



BRIEF INTERVENTION TO REDUCE ALCOHOL CONSUMPTION AMONG PUBLIC UNIVERSITY WORKERS

Autors: Riany Moura Rocha Brites - Brites, RMR (1), Ângela Maria Mendes Abreu - ABREU, AMM (2)

BACKGROUND

In Brazil, the pattern of alcohol use has shown alarming rates. In general, the average of alcohol consumption is of 6 liters per capita in a year. So many workers abusively consume alcoholic beverages, due to the lack of knowledge of its pattern of alcohol consumption and its consequences.

OBJECTIVES

1. To evaluate the Brief Intervention in the reduction of alcohol consumption among employees of a public university;
2. To identify the sociodemographic, occupational profile and alcohol consumption pattern of these workers.

METHODS

A Brief Intervention Study on the use of alcohol among workers, associated with a Motivational Interview, was carried out with a sample group of 36 employees who filled out the Questionnaire on Worker's Health associated to AUDIT with positive score (> 8), attended at the Occupational Health Service of a public university. Participants received three sessions Brief Interventions, weekly, and after three months were reassessed.

RESULTS

The risk consumption was observed in a higher frequency (61.1%) of the sample, followed by consumption of probable dependence (27.8%) and harmful (11.1%). The majority consumed beer (94.4%). Regarding the AUDIT questionnaire, it was verified that consumption was over 2 to 4 times a month in 47.2% and in 25.0% over eight doses. Consumption in the standard binge drinking was reported at once per week at 52.8%.

Table 1 – Average of the AUDIT score before and after the Brief Intervention of the studied sample

	n	Average	SD	Min	Max	p-value	Z*
AUDIT before	36	15,83	8,42	8	38	0,000	-4,709
AUDIT after	30	7,13	3,46	1	15		

Subtitle: *Wilcoxon Test; AUDIT – Alcohol Use Disorders Identification Test; SD – Standard Deviation.

Table 2 – Pattern of alcohol consumption before and after the Brief Intervention in the sample studied

	Low risk drinking	Risk drinking
Risk drinking	68,4%	31,6%
Harmful	33,3%	66,7%
Likely dependence	37,5%	62,5%

Table 3 - AUDIT score before and after the Intervention Brief of the sample studied regarding the answers to the AUDIT questionnaires

		Average of the AUDIT before and after			Difference of averages	
		n	Average	SD	p-value	Z*
Frequency of consumption	Before	36	3,17	0,77	0,000	-3,880
	After	30	1,93	1,80		
Number of standard doses in typical day	Before	36	2,22	1,24	0,015	-2,431
	After	30	1,37	1,12		
Frequency of five or more standard doses	Before	36	2,86	0,93	0,000	-4,144
	After	30	1,20	1,09		

CONCLUSION

It can be concluded that the Brief Intervention associated with Motivational Interview in the workers reduced alcohol consumption among the workers studied after three months of the initial evaluation.

1 PhD Nurse, Federal University of Rio de Janeiro, Occupational Health Service. Rio de Janeiro, RJ, Brazil. rianybrites.rb@gmail.com

2 Associate Professor, PhD, Federal University of Rio de Janeiro, Department of Public Health, Anna Nery School of Nursing. Rio de Janeiro/ Brazil. angelabreu@globo.com