

Cheers to Challenges

Counselling for harmful drinking in Goa, India

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Well-being warrior

It is hard to imagine a more difficult challenge than addressing the unmet needs of those from resource-poor countries who live with and suffer from mental-health disorders. And yet Vikram Patel has spent his career doing just that. Some champions of the underserved have a handful of talents on which they rely to maintain their momentum and sustain their efforts. Fortunately for those who are the most vulnerable and the most misunderstood, Patel has many. He is a gifted psychiatrist, a dedicated researcher, a successful author of books and academic papers, and he is an effective communicator. In fact, he seems to have an unending supply of these critical skills. And as a co-founder of the NGO Sangath and the Centre for Global Mental Health at the London School of Hygiene and Tropical Medicine, he helps spread the simple yet profound idea of mental health for all. He provides hope that mental illness and



Emmanuelle Charpentier & Jennifer Doudna
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TIME

Top 10 Ridiculously Strong Drinks

The state of New York recently announced a ban on Four Loko, a caffeinated alcoholic beverage, after multiple reports of college students being hospitalized after drinking it in excess. TIME takes a look at other heady elixirs from around the world, some which pack an even bigger punch

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NO MO LOKO

Feni

By Alexandra Silver | Tuesday, Nov. 16, 2010

8 of 10 VIEW ALL

When you find yourself in the Indian state of Goa, you will more likely than not find yourself drinking *feni* (sometimes spelled *fenny*). The strong-smelling liquor, made from cashew apples or coconut sap, is a trademark of the region. Those with a low alcohol tolerance, however, might want to stick with something simpler ... like cashews. Or coconuts.





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Patterns of alcohol use, their correlates, and impact in male drinkers: a population-based survey from Goa, India

Aravind Pillai · Madhabika B. Nayak ·
Thomas K. Greenfield · Jason C. Bond ·
Abhijit Nadkarni · Vikram Patel

BJPsych

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196, 192–199. doi: 10.1192/bjp.bp.109.068049

HARMFUL ALCOHOL USE IN GOA, INDIA, AND ITS ASSOCIATIONS WITH VIOLENCE: A STUDY IN PRIMARY CARE

GLADSTONE D'COSTA¹, IRWIN NAZARETH^{2,3}, DEEPALI NAIK¹, RAJ VAIDYA¹, GUS LEVY^{2,3},
VIKRAM PATEL⁴ and MICHAEL KING^{5*}

Partner alcohol use, violence and women's mental health: population-based survey in India

Madhabika B. Nayak, Vikram Patel, Jason C. Bond and Thomas K. Greenfield

Soc Psychiatry Psychiatr Epidemiol (2005) 40: 267–275

doi: 10.1093/alcal/

ORIGINAL PAPER

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EPIDEMIOLOGY

Not All Drinks Are Created Equal: Implications for Alcohol Assessment in India

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Gaurish Gaunekar · Vikram Patel · Anil Rane

The impact and patterns of hazardous drinking amongst male industrial workers in Goa, India

The Systematic Development and Pilot Randomized Evaluation of Counselling for Alcohol Problems, a Lay Counselor-Delivered Psychological Treatment for Harmful Drinking in Primary Care in India: The PREMIUM Study

Abhijit Nadkarni, Richard Velleman, Hamid Dabholkar, Sachin Shinde, Bhargav Bhat,
Jim McCambridge, Pratima Murthy, Terry Wilson, Benedict Weobong, and Vikram Patel

Counselling for Alcohol Problems (CAP), a lay counsellor-delivered brief psychological treatment for harmful drinking in men, in primary care in India: a randomised controlled trial

*Abhijit Nadkarni**, *Benedict Weobong**, *Helen A Weiss*, *Jim McCambridge*, *Bhargav Bhat*, *Basavaraj Katti*, *Pratima Murthy*, *Michael King*, *David McDaid*, *A-La Park*, *G Terence Wilson*, *Betty Kirkwood*, *Christopher G Fairburn*, *Richard Velleman†*, *Vikram Patel†*

RESEARCH ARTICLE

Sustained effectiveness and cost-effectiveness of Counselling for Alcohol Problems, a brief psychological treatment for harmful drinking in men, delivered by lay counsellors in primary care: 12-month follow-up of a randomised controlled trial

Abhijit Nadkarni^{1,2}, Helen A. Weiss², Benedict Weobong^{1,2}, David McDaid³, Daisy R. Singla⁴, A-La Park³, Bhargav Bhat¹, Basavaraj Katti¹, Jim McCambridge⁵, Pratima Murthy⁶, Michael King⁷, G. Terence Wilson⁸, Betty Kirkwood², Christopher G. Fairburn⁹, Richard Velleman^{1,10†}, Vikram Patel^{1,2,11†*}



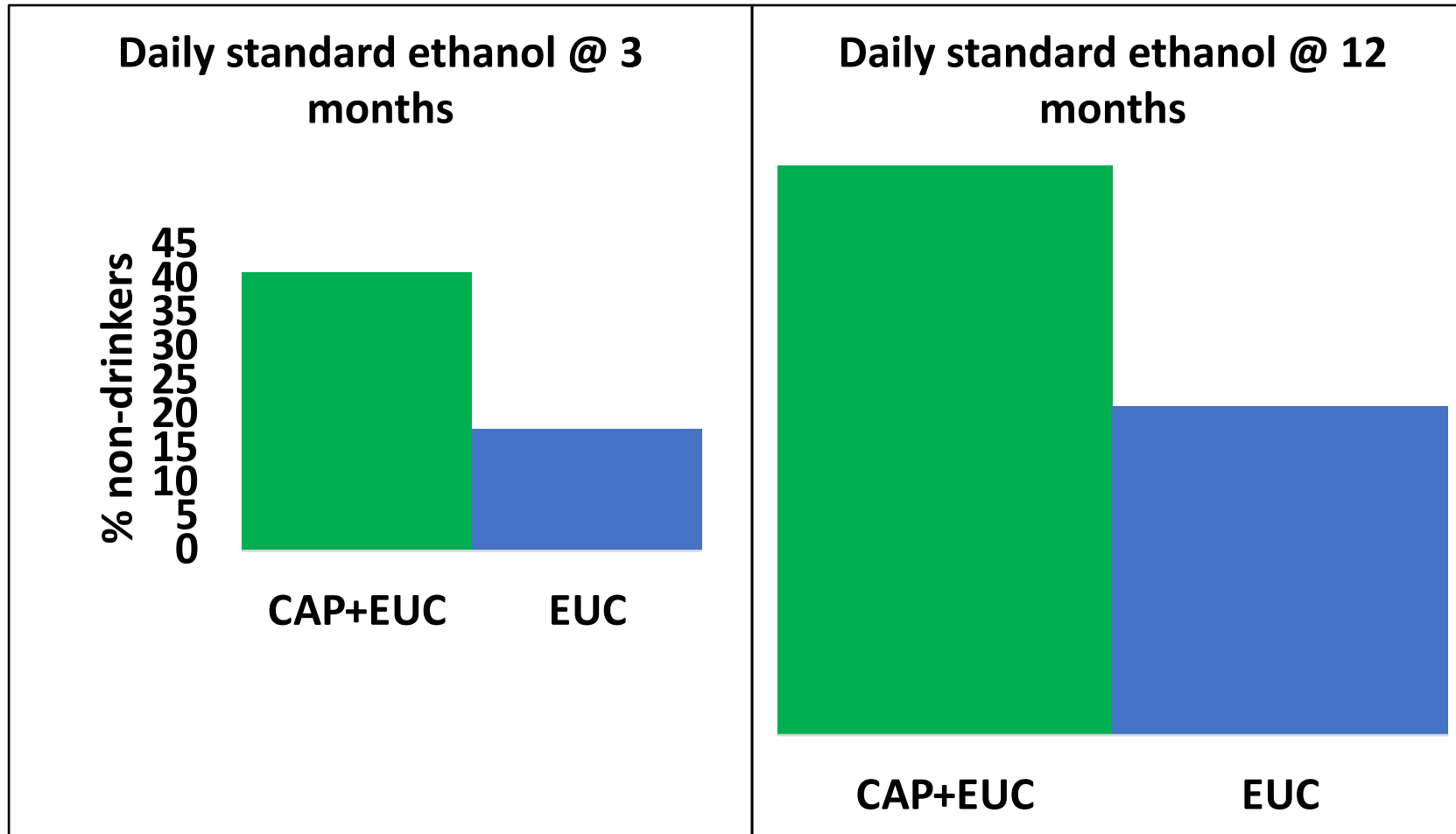
SCREENER WITH PATIENT



COUNSELLOR WITH PATIENT



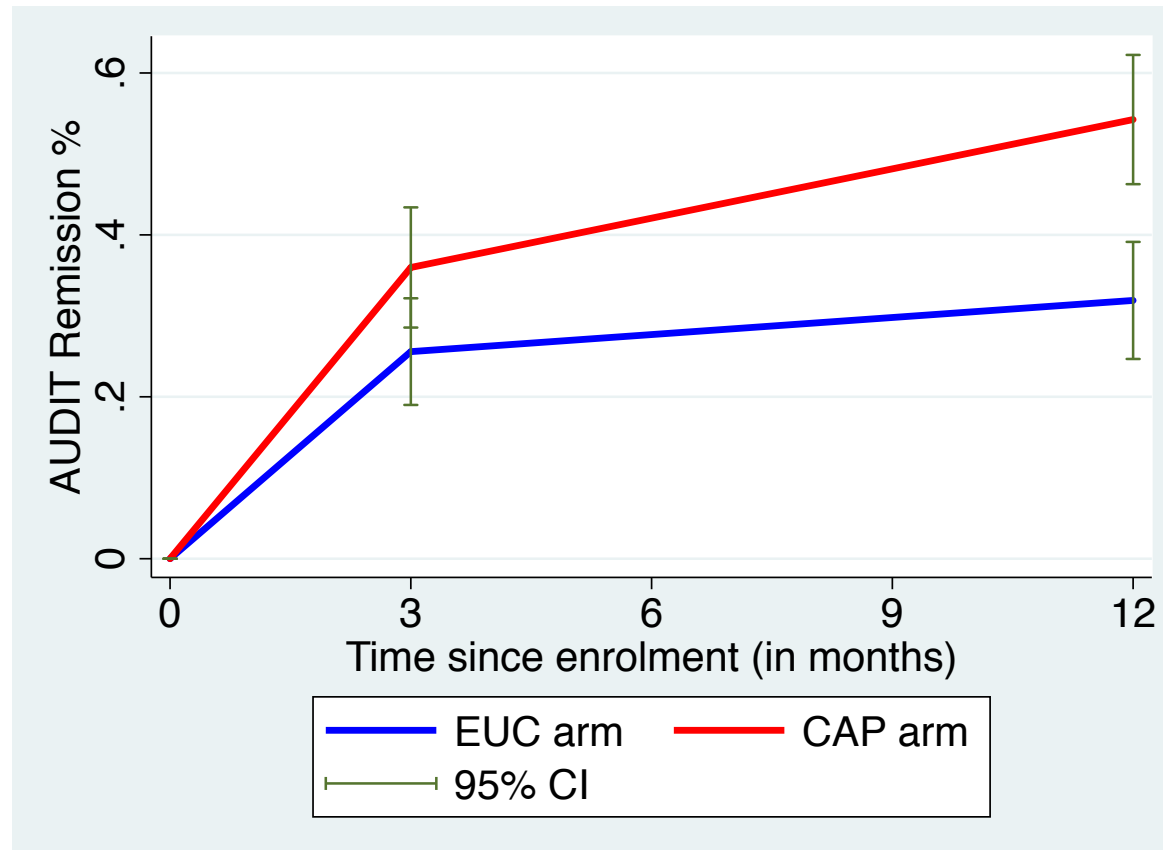
Effect of CAP+EUC



3.0 (1.8, 5.1); p<0.0001

1.9 (1.2, 3.1); p=0.008

Remission Rates (AUDIT < 8)



Key conclusions



Brief psychological treatment for harmful drinking, is acceptable, feasible, and cost-effective, when delivered by the non-specialist health workers in routine health care settings in treatment naïve populations



They have a wonderful way of explaining.



Alcohol Use Disorders Identification Test (AUDIT)



HOE-F03

Trial ID:

Introduction: Now I would ask you a few questions regarding your drinking in the last 3 months.

AUDIT 1

How often do you have a drink containing alcohol?

- 0 - Never *[Skip to Qs 9-10]*
- 1 - Monthly or less
- 2 - Two to four times in a month
- 3 - Two to three times a week
- 4 - Four or more times a week

AUDIT 2

How many drinks do you have on a typical day when are you are drinking?(Note: 1 drink=10g).(*use table given*)

- 0 - 1 or 2 drinks
- 1 - 3 or 4 drinks
- 2 - 5 or 6 drink
- 3 - 7, 8 or 9 drinks
- 4 - 10 or more drinks

Note: 6 drinks is equal to:

Regular Beer:	2 and ½ bottles
Strong Beer:	1 and ½ bottle







Impact On Social And Family Life



Family problems:

- ▶ Family tension
- ▶ Quarrelling and violence
- ▶ Missed family functions
- ▶ Family members may become anxious, depressed, and may drink excessively themselves
- ▶ Children may have behaviour problems and perform poorly in school
- ▶ Financial problems and debts



Social difficulties:

- ▶ Conflict with colleagues
- ▶ Workplace accidents
- ▶ Frequent absence from work
- ▶ Repeated dismissals from work and long-term unemployment
- ▶ Arguments and fights
- ▶ Problems with the police
- ▶ Loss of friends

What You Can Do To Control Your Drinking



Some of the skills that a patient aiming for controlled drinking can use are:

Before drinking	While drinking What to drink	While drinking How to drink
<ul style="list-style-type: none"> • Eat something first. • Go out later. 	<ul style="list-style-type: none"> • Drink a long soft drink first. • Drink pints vs large beers; singles vs doubles; ordinary vs strong beers. 	<ul style="list-style-type: none"> • Drink in sips, rather than gulps. • Put the glass down between sips.

Why It Is Important That You Take Charge Of Your Drinking



Unhealthy drinking can contribute to many problems. Stopping or reducing drinking can have many important benefits. Tick the ones that would apply to you.

<input type="checkbox"/> Reduction in domestic violence	<input type="checkbox"/> Improved financial situation	<input type="checkbox"/> Better physical and mental health
<input type="checkbox"/> Having an active personal and social life	<input type="checkbox"/> Regaining lost social status	<input type="checkbox"/> Reduced mental health problems for other family members
<input type="checkbox"/> Reduced risk of physical injury	<input type="checkbox"/> Developing interest in new enjoyable activities	<input type="checkbox"/> Improvement in work performance, less absenteeism

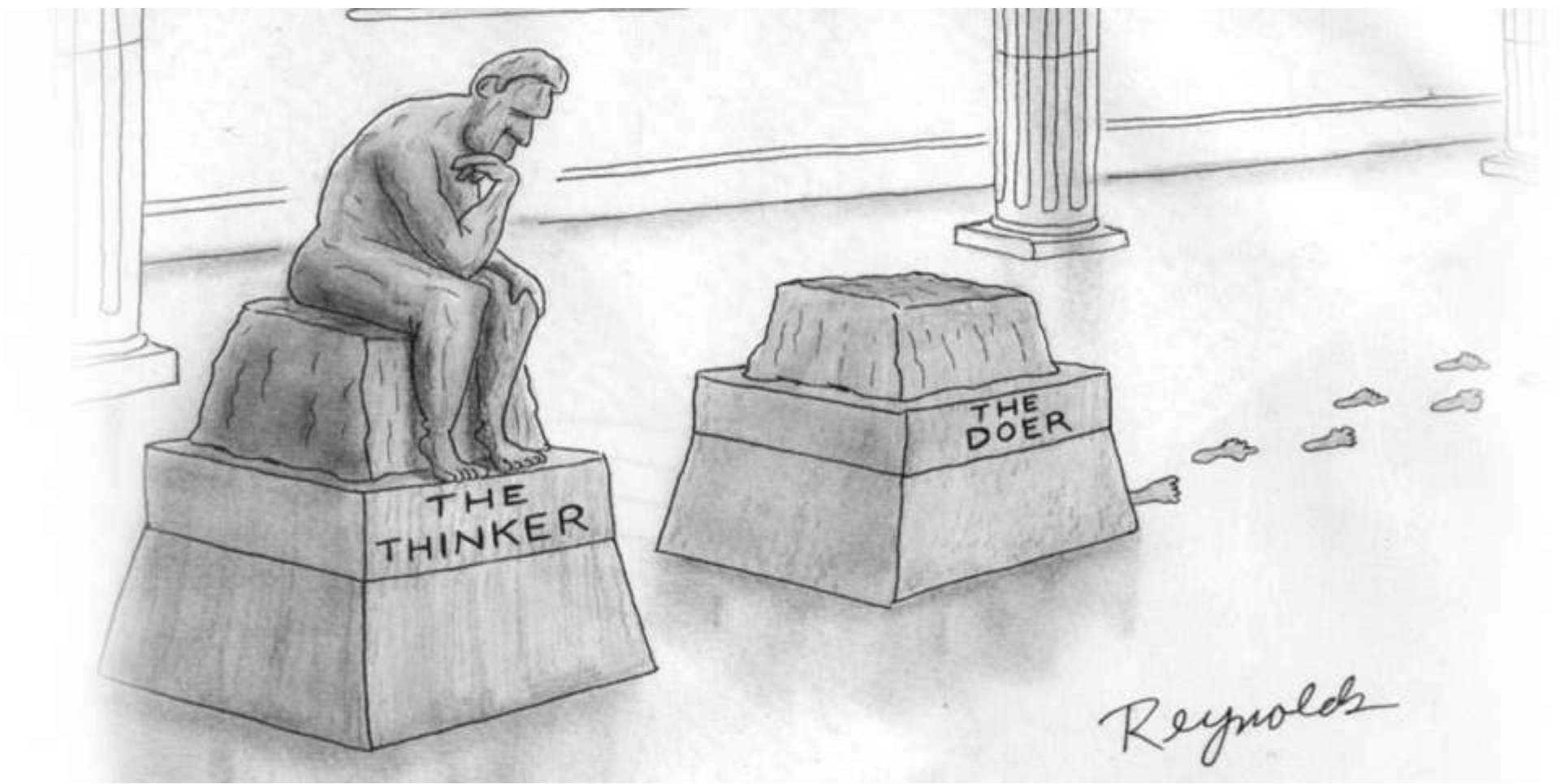
Saying 'No' To Drinks



It is useful to be able to say 'NO' when offered a drink. If you have stopped or reduced your drinking it is important to be prepared to handle such situations by using certain simple techniques.

Situations where you might need these techniques:

<p>Attending a party (either alone or with friends or family),</p>	<p>You visit friends or family members who drink</p>	<p>Bottle of alcohol or drink offered as gift on specific occasions.</p>
<p>Friends or family members who drink visiting you at home,</p>	<p>Visit to a bar or a restaurant where alcohol is being served</p>	





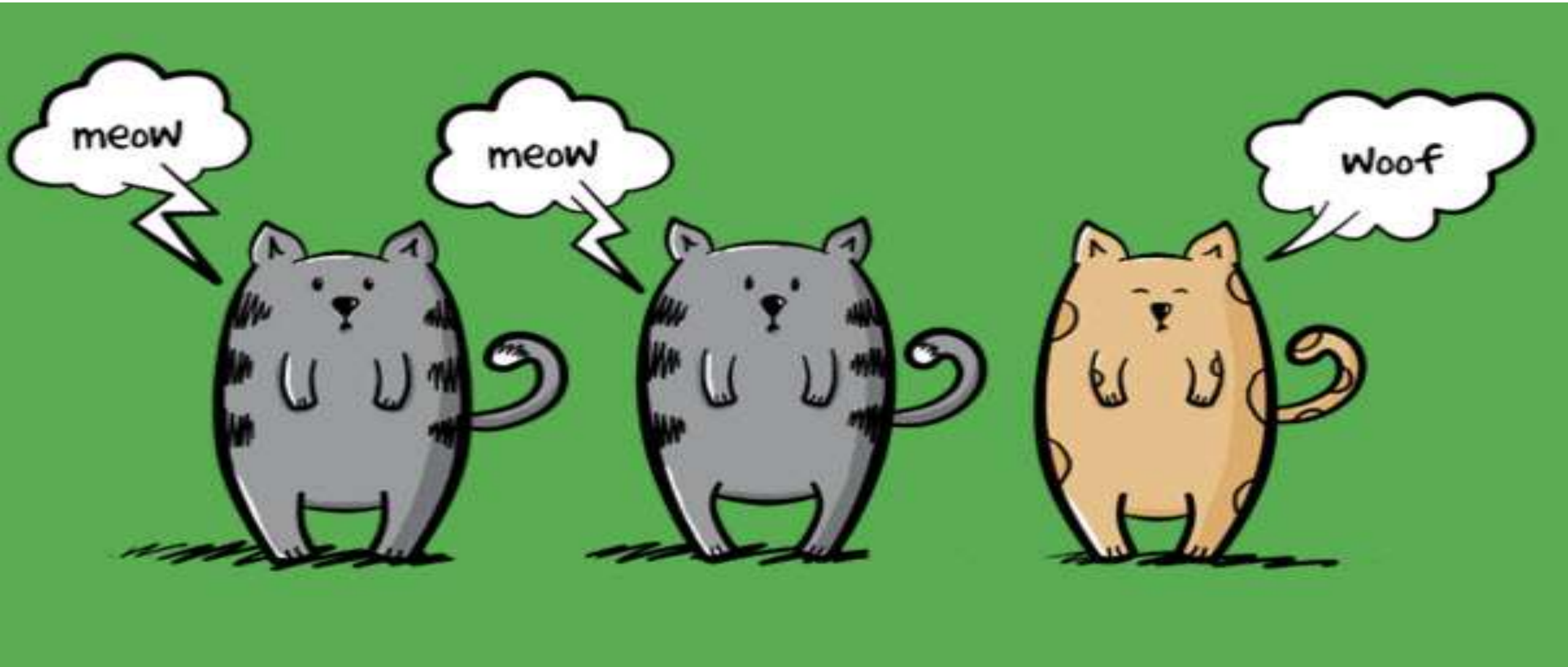
Abstainence

Harm
Reduction

YES

NO

MAYBE









Thank You



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