



BRIEF INTERVENTION TO REDUCE ALCOHOL CONSUMPTION AMONG PUBLIC UNIVERSITY WORKERS

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BACKGROUND

In Brazil, the pattern of alcohol use has shown alarming rates. In general, the average of alcohol consumption is of 6 liters per capita in a year. So many workers abusively consume alcoholic beverages, due to the lack of knowledge of its pattern of alcohol consumption and its consequences.

OBJECTIVES

1. To evaluate the Brief Intervention in the reduction of alcohol consumption among employees of a public university;
2. To identify the sociodemographic, occupational profile and alcohol consumption pattern of these workers.

METHODS

A Brief Intervention Study on the use of alcohol among workers, associated with a Motivational Interview, was carried out with a sample group of 36 employees who filled out the Questionnaire on Worker's Health associated to AUDIT with positive score (> 8), attended at the Occupational Health Service of a public university. Participants received three sessions Brief Interventions, weekly, and after three months were reassessed.

RESULTS

The risk consumption was observed in a higher frequency (61.1%) of the sample, followed by consumption of probable dependence (27.8%) and harmful (11.1%). The majority consumed beer (94.4%). Regarding the AUDIT questionnaire, it was verified that consumption was over 2 to 4 times a month in 47.2% and in 25.0% over eight doses. Consumption in the standard binge drinking was reported at once per week at 52.8%.

Table 1 – Average of the AUDIT score before and after the Brief Intervention of the studied sample

| | n | Average | SD | Min | Max | p-value | Z* |
|--------------|----|---------|------|-----|-----|---------|--------|
| AUDIT before | 36 | 15,83 | 8,42 | 8 | 38 | 0,000 | -4,709 |
| AUDIT after | 30 | 7,13 | 3,46 | 1 | 15 | | |

Subtitle: *Wilcoxon Test; AUDIT – Alcohol Use Disorders Identification Test; SD – Standard Deviation.

Table 2 – Pattern of alcohol consumption before and after the Brief Intervention in the sample studied

| | Low risk drinking | Risk drinking |
|-------------------|-------------------|---------------|
| Risk drinking | 68,4% | 31,6% |
| Harmful | 33,3% | 66,7% |
| Likely dependence | 37,5% | 62,5% |

Table 3 - AUDIT score before and after the Intervention Brief of the sample studied regarding the answers to the AUDIT questionnaires

| | | Average of the AUDIT before and after | | | Difference of averages | |
|--|--------|---------------------------------------|---------|------|------------------------|--------|
| | | n | Average | SD | p-value | Z* |
| Frequency of consumption | Before | 36 | 3,17 | 0,77 | 0,000 | -3,880 |
| | After | 30 | 1,93 | 1,80 | | |
| Number of standard doses in typical day | Before | 36 | 2,22 | 1,24 | 0,015 | -2,431 |
| | After | 30 | 1,37 | 1,12 | | |
| Frequency of five or more standard doses | Before | 36 | 2,86 | 0,93 | 0,000 | -4,144 |
| | After | 30 | 1,20 | 1,09 | | |

CONCLUSION

It can be concluded that the Brief Intervention associated with Motivational Interview in the workers reduced alcohol consumption among the workers studied after three months of the initial evaluation.

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