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Internet-based Self-Assessment and Monitoring of Problematic Alcohol and Drug Use: A Randomized Controlled Trial

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Aim of this presentation

- To describe eScreen, a web-based service for screening and brief intervention for alcohol and drug related problems.
- To describe Alkoholhjälpen, a web-based intervention for alcohol related problems.
- Compare effects of:
 - Internet-based self-help service for alcohol and drug problems, eScreen.
 - Internet-based self-help service for alcohol, Alkoholhjälpen.
 - a control group.

Background

Self-help

→ The majority of those with problematic alcohol consumption change their habits without professional help.

(Blomqvist, et al, 2007)

→ Those who use self-help material reduce their problematic alcohol consumption significantly compared to those who do not use self-help material.

(Koski-Jännes, et al 2001), (Sobell, et a, 2002), (Wild, et al, 2006)

Background

Internet use

- The majority of Swedes have access to and use Internet.
(<http://www.internetworldstats.com/stats4.htm#europe>)
- Sweden is one of the leading countries in the EU regarding Internet use and also the country where Internet use is most widespread in society. (Findahl, 2008).
- The majority of substance abusers use Internet. (Cunningham, et al 2006).

Advantages of web-based self-help

- Anonymous. (Hester & Miller, 2005), (Matano, et al, 2007).
- Possibility to easily reach out to many people. (Hester & Miller, 2005), (Matano, et al, 2007).
- Possibility of discovering substance abuse has been found to be twice as large when computers are used than with a personal contact. (Greist, 1977).
- Technical expenses are very low after construction.
(Hester & Miller, 2005), (Matano, et al, 2007).

What is eScreen?

- Screening
- In-depth self-report tests
- Immediate individualized feedback
 - In the form of a graph
 - Comparison to different age groups in the Swedish population.
 - Recommendations
- Possibility of following progress over time
- Diary

What is Alkoholhjälpen?

- A wide range of self-help information and exercises
 - self assessment
 - motivation
 - goal setting
 - skill building
 - relapse prevention

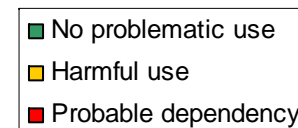
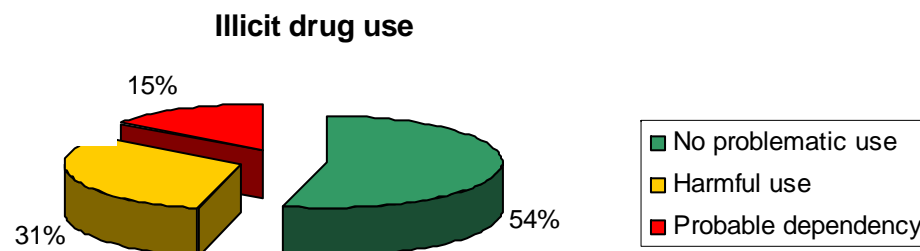
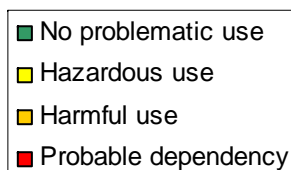
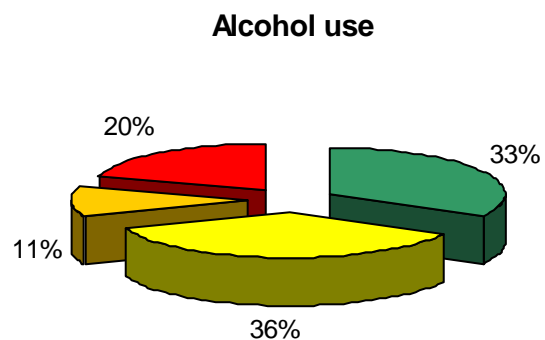
- Videos of example situations and expert interviews provides rationale for the exercises.

- On-line discussion forum

- The user can choose freely where to begin and what parts to work with.

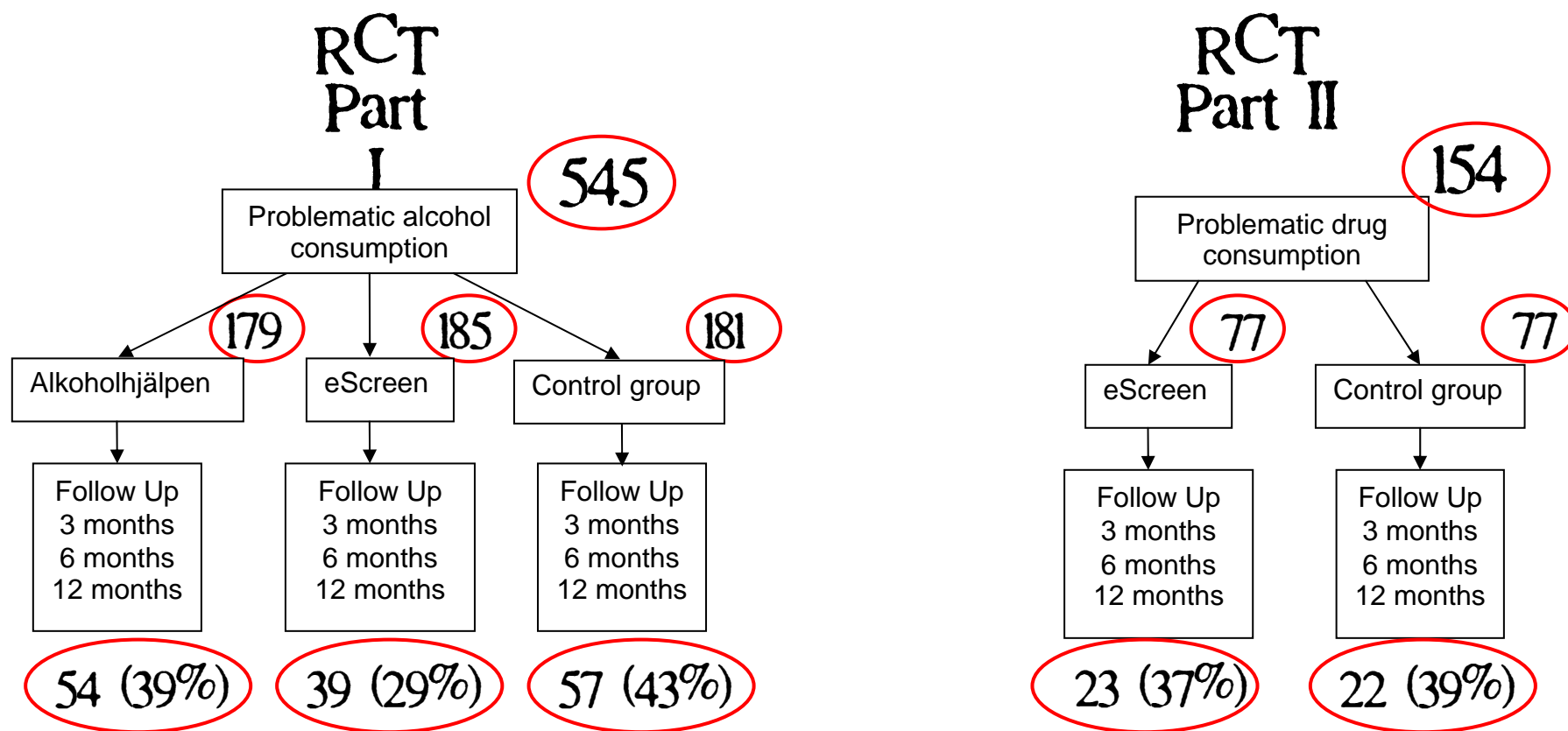
- The site makes some recommendation of exercises according to results and previous choice.

Internet – An important platform for reaching individuals with problematic alcohol and drug use!



Sinadinovic, K., Berman, A. H., Hasson, D., & Wennberg, P. (2010).
Internet-based Assessment and Self-Monitoring of Problematic Alcohol and Drug Use.
Addictive Behaviors, 35(5), 464–470.

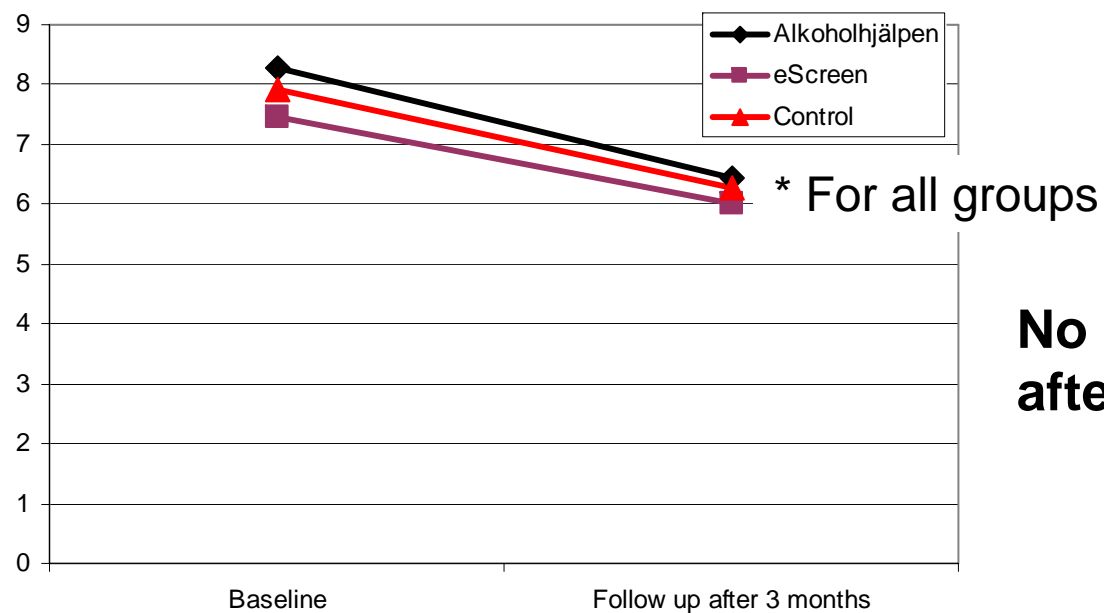
Do eScreen have any effect on users' problematic alcohol and drug use?



Sample characteristics (Alcohol study)

	Alkoholhjälpen	eScreen	Control
Mean age (SD)	43 (12)	44 (14)	44 (12)
% women	58	53	55
Mean AUDIT score (SD)	21.1 (7.1)	21.4 (7.0)	20.0 (6.6)
Mean AUDIT-C score (SD)	7.9 (1.9)	8.1 (1.9)	8.2 (2.0)

Changes in alcohol use after 3 months



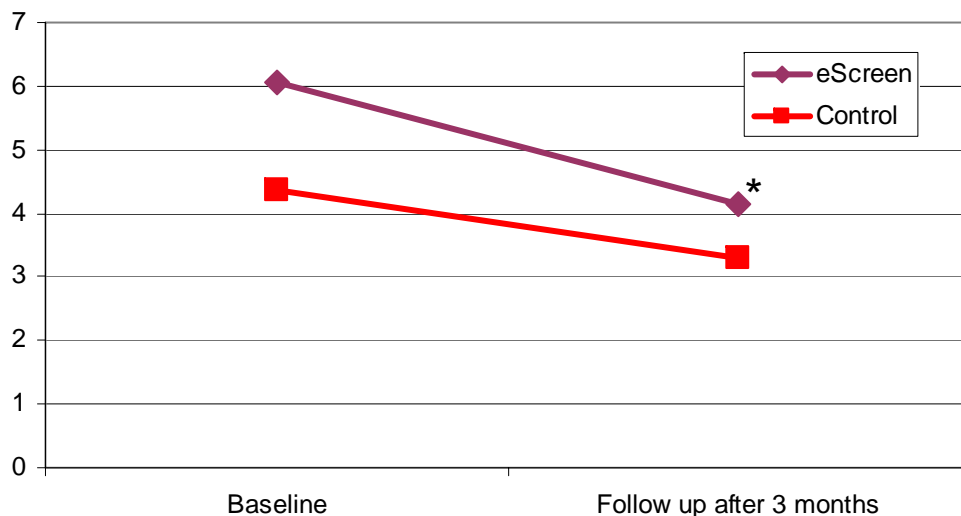
**No longer hazardous use,
after 3 months**

	Men	Women
Alkoholhjälpen	10%	9%
eScreen	19%	12%
Control	21%	15%

Sample characteristics (Illicit drug study)

	eScreen	Control
Mean age (SD)	34 (14)	32 (12)
% women	51	46
Mean DUDIT score (SD)	14.0 (11.7)*	10.3 (9.1)*
Mean DUDIT-C score (SD)	5.4 (3.4)	5.0 (3.5)

Changes in illicit drug use after 3 months



**No longer drug use,
after 3 months**

	Men	Women
eScreen	20%	18%
Control	29%	29%

~~Conclusions~~

Thoughts

- Drop-out rates
- Decrease in alcohol use and decrease in problematic alcohol use.
- Decrease in illicit drug use and quitting illicit drug use.
- Control group????
- Help for alcohol and illicit drug use simultaneously.

Future research

- Increase the evidence about the effects of the Internet-based Interventions on users' problematic alcohol consumption.
- Provide evidence about the effects of the Internet-based Interventions on users' problematic illicit drug consumption.
- Internet-based interventions for alcohol and illicit drugs simultaneously.
- Better understanding of how people actually use Internet-based services.

Thank you for your attention!

www.escreen.se
www.alkoholhjalpen.se

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