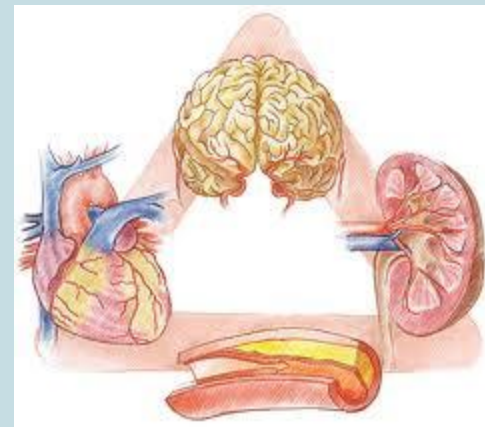


Factors that determine the motivation to change alcohol consumption in cardiovascular patients: An exploratory study

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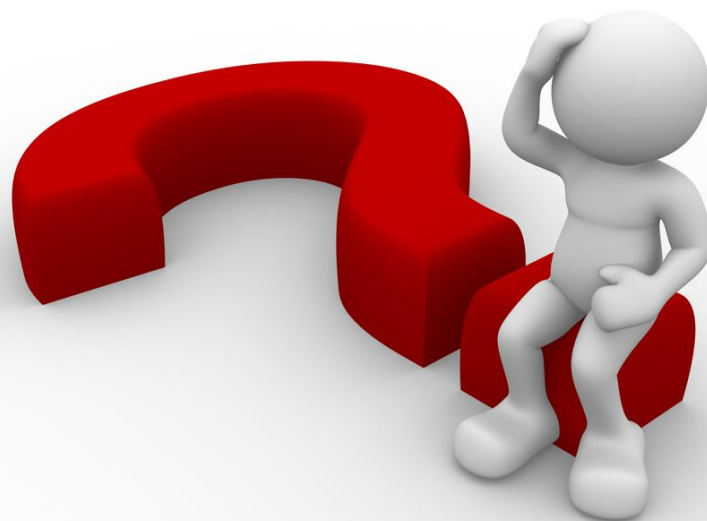


Introduction

Harmful use of alcohol is an important causative lifestyle risk factor for cardiovascular disease (CVD)

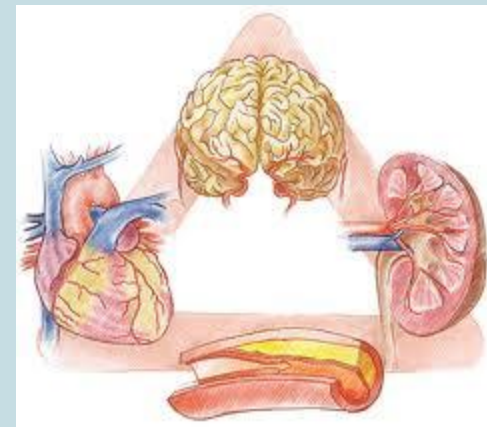
Motivation to change one's lifestyle is an important determinant of actually changing lifestyle

BUT...



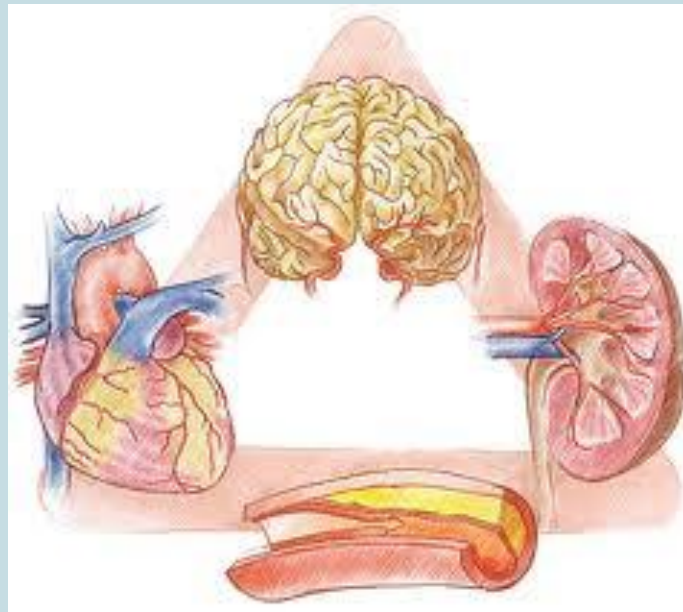
Aim

To examine in patients with manifest CVD which factors determine motivation to change hazardous and harmful alcohol consumption.



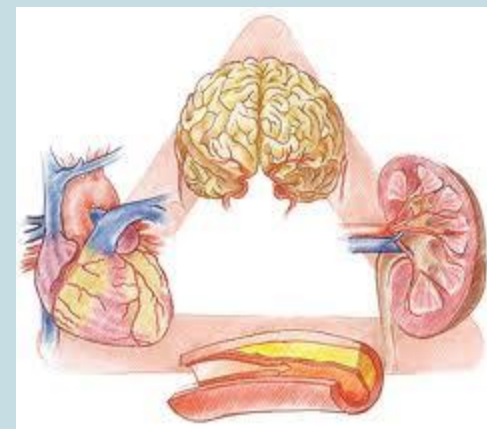
Methods

- 2,037 patients participating in a hospital-wide Cardiovascular Risk Management Program



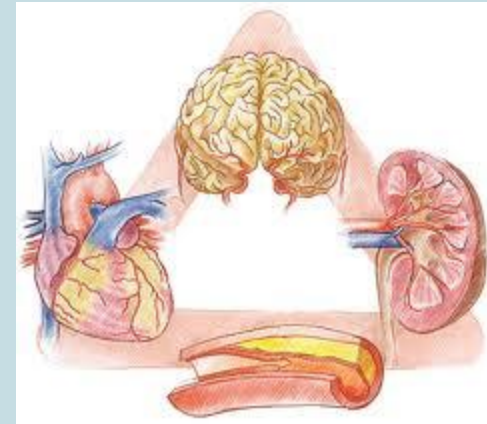
Methods – Cardiovascular risk assessment

- Demographics and clinical parameters
 - Demographics (age, gender)
 - Blood pressure
 - Glucose
 - Cholesterol
- N risky lifestyles (validated questionnaires): smoking, alcohol consumption, diet, exercise
- Motivation to change (5 questions)
 - 0 = not willing to change
 - 5 = definitely not willing to change



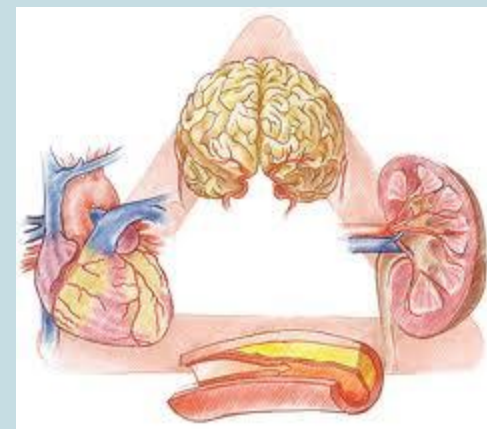
Methods – Analysis in SPSS

- Characteristics of participants: ANOVA
- Identification of related characteristics
 - Multivariate regression analysis
 - Prediction model; backward stepwise
 - Dependent: motivation to change alcohol consumption
 - Independent: patient + specialism characteristics



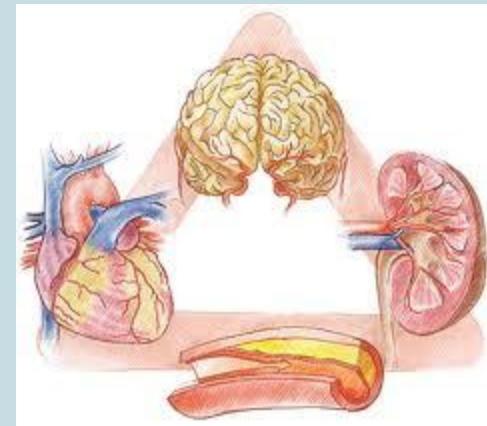
Results – Demographics and clinical parameters

- Gender: 62,6% (n=1275) male (53.2%-74.4%)
- Age: Mean of 63 years (53-64)
- 1 out of 3 risk factors (SBP/Glucose/LDL): 30.4% (n=620)
- 3 out of 3 risk factors (SBP/Glucose/LDL): 4.2% (n=79)
- 33% (n=652) of included patients had risky alcohol consumption



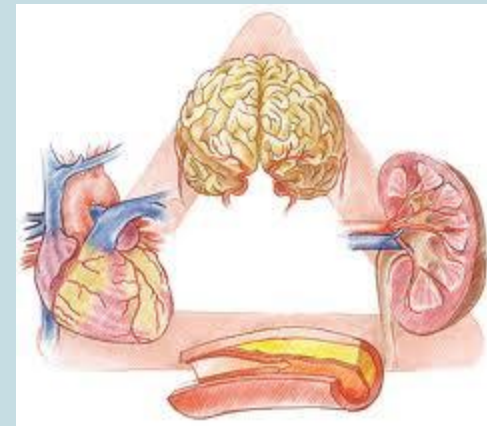
Results – Risky alcohol consumption

- Willingness to change risky alcohol consumption:
mean 1.68 (on 5-point scale)
- Factors associated with motivation to change ($p < 0.25$):
 - Being female
 - Being older (moderated by gender)
 - Being a smoker
 - Being older moderated by gender
- 2,5% of total variance
- However, no factors identified with
motivation to change ($p < 0.05$)



Conclusion

- No significant contribution of variables to motivation to change alcohol consumption
 - Low proportions of variance
 - Explanation?
- Role of many not immediately observable patient variables**



Any questions??

