in various ways
 - Via email with an invitation to participate at a later stage in a special setting where the computerized test i performed
 - Via email with a hyperlink to a computerized test that is done on the students own computer
 - In a student health care setting

Current evidence for computerized normative interventions to college students

- *Cochrane review by Moreira MT – juli 2009*
 - 22 RCT was included in the review involving 7275 college or university students
 - Computerized interventions was the most effective means of reaching students and showed an effect on:
 - **At 3 month:** Alcohol related problems, Peak BAC, drinking frequency, drinking quantity and drinking norm
 - **At 6 month:** Alcohol related problems, drinking frequency, drinking quantity, *Binge drinking*

Effect sizes around 0,3-0,4

Few large scale studies of mail-based alcohol interventions

- *Except: Kypros Kypri 2009; Arch Intern Med, 1508-14*
- 13,000 students received a mail with a hyperlink to a webpage with a brief alcohol questionnaire – students who scored more than 8 on the AUDIT questionnaire were randomized to an intervention or control group. The intervention group received a summary of their drinking with personalized feedback and advice
- The intervention group drank 17 % less than the control group at 1 month and 11% less at 6 month follow-up.
- The effect-size was similar to a short face-to-face intervention
- Suggest a wide-spread implementation of mail-based interventions among college and university students – **HOW?**

How to institutionalize mail-based alcohol interventions

- Since mail-based interventions appears to be the current most cost-effective way to reach a larger number of students there is a need to translate these research findings into a system that could be used in each university.

Student health care units could be responsible for delivering mail-based alcohol interventions?

- In Sweden we have (only) 28 student health care units that covers all 300.000 students.
- We decided to develop a webportal from which each student health care unit could administrate mail-based alcohol interventions

The web portal

Studenthälsans Alkoholportal



Statens
folkhälsoinstitut

Studenthälsovårdens alkoholtestportal är utvecklad i samarbete mellan studenthälsovården vid landets universitet/högskolor och Statens Folkhälsoinstituts nationella riskbruksprojekt - delprojekt universitetet/högskolor.

Programmeringen av portalen har genomförts av AlexIT AB som har sitt ursprung i den alkoholforskning som bedrivits vid Linköpings Universitet av Lifestyle Interventionsgruppen under ledning av Professor Preben Bendtsen

Vid frågor angående portalen kontakta info@alexit.se

Logga In

Ange användarnamn och lösenord.

Användarnamn:

Lösenord:

Logga In



Visa öppna



Visa stängda



Ny Undersökning



Logga Ut


Stängda Undersökningar


Termin	År	Öppnades	Stängde	Antal	Fullföljda	
Termin 2	VT2010	21/04/10	12/05/10	5017	17.96%	Aktivitet Rapport Dump
Termin 1	VT2010	21/04/10	12/05/10	490	40.41%	Aktivitet Rapport Dump
Termin 1	HT2009	10/11/09	01/12/09	5289	36.07%	Aktivitet Rapport Dump


Ongoing surveys

Start a new survey
– takes 3 minutes

On line progress

 Visa öppna

 Visa stängda

 Ny Undersökning

 Logga Ut

Undersöknings information

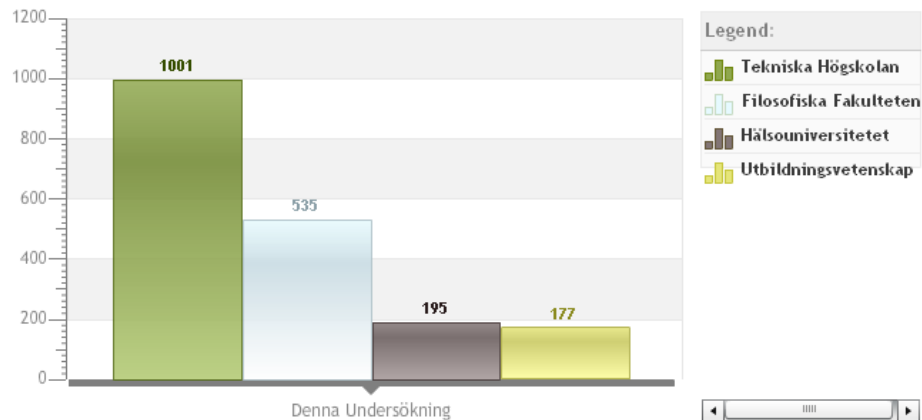
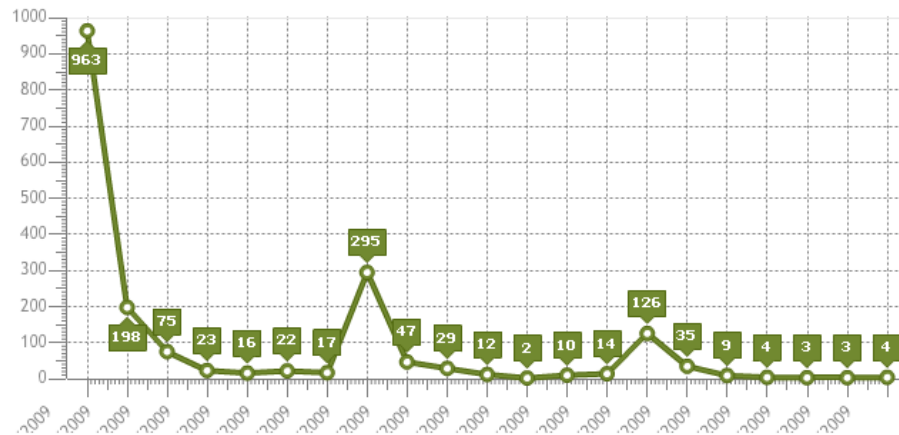
Fakulteter: Tekniska Högskolan
Filosofiska Fakulteten
Hälsouniversitetet
Utbildningsvetenskap

Termin: Termin 1

Ar: HT2009

Öppnades: 10/11/09

Stänger: 01/12/09



Mail to students with a hyperlink to the computerized interventions

Dear student

For you who are a student at the third term at faculty of Medical Science

Becoming a university student often entails a number of new challenges, work-related as well as socially. Most students may also experience during their studies the strongly rooted alcohol culture prevailing in the student world.

This mail contains a link to a test which enables you to get an overview of your alcohol habits. The test takes about 5-10 minutes to carry out and you will get a survey of your habits immediately after finishing the test.

To access the test click the link below, which contains a coded link to the computer test. This means that no one else can trace your answers. Doing the test is of course completely voluntary. Your answers will be treated confidentially and you can break off the test whenever you want.

The test cannot be traced to your person.

[*Click here to take survey!*](#)

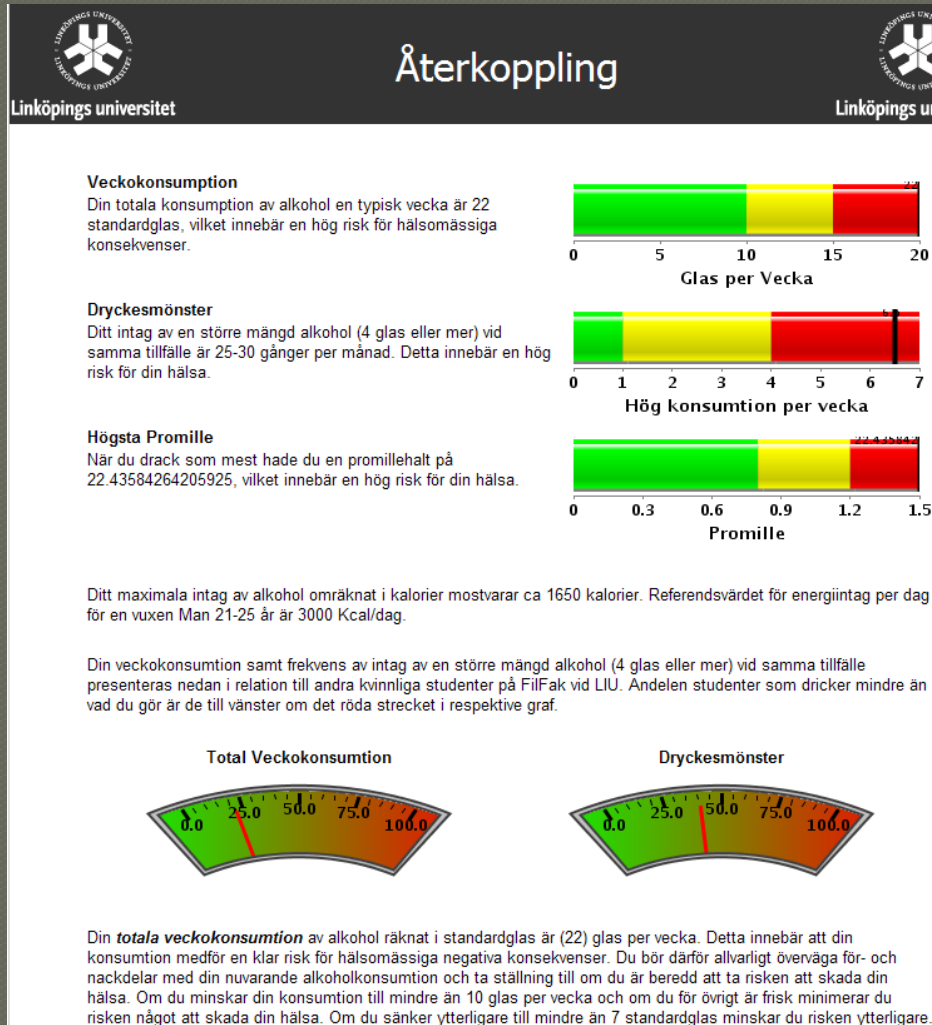
The test is part of a development project in cooperation between Student Health Care at a number of universities in Sweden and the National Institute of Public Health. Professor Preben Bendtsen, coordinator for Lifestyle Intervention Research Group at Linköping University, has developed the test based on previous research in the field.

If you want further information on alcohol-related issues you are welcome to contact the Student Health Centre at Växjö University.

We hope you will take the chance to test your alcohol habits!

Best regards, the Student Health Care Centre, Växjö University.

Personalized written feedback to the students





Din **totala veckokonsumtion** av alkohol räknat i standardglas är (22) glas per vecka. Detta innebär att din konsumtion medför en klar risk för hälsomässiga negativa konsekvenser. Du bör därför allvarligt överväga för- och nackdelar med din nuvarande alkoholkonsumtion och ta ställning till om du är beredd att ta risken att skada din hälsa. Om du minskar din konsumtion till mindre än 10 glas per vecka och om du för övrigt är frisk minimerar du risken något att skada din hälsa. Om du sänker ytterligare till mindre än 7 standardglas minskar du risken ytterligare.

Ditt **dryckesmönster** innebär en ökad risk för skador på din hälsa eftersom du 25-30 gånger per månad dricker mer än 4 standardglas vid ett och samma tillfälle t ex under en kväll. Du bör därför ta beslut om att begränsa de gånger du dricker mer än 4 standardglas vid ett och samma tillfälle om du inte vill utsätta dig för risken att drabbas av en olycksfallskada, eller andra medicinska eller sociala problem. Risken ökar självklart också ju mer du överskrider gränsen på 4 standardglas. Ett bra mål är att inte dricka mer än 4 standardglas någon gång i månaden och då inte speciellt mer än 5 standardglas beroende på vilken tidsram det handlar. Ju långsammare du dricker desto mindre promille får du och därmed mindre risk att skada dig.

Du hade 22.43584264205925 promille när du **drack som mest** de senaste 3 månaderna. En sådan promillehalt innebär en klar risk för negativa sociala problem och olycksfallskador även om det kanske gick bra för dig senast du hade denna promillehalt. Men det finns alltid en risk för sociala problem och olycksfallskador vid denna promillenivå. Om du vill undvika att bli berusad och utsätta din hälsa för olycksfallskada, eller andra medicinska eller sociala problem kan du tänka på att dricka alkohol i en lugn takt och hålla dig till högst 4 standardglas vid ett och samma tillfälle t ex under en kväll för då finns det ingen större risk att du uppnår en riskfylld promillenivå.

Motivation till förändring

Du har angett att du har funderat på att ändra dina alkoholvanor men inte är redo att börja med detta just nu. Eftersom du dricker på riskfylld nivå beträffande [weeklyConsumption, highConsumptionSameOccasion, highestPromilleRisk] bör du allvarligt börja fundera på vilka hinder det finns för att du skall komma till beslut om att ändra dina alkoholvanor. Du kan väga för och emot vad alkoholen har för betydelse för ditt liv och din hälsa. Du skulle helt säkert må bättre om du ändrade dina alkoholvanor samtidigt som att du ändå skulle ha kvar det positiva med alkoholen. Ta ett steg i taget och bestäm dig för att ändra din alkoholkonsumtion vid de tillfällen där det känns enklast att minska.

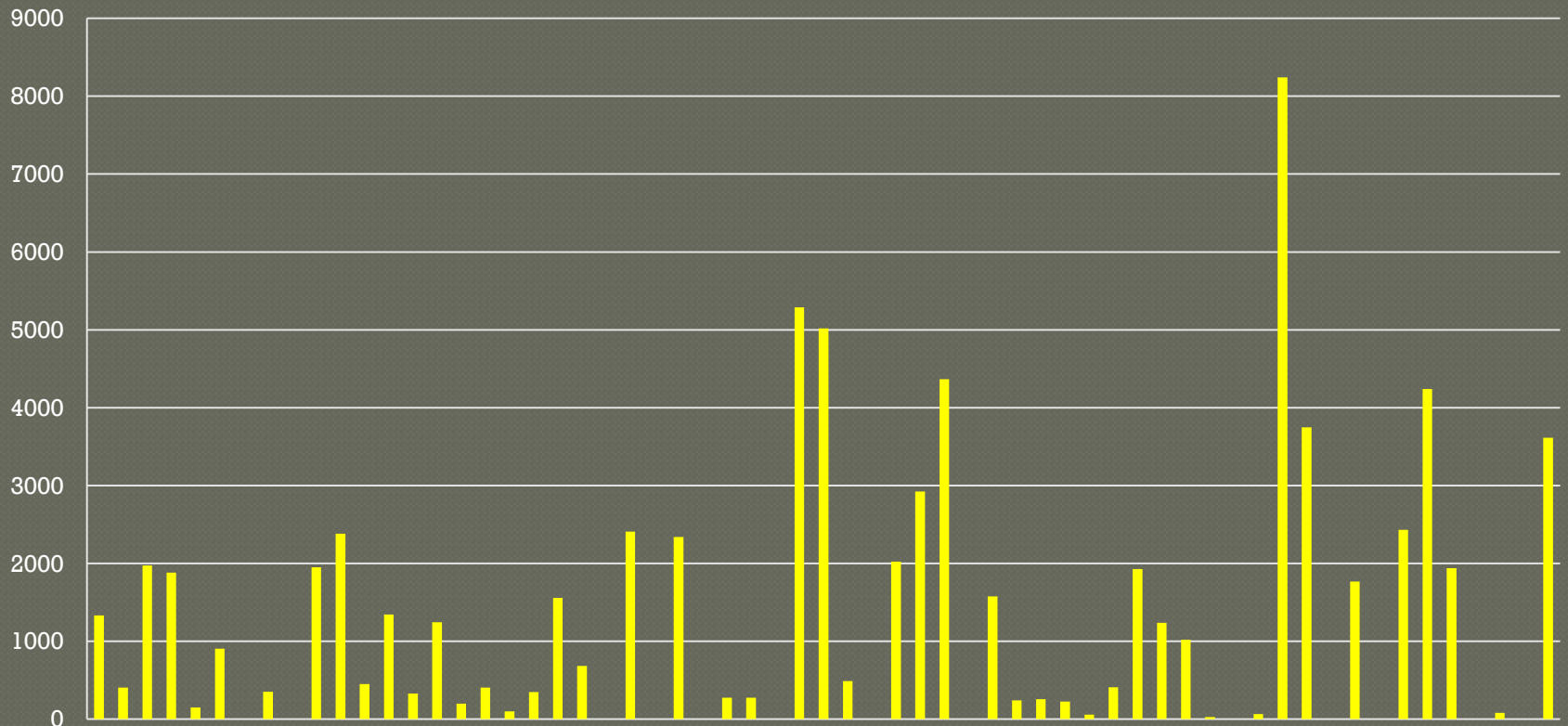
Negativa konsekvenser

Du har uppgett att alkohol har inneburit negativa konsekvenser inom Ekonomin,Relationen till familj och vänner,Att jag hamnat i situationer jag ångrar,Sömnen,. Eftersom du även dricker på riskfylld nivå beträffande [weeklyConsumption, highConsumptionSameOccasion, highestPromilleRisk] bör du därför fundera på att ta beslut om att ändra dina alkoholvanor. Du kan börja med att väga för och emot vad alkoholen har för betydelse i ditt liv och under vilka tillfällen som du dricker alkohol ? och vilka som du enkelt kan välja bort.

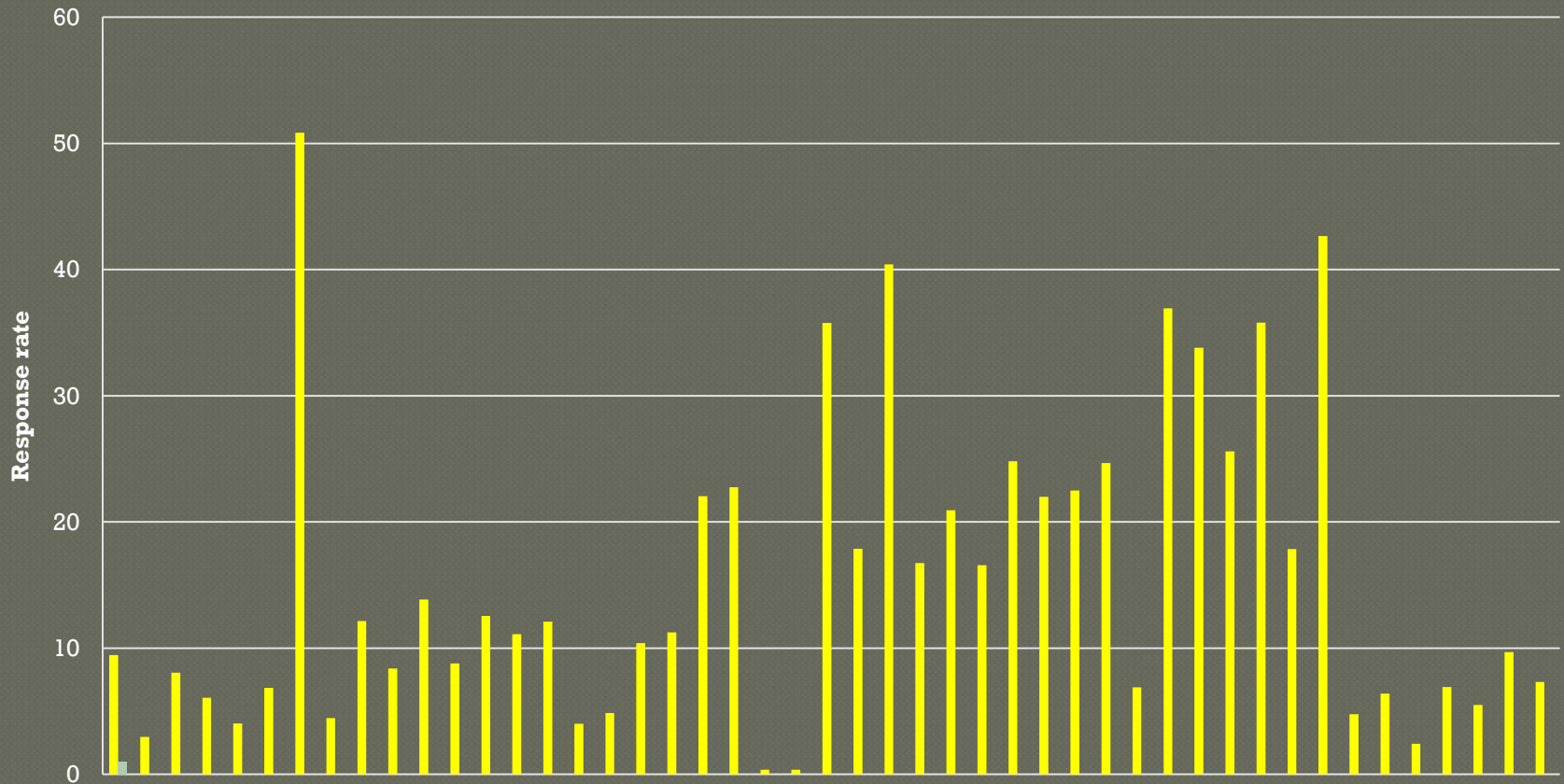
Testet är klart

Avsluta

Number of participants in past mail- based interventions at various universities

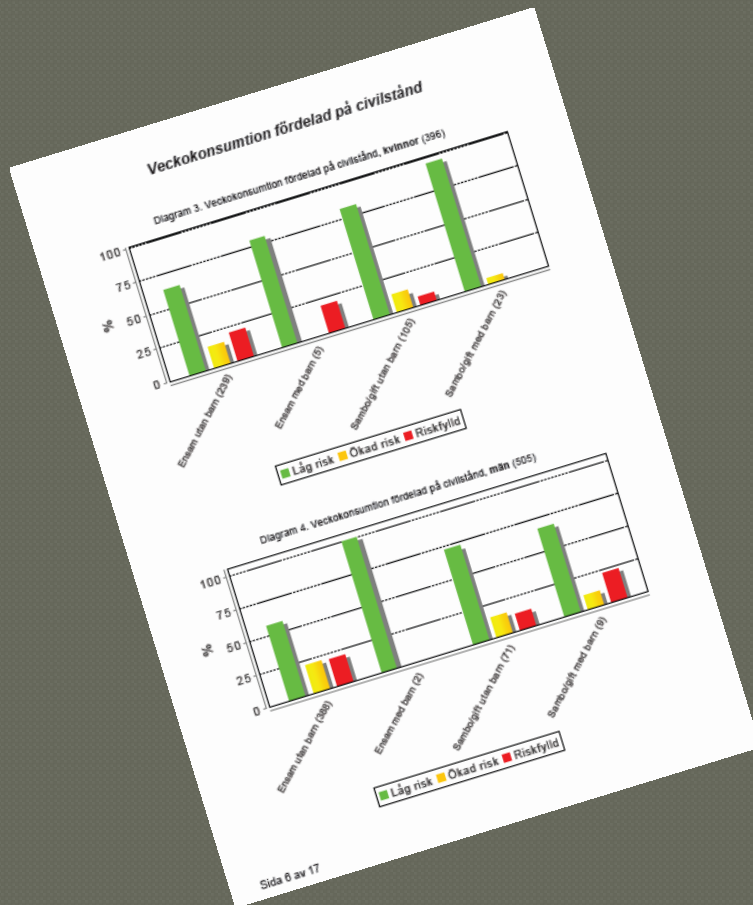


Distribution of response rate based upon 76.000 mail



Report to the student health care center and university

◉ [Linköping vt 2010.pdf](#)



Participation rates

- 21 out of 28 student health care units are using the portal at present – but in spring 2011, all units are expected to use the portal
- Each term around 100-150,000 students are expected to receive a mail-based intervention.
 - All freshmen – around 100,000
 - Terms 2 and 3 mainly – around 100,000

Response rates

- Varies considerable and are dependent on a number of reasons, f. ex.:
 - The official university use of mail
 - Could be a problem in the future since many uses other forums for communication
 - The publicity around the mail-based intervention – created by the student societies and student health care unit
 - Other questionnaires send to the students at the same time
 - ... and much more

What is a good response rate?

- ◉ Since it only takes about 3 minutes to start an intervention – it would probably be cost effective to reach 1 student!
- ◉ Some universities have a response rate around 40 % where others have around 10 %
 - Best for freshmen and less with increasing terms

Future challenges

- To increase the response rate by various means
- To refine the content of the feedback
 - Normative with regards to sex, age and university at the moment – automatic updating
- Offer additional services such as SMS reminders to those who wants that
- Add other areas of concern – like stress interventions

Thank you for listening