Preliminary results of a study on the effectiveness of Normative Feedback as an active ingredient of Brief Intervention to reduce alcohol consumption among university students in Argentina.

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BACKGROUND

- Argentinean university students present high prevalence of alcohol consumption, especially excessive episodic alcohol consumption. [1]
- Recent revisions indicated the need to study which components make brief interventions (BI) effective. [2-4]
- Normative feedback (NF) is a strategy usually used successfully in other countries universities. [5]
- The aim of the study was to evaluate the effectiveness of Normative Feedback (NF) in the Brief Intervention (BI) to reduce alcohol consumption and related problems in university students from Argentina.

METHODS

- Data were collected from 158 incoming students to the National University of Mar del Plata who provided informed consent. 60% were women and 40% were men, between 17 and 45 years old (M = 20.45 SD = 3.9).
- We perfomed a random assignment to one of three conditions: evaluation only (control -CG-), evaluation and BI without RN (BI), and evaluation and BI with NF (BI-NF).
- To assess effectiveness, we evaluated the decrease in AUDIT scores. In order to estimate differences between the groups before and after the BIs, bivariate analyzes were performed (Kruskal-Wallis test and Mann-Whitney U test). Also measures of clinical significance (relative risk (RR), absolute risk reduction (RAR) and the number of patients needed to treat to reduce an event (NNT), comparing the effectiveness of interventions between groups.

RESULTS

	INITIAL MEAN		FINAL MEAN	
	M	SD	M	SD
CG	6.03	3.11	4.11	2.82
BI	5.24	2.41	1.92	1.53
BI-NF	6.47	2.7	3.09	2.63

- The table shows means and standard deviations of the groups before and after interventions. No differences were found between groups at the beginning of the experiment (H (2) = 3.52, p = 0.172), but they were found after interventions (H (2) = 25.6, p = 0.001).

- The effectiveness was CG: 85%, BI: 97% and BI-NF: 91%.
- The differences were significant for CG and BI and CG and BI-NF but not between BI and BI-NF.
- Clinical significance analysis shows that BI reduce 13% alcohol risk consumption compared with CG and BI-NF reduce 6% compared with CG
- Of every 8 students, 1 benefited from the IB and of every 18 students, 1 benefited from the IB-NF.

			Clinical significance						
Variable	U	P	RR%	IC 95%	RAR%	IC 95%	NNT	IC 95%	P
CG and BI	688.5	0.001	13	(21 -3)	12	(2 -25)	8	(4 to 39)	0.05
CG and BI-NF	916.5	0.018	6	(19 -8)	6	(-6 -22)	18	(5 to -18)	0.04
BI and BI-NF	403.5	0.013	-		-		-		0.248

CONCLUSION

- The analyzes showed the effectiveness of the BI, both without NF and with NF compared with the CG. Contrary to what we expected, NF seems not to contribute to the effectiveness of the BI among Argentinean students. This is a preliminary study and a larger sample and further studies are needed to confirm this result.

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