



Building the evidence base for Alcohol Brief Interventions (ABIs) in wider settings in Scotland

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Overview

- Introduction
- Aim
- Methods
- Results
- Discussion
- Next steps



Introduction



- Alcohol Brief Interventions (ABIs) are being delivered in health care settings in Scotland
- Some areas are now expanding delivery to wider settings
- Limited evidence of feasibility or effectiveness of ABIs in wider settings
- Need to develop and deliver robust, well evaluated projects that improve outcomes and add to evidence base

Aim

- Increase the robustness of projects delivering ABIs
- Explore feasibility and acceptability of ABIs in youth and social work settings and the practicality of conducting an outcome evaluation in the future.



Methods

- Workshops to strengthen project & evaluation plans
- 1:1 support by evaluation specialists
- Commission external evaluation to assess projects in youth and social work setting
- Mentoring support and research fellowships for project staff to enable them to develop research skills

Results (1)

- 19 ABI leads attended an evaluation workshop
- Initially, few project were planning to follow up service users to measure units of alcohol
- All projects will collect:
 - Age; Sex; Postcode; Units of alcohol; Baseline score from screening test
- Some projects will collect:
 - Ethnic group; Follow up data

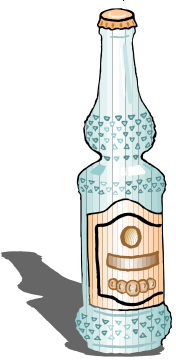
Results (2)



- Some projects agreed to follow up service users to measure alcohol
- 1:1 support has been provided to 11 projects
- Projects are developing monitoring and evaluation plans
- External evaluation to assess the feasibility and acceptability of ABIs in youth and social work settings is being commissioned

Discussion (1)

- This is a new approach to supporting robust evaluation in real-life settings
- Getting consensus on what to collect was difficult
- Evaluation viewed as an add on to work by some



Discussion (2)

- Early intervention with projects to improve their plans could have a large impact
- The external evaluation will contribute to the evidence base for ABIs in youth & social work settings
- If evaluation findings are positive we will set up a Randomised Controlled Trial

Next steps

- Hold 2nd workshop for projects
- Continue 1:1 support
- Target projects who have less skills and support
- Commission evaluation and contribute to evidence base on ABIs in youth and social work settings