

**'Drinking Less? do-it-yourself!'**  
**Effectiveness of a television**  
**supported course**

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## Background

- High prevalence of problem drinking: 10.3%
- Third most important risk factor for ill health and premature death in the EU
- Low uptake of services by problem drinkers
  - addiction treatment (3%)
  - general health services (10%)
- Need for low threshold interventions
- Television and Internet: can bring interventions to a large audience

# Drinking Less, Do-it-yourself!

## What is it?

Self-help program: cognitive behavioral principles.  
Goal: to reduce alcohol consumption

3 Components:

- TV series: 5 episodes of 25 minutes, 2 real-life participants & Coach →
- Course manual (200 pages)
- Online self-help program [www.minderdrinken.nl](http://www.minderdrinken.nl)

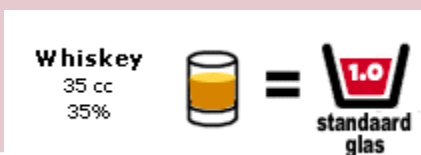
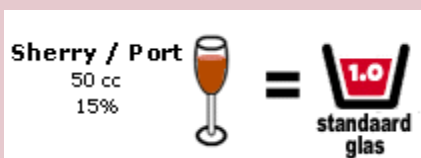
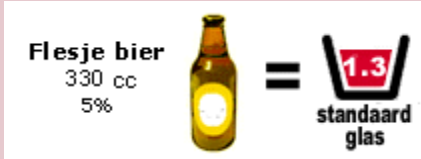


## 4 Step program

### Step 1: Preparing

#### Reviewing:

- How much do I drink? (WR)
- What risks on alcohol related problems? (AUDIT)
- Balance of pros and cons of drinking.
- Am I motivated to change? (RCQ-D)



## Step 2: Deciding, goal setting

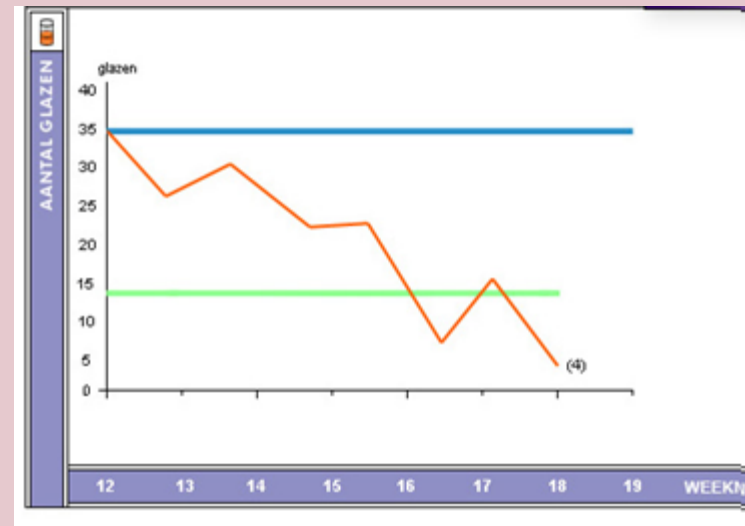
- Maximum number of drinks (a day, a week)
- When to start
- What time frame to reach the goals

Guideline for  
goal setting

	Man	Vrouw	
<b>Laag risico</b>	Maximaal 3	Maximaal 2	Per dag
<b>Enig risico</b>	3 à 5	2 à 3	Per dag
<b>Veel risico</b>	Meer dan 5	Meer dan 3	Per dag

## Step 3: Action to reach goals

- How to handle 'craving' and social pressure
- Changing habits
- Tips and tricks
- Alcohol diary



## Step 4: Relapse prevention

- Analyze relapse situations
- Prevent it in the future



# Design of the effect study

Objective: To study the effectiveness of the television supported self-help intervention for problem drinking: Drinking Less? Do-it-yourself!

Randomized controlled trial, 2 conditions:

- Drinking Less (DL) course
- A six week waiting list group (WL)



## Procedure

- To ensure a 'clean' control group: imitation of course before broadcast on TV
- DL group received series on DVD: 1 DVD per week
- Manual and web address with 1st DVD
- After post-test: broadcast on TV started

# Inclusion criteria

- At least 18 years old
- No professional help or medication
- Access to Internet and e-mail
- Dvd-player
- Exceeding the limits for low-risk alcohol use

<b>High risk drinking in units</b>		
	<b>female</b>	<b>male</b>
<b>At least once a week</b>	<b>4 or more</b>	<b>6 or more</b>
<b>Mean a week</b>	<b>&gt;21</b>	<b>&gt;14</b>

# Measures

Assessments with online questionnaires

- pre test, post test (5 weeks)
- three months follow-up (DL group only)

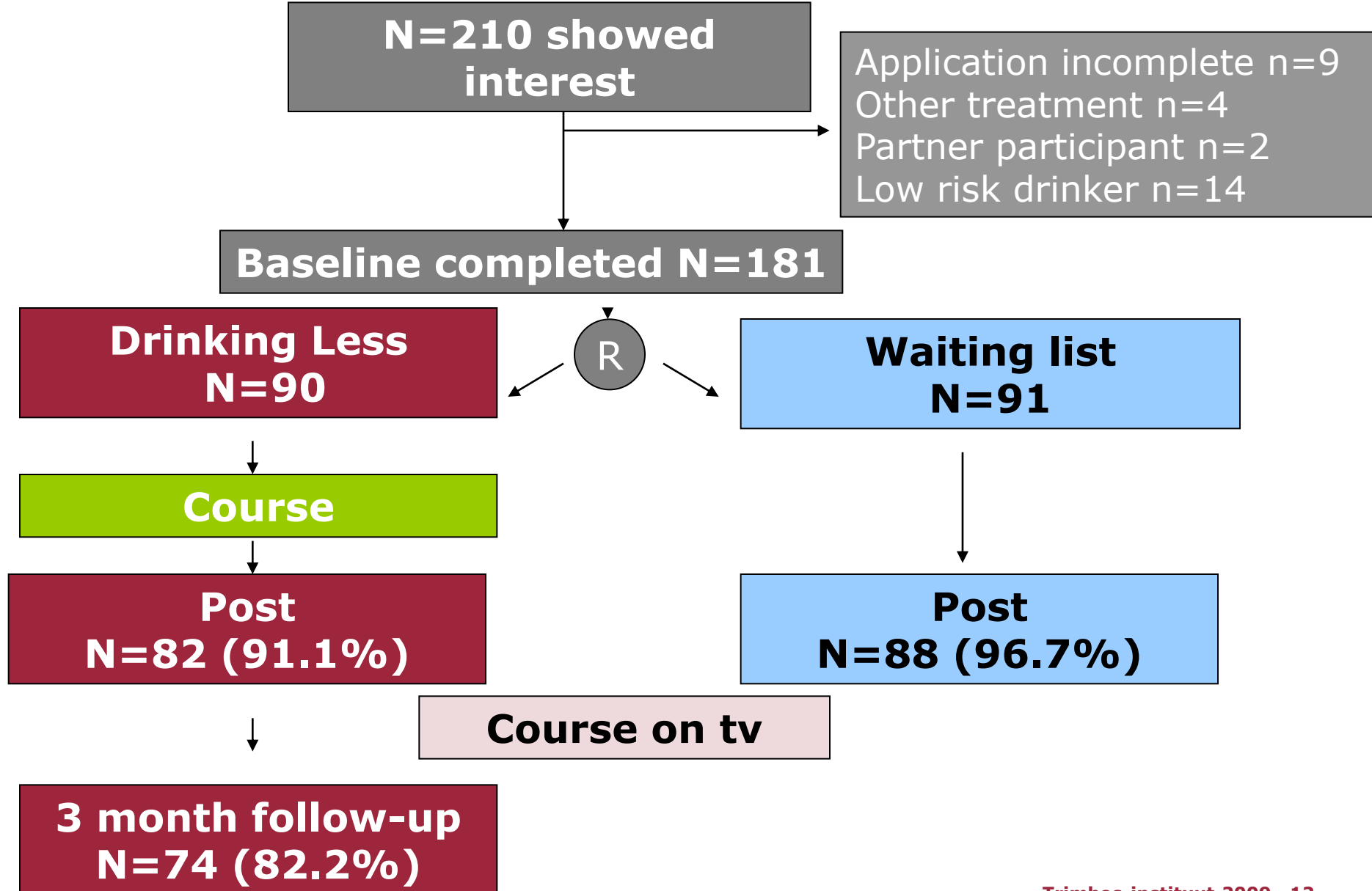
Outcome:

- High-risk drinking 

High risk drinking in units		
	female	male
At least once a week	4 or more	6 or more
Mean a week	>21	>14

- Alcohol consumption in the past week
- Evaluation of the course

# Flow chart



# Baseline characteristics 1

	DL course (n=90)	Waiting list (n=91)
Female gender	52,2%	51,6%
Mean age (sd)	49,1 (8,5)	48,5 (9,9)
Paid employment	72,2%	75,8%
High level of education	62,2%	56,0%

No significant differences between groups

## Baseline characteristics 2

	DL course (n=90)	Waiting list (n=91)
High risk drinking	90 (100%)	91 (100%)
Weekly alcohol intake mean (SD)	37.5 (17.0)	39.1 (16.4)

No significant differences between groups

## Results of the evaluation at post-test, DL group(n=82)

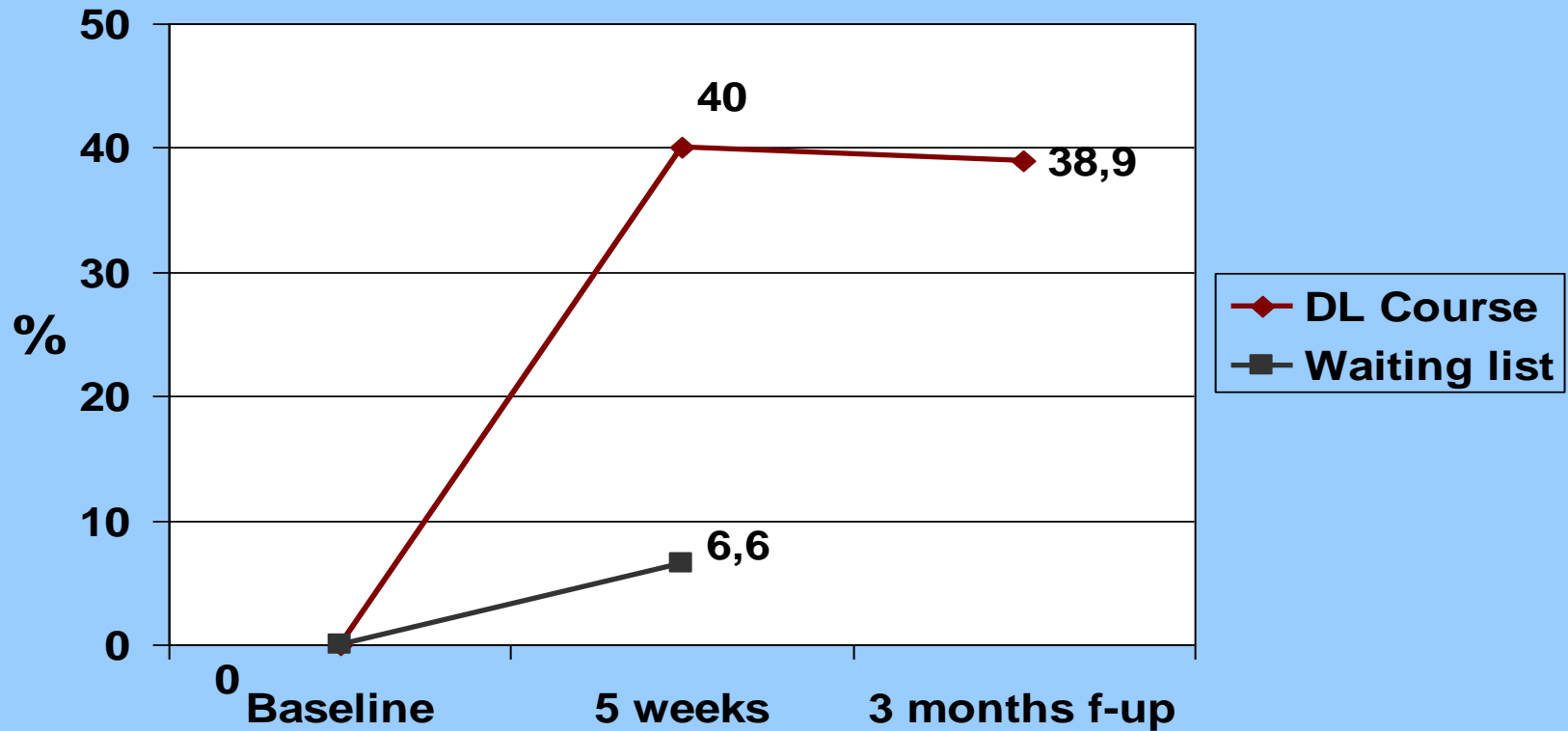
### Uptake:

Used at least one course component	92.7%
Viewed at least 3 out of 5 episodes	63.4%
Used the course manual	90,2%
Visited minderdrinken.nl	18,3%

### Satisfaction: on a 1-to-10 scale

	Mean (Sd)
TV series	7.6 (1.1)
Course manual	7.3 (1.1)
MinderDrinken.nl	6.8 (1.1)

## Low risk drinking

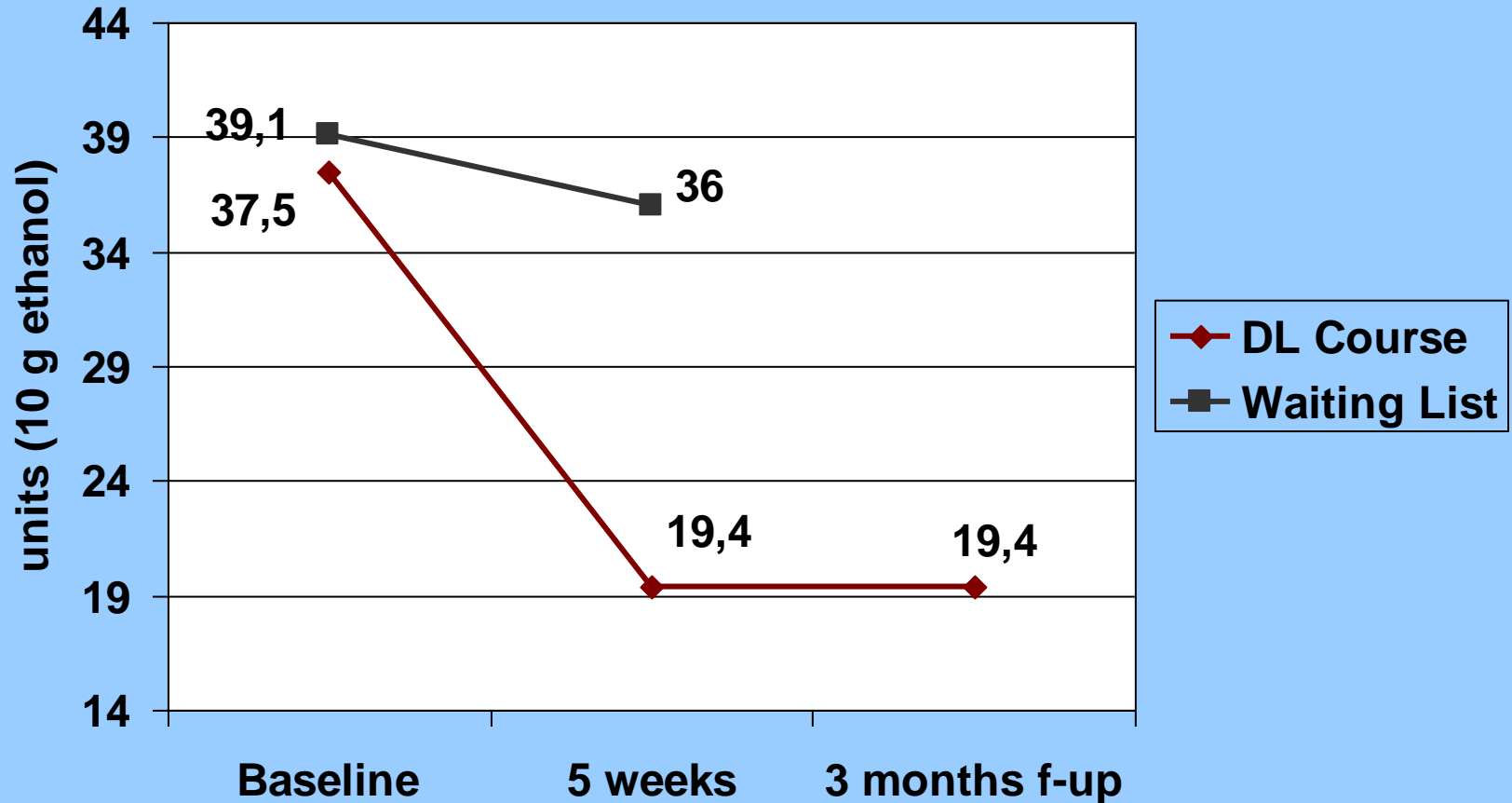


Intention to treat analysis with regression imputation

Between groups:  $\chi^2(1)=28.3$ ,  $p<.001$ , OR=9.4, RD=0.33, NNT=3.



# Mean weekly alcohol consumption



Between group differences at post-test:  $t(152.6)=7.3$   $p<.001$ ,  $dif d=0.90$

## Conclusions

The DL course seems to help

- 39% drinks low risk at 3 months follow-up
- A mean decrease of 18 units a week at 3 months follow-up.
- Uptake and acceptability:
  - tv and manual well used
  - Participants are positive about the Course
- 65% still drinks to much
  - More work to do!
- Long term effects?

**Thank you for your attention!**