

INEBRIA

International Network on Brief Interventions for Alcohol & Other Drugs



Optimizing Brief Interventions for a New Era: From Research to Practice and Policy

19th Inebria Conference | Greensboro, North Carolina, USA | September 27-29, 2023

“BEBERMENOS (Drinkless) 2.0 “: virtual intervention to alcohol problems reduction

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www.bebermenos.org.br

PROJECT TIMELINE

Phase 1 (planning & development)



Coordinated and supported by

2010 to November 2012: development of the Alcohol e-Health portal and “Drink less” intervention supported by WHO Department of Substance Abuse in 4 languages/Countries (Belarus, Brazil, India, Mexico)

December 2012: Pilot version release

Four Low-Middle Income (LMC) Countries (4 languages):



Belarus (*Russian*)



Brazil (*Portuguese*)



India (*English*)



Mexico (*Spanish*)



BEBERMENOS (DRINKLESS) VERSION (1.0)

- Program use 24/7, free of charge
- Recommended participation: at least 6 weeks

Based on **CBT and self-control practices** for the treatment of alcohol use disorders

Supports individuals in:

- thinking about their drinking
- deciding whether, or not, to change their drinking behavior
- setting baseline benchmark and goals regarding their drinking
- taking action regarding reducing or stopping drinking
- exploring their resistance to social pressure
- fostering persistence
- identifying risk situations and how to deal with them
- following up their progress
- dealing with relapses



1. Fill in the diary for yesterday
2. Complete the rest of the diary
3. Motivate to visit one of four pages: Goals, Persist, Relapse, Progress chapters)

Progress graph of the last seven days (see chapter Progress for further details)



Web-based self-help intervention reduces alcohol consumption in both heavy-drinking and dependent alcohol users: A pilot study



André Luiz Monezi Andrade^a, Roseli Boerngen de Lacerda^b, Henrique Pinto Gomide^c, Telmo Mota Ronzani^c, Laisa Marcorela Andreoli Sartes^c, Leonardo Fernandes Martins^c, André Bedendo^a, Maria Lucia Oliveira Souza-Formigoni^{a,*}, on behalf of the, WHO e-health project on Alcohol and Health Investigators Group

Isidora S.Y. Vromans^d, Vladimir Poznyak^d, Gearoid Fitzmaurice^d, Dag Rekve^d, Katherina Martin Abello^e, Jeannet Kramer^e, Iris Rosier^e, Marcela Tiburcio-Sainz^f, Maria Asuncion Lara^f, André Luiz Monezi Andrade^g, Maria Lucia Oliveira Souza-Formigoni^g, Roseli Boerngen de Lacerda^h, Henrique Pinto Gomideⁱ, Telmo Mota Ronzaniⁱ, Laisa Marcorela Andreoli Sartesⁱ, Leonardo Fernandes Martinsⁱ, Dzianis Padruchny^j, Atul Ambekar^k, Anubha Dhal^k, Deepak Yadav^k, Yatan Pal Singh^k, Michael P. Schaub^l

A.L.M. Andrade et al. / Addictive Behaviors 63 (2016) 63–71

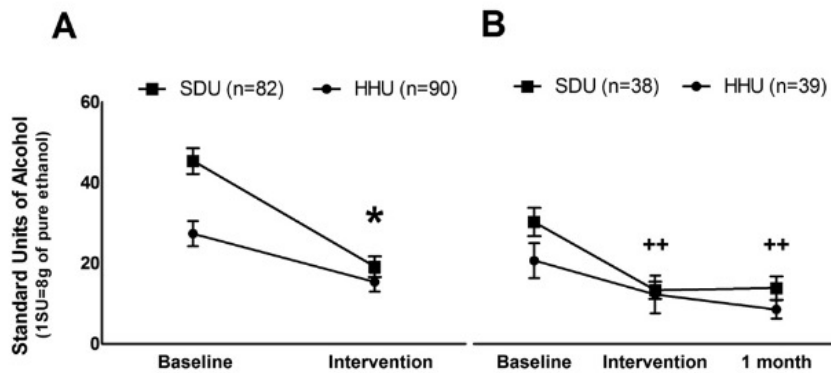


Fig. 4. Alcohol consumption before and after the intervention. Standard units of alcohol (mean ± S.E.M.) before and after the six week intervention (A); before, after the intervention and at the one-month follow-up (B) in groups classified according to the AUDIT (SDU = suggestive of dependence users, HHU = hazardous/harmful users). N = sample size; * differs from their baseline levels; ** differs from their baseline levels.

PROJECT TIMELINE

Phase 2 (Testing, adaptations)

January 2013 to September 2016: Dissemination of the portal to health professionals and general population, adjustments in the local sites

In Brazil: non-controlled evaluation of effectiveness

Main results:

Significant reduction of alcohol consumption, mainly among participants classified as “suggestive of dependence”, but low adherence.

A.L.M. Andrade et al. / Addictive Behaviors 63 (2016) 63–71

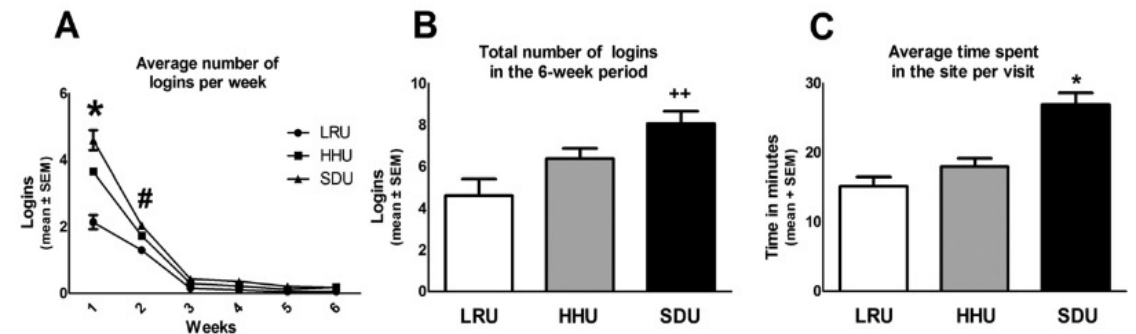


Fig. 2. Use of the “Bebermenos” site by LRU (n = 320), HHU (n = 298) and SDU (n = 312) groups. A. Average number of logins (mean ± SEM) during the six-week intervention period for each group. B. Total number of logins (mean ± SEM) during the six-week intervention period for each group. C. Average time spent in the site per visit (in minutes, mean ± SEM) during the intervention period for each group.

PROJECT TIMELINE

Phase 3 (Randomized Controlled Trial)

September 2016 to January 2019: Data collection for evaluation of adherence and effectiveness in comparison with a waiting list (control group)

2018: publication of the study protocol

ADDICTION

SSA SOCIETY FOR THE STUDY OF ADDICTION

Trial Protocol

Addiction. 2018 Feb;113(2):346-352

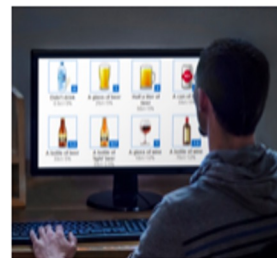
Alcohol e-Help: study protocol for a web-based self-help program to reduce alcohol use in adults with drinking patterns considered harmful, hazardous or suggestive of dependence in middle-income countries

Michael P. Schaub , Marcela Tiburcio, Nora Martinez, Atul Ambekar, Yatan Pal Singh Balhara, Andreas Wenger, André Luiz Monezi Andrade, Dzianis Padruchny, Sergey Osipchik, Elise Gehring, Vladimir Poznyak, Dag Rekve, Maria Lucia Oliveira Souza-Formigoni, the WHO e-Health Project on Alcohol and Health Investigators Group ... [See fewer authors](#) ^

August 2019 –August 2021: end of follow-up data collection, analysis and publication of results

Published on 27.8.2021 in **Vol 23, No 8 (2021): August**

 Preprints (earlier versions) of this paper are available at <https://preprints.jmir.org/preprint/21686>, first published June 26, 2020.



The Effectiveness of a Web-Based Self-Help Program to Reduce Alcohol Use Among Adults With Drinking Patterns Considered Harmful, Hazardous, or Suggestive of Dependence in Four Low- and Middle-Income Countries: Randomized Controlled Trial

Michael P Schaub ¹ ; Marcela Tiburcio ² ; Nora Martínez-Vélez ² ; Atul Ambekar ³ ; Roshan Bhad ³ ; Andreas Wenger ¹ ; Christian Baumgartner ¹ ; Dzianis Padruchny ⁴ ; Sergey Osipchik ⁴ ; Vladimir Poznyak ⁵ ; Dag Rekve ⁵ ; Fabricio Landi Moraes ⁶ ; André Luiz Monezi Andrade ⁷ ; Maria Lucia Oliveira Souza-Formigoni ⁶ ; WHO E-Health Project On Alcohol And Health Investigators Group ⁵

PROJECT TIMELINE

Main outcomes

Table 5. Regression analysis results.

Variable	Intervention versus control after 6 months (complete cases) (N=562)		
	<i>B</i> ^a	95% CI	<i>P</i> value
AUDIT ^b	-4.18	-5.42 to -2.93	<.001
Standard drinks ^c	-9.34	-15.90 to -2.77	.005

^aBaseline data and condition as predictors for group effect.

^bAUDIT: Alcohol Use Disorders Identification Test.

^cLast 7 days.

<https://www.jmir.org/2021/8/e21686>

J Med Internet Res 2021 | vol. 23 | iss. 8 | e21686 |

Table 6. Values between baseline and follow-up from complete cases.

Variable	Control baseline (n=713), mean (SD)	Intervention baseline (n=687), mean (SD)	Control followed up ^a (n=325), mean (SD)	Intervention followed up ^a (n=239), mean (SD)	<i>d</i> ^b	95% CI
AUDIT ^c	23.05 (7.88)	22.86 (7.50)	18.71 (9.28)	15.15 (9.06)	0.56	0.38-0.72
Standard drinks ^d	44.21 (41.70)	43.23 (41.13)	23.73 (26.32)	12.46 (16.31)	0.28	0.08-0.46
CSQ-8 ^e	N/A ^f	N/A	18.92 (4.65)	21.56 (4.11)	0.60	0.40-0.79

^a6 months after baseline (complete cases).

^bEffect size Cohen *d* based on differences between the intervention and control groups.

^cAUDIT: Alcohol Use Disorders Identification Test.

^dLast 7 days.

^eCSQ-8: 8-item Client Satisfaction Questionnaire.

^fN/A: not applicable.

Adherence

Of the 687 participants in the intervention group:

- 37.6% had at least one diary entry
- 23.1% completed the tools to maintain their targets for alcohol consumption and to resist social pressure
- 6.0% completed the relapse tool

AUDIT scores and standard drinks

higher reduction in the intervention group than in the control (waiting list)

Client satisfaction

higher in the intervention group

Main criticisms and suggestions (in the Brazilian site):



lack of responsiveness on mobile devices (cell phones and tablets)



lack of a more intuitive guidance on the sequence of the activities proposed



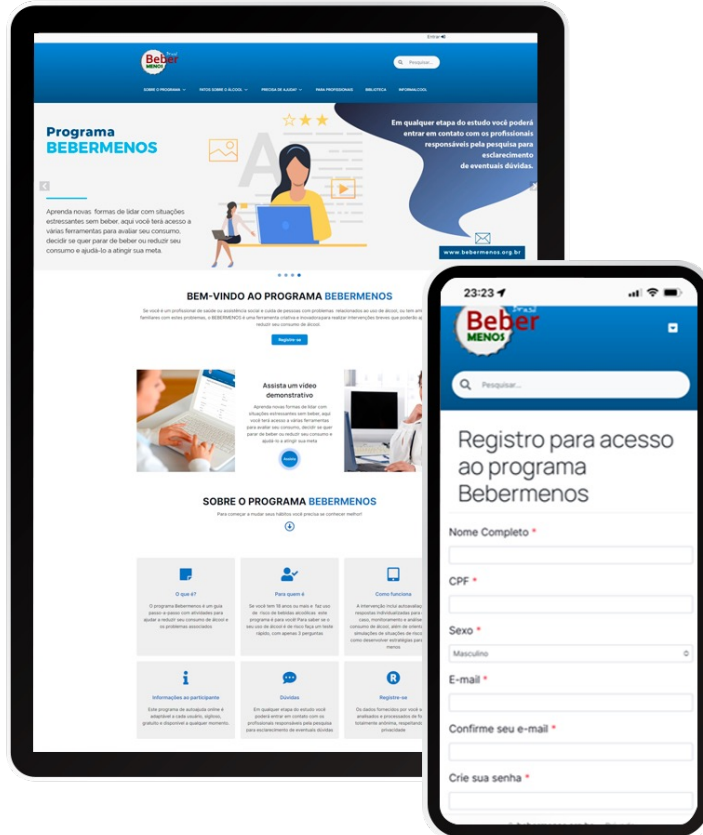
need of better organization of the site;



lack of an immediate feedback after the inclusion of data on consumption, advantages, disadvantages and drinking goals

NEW FEATURES

Compatible with mobile devices
(smartphones and tablets)



Allows data collection on the level of interaction of users with the application tools to enable the analysis of the active elements of the intervention

1. Prós e contras de beber

Não há como negar que beber causa sensações prazerosas e alivia a tensão. Mas também é claro que pode trazer muitos problemas para sua saúde física e mental, nos seus relacionamentos com outras pessoas e prejuízo financeiro. A vida é feita de escolhas, muitas vezes guiadas mais pelas emoções do que pela razão. Vamos mudar isso?

Seja sincero(a) com você mesmo!

Use a razão para avaliar o que beber traz de vantagem e o que traz de desvantagens!

Vamos colocar isso em uma balança? Selecione as [Vantagens e Desvantagens](#) de beber e pense no que você pode ganhar reduzindo a quantidade de bebida, a frequência com que bebe ou até mesmo parando totalmente.

Lido Esse conteúdo foi útil? Sim Não

2. Comprometa-se com você mesmo

Pense nas suas resoluções de ano novo. Todo ano a gente tenta ser um pouco melhor, não é? Mas você não precisa esperar uma ocasião especial para começar a mudar. Faça isso hoje! Agora!

A pessoa mais importante da sua vida é você. Mude seu comportamento para você ficar bem – não apenas para agradar os outros. Você merece uma vida mais saudável, com menos problemas. Reduzir o consumo de bebidas alcoólicas pode ajudar muito nisso.

Escolha um compromisso para fazer com você mesmo(a). Por exemplo:

- Em quais situações não irá beber (quando estiver triste, sozinho ou em companhia de pessoas que bebem muito)
- Qual será a quantidade máxima que irá beber em uma mesma ocasião
- Em quais dias da semana não irá beber

Lido Esse conteúdo foi útil? Sim Não



WELCOME TO THE BEBERMENOS PROGRAM!

By joining the program you have already taken the first step towards taking care of your physical and mental health!

Here you will learn how to control your alcohol use and understand the reasons why you drink too much, how to deal with difficult situations and find new ways to relax and enjoy yourself.

Use the program and see the results!

You can choose to follow the script proposed by us or do the activities in the order you prefer.

We suggest that you fill in your Consumption Diary every day and visit the site regularly. Remember that you can (and should) repeat the activities whenever you want.

The activities in this roadmap are organized into 3 steps:

Step 1

First Week +
Second Week +

Step 2

Third Week +
Fourth Week +

Step 3

Fifth Week +
Sixth Week +

SCRIPT OF ACTIVITIES FOR EACH WEEK SUGGESTED TO THE PARTICIPANTS

Passo 1

— Primeira Semana

- Preencha o **Diário de Consumo** considerando os últimos 7 dias antes de iniciar o programa;
- Avalie sua **Prontidão para mudança (RCQ)**;
- Determine suas **Metas**. Para quanto reduzirá? Até quando?

— Segunda Semana

- Preencha o **Diário de Consumo** considerando todos os dias desde o seu início no programa;
- Verifique o gráfico do seu **Progresso** e compare com suas metas;
- Avalie as **Situações de Risco** (ISB42);
- Avalie as **Vantagens e Desvantagens** do uso de álcool;
- Aprenda a lidar com situações de risco ou **pressões sociais** (*menu Estratégias/Persista*);
- Se tiver uma recaída, não desanime! Aprenda com ela e saiba como evitá-la em **Recaída**.

Passo 2

— Terceira Semana

- Preencha o **Diário de Consumo** considerando todos os dias desde o seu início no programa;
- Faça a atividade **Comprometa-se** com você mesmo (*menu Estratégias/Persista*);
- Se conseguiu reduzir seu consumo, faça a atividade **Recompense-se**. Você merece! (*menu Estratégias/Persista*).

— Quarta Semana

- Preencha o **Diário de Consumo** considerando todos os dias desde o seu início no programa;
- Avalie os **Prós e Contras** de beber (*menu Estratégias/Persista*);
- Veja as dicas: **Esperre até a fissura passar** e **Lide com a pressão social** (*menu Estratégias/Persista*);

Passo 3

— Quinta Semana

- Preencha o **Diário de Consumo** considerando todos os dias desde o seu início no programa;
- **Mude sua forma de pensar** (*menu Estratégias/Persista*);
- Refaça as atividades que considere necessárias no menu **Persista** (*menu Estratégias/Persista*).

— Sexta Semana

Este é um momento muito importante para avaliar o que mudou na sua vida ao final das seis semanas do programa.

- Complete o **Diário de Consumo**;
- Responda o **AUDIT** e o **RCQ** novamente, considerando apenas o que aconteceu nas últimas seis semanas;
- Verifique o gráfico do seu **Progresso**;
- Preencha o **Questionário de Avaliação** do Programa Bebermenos

Sua avaliação é **MUITO IMPORTANTE!** Assim você poderá ajudar também os futuros participantes do programa!

Redes Sociais



Horário de Atendimento

de Segunda a Sexta-feira das 9h às 16h

contato@informalcool.org.br

Apoio



REPORT OF PARTICIPANTS' ACTIVITIES

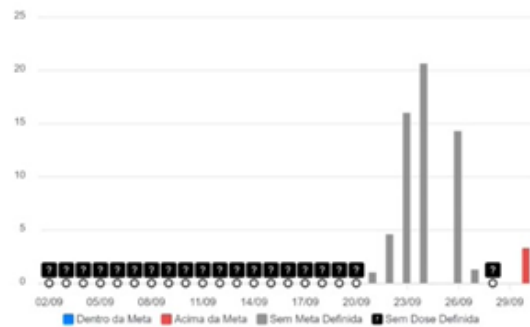
Geral

3243 - marcia omori
 Sexo: F
 E-mail: marcia.omori@gmail.com
 Telefone: -
 Celular: 11995231693
 Sorteio: Elegível A

Ações

Acessou a conta. 27/01/2023 15:43:25
 Deslogou da conta. 13/01/2023 08:28:46
 Acessou a conta. 13/01/2023 08:10:09
 Deslogou da conta. 05/01/2023 13:50:42
 Adicionou um item no diário de consumo (05/01/2023). 05/01/2023 13:47:56
 Excluiu um item no diário de consumo. 05/01/2023 13:47:22
 Adicionou um item no diário de consumo (05/01/2023). 05/01/2023 13:46:07
 Acessou a conta. 05/01/2023 13:40:37
 Deslogou da conta. 03/01/2023 14:26:56

Progresso



Dias sem beber: 7

Possui dias não preenchidos? Sim - Nenhum registro encontrado na última semana!

Possui meta atual? Não

Pontuação: 13,16,14 (Pré, Com. e Ação)

Classificação: Contemplação

Vantagens e Desvantagens - 06/11/2022 21:02

Vantagens

Eu não tenho um bom desempenho sexual

Eu faço coisas divertidas

Eu faço amigos com mais facilidade

Eu não durmo bem

Tenho a sensação de que sou uma pessoa importante

Eu engordo com mais facilidade

Eu irrito os outros

Eu gasto muito dinheiro

Eu fico de ressaca

Desvantagens

Eu me comporto de maneira embaraçosa

Eu não me sinto tão solitário(a)

Eu me sinto mais confiante

Eu fico agressivo(a)

Isso me ajuda a fazer amigos

Eu cometo mais erros no trânsito

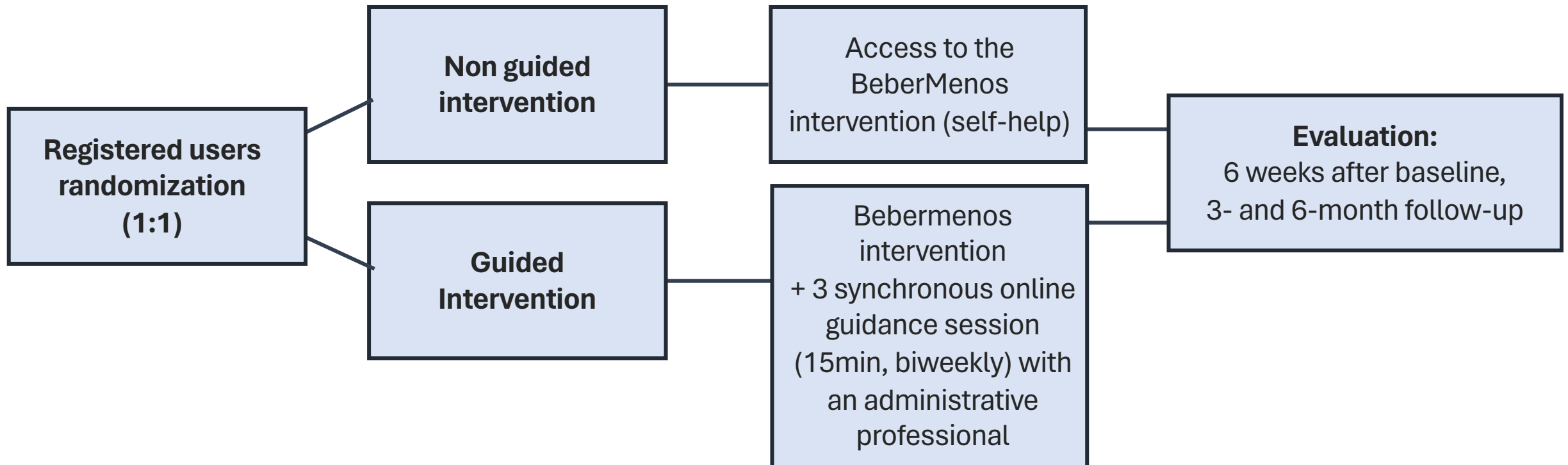
As pessoas me admiram

Questionário ISB 42 - 06/11/2022 21:03

SITUAÇÕES DE RISCO	RESULTADO	RISCO
Emoções desagradáveis	58.33%	Alto
Desconforto físico	58.33%	Alto
Emoções agradáveis	41.67%	Alto
Controle pessoal	41.67%	Alto
Impulsos e tentações	16.67%	Moderado
Conflito com outros	50%	Alto
Pressão social	25%	Moderado
Momentos agradáveis com outros	22.22%	Moderado

OBJECTIVE

To assess whether the new version of the site and the inclusion of guidance sessions on the use of the site mediated by an administrative professional will improve the adherence to the program.



PRELIMINARY DATA

Demographic characteristics and alcohol risk levels (AUDIT)	NON GUIDED (CONTROL) N=15	GUIDED N=18
Sex (% of males)	47	72
Age in years (mean)	40,5	44,2
Marital status (% married/ in a relationship)	73	50
Racial/ethnic group (% White)	53	72
Education (% of postsecondary)	100	77.7
AUDIT mean of scores (SD)	20 (10)	20 (7)
harmful	0	22
hazardous	40	33
suggestive of dependence	60	53



BRAZILIAN INTERVENTION BEBERMENOS VERSION 2.0

PRELIMINARY DATA

Use of tools available in the program in the first 6-week period (% of respondents)	NON GUIDED (CONTROL) N=15	GUIDED N=18
Alcohol Consumption Diary	66.7	88.9
Goals	60	77.8
Advantages & Disadvantages of drinking	20	83.3
Inventory of Drinking Situations	20	77.8
Readiness for Change Questionnaire	46,7	77.8
Contemplation (% of those who answered)	71.4	72
Action (% of those who answered)	28.6	28
"Persist" section (%)	13	50
"Relapse" section (%)	0	17

NEXT

- This new version of the Bebermenos intervention is being translated into Spanish by Prof. Marcela Tiburcio from the Instituto de Psiquiatria Ramon de la Fuente Muniz (Mexico) and will allow a transcultural comparison of adherence and outcomes
- Analysis of frequency of use of specific activities and analysis of the active elements of the intervention
- Training social workers and health professionals in the use of the intervention both as a “prescribed” complementary activity to their approach and as an alternative available to patients who have difficulties of access or time to receive a face-to-face intervention
- The system will be a tool to be used in research since it allows data collection, management and exportation to statistical packages



Infrastructure

Universidade Federal de São Paulo



Financial Support

FAPESP (Fundação de Apoio à Pesquisa do Estado de São Paulo - process 2021/00059-1)

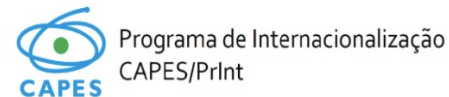


CNPq (Conselho Nacional de Pesquisa)

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Capes Print



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Marcia Omori



Conflict of interests

(nothing to declare)



BRAZILIAN INTERVENTION BEBERMENOS VERSION 2.0

THANK YOU FOR ATTENTION!

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