

CEFORMED  
CENTRO REGIONALE DI FORMAZIONE  
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\* **EFAR FVG**

A randomised controlled non-inferiority trial of web-based approach to alcohol reduction in risky drinkers in Region Friuli-Venezia Giulia

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1. Brief intervention for risky drinkers delivered in primary care through a website has equivalent or superior outcomes to face to face brief intervention.
2. A support network of Local Authorities will be created. Barriers and incentives to their participation will be investigated using qualitative and quantitative methodologies.

**\* Objectives**

A RC non-inferiority trial comparing

- \* facilitated access to a personalized, dedicated website with
- \* face to face brief intervention in general practices.

**\* Methods/ Design**

Four phases:

1) set-up

I. website development,

II. pilot study (10-15 GPs, 100-120 Risky Drinkers)

I. GP training

II. beta testing

2) main trial (100-150 GPs, 1000-1500 risky drinkers)

3) community action.

\* **EFAR-FVG**

## \* Eligibility

- \* Practices (at least 1000 patients)
- \* Patients: > 16, no severe illness

## \* Screening

- \* Brochure distribution (with unique log-in number)
- \* Online screening module
  - \* AUDIT-C and personalized message from GP
    - \* Negative: sensible drinker
    - \* Positive - Consent - Continue assessment -

**\* Study design**

- \* Baseline assessment (Audit 10, EQ-5D)
- \* Randomization
  - \* Web assisted BI
  - \* Face to face: GPs
    - \* Assessment of the Motivation to change
    - \* Assessment of the Stages of change
    - \* Advice to change drinking behaviour
    - \* Capacity building (resources maximization)

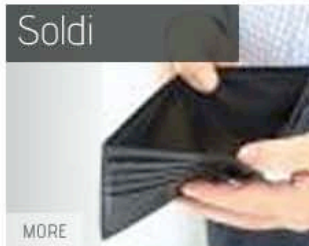
\* **Content**



## Benvenuti nel sito D4D Italia

Ti interessa sapere quali possono essere gli effetti dell'alcol sulla tua salute?

Ti verranno proposti degli ulteriori esercizi per aiutarti a capire se per te bere e' o no un problema



**Calcolatore** della somma del consumo alcolico della settimana precedente



Hai mai pensato di tenere un diario



**Costruire uno stile di vita equilibrato**

- October 2012: Pilot GPs training
- November 2012: Start Pilot
- December 2012: 1 m follow-up
- February 2013: 3 m follow-up

\***Timing**



\*EFAR- UK, A, I, E,

\*Spin -off