

Do brief interventions help to improve the impact of workplace alcohol prevention interventions?

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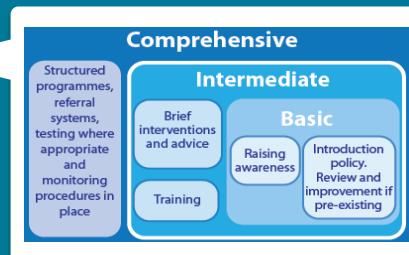
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INTRODUCTION

- Alcohol consumption can have a detrimental effect on productivity in the workplace and on the health of workers (1).
- There is some evidence on the positive impact of alcohol preventive interventions in reducing absenteeism (2).
- The **European Workplace and Alcohol (EWA)** builds on previous experiences on workplace and comprises a series of integrated activities structured around five sequential phases:
- Phase 3, 4 and 5** were completed by 11 countries: England, Scotland, Ireland, Belgium, Germany, Poland, Romania, Greece, Croatia, Italy and Catalonia.
- There were three level of interventions:

The EWA project explored in 55 different pilots the impact of different type of interventions on workers alcohol-related awareness, attitudes, policies and behavior (3). The present poster explores the impact of preventive interventions with BI against those with no BI.



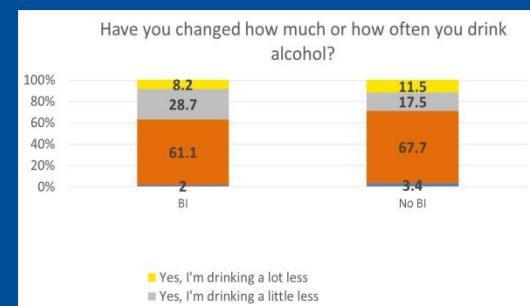
METHODS

The project, carried out between 2012 and 2013, puts together a large group of public/private institutions to pilot testing interventions in 11 different countries across Europe. Each of 11 pilot areas engaged about 5 workplaces and 750 employees in innovative, evidence-based alcohol-focused interventions. Assessment was performed with self-reported pre/post questionnaires to employers and employees.

For the purpose of this analysis, bivariate analysis comparing results for companies with BI against those without (total of 3,810 questionnaires at follow up: 2,066 BI companies and 1,744 non-BI) regarding awareness, attitude, consumption and behaviour at workplace were carried out using SPSS version 18.0 for Windows

RESULTS

- 14 companies out 55 (25.5%) included BI in their interventions.
- BI were implemented by large companies (more than 500 workers), with risk prevention specialists in their occupational health service.
- Percentage of workers reporting less consumption after the pilots was significantly higher in those companies delivering BI (36,9%) than in those that did not (29%).
- No significant differences were found in knowledge improvement or risky consumption reduction.



CONCLUSIONS and RECOMMENDATIONS

- Workers and companies benefit from alcohol preventive interventions.
- BI by occupational health workers are still not widely used in the context of workplace alcohol related prevention strategies.
- BI as part of these interventions can be used to decrease the amount of alcohol consumed by workers as well as to increase the number of workers seeking professional help.
- In the light of EWA pilot interventions results, organisations should:
- Adopt a comprehensive, written alcohol workplace policy and health-related alcohol programmes, as comprehensively as resources allow.
- Pro-actively make their workplaces "alcohol free".
- Review working practices and management styles that can cause stress and perpetuate or worsen heavy drinking.

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ACKNOWLEDGEMENTS

To all the enterprises that have collaborated in both the case study review and the pilot testing. To all workers and employers that have kindly responded to the questionnaires and interviews. Project co financed from the EU Public Health Programme 2009-2011



Funded by the Health Programme of the European Union

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