

Internet-based intervention for
problem drinkers: Three-month
follow-up results

Research issue:

- ◆ How do you evaluate the efficacy of an intervention that, by its nature, is designed to be used without face-to-face contact with other people?

Research Designs

- ◆ Research where program is given face-to-face
 - Problem – external validity
- ◆ Studies where respondents are recruited over the Internet
 - Studies with no randomly assigned control group
 - Problem – low follow-up rates
- ◆ Recruiting by email, mail, telephone
 - Problem – will the person access the intervention?

Recruitment by telephone

- ◆ Use RDD telephone survey to identify at-risk drinkers
 - Identify those who are hypothetically interested in an Internet program that provides a summary of the person's drinking and compares it to other Canadians
 - ◆ Home access to the Internet
 - ◆ Ask these people if they are interested in taking part in a study to help us revise and evaluate self-help materials
 - ◆ Send description and consent form
 - Randomly assign to receive or not receive intervention
 - Follow-up to assess differences at three-, six- and twelve-month follow-up

Check Your Drinking screener

◆ www.checkyourdrinking.net

◆ 18 Item Survey Contains:

- AUDIT
- Drinking on each day of a typical week
- Greatest amount on a single occasion
- Experience of psychosocial consequences

◆ Demographics

Home
View Support Group
Check Your Drinking

Program Tools

Toolbox
Buddies Instant Messenger
Support Group
Inspirational Emails
Text Messaging Tips
Program Bibliography

Education

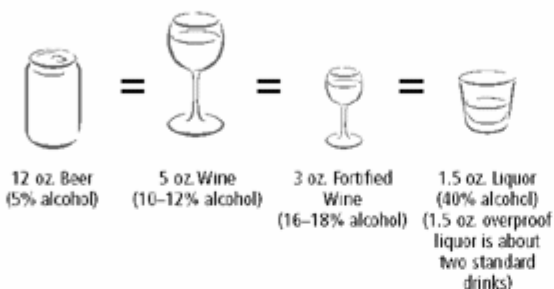
How Much is Too Much?
Setting Your Goals
Dealing with Urges

Health Care Professionals

Prevalence & Symptoms
Why Screen?
Brief Interventions

Page 1 of 4: How Much You Drink

One Standard Drink Equals...



1. How often do you have a drink that contains alcohol?

- never
- monthly or less
- 2-4 times a month
- 2-3 times a week
- 4 or more times a week

2. On a typical day when you do drink, how many drinks containing alcohol do you have?

- 0-2
- 3-4
- 5-6
- 7-9
- 10+

3. How often do you have 5 (five) or more drinks on one occasion?

- never
- less than monthly

[Print](#) printer friendly version of Final Report

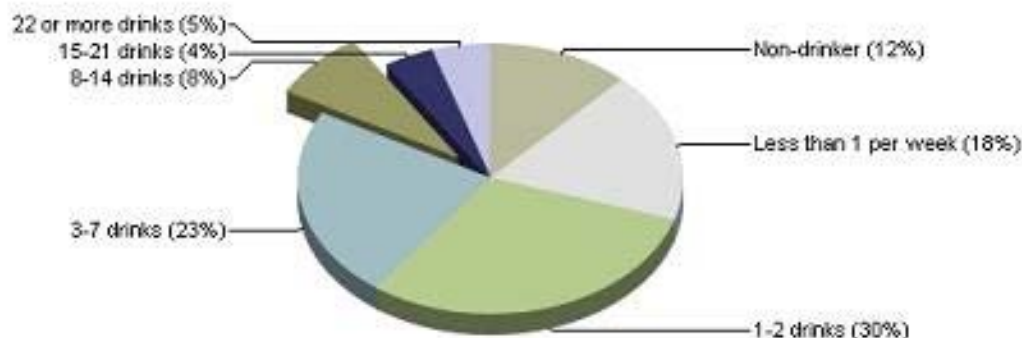
[Email](#) email this report to yourself or your physician

Final Report For Ryan

The average number of drinks you reported consuming per week was 9.

How do you compare to males your age from Canada? The highlighted slice of the pie chart below is where your drinking fits compares to other males in your age range from Canada.

Average drinks per week for males aged 25 - 34 from Canada



Within the last twelve (12) months:

- You reported drinking on approximately 13.2% of days in the last year.
- You reported that you drank a total of 468 drinks in the last year.

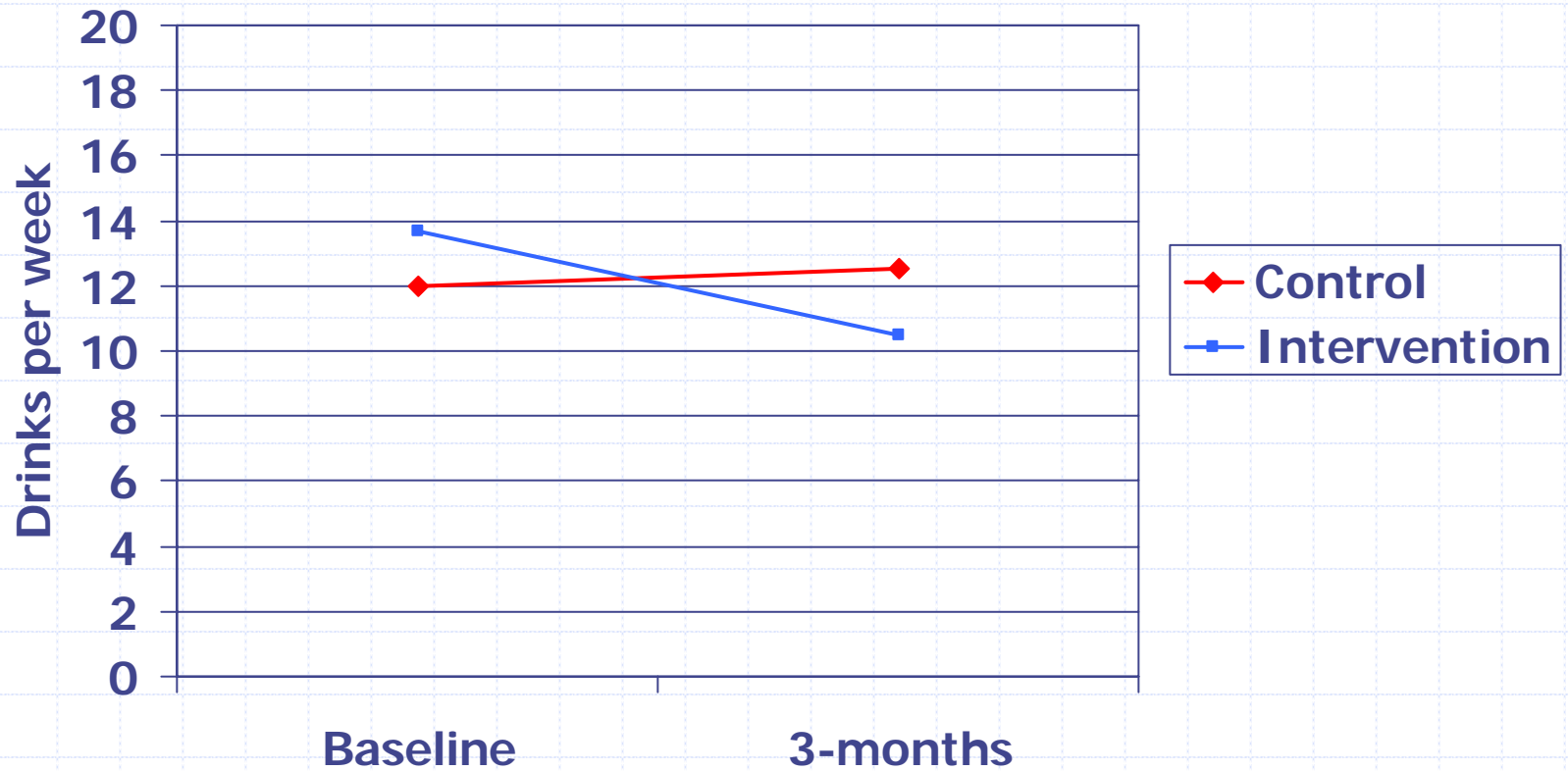
This also means that:

- You spent approximately £1591.2 in the last year, depending on where you drank (at home, in a bar, etc.).
- You consumed (on average) 100 calories from alcohol on days that you drink. Based on the total amount of drinking you had enough alcohol to add roughly 13 pounds to your weight in the last year. **Note:** One drink has about 100 calories and 3,500 calories roughly equals 1 extra pound of weight.
- You also reported that within the past year, the greatest number of drinks you had on one occasion was 6 drinks.

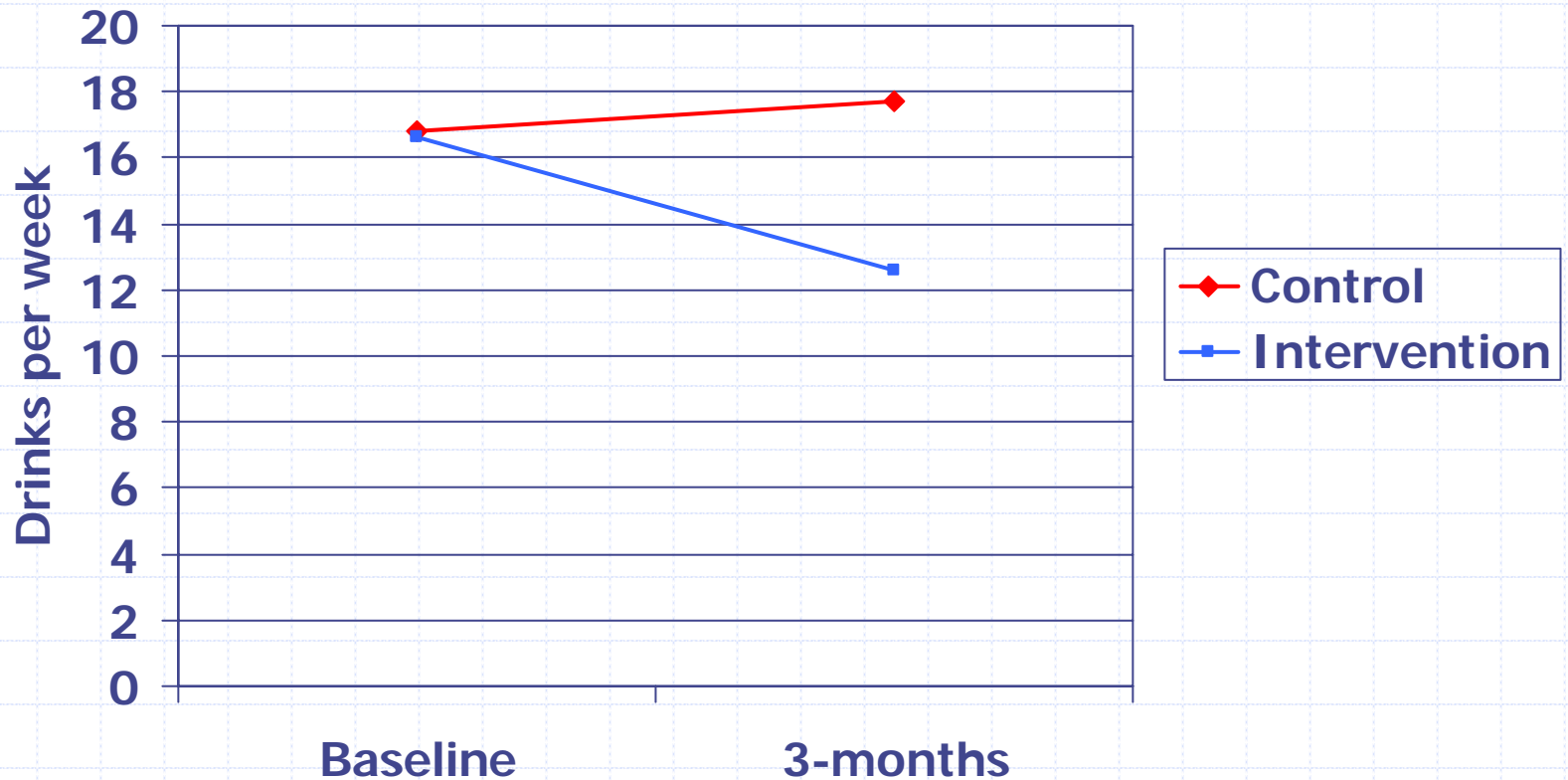
Subject recruitment

- ◆ RDD screening survey of 8,467 respondents
 - Excluded:
 - ◆ AUDIT-C < 4: 5,721
 - ◆ Not interested in online self-help materials: 1,936
 - ◆ No home internet: 100
 - ◆ Did not agree to view consent form: 316
 - ◆ Viewed consent form but did not sign and return: 210
- ◆ Randomized to condition: 184
- ◆ 3-month follow-ups completed to-date: 142
 - 82 with AUDIT scores of 8 or more
- ◆ Current 3-month follow-up rate about 90%

3-month follow-up data (AUDITC ≥ 4)



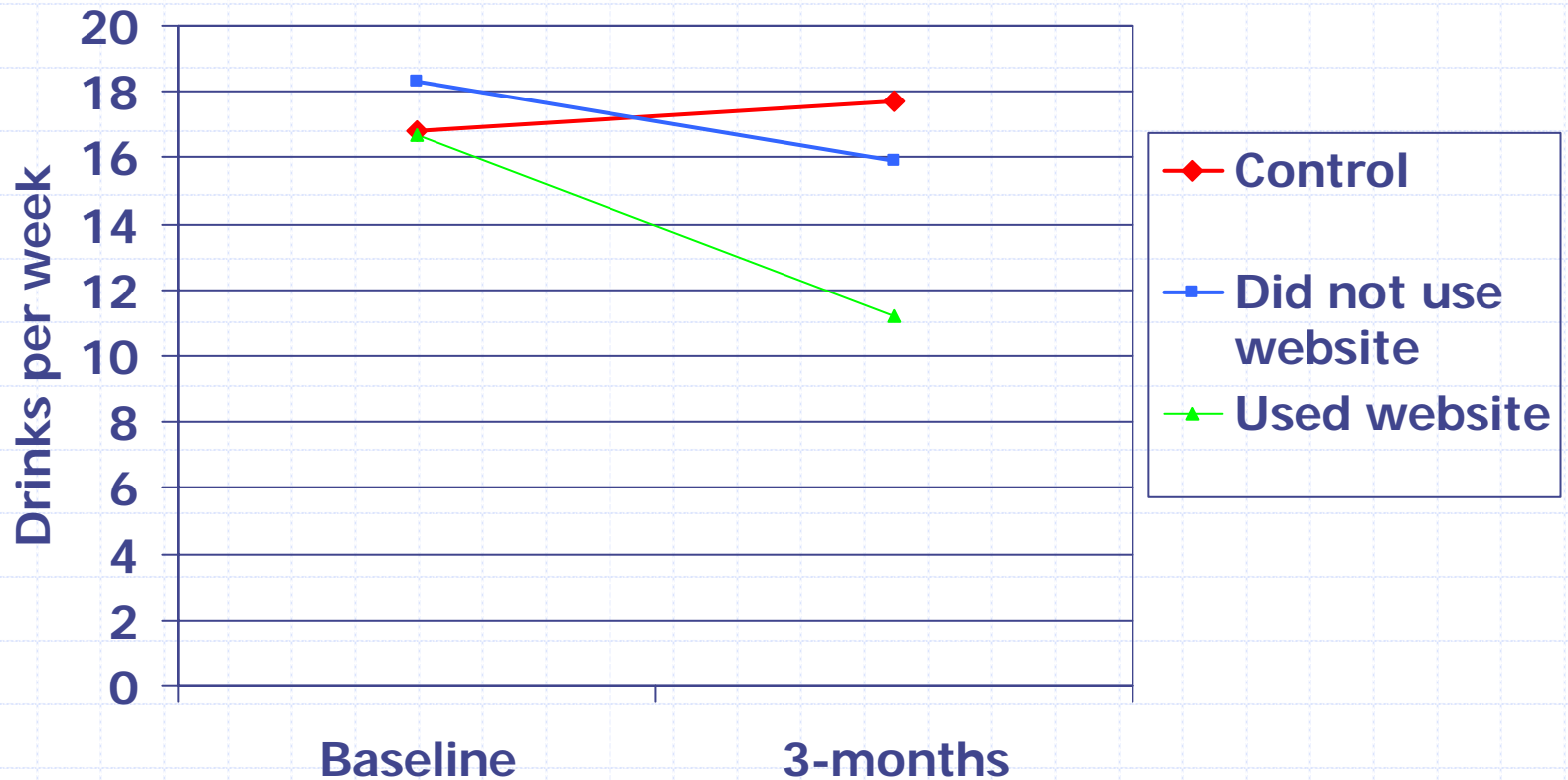
3-month follow-up data (AUDIT ≥ 8)



Issues running the study

- ◆ One-third of people assigned to experimental condition are not accessing the website

3-month follow-up data (AUDIT ≥ 8)



Collaborators, Funding, and Conflict of Interest

◆ Collaborators:

Keith Humphreys, Trevor van Mierlo, Cameron Wild

◆ Sources of Funding:

National Institute on Alcohol Abuse and Alcoholism
V-CC Inc.

◆ Conflict of Interest

Dr. Cunningham has acted as a paid consultant to V-CC Inc., the owner of the Check Your Drinking software.