

**INEBRIA**

International Network on  
Brief Interventions for Alcohol  
Problems



programa [Beveu Menys]

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# *UTILITY OF AN INTERNET- BASED ASSESSMENT TOOL TO MEASURE ALCOHOL CONSUMPTION*

Veus el que beus?



Coneix el teu consum

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Program on Substance Abuse.

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# Introduction

- Wide dissemination of EIBI strategies can be facilitated by using internet applications.
- There is already some evidence about the reliability of internet-based assessment tools and the effectiveness of internet-based brief motivational interventions that focus on problem drinking.
- In Spain, some initiatives already exist “elalcoholytu”
- The aim of this study is to present the results of an internet-based assessment tool to measure alcohol consumption developed in the framework of the Drink-less project in Catalonia.

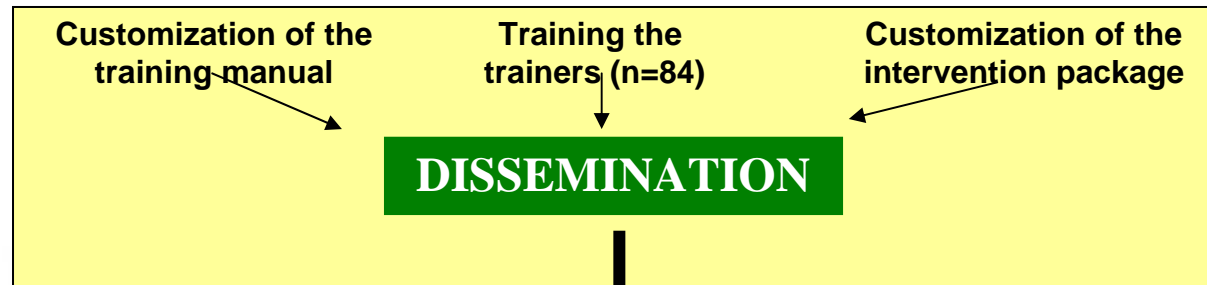
## The “Beveu Menys” program

- In 1995, we joined the Phase III of the World Health Organization Collaborative Project on Alcohol and Primary Health Care
- In the framework of the Phase IV of the WHO Project we started in 2002 the dissemination of the “Beveu Menys” in all the Primary Health Care Centers.
  - Customization
  - **Reframing**
  - Strategic Alliance
  - Demonstration

# The “Beveu Menys” Program

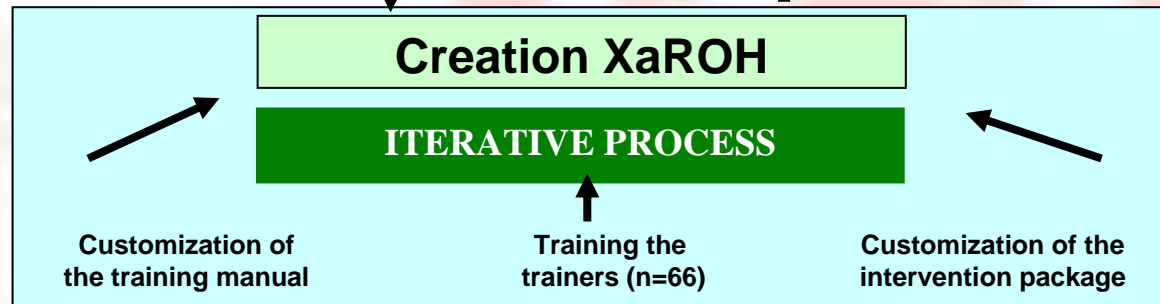
## ITERATIVE PROCESS

2002-2005



347 PHC Centres  
7915 PHC professionals

2006-2009



# The training module

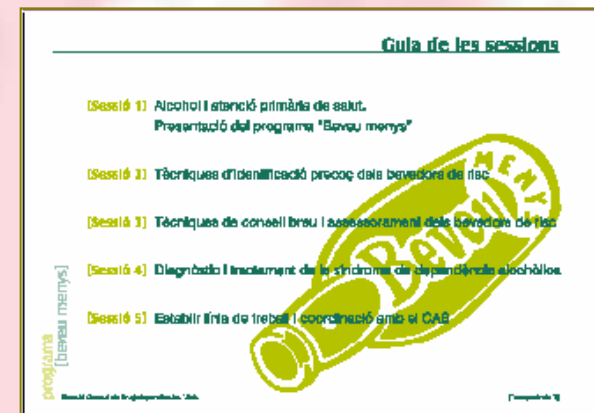
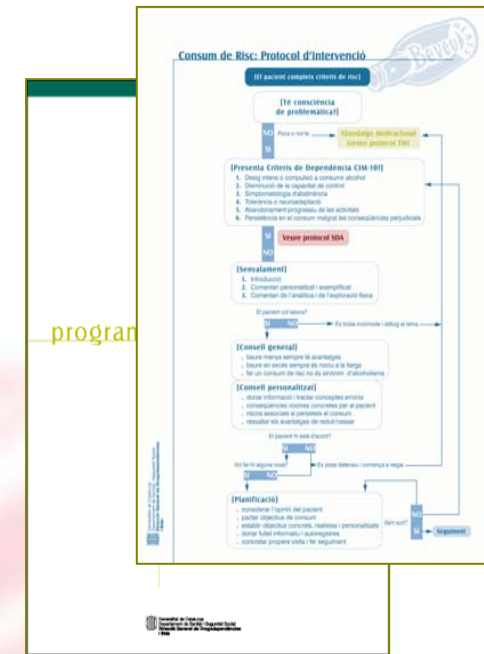
□ **Design:** Customization of the Drinkless Package

□ **Duration:** 5 hours delivered by alcohol specialists as CME courses

□ **Style:** Motivational, flexible

□ **Contents:** Alcohol and PHC Screening  
Brief interventions  
Alcohol dependence  
Coordination

□ **Material:** Trainers (specialist)  
Trainees (PHC professionals)



# SBI package

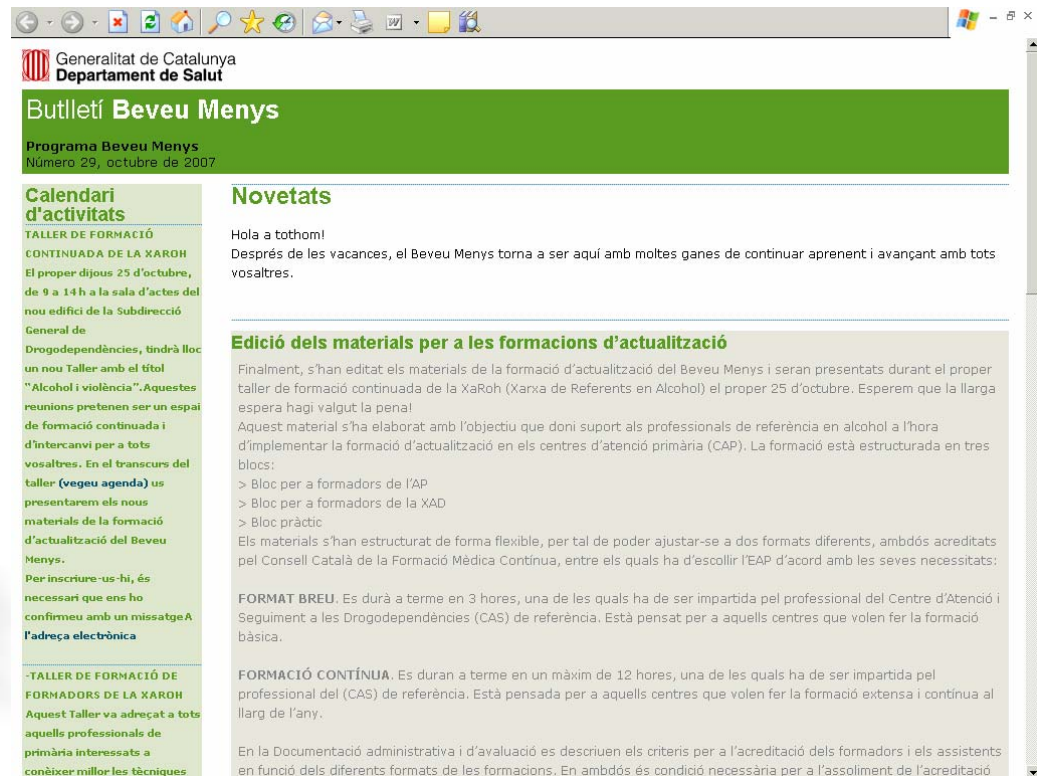
- General guidelines
- AUDIT & template
- ISCA
- Management guide
- Diagnosis & intervention flowcharts
- **Self help booklets**
- **Posters & leaflets (waiting room)**



# Internet tools

## “Beveu Menys” Bulletin

- ❑ Regular bulletin aimed at providing updated information of the Beveu Menys program to professionals of primary health care settings and specialized centers
- ❑ Contains also alcohol related events, articles and news and also monographic information on the social and health impact of alcohol

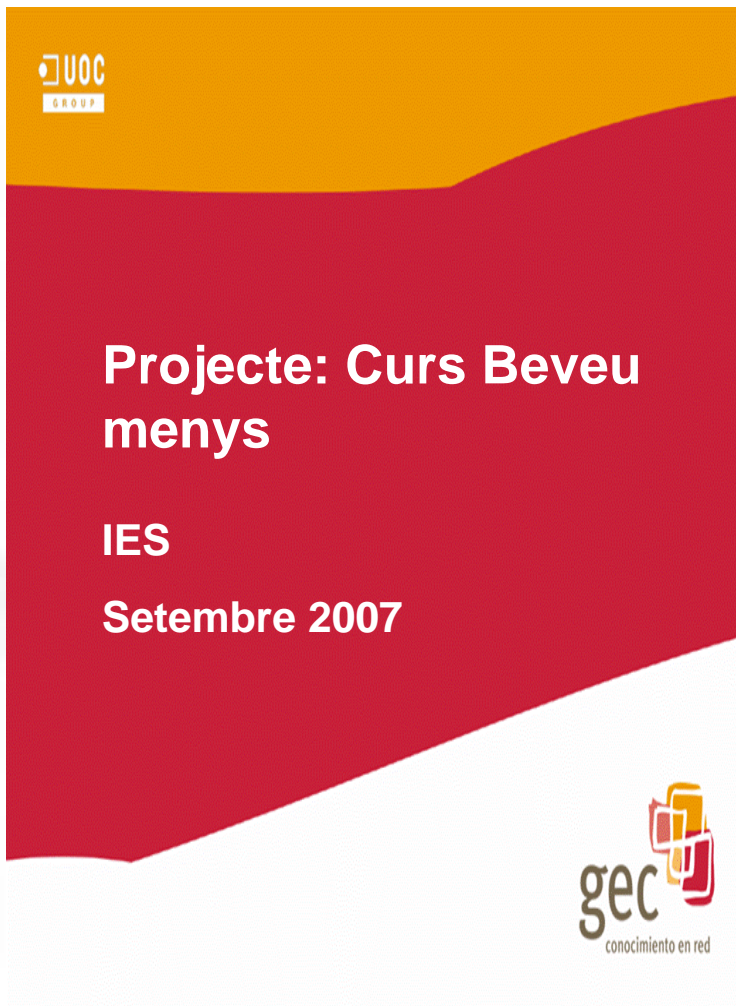


The screenshot shows a web browser window displaying the 'Butlletí Beveu Menys' website. The page header includes the logo of the Generalitat de Catalunya and the Departament de Salut. The main content is organized into several sections:

- Calendari d'activitats:** Announces a 'TALLER DE FORMACIÓ CONTINUADA DE LA XAROH' on October 25th, from 9 to 14h, at the Subdirecció General de Drogodependències. It mentions a new workshop titled 'Alcohol i violència' and provides information on how to register and confirm attendance.
- Novetats:** A greeting 'Hola a tothom!' followed by a message that the bulletin returns after a break, offering new content for continuing education.
- Edició dels materials per a les formacions d'actualització:** A section detailing the preparation of materials for the 'XaRoh' (Xarxa de Referents en Alcohol) training. It lists three types of materials: 'Bloc per a formadors de l'AP', 'Bloc per a formadors de la XAD', and 'Bloc pràctic'. It also describes the 'FORMAT BREU' (3-hour course) and 'FORMACIÓ CONTÍNUA' (12-hour course) options.

# Internet tools

## Online training course



- Online training course developed in collaboration with the Open University of Catalonia.
- Interactive course inspired in the materials developed for the presencial training
- Aimed at facilitating training to everyone in the territory (equity) and for new professionals in the field

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## Methods

- The tool was launched in March 2005 through the Drink-less website of the Catalan Department of Health.
- It provides assessment of alcohol consumption and tailored feedback for decision-making of individuals.
- Assessment of alcohol consumption is done by registering the daily drinks and the type of beverage consumed during a usual week.
- The type of beverage is detailed (wine, beer and distilled drinks) to facilitate the conversion of responses to standard drinks.

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## Methods


- Age and gender is also registered.
- Feedback provided consists of a set of recommendations tailored by age, gender and alcohol consumption pattern.
- Risky drinkers defined
  - $>17$  SD for females
  - $>28$  SD for males
  - Any consumption in youth with less than 16 years
- No follow up is provided but more information is offered by linking with the information (leaflets) of the “Drink-Less” program
- Inputs have been saved in an access database.

# The tool

Dragodependències

## Veus el que beus?

Amb l'alcohol cal anar amb compte perquè ens pot semblar que bevem "una quantitat normal" i no adonar-nos que, en realitat, estem bevint massa i que això ens pot ocasionar problemes tant a nosaltres com a les persones que ens envolten .




Alguna vegada t'has parat a pensar quina quantitat d'alcohol beus?

Si vols conèixer quins són els teus hàbits de consum, introdueix a la graella el nombre de consumicions de cada tipus de beguda que habitualment prens cada dia de la setmana. En acabar de complimentar la graella, rebràs un missatge amb informació i consells al voltant del teu patró de consum. Aquesta informació només és orientativa i anònima. Si necessites saber-ne més et recomanem que parlis amb el teu metge o metgessa de capçalera. Trucant al telèfon 93 4120412 de la línia verda d'informació també et podran informar.

Introdueix les teves dades:

home  dona Edat:  Pel funcionament de la calculadora cal especificar aquest camp

Consumicions	dilluns	di marts	di megres	dijous	divendres	dissabtes	diumenges	total
cervesa	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
vi	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
conyac	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
aperitius	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
cigaló	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
combinats	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
								<input type="button" value="Calcular"/>
Consumicions	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



[Per a més informació] [Vols fer-hi algun comentari?] [Valora la pàgina]

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## Methods

- **5,851 registers have been recorded from March 3, 2005 until June 19, 2007.**
- **Filters have been used to discard fictitious registers**
  - **Not credible information in any variable**
  - ***age >13 & age < 65***
- **5,136 (87,8%) registers have been considered in the final analysis.**

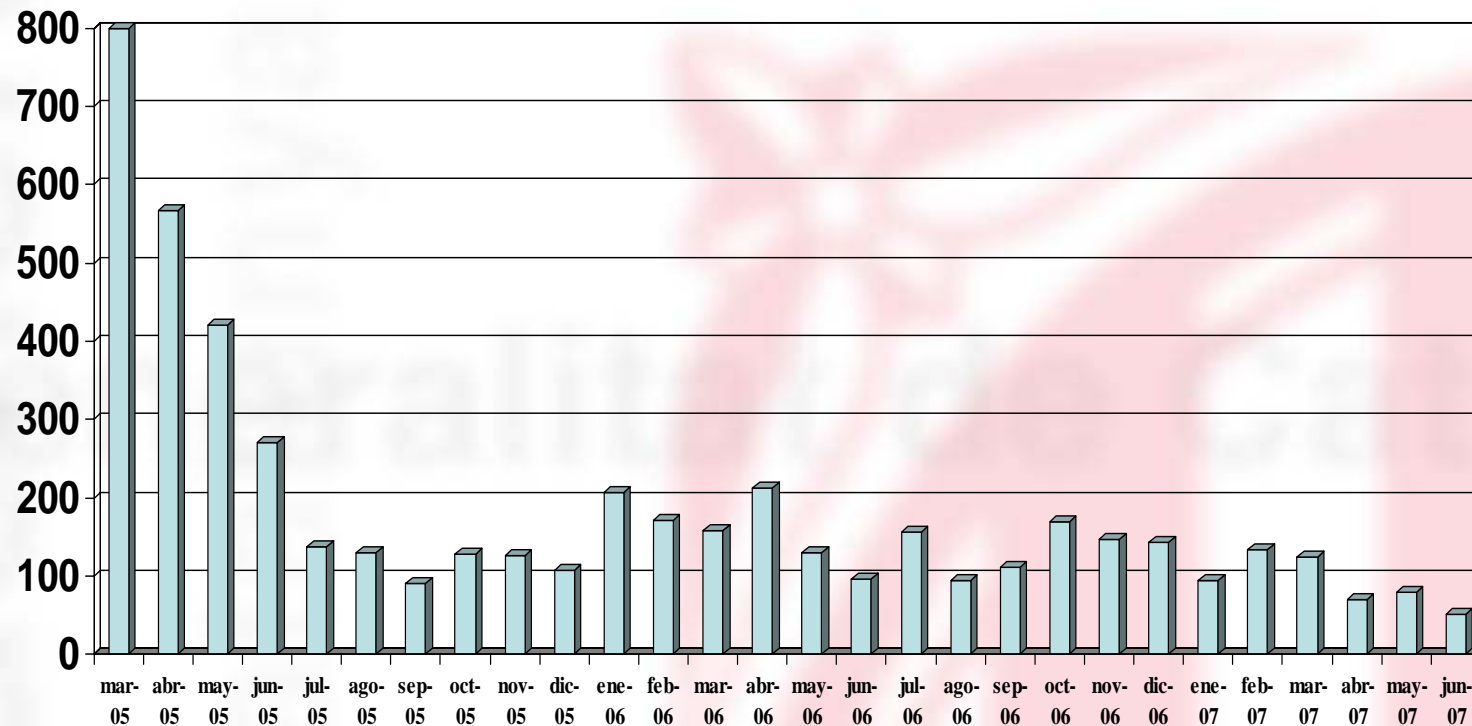
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## Results

- **The tool has been available and used during the whole period but 35% of the inputs occurred the first 4 months after launch.**



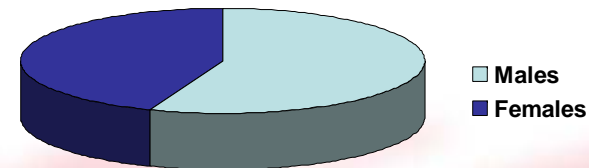
Veus el que beus?



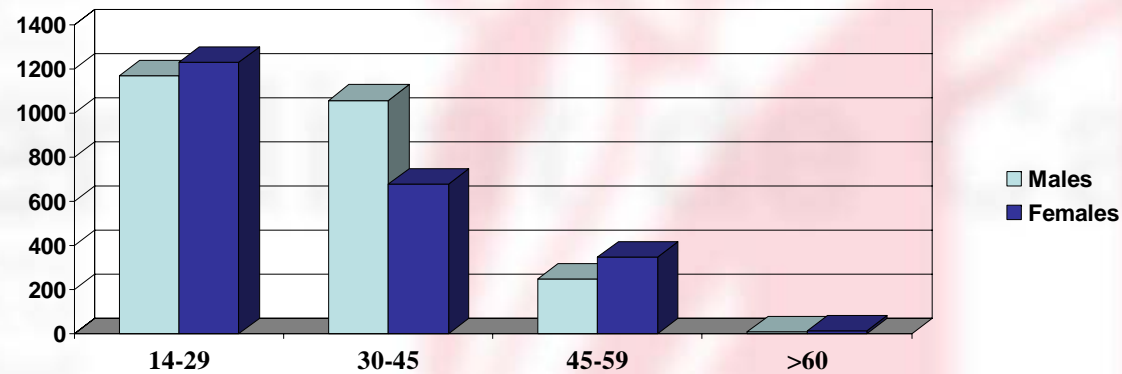
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## Results

- **2,867 (55.8%) were males.**



- **Mean age for males is 34 (SD 12) and 31 (SD 11) for females.**

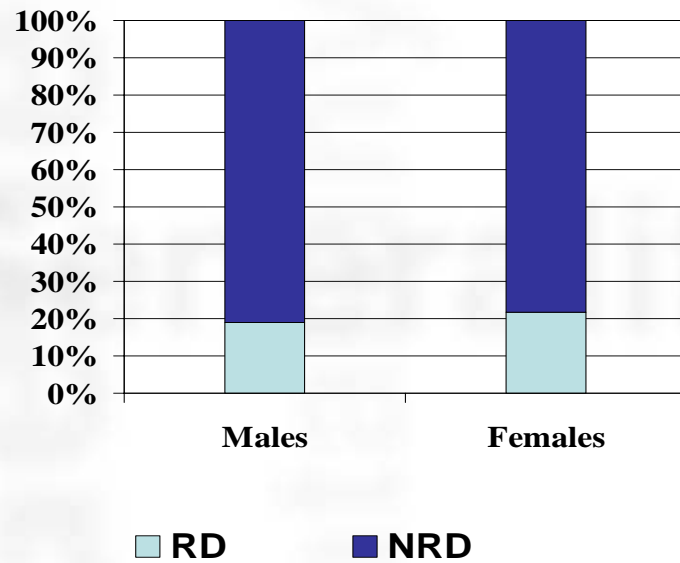


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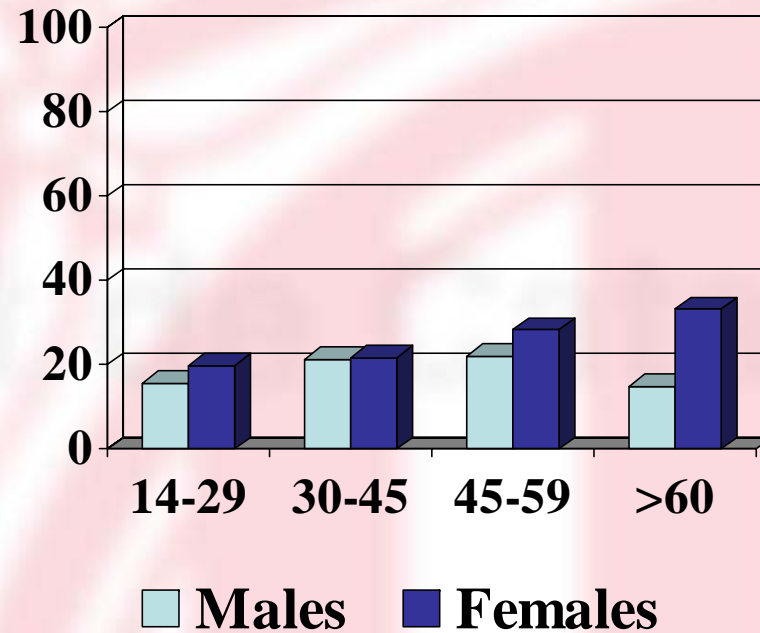
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- Mean risky drinking prevalence was 20.3% (19,1% and 21,1% respectively).



## Results

- Risky drinking more prevalent among the 40-59 age-group.



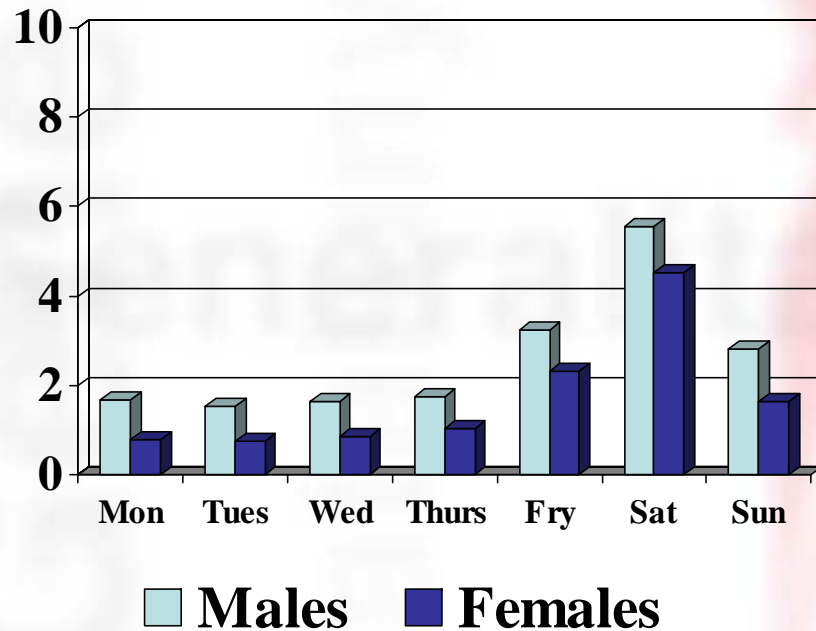
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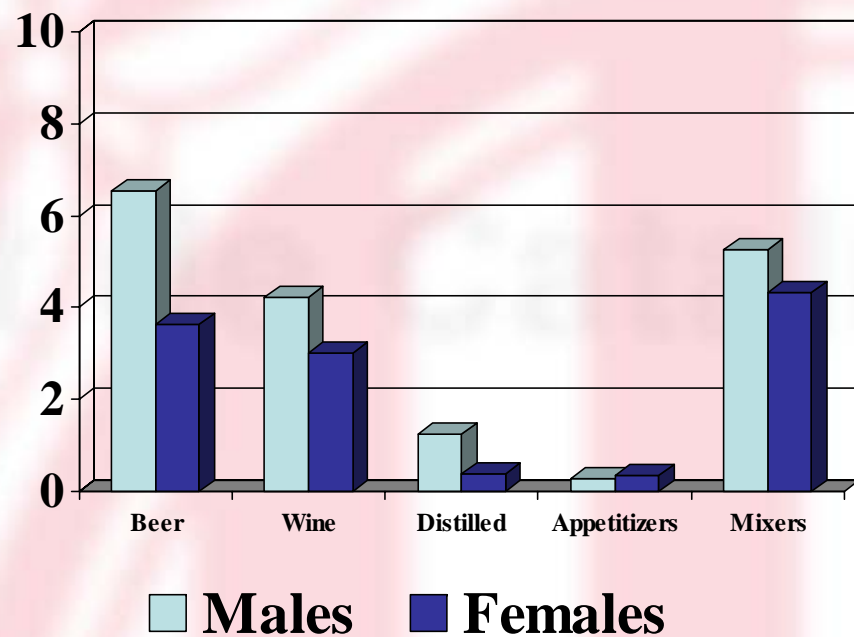
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# Results

□ Mean SD by day



□ Mean SD by beverage



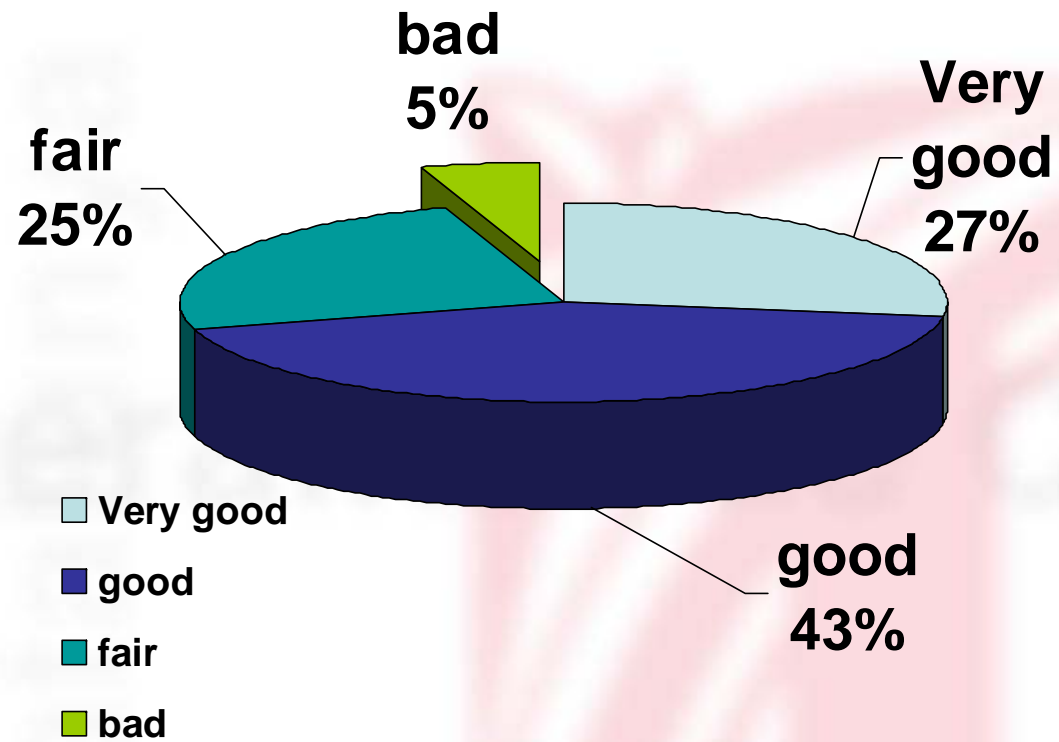
Veus el que beus?



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## Results

- 27,3% evaluated the tool as very good and 43,2% as good.



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## Conclusion

- ❑ **The limitations to the reliability of the inputs have to be taken into consideration**
- ❑ **The results of the assessment tool, after filtering the database, look acceptable and provide a complementary picture of alcohol consumption, specially among the youngest.**
- ❑ **The utilization rate has been acceptable during the whole period but publicity is needed to make it more visible and accessible for the entire population.**

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## Next steps

- This assessment tool represents a first step towards the development of the Catalan internet-based drink-less program for the assessment and treatment of alcohol problems.
  - Adaptation into Catalan of an-internet tool that had already proven being effective in reducing alcohol consumption and alcohol problems
  - Imbedded in all the other activities implemented and supporting the activity of PHC professionals specially with youths
  - Used also to intervene among health professionals and opened to general population
  - Populations at risk specially targeted

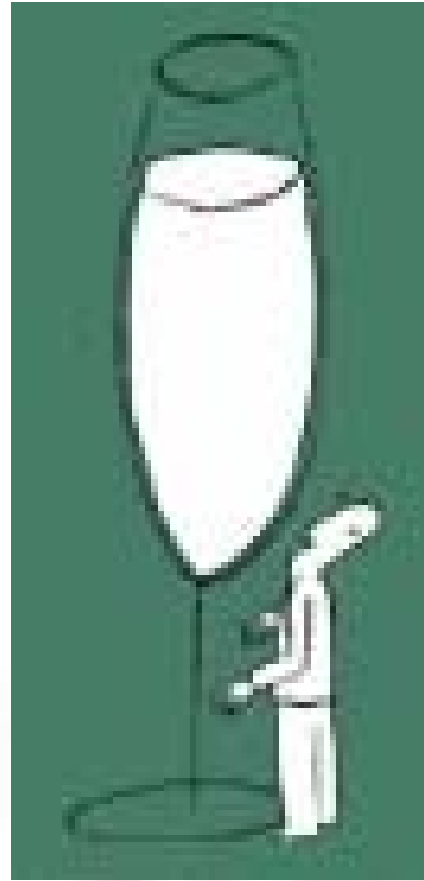
# Other internet tools

## Online software program for problem drinkers

- Adaptation into Catalan of the Drinkers checkup tool available online and developed by Reid Hester
- Proven efficacy
- Hester RK, Squires DD, Delaney HD. *The Drinker's Check-up: 12-month outcomes of a controlled clinical trial of a stand-alone software program for problem drinkers. J Subst Abuse Treat. 2005 Mar;28(2):159-69.*



<http://www.gencat.net/salut/beveumenys.htm>



**Thank you!!!**