

Online forum for problem drinkers

Heleen Westendorp

Tactus Addiction care – Project manager e-therapy

Tactive e-therapies – Manager product development

Introduction



- ✚ The forum on Alcoholdebaas.nl (Look at your drinking)
- ✚ Method
- ✚ Results
 - ✚ Forum statistics
 - ✚ Profile of forum participants
 - ✚ Content of the postings
 - ✚ Opinion of forum participants
- ✚ Participant speaking (video)

What is www.alcoholdebaas.nl?

- ❏ Website with information
- ❏ Online forum for fellow sufferers
- ❏ E-therapy programme
- ❏ After care

Welcome to
lookatyourdrinking.com

Are you worried that you may be drinking too much? Would you like to cut down, or stop? This website has been developed for people who are concerned about their drinking. You'll find facts, tips, and information about alcohol and drinking. We also have an online therapy programme you can participate in.

Our History
see TV coverage of our Dutch parent company 



DISADVANTAGE OF ALCOHOL 

I say things I don't mean

- [Sign up](#)
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Cut down or quit? How much is a lot?

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[How much is a lot?](#)

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Recommended Guidelines

Current medical advice recommends:

- **For men:**
At most 21 units a week and at least two days a week when you don't drink. Preferably, no more than 3-4 units of alcohol per day. [What is a unit?](#)
- **For women:**
At most 14 units a week and at least two days a week when you don't drink. Preferably, no more than 2-3 units of alcohol per day. [What is a unit?](#)

If you stick to these guidelines and are in reasonable health, you won't suffer any long-term [physical damage](#) associated with alcohol use.

[Why can men drink more than women?](#)

Log in ↗

User name

Password

Sign In

[Forgot your password?](#)

[Sign up](#)

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You and alcohol Physical effects

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What do you feel?

Physical effects

Psychological effects

Addicted?

Medications

Alcohol-free drinks

Alcohol use questionnaire

Alcohol doesn't only affect you. When you drink alcohol it gets into your bloodstream and affects your entire body. Thus, your entire body is affected.

To learn more about the effects of alcohol on your [body](#).

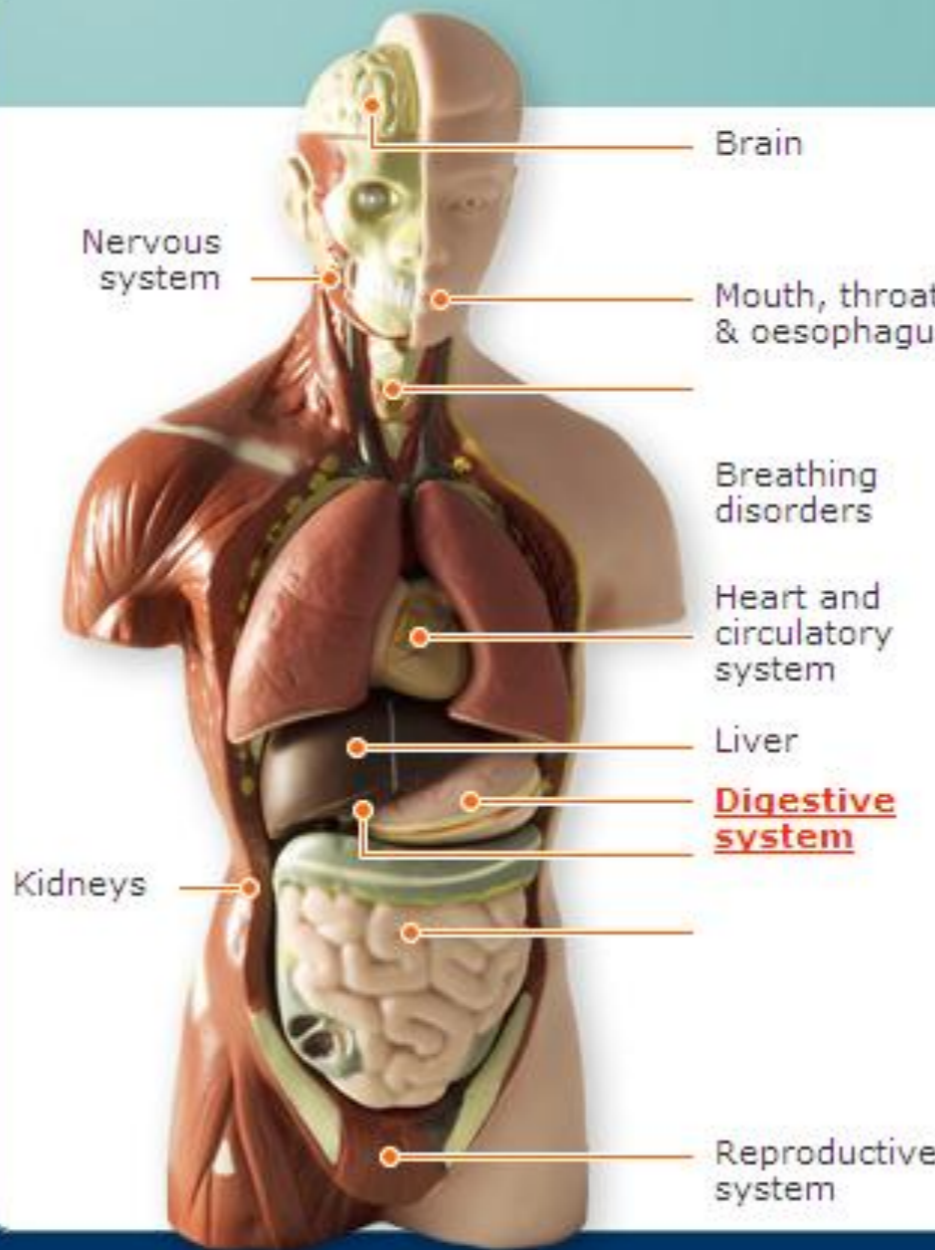
[Should I see the doctor?](#)

- [Alcohol and headaches](#)
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- [Alcohol and epilepsy](#)
- [Alcohol and cancer](#)
- [Alcohol and diabetes](#)
- [Alcohol and gout](#)
- [Alcohol and arthritis](#)
- [Alcohol and vitamin B1](#)

Should I see the doctor?

If you expect to have [withdrawal symptoms](#) when you stop drinking, it is essential to

Alcohol and your body



Digestive system

Heavy drinkers are more prone to have excessive heartburn, ulcers, gastritis (inflammation of the stomach lining), and bleeding in the digestive system.

The pancreas helps to regulate the amount of blood sugar by making insulin. When there is heavy drinking, the pancreas can be affected by becoming inflamed and extremely painful. This is called pancreatitis and it can cause diabetes or even death. Symptoms of pancreatitis are severe abdominal pain and excessive weight loss.

Drinking alcohol also interferes with sugar processing and the hormones that regulate sugar levels. Chronic heavy drinkers often have low levels of healthy blood sugars. Because many heavy drinkers go without proper food when they are drinking, their store of healthy

My Menu

Categories

- > **Alcoholdebaas**
- > [Spelregels](#)
- > [Plaats hier uw ...](#)
- > [Home](#)

login information invoeren

Gebruikersnaam: *

Wachtwoord: *

Onthoud

Login

[Heb je je inlog gegevens vergeten?](#)

Zoeken

[Uitgebreide zoek](#)

FORUMS > Alcoholdebaas > PLAATS HIER UW BERICHT!

< **VERNIUWEN** >

Discussie titel: Fleur gaat ervoor
Discussie samenvatting:
Aangemaakt op: 06-11-2005 23:16

Topic View:

Pagina's: [1 2 >> [Volgende](#)]

06-11-2005 23:16



fleur

Bijdragen: 42
Aangemeld: 06-11-2005

Hallo, Ik ben Fleur, heb me zojuist aangemeld. Ik ben nu een half jaar gestopt met drinken. Ik heb het er soms toch nog moeilijk mee. Wil graag met lotgenoten daarover schrijven. Ik ben af en toe bang voor een terugval. Ik heb zeker 15 jaar elke dag stevig gedronken. Op het laatst elke dag een fles wijn. Het stoppen lukte wel, nu nog volhouden. Ik wil het absoluut volhouden, want het voelt goed. Ik kan misschien anderen helpen ook te stoppen.

Fleur

Aangepast: 06-11-2005 at 23:27 door fleur

[Antwoord](#) : [Quote](#) : [Naar boven](#) : [Naar beneden](#)

Forum

06-11-2005 23:45



Frank

Bijdragen: 91
Aangemeld: 16-09-2005

Fleur,

Welkom, en je loopt mijlenver voor op mij (maar wellicht ook iets andere doelen). Ik denk dat je hier wel een aantal lotgenoten kunt vinden die in ieder geval minimaal de ambitie hebben het punt te bereiken waar jij al staat.

G> Frank

07-11-2005 23:34



jessica

Bijdragen: 6
Aangemeld: 07-10-2005

Hoi Fleur,

Daar waar jij al een half jaar gestopt bent (goed hoor!) moet ik nog beginnen. Ik drink net als jij (voorheen) een liter per dag. Ik praat dan niet over wijn maar bier. Was ik maar wijnliefhebber. Dan kan ik met 1 glaasje per avond toe.

Ik kan nu starten met de internetbehandeling. Ik voel me er zo dubbel over. Enerzijds wil ik echt stoppen (minderen is denk ik geen optie voor mij) en wil ook niet stoppen. Zie op tegen het moeten missen van even een glaasje drinken met vrienden.....

Lekker borrelen voor of tijdens het eten. een biertje drinken tijdens het uitgaan enz....

Het voelt alsof er dan iets groots gaat wegvallen. Ik leef in een wereld waar alcohol gebruik een sociaal geaccepteerd gegeven is. Mijn vrienden lusten ook wel een borreltje, echter ervaren niet de problemen zoals ik ze ervaar. Ze gaan er ook anders mee om. Daar waar ik 7 dagen eigenlijk wil drinken kunnen zij het toe met de meomenten dat we samen zijn. Dus af en toe. Minderen is zoals ik al aangaf volgens mij voor mij geen optie. Is net als stoppen met roken. Of je stopt of niet. Minderen werkt niet bij mij.

Maakt voor jezelf nog een datum bepalen om echt te stoppen. Ik etel dit uit. Er zijn nog zoveel redenen om daar te gaan. Ik heb

The forum and forum management

- ✘ Since March 2005 online
- ✘ Open forum, everyone can read the postings
- ✘ To write you need to sign up
- ✘ Rules and regulations for participation
- ✘ Moderator checks and does not take part in discussions
- ✘ Moderator acts as a referee

Method

- Forum statistics
- Online questionnaire n=70
- Content analysis of postings
 - 9 days, from 1 t/m 9 okt. 2008
 - 1596 postings

Forum statistics

- Number of registered participants:
 - 655 (Oct. 2008)
 - 1019 (Oct. 2009)

- Postings a day
 - 177 (Oct. 2008)
 - 350 (Oct. 2009)

Use of the forum

- Duration and frequency
 - since 2009: 43%
 - since 2008: 21%
 - 3 years or more: 36%
- 60% makes several visits a day
- 43% places several postings a day

Profile forum participants

- 72% is female
- Mean age: 47 years
- 48% is higher professional educated
- 53% employed
- 47% not employed
 - 21% medically incapable of work



Alcohol use and treatment

- 41% stopped drinking
- 86 % in therapy for alcohol problems
- 59% e-therapy Alcoholdebaas.nl

Reasons for taking part

- Initially 52%: in search of information
- Later on:
 - 71%: curious how others are doing
 - 66%: emotional support
 - 52%: considers taking part a daily routine
 - 41%: when having a hard time
 - 40%: out of sociability reasons and cosiness
 - 24%: when feeling lonely
 - 22%: for questions about alcohol (information)

Content analysis of postings

- Few negative statements
- Much use of 😊 emoticons 😞; CAPITALS; excessive punctuation !!!?! (50%)
- Social chat (96%)
- About drinking and own drinking habits (26%)
- Medication and treatment (3%)
- Technical details (2%)
- Appreciation for the forum (1%)

Empowerment mechanisms in the postings

- 77% no empowerment mechanisms
- 23% empowerment mechanisms:
 - 15% to exchange personal experiences
 - 8% to motivate, compliment and wish good luck
 - 6% to give tips, information and warnings
 - 1% empathy
- The majority reports:
 - Increase of knowledge; self control; self-efficacy; self esteem; well being and acceptance of the alcohol problem



Important benefits of the forum

- Almost all mention:
 - Availability, honesty and openness, getting support, being accepted, anonymity
- Less important:
 - the number of postings; response time

Disadvantages top 5

- 1 Open, accessible to all
- 2 Forum addiction
- 3 Vulnerability due to anonymity
- 4 Negative statements and quarrels
- 5 Groups arising (insiders / outsiders feeling)

Satisfaction

- 74% is (very) happy with the forum
- Success factors:
 1. Contact with fellow sufferers (experts by experience)
 2. Feeling understood and recognized
 3. Being anonymous
 4. Friendships in real life
 5. Sharing experiences



What makes a forum successful?

What makes a forum successful?

The participants!



Good morning everyone, my name is anna and I have joined the dutch 'Lookatyourdrinking' site about a week ago. Ever since I find it very helpful and in some ways comforting to read other members messages.

Sometimes I join in and sometimes I just enjoy (or not enjoy) the conversation. You will find that a lot of topics are thrown into the conversation. Making it not too heavy all the time but at the same time any subject can and will be discussed. From backfall to a dogwalking service and anything inbetween. If in doubt you can always just look around the forum and when you feel at ease enough you can introduce yourself.

Hope I have made you feel welcome..... please if in doubt or thinking you still drink too much, we will try to help you with our support and "drinkingwisdom".

Love Anna

“In a short time, I found a lot of people facing similar difficulties to myself. The most important thing for me was that when you quit drinking (as I did) you are probably going to miss something in your life.

I found out that I used alcohol for dealing with my emotional problems. Without the alcohol you have to learn how to live your life without the soothing blanket that alcohol can be. In that process, I found companions on the forum. They understood my problems and we exchanged experiences, tips, and helped each other.”

“The most helpful thing for me is still that I can share with others if I encounter difficulties. The sharing with others, who understand that the easiest thing to do is to grab a bottle of wine to cover up my emotions, in fact keeps me from grabbing that bottle and helps me to look for a different way to solve my problems. There is someone on line at any time of the day.

I wish you all luck.”

Spix.



QUESTIONS

Heleen Westendorp: h.westendorp@tactus.nl