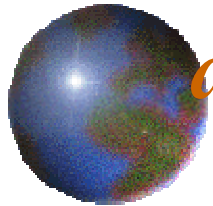




*12-Month SBIRT Outcomes in a Polish
Emergency Department: Findings from
a Randomized Controlled Clinical Trial*



Cheryl J. Cherpitel, Rachael Korcha, Yu Ye, Jason Bond

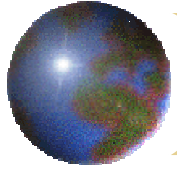
Alcohol Research Group, Emeryville, CA

Jacek Moskalewicz, Grazyna Swiatkiewicz

Institute of Psychiatry and Neurology, Warsaw, Poland

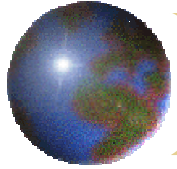
INEBERIA Meeting, Göteborg, Sweden, September 9-10, 2010

**Supported by a grant from the US Institute on Alcohol Abuse and
Alcoholism (R21 AA-16081-01)**



Purpose of the Study

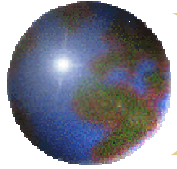
- To evaluate the effectiveness of brief motivational intervention (BI) in reducing alcohol consumption compared to controls at 12-month follow-up
- To evaluate assessment reactivity



Background

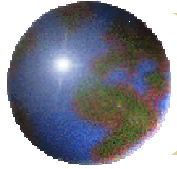
- An earlier study documented high rates of heavy drinking in the ER
 - 25% consumed more than 12 liters annually
 - 16% met diagnostic criteria for an alcohol use disorder

(Poland is a predominantly spirits drinking country characterized by infrequent but heavy drinking)
- Findings have been mixed regarding efficacy of BI in ED settings
- Assessment reactivity has been thought to account for improvements found in non-intervention control groups



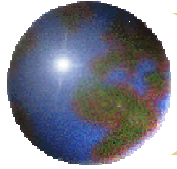
Background

- ❖ 3-month follow-up found no differences in outcomes between the intervention and control groups



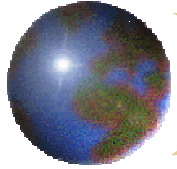
The Intervention and Training

- Brief Negotiation Interviewing (BIN) (Bernstein's Project ASSERT) was used following the FRAMES model (Miller)
- The trainers trained Polish bilingual study collaborators on site in Poland
- Nurses from the ER setting were trained as interventionists
- College students were trained as study interviewers



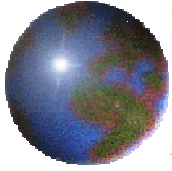
Eligibility Criteria/Screening Variables

- ED patients 18 years and older
- Positive on RAPS4 (as indicator of alcohol dependence)
or
- 11 or more drinks (6 or more females)/week last year
or
- 4 or more drinks (3 or more females) on an occasion
last 30 days
- Threshold lower than NIAAA guidelines – reflects Polish
drinking pattern of infrequent but heavy drinking
- Not presently in treatment for problem drinking

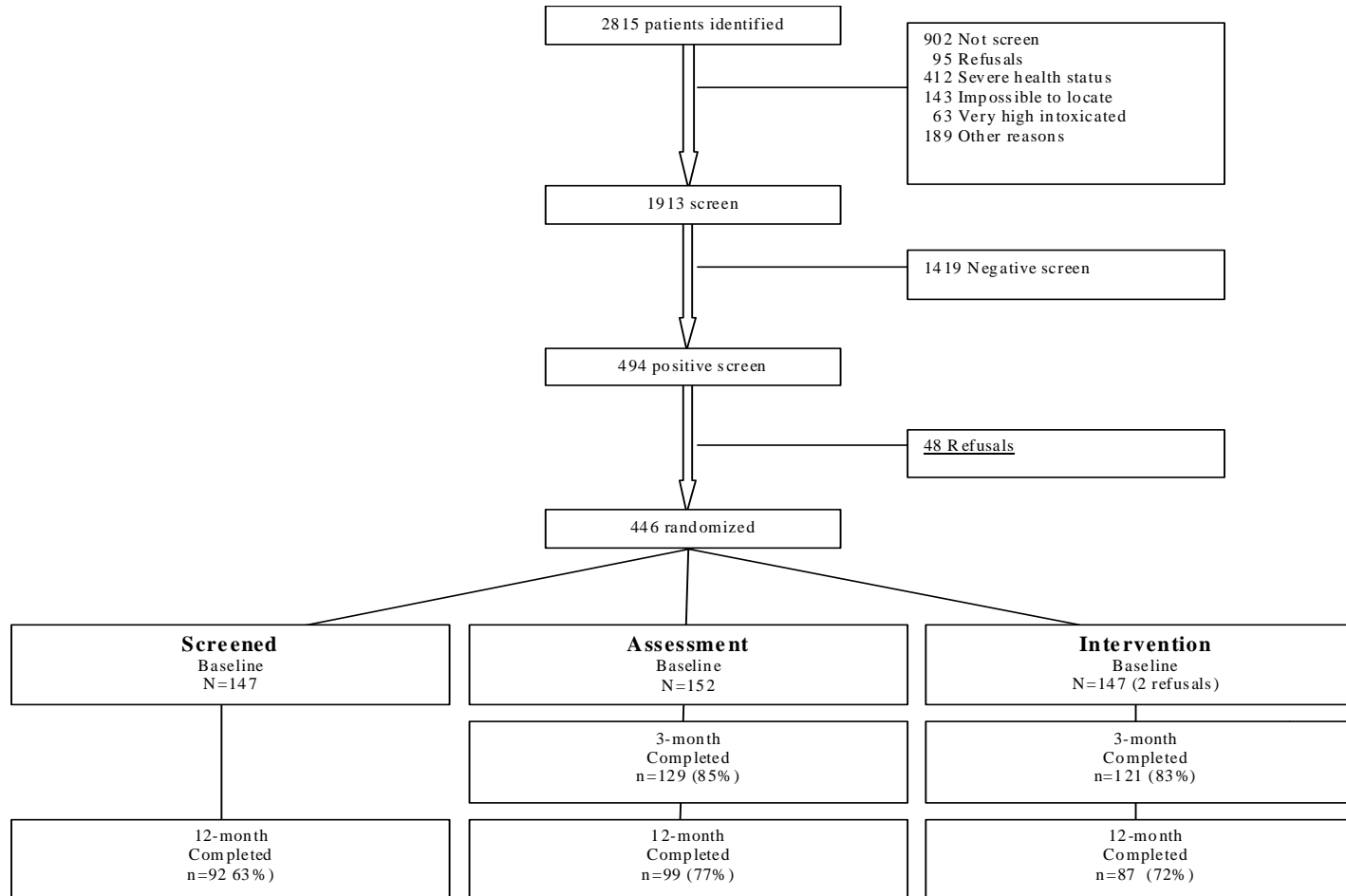


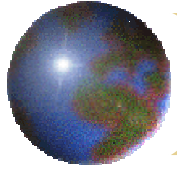
Study Design

- Data collected over a 23 week period (May to November 2007), 4:00 to midnight, 7 days a week
- Of target population 65% were screened
- 26% screened positive (n=494)
- 446 patients recruited (10% refused)
- Randomized into three groups (two-stage process)
 - Screened only – 147
 - Assessed – 152
 - Intervention – 147 (two refused at second stage of sampling – 145)



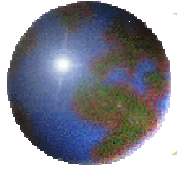
Attrition Rates at 3 and 12 Months





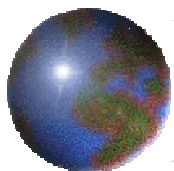
Follow-Up Variables

- RAPS4
- 30-day Timeline Followback
- At-risk drinking (11/6 + drinks/week; 4/3 + drinks/drinking day)
- Alcohol treatment – last 3 months
- Short Inventory of Problems (SIPs + 6) – last 3 months
- Readiness and Stage of Change



Data Analysis

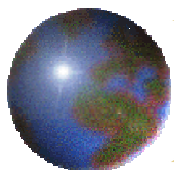
- ✦ Analysis was conducted on only those who completed both follow-up interviews
- ✦ Analysis was restricted to those who did not average more than 6 drinks per day at baseline
- ✦ Independent test of differences in proportion were conducted for dichotomous measures and independent ANOVA for continuous measures
- ✦ Multivariate group by time interactions were conducted, controlling for gender and age



Baseline Characteristics by Treatment Condition

	Screened (n=147)	Assessment (n=152)	Intervention (n=147)
Injured (%)	n/a	77	64 ^
Male (%)	83	86	85
Age <30 (%)	35	44	46
1+ RAPS4 (last 3 mos) (%)	35	39	43
At-risk drinking (%)	83	90	88
Drinking pattern			
# drinking days per week	2.5	2.4	3 ^
# drinks per drinking day	5.5	5.6	7
# maximum drinks on an occasion last month	8.9	9.2	10.7
# Negative consequences (last 3 months)	n/a	1.8	2.7 ^
Alcohol Treatment last 12 mos (n)	(4)	(2)	(1)

^ p<0.05, test of difference between screen, assessment and intervention groups

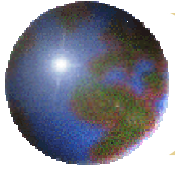


Baseline and 12-month Characteristics

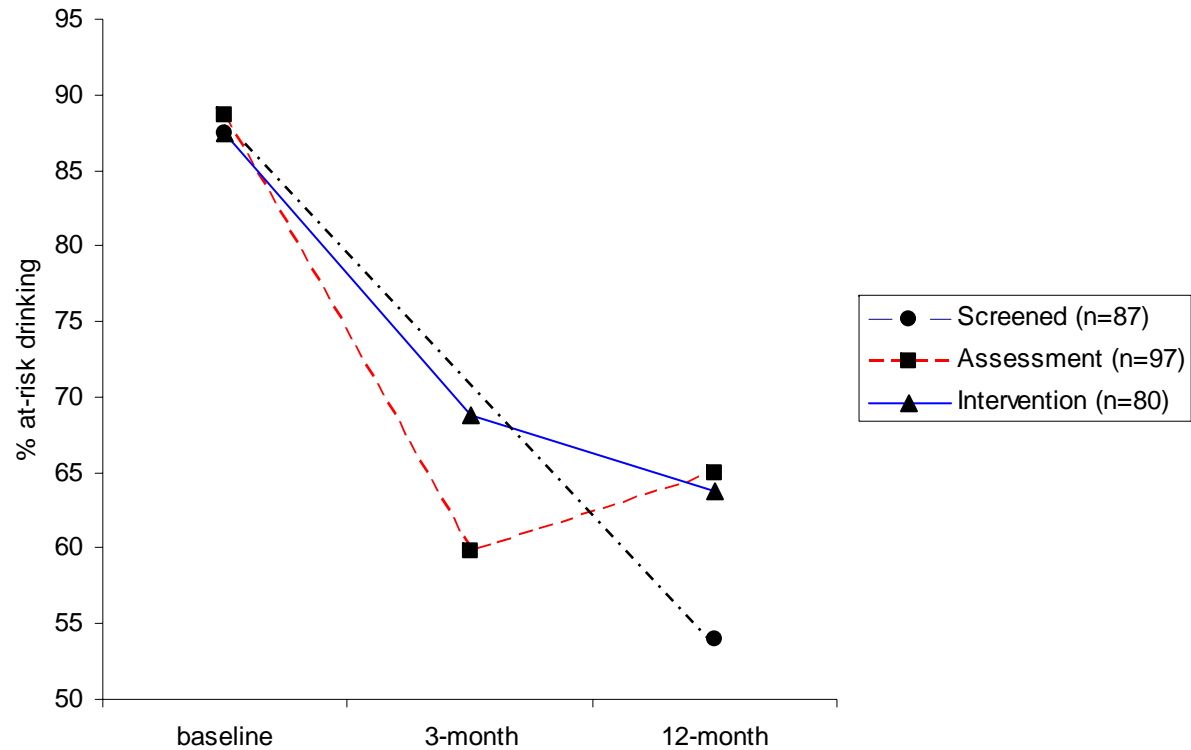
	Baseline			12-month follow-up		
	Screened (n=87)	Assessment (n=97)	Intervention (n=80)	Screened (n=87)	Assessment (n=97)	Intervention (n=80)
Injured (%)	n/a	71	64	--	--	--
Male (%)	83	86	85	--	--	--
Age <30 (%)	33	43	49	--	--	--
At-risk drinking (%)	87	89	88	54***	65***	64**
1+ RAPS4 (%) (last 3 mos)	25	35	45 ^a	22	24	24*
Drinking patterns						
# drinking days per week	2.3	2.3	2.5	2.0	2.1	1.8**
# drinks per drinking day	5.0	5.3	5.6	3.5**	4.2**	4.1**
# maximum drinks per occasion last month	6.7	7.8	9.3 [^]	6.1	7.7	7.4*
# Negative Consequences (last 3 mos)	n/a	1.5	2.0	0.4	0.8**	0.6***
Alcohol Treatment last 12 mos (n)	(2)	(1)	(0)	(2)	(1)	(2)

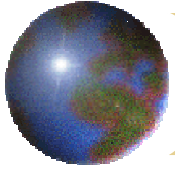
[^] p<0.05 between group comparisons for screen, assessment and intervention conditions at baseline and 12-month follow-up

p<.05; ** p<.01; ***p<.001 within group comparisons at baseline and 12-months

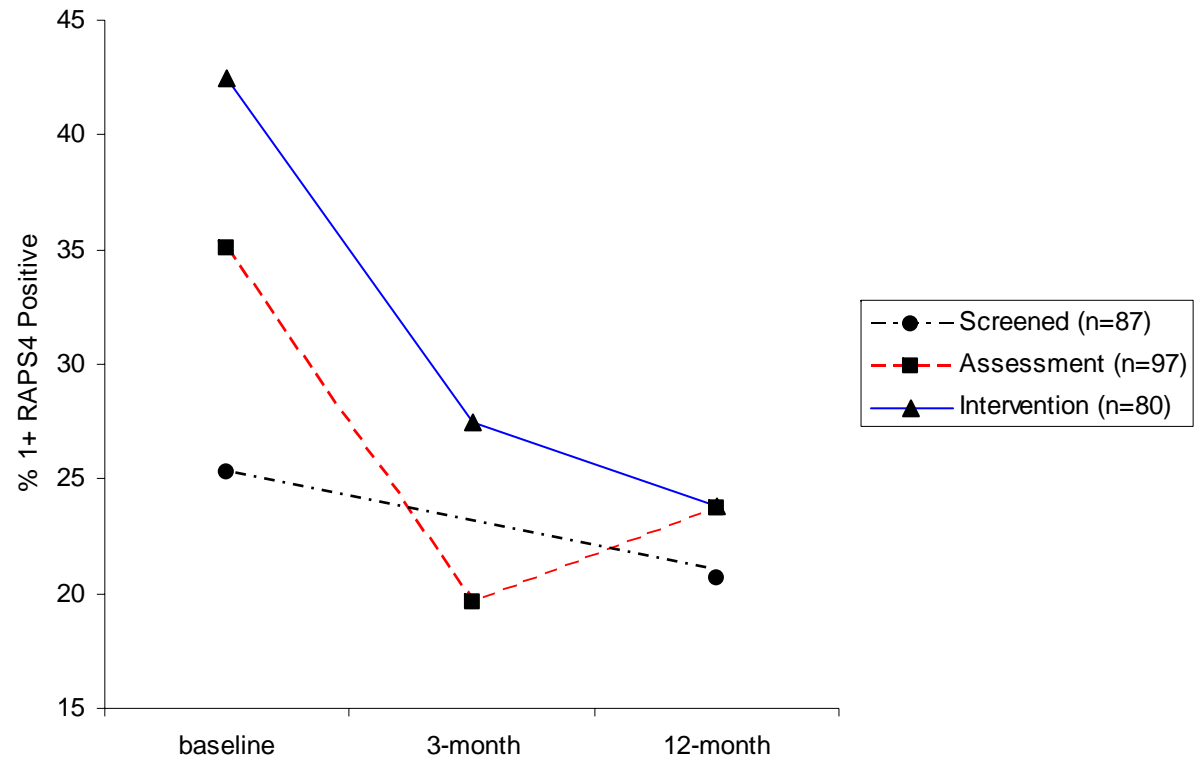


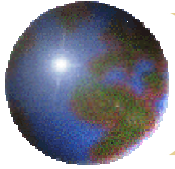
Percent positive for at-risk drinking by intervention condition



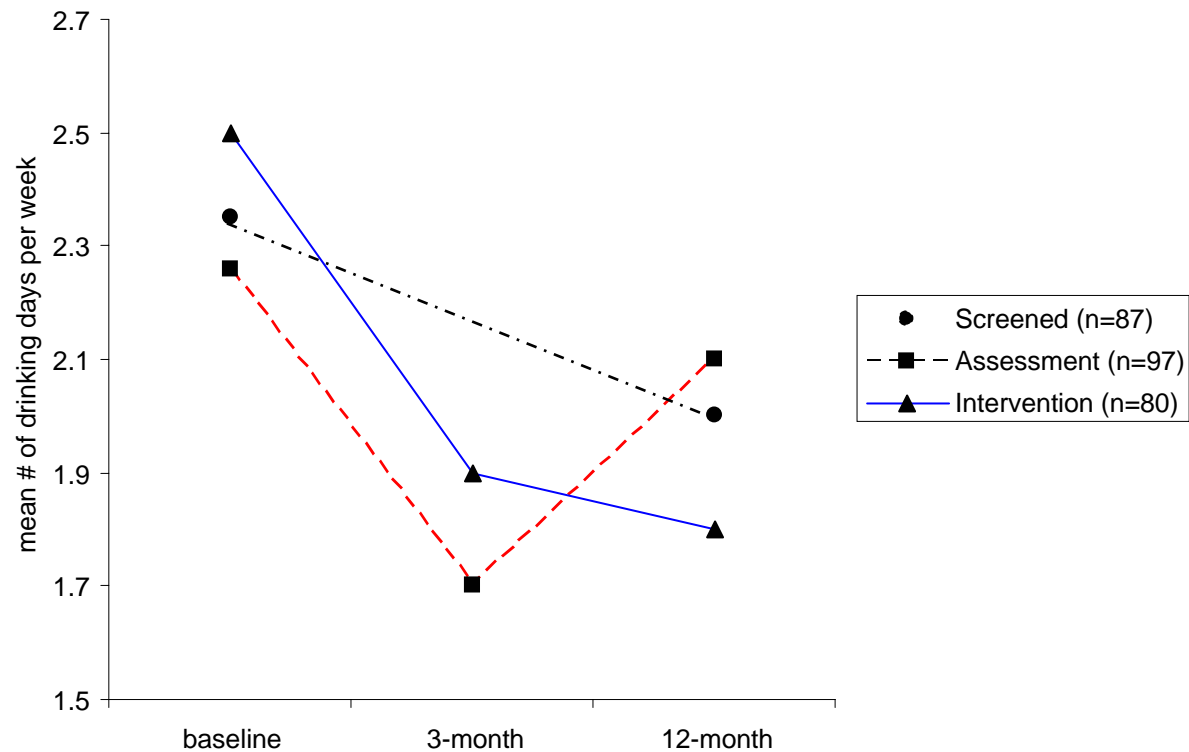


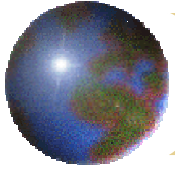
Percent positive for one or more RAPS4 items by intervention condition



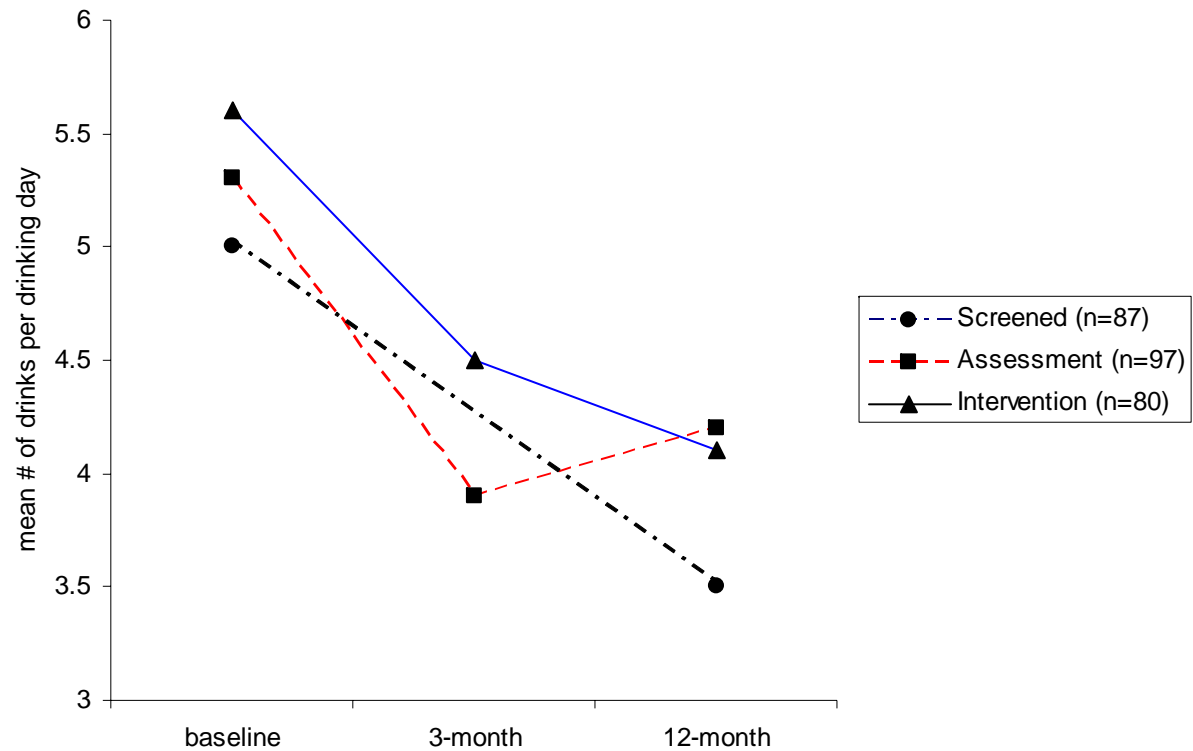


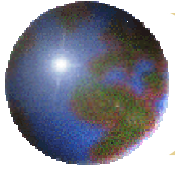
Mean number of drinking days per week by intervention condition



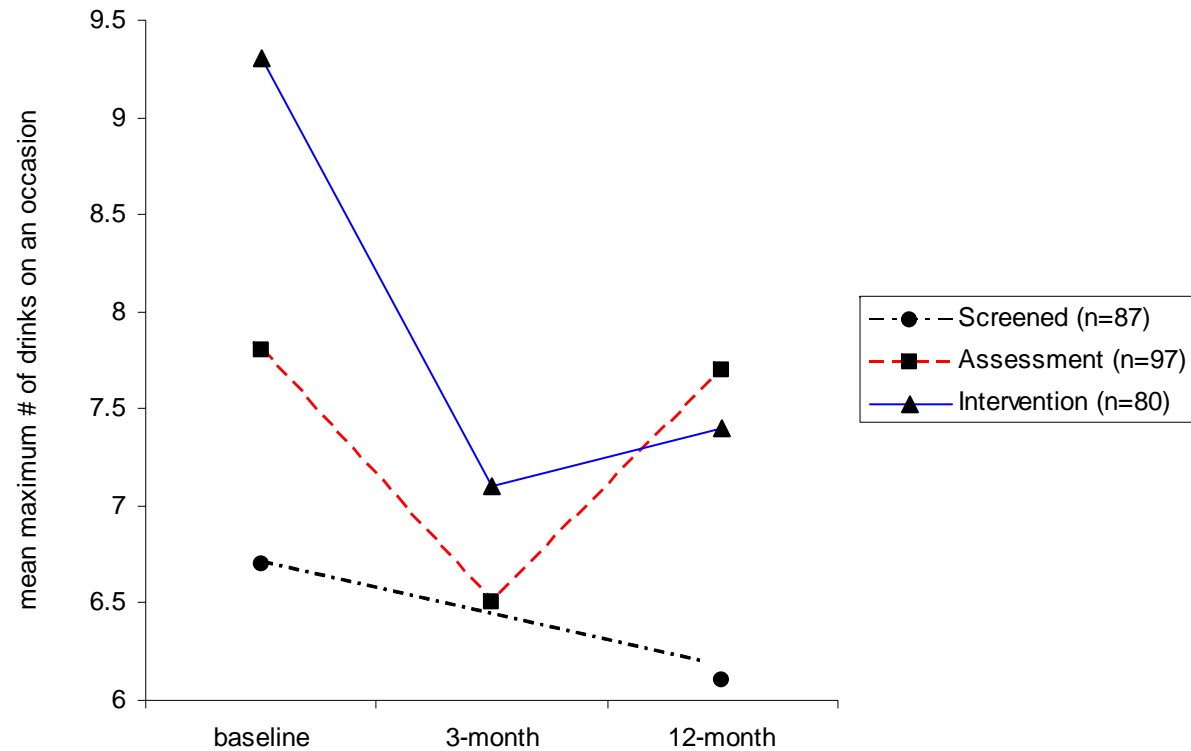


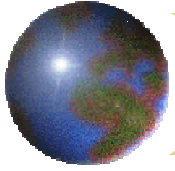
Mean number of drinks per drinking day by intervention condition



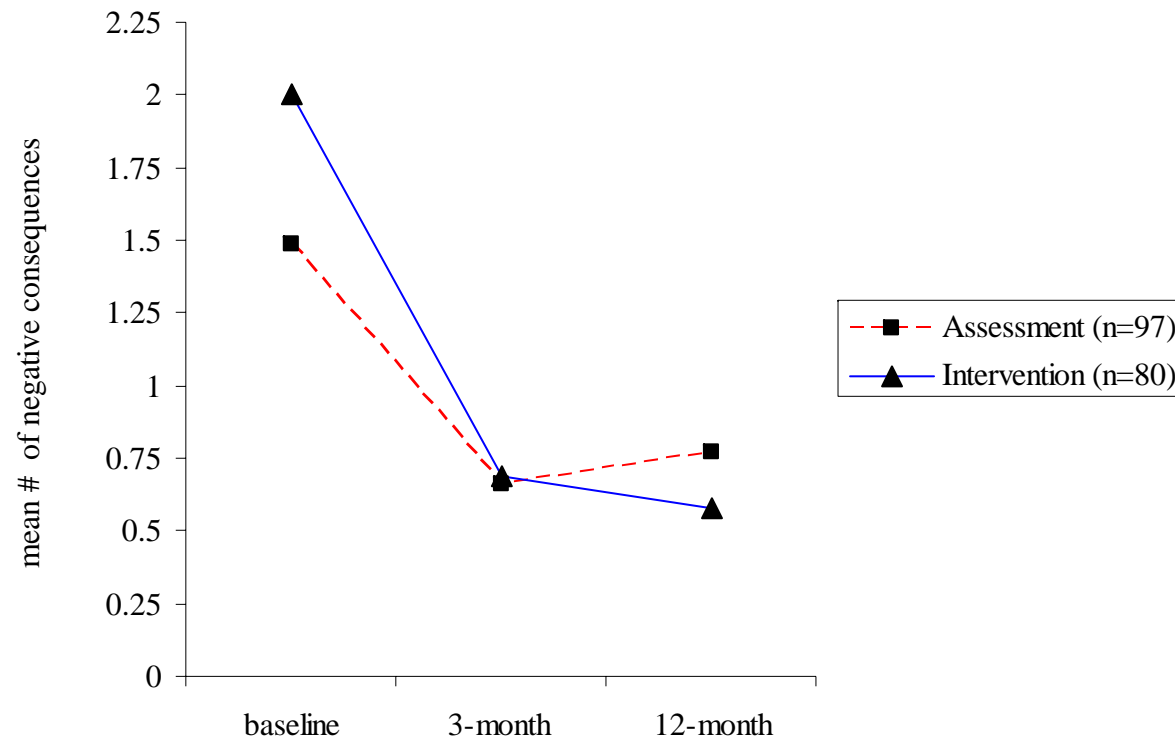


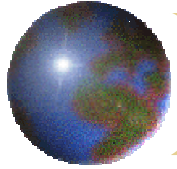
Maximum number of drinks per occasion by intervention condition





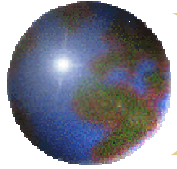
Mean number of negative consequences by intervention condition





Summary

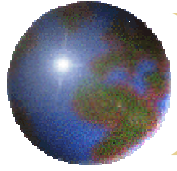
- ✚ The sample exhibited infrequent but heavy episodic drinking
- ✚ At baseline 87% met criteria for at-risk drinking and 40% screened positive for alcohol dependence
- ✚ Only a small proportion received any alcohol treatment



Summary, continued

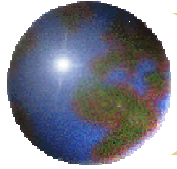
At 12-Month Follow-up (compared to baseline)

- ✦ Intervention condition showed significant decline in all outcome variables
- ✦ Assessment condition showed significant decline in at-risk drinking, number of drinks/drinking day, and negative consequences
- ✦ Screened condition showed significant decline in at-risk drinking, and number of drinks/drinking day



Summary, continued

- Only those in the intervention condition reported significant improvement in all outcome variables from baseline to 12-month follow-up
- Intervention condition appeared to continue to improve in drinking outcomes between 3 months and 12 months
- Improvements in assessment condition at 3 months deteriorated by 12 month follow-up, approaching baseline values for drinking days/week and maximum drinks/occasion
- Improvements in drinking outcomes in assessment condition not due to assessment reactivity



Conclusion

- ❖ A brief motivational interview applied in the ED is associated with improved drinking outcomes one year later
- ❖ Those in the intervention condition may undergo more sustainable long-term benefits compared to those in either the screened or assessment conditions