

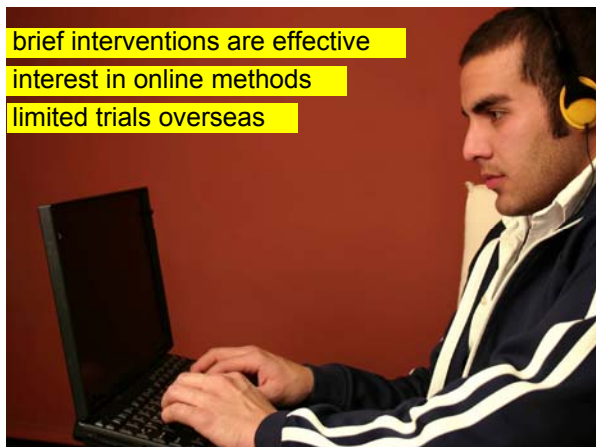
# universal web-based alcohol screening and brief intervention for university students

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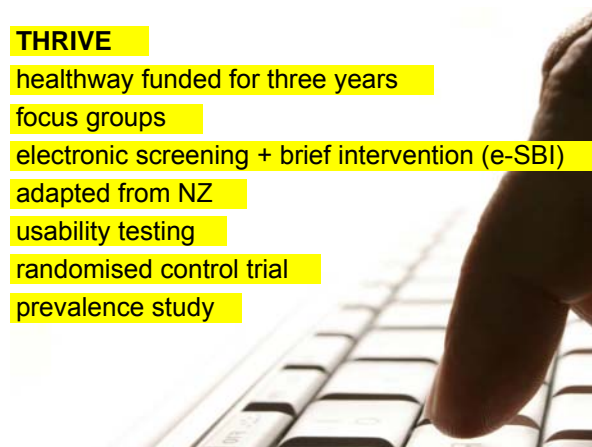
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- 7. Department of Mathematics and Statistics, Smith College, United States of America



uni students drink more than non-student peers



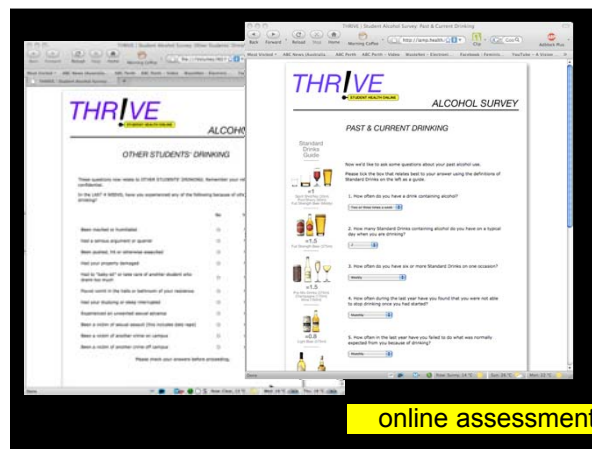
brief interventions are effective  
 interest in online methods  
 limited trials overseas



**THRIVE**  
 healthway funded for three years  
 focus groups  
 electronic screening + brief intervention (e-SBI)  
 adapted from NZ  
 usability testing  
 randomised control trial  
 prevalence study



online assessment  
 alcohol use disorders identification test  
 consumption in last four weeks  
 tobacco use



online assessment

**personalised motivational feedback**

**AUDIT score and associated risk**

**risk reduction strategies**

**estimated BAC**

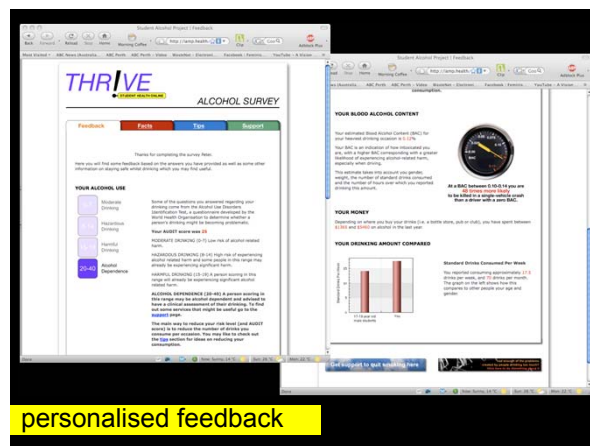
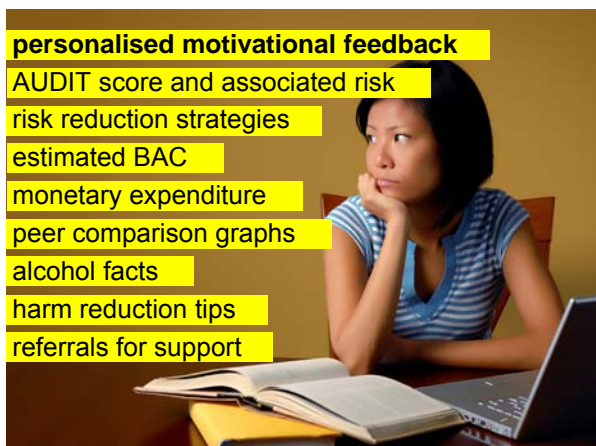
**monetary expenditure**

**peer comparison graphs**

**alcohol facts**

**harm reduction tips**

**referrals for support**

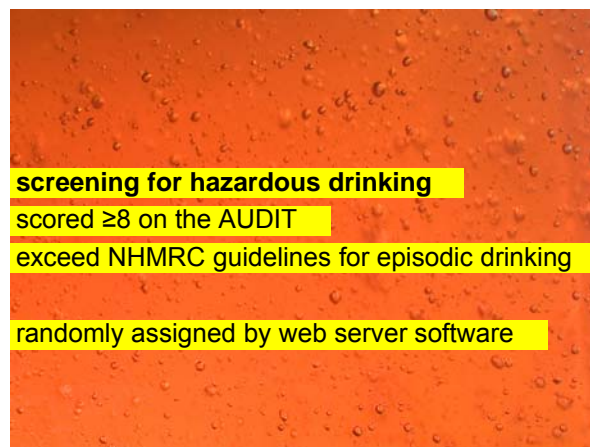
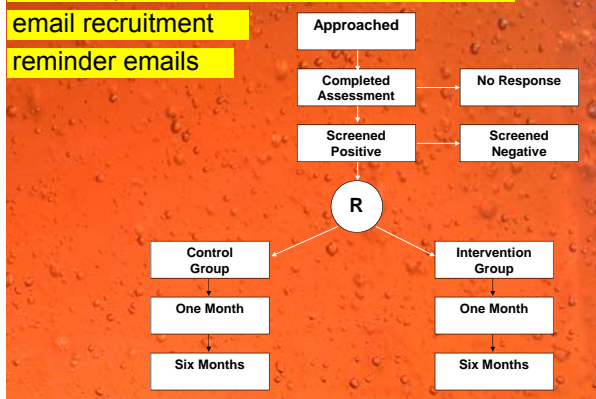


**personalised feedback**

**two arm parallel randomised control trial**

**email recruitment**

**reminder emails**



**screening for hazardous drinking**

**scored ≥8 on the AUDIT**

**exceed NHMRC guidelines for episodic drinking**

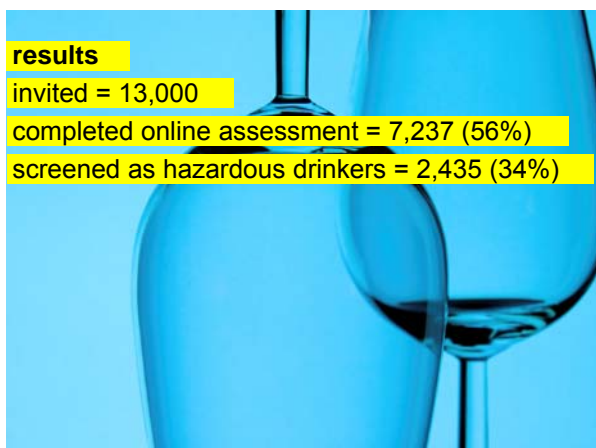
**randomly assigned by web server software**

**results**

**invited = 13,000**

**completed online assessment = 7,237 (56%)**

**screened as hazardous drinkers = 2,435 (34%)**



**results**

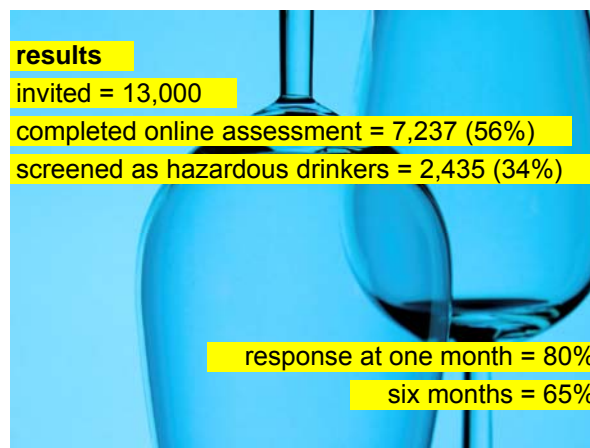
**invited = 13,000**

**completed online assessment = 7,237 (56%)**

**screened as hazardous drinkers = 2,435 (34%)**

**response at one month = 80%**

**six months = 65%**



**baseline prevalence (n=7,237)**  
 mean age 19.8 years (SD 2.0); 57% women  
 90% consumed alcohol in the last 12 months  
 48% had exceeded NHMRC thresholds for acute harm (40g / 60g in one occasion) at least once in the last four weeks\*  
 36% of women & 51% of men 8+ on the AUDIT

**secondhand effects (n~7,200)**  
 f/m  
 500/431 been insulted or humiliated  
 518/385 had a serious argument or quarrel  
 195/269 been pushed, hit, otherwise assaulted  
 296/256 had property damaged  
 1184/1963 had to 'baby sit' another student  
 885/621 had studying or sleep interrupted  
 565/219 experienced an unwanted sexual advance  
 36/35 been a victim of sexual assault  
**in the last four weeks**

**at one month (rate ratio; 95%CI):**  
 drank less often (0.89; 0.83-0.94)  
 smaller quantities/occasion (0.93; 0.8-0.98)  
 less alcohol overall (0.83; 0.78-0.90)  
**17% less**

**at six months (rate ratio; 95%CI):**  
 drank less often (0.91; 0.85-0.97)  
 less alcohol overall (0.89; 0.82-0.96)  
**13% less**

19.0% (vs 5.8%) reported decrease in drinking  
 4.9% (vs 2.7%) reported seeking support  
 98.9% said THRIVE was easy to complete  
 76.2% found the feedback useful  
 54.7% would recommend to a friend

**discussion**  
 hazardous drinkers drank 17% less at one month  
 13% less at six months after screening  
 non-treatment seeking population  
 4.9% reported seeking support

**limitations**  
 higher attrition than NZ study  
 assessment effects  
 contamination effects

