



Symposium 7: Interventions in Low and Middle Income Countries

Chair: D. Kalema

WHO ARE THE USERS OF THE BRAZILIAN SELF-HELP INTERVENTION PROGRAM “BEBERMENOS” (*DRINK LESS*) WHO ACCEPTED TO PARTICIPATE IN A RCT TO EVALUATE ITS EFFECTIVENESS?

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ALCOHOL USE AND ALCOHOL-RELATED PROBLEMS IN BRAZIL



According to II Brazilian National Household Survey (2005):

74.6%

of Brazilians reported **lifetime alcohol use**

54%

use alcoholic beverages at least **once a week**

7.9%

reported **alcohol-related problems**

11.4%

wanted to **reduce or stop alcohol consumption**

12.3%

of Brazilians (12-65 years old) fulfilled criteria for alcohol dependence (**19.5 % men and 6.9% women**). However only **2.9% (4.7 % men and 1.6% women)** received any kind of treatment

ALCOHOL AND HEALTH

II National Survey on Alcohol (2012)

	Abstinent in the last year	Non Abstinent in the last year	Binge drinking in the last year (% Non Abstinent)
Men	38%	62%	66 %
Women	62%	38%	49 %
Total	50%	50%	59 %

ALCOHOL AND HEALTH

- Many people who are at-risk of alcohol-related problems **are not aware** of their problems and **do not look for assistance** to deal with them
- Previous studies demonstrated that early screening of problem users followed by brief interventions (**SBI**) **reduces the chances of severe problems**
- However, some problem users do not look for help in traditional face-to-face services





ALCOHOL AND E-HEALTH

e-SBI has some advantages:

- Facilitating the screening of alcohol problem users who do not look for face-to-face services due to limited access to health or social work services; fear of stigmatization or for living in rural/ isolated areas
- Making it possible to provide brief interventions by Internet

General Coordination:

Department of Mental Health and Substance Abuse/Trimbos Institute



Belarus



Brazil



India



Mexico

THE WHO E-HEALTH PROJECT ON ALCOHOL AND HEALTH

(http://www.who.int/substance_abuse/activities/ehhealth/en)

PROJECT TIMELINE



2009: Preliminary meeting



2010 to November 2012: development of the Alcohol & Health portal and “Drink less” intervention



December 2012: Initial version (test) released

January 2013 to September 2016: Dissemination of the portal to health professionals and general population, adjustments to the sites



September 2016 to January 2019: Data were collected for the Randomized Clinical Trial to evaluate its effectiveness compared to a waiting list (control group)



August 2019: end of follow-up data collect and starting of data analysis

THE BRAZILIAN SITE

<https://www.informalcoool.org.br/bebermenos>

Portal: Information on Alcohol & Health directed to general population and health professionals



Bem vindo!

Bem vindo ao portal INFORMALCOOL. Se você é um **profissional** ou **gestor de saúde**, familiar, usuário de álcool ou alguém preocupado com algum parente ou amigo, aqui você encontrará informações importantes sobre os efeitos do consumo de álcool. Além disso, você encontrará ferramentas e estratégias que lhe permitirão reduzir ou parar de consumir bebidas alcoólicas. Saiba mais neste Portal.

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Depoimentos

Fácil começar

"O fácil acesso a este programa me ajudou a dar meu primeiro passo."

[Veja depoimentos »](#)

Bem vindo ao programa de autoajuda Beber Menos

Auto ajuda Bebermenos

Eu realmente estou bebendo muito? Esta é uma questão que muitas pessoas se perguntam e raramente conversam sobre isso com os outros.

[Faça um teste rápido e descubra como anda seu consumo de álcool!](#)

Se você considera que bebe muito, o programa de auto-ajuda Bebermenos irá auxiliá-lo a detectar riscos específicos associados com seu hábito de consumo, lhe fornecendo orientações específicas para lidar com estes riscos. Atualmente esta ferramenta é parte de um estudo científico desenvolvido pela Organização Mundial da Saúde. Você pode se inscrever gratuitamente de maneira anônima.

[Junte-se ao programa Bebermenos e faça parte deste estudo](#)

Para familiares e amigos

Beber em excesso pode causar muita tensão, preocupação e sofrimento não apenas para o usuário, mas para as pessoas ao seu redor. Esta sessão é dedicada a compartilhar conteúdos que vão ajudá-lo a entender o que está acontecendo e, mais importante, oferecer estratégias para você lidar com o consumo excessivo de um ente querido, e melhorar os relacionamentos. [Saiba mais »](#)

Intervention site: invitation to test drinking pattern (AUDIT-C) and to participate in the RCT



Who are the users of the Brazilian self-help intervention program “Bebermenos” (Drink less) who accepted to participate in a RCT to evaluate its effectiveness?

PARTICIPANTS



OBJECTIVES

To describe the profile of users of this web-based intervention

From September 2016 to January 2019:

- 588 users filled out the AUDIT and accepted to participate in a Randomized Clinical Trial to evaluate the intervention effectiveness.

They were randomly allocated to:

- Experimental group (virtual Brief Intervention, N=289)
- Control group (waiting list, N=299).

Six months after admission, they participated in the follow-up.



RESULTS

Considering the total sample:

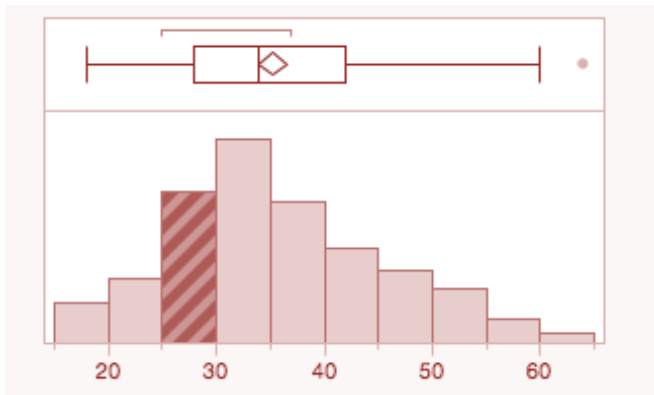


61,9% men



38,1% women

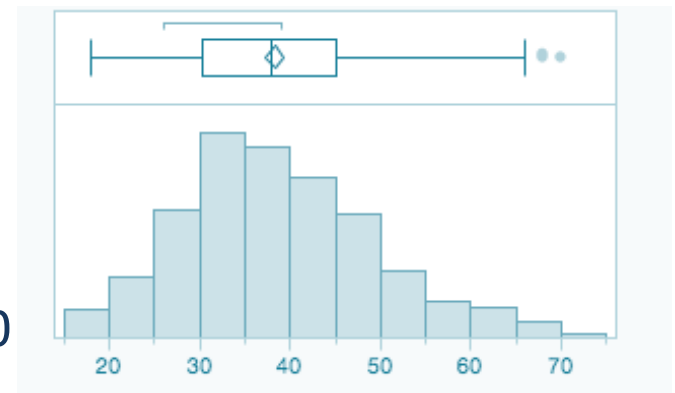
Age in years (mean \pm SD):



35 \pm 10

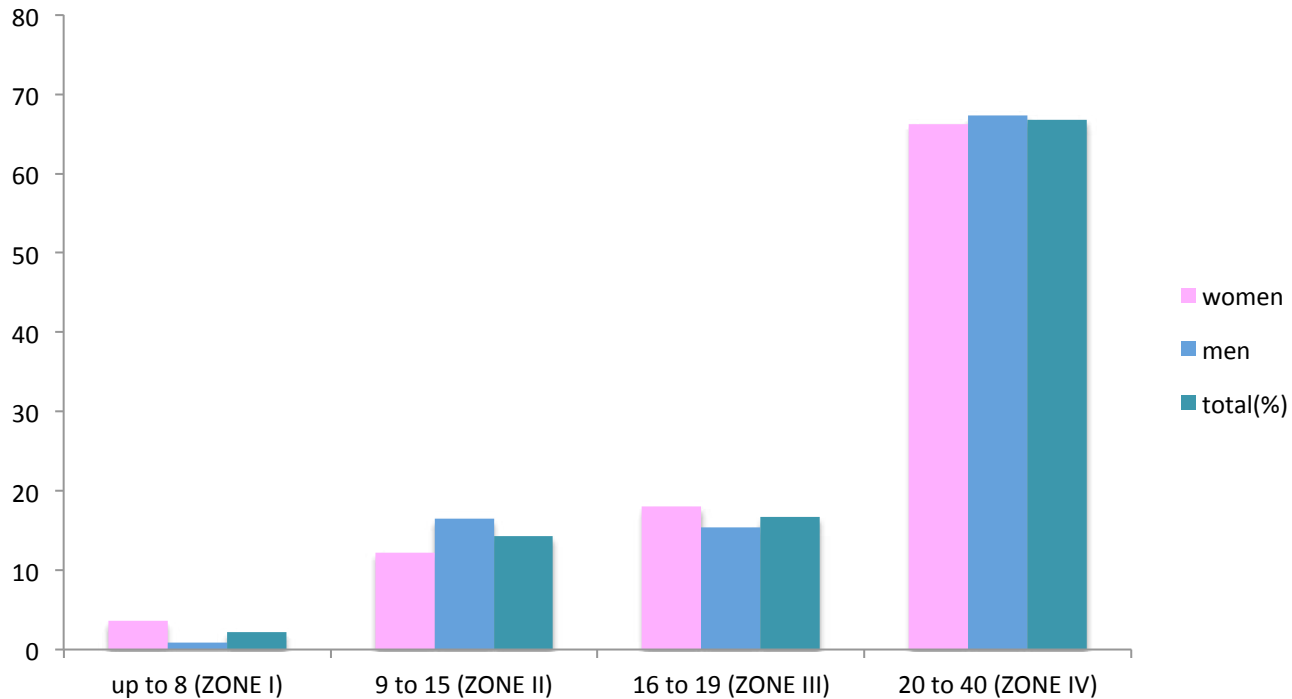
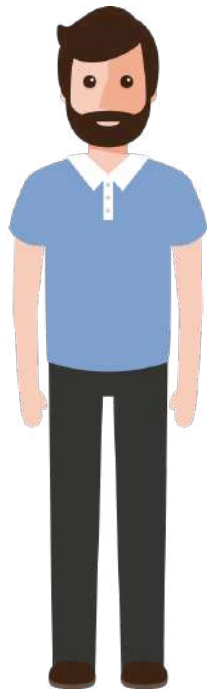


38 \pm 10



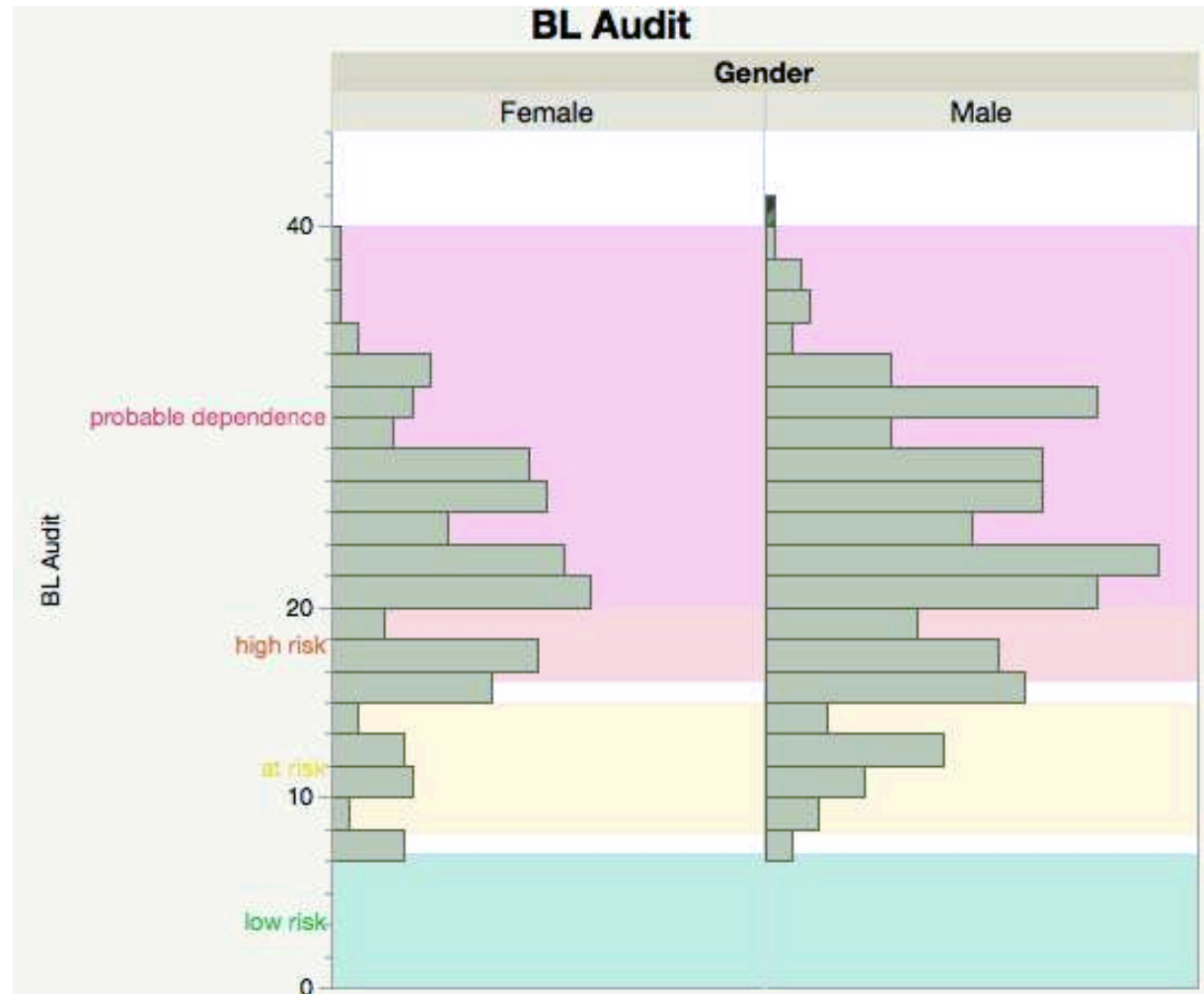
RESULTS

Most of the users were classified as probably with alcohol dependence (AUDIT ZONE IV).



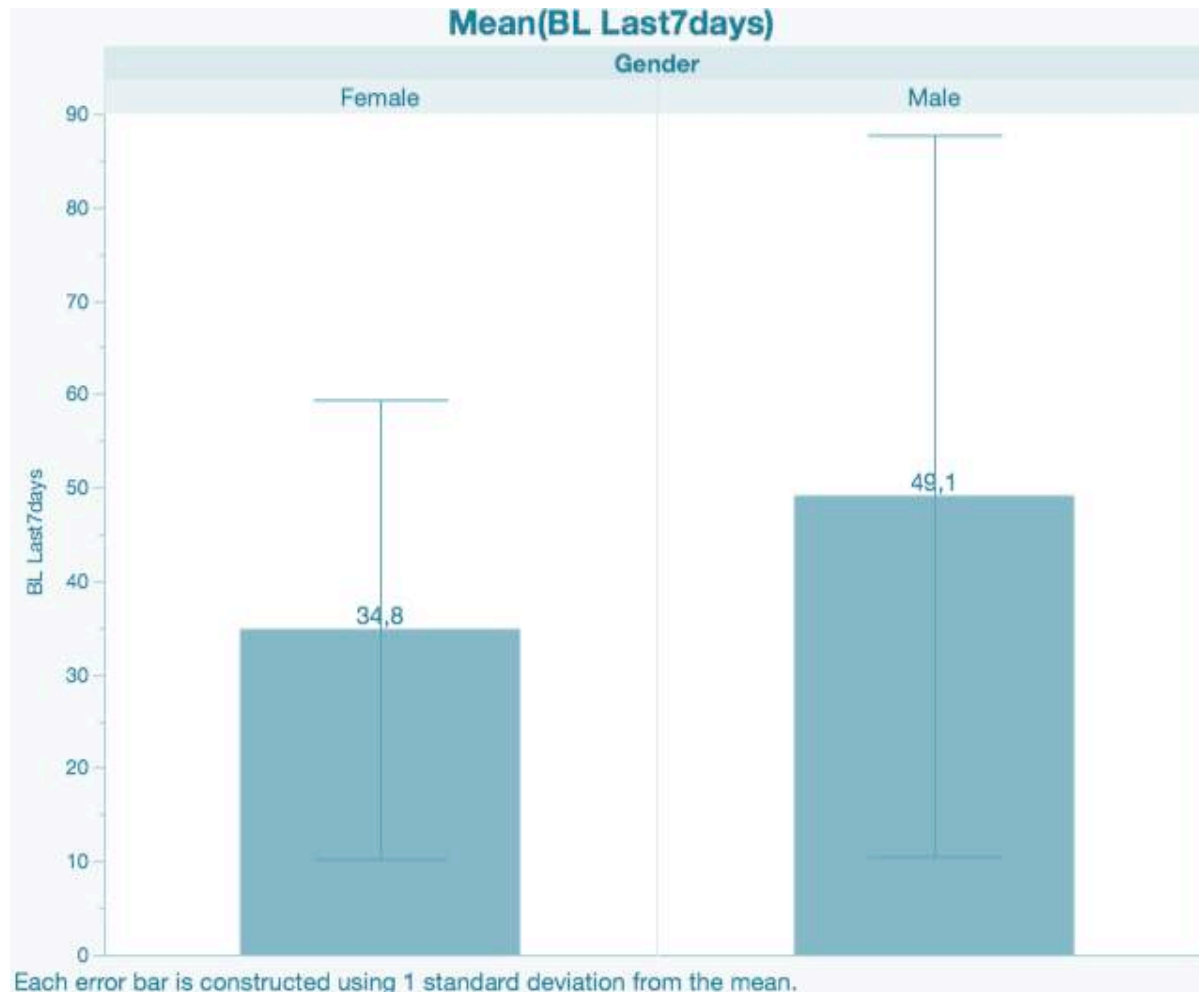
RESULTS

The mean + SD of the AUDIT total score was 22.2 + 6.8. Most of the users were classified as probably with alcohol dependence.



RESULTS

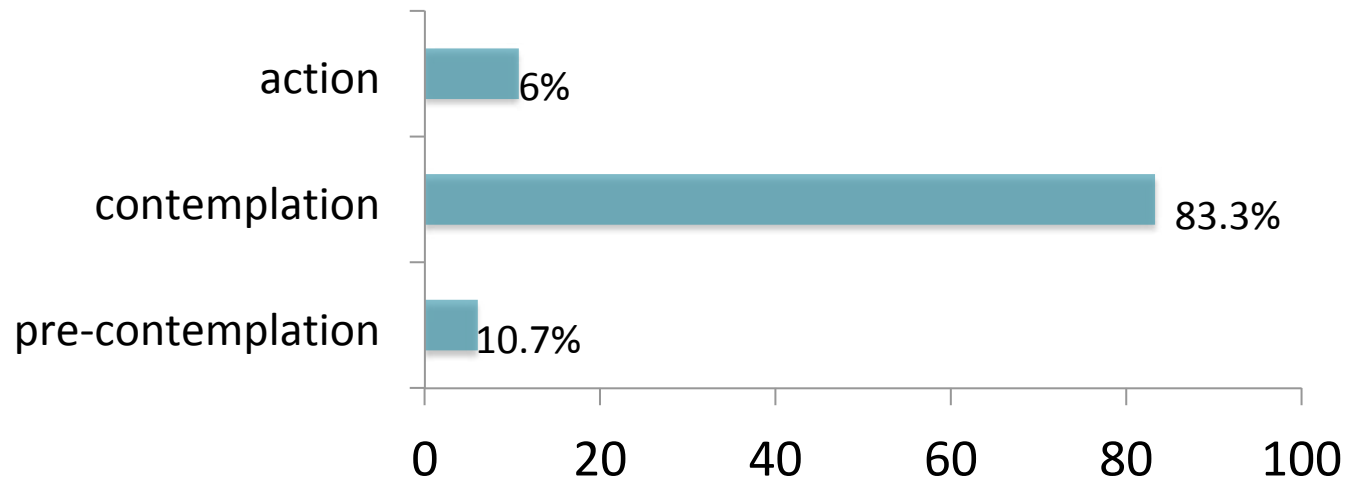
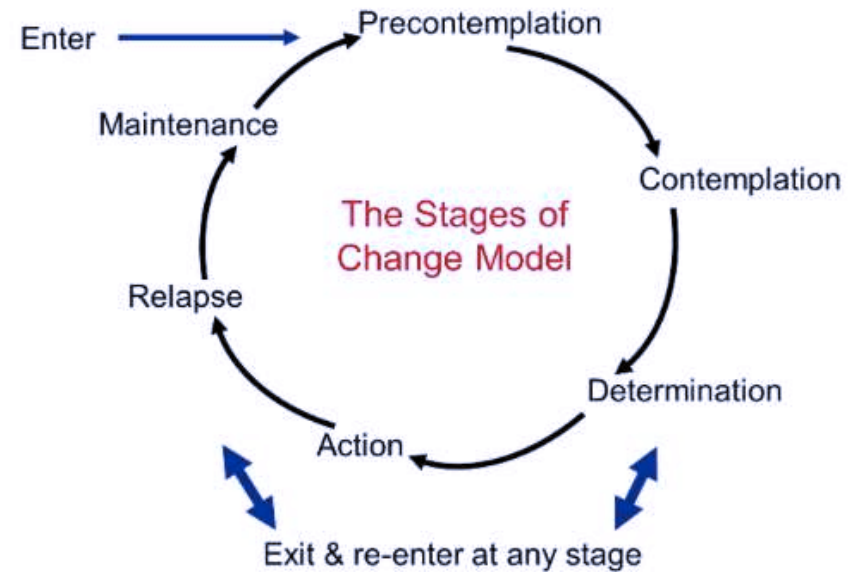
Alcohol Consumption: standard drinks in the week prior to entering the program.



RESULTS

Readiness to Change (RCQ):

According to the questionnaire scores, most of the users were classified in the contemplation phase.



DISCUSSION

- Although designed to risk users, most of the participants who registered in the site already had severe alcohol related problems and were in the “contemplation” phase of readiness to change.
- These data suggest there is a hidden population that should be under treatment for alcohol dependence, but refuse to do it, or do not look for it or even do not find available treatment.
- Internet interventions could help those people to be aware of their alcohol-related problems, to motivate them to move to the action phase and to encourage them to look for face-to-face treatment.



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Abstract available at:

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