

Preconference of E-SIG Inebria

DIGITAL ALCOHOL INTERVENTIONS: THE ROAD FORWARD TO BEST PRACTICE AND RESEARCH.

Conference chairs: Antony Gual & Heleen Riper

Programme outline

10.00 - 10.30 Reception with coffee

10.30 – 11.00 Antoni Gual & Heleen Riper:

The potential of digital applications to reduce harmful alcohol use and inequalities in health in research and routine practice.

11.00 -11.30 Gillian Shorter:

The implications of the Core Outcome Set for the e/mHealth alcohol intervention field.

11.30 -12.00 Michael Schaub & E-SIG core group :

Roadmap on best practice and research on brief digital interventions for problematic alcohol drug use and gambling. (Discussion mainly at end and in WS)

12.00-13.00 Lunch at own expense in restaurant at choice next to meeting venue

13.00 – 14.00 Workshop 1.

Combining digital intervention components to engage, adhere and sustain harm reduction.

Moderators: Leo Pas, Anne H. Berman, Zarnie Khadjesari.

Critical elements in the efficacy of digital applications are engaging the target populations, enhancing interactively behavioural change and stimulate sustained adherence.

A first workshop invites you to share experiences and ideas on how to combine different components of digital applications to reach our goals on alcohol reduction and what are research designs and priorities in these areas.

- Which combination of components of digital interventions are most effective?
- How do we optimise engagement to achieve a sustained reduction in alcohol consumption?

14.00 -15.00 Workshop 2.

Innovations in research methodologies: 'Where do we go from here?'

Moderators : Heleen Riper & Michael Schaub

In this workshop we will focus on innovations in research methodologies with the aim to improve our abilities to come up with a 'personalised approach' to digital and blended interventions with the aim of alcohol moderation. A number of methods, ranging from big data analytics, ecological momentary assessments and interventions and digital phenotyping will be explored and discussed.

Coffee Break 15.00-15.15

15.15 -16.15 Workshop 3.

Blended care in clinical practice to reduce problematic alcohol use

Moderators : Anne H. Berman and Matthijs Blankers

Blended care, using different digital applications such as smartphones or text messaging in addition to face-to-face care is increasingly being studied and implemented among clinical populations.

This workshop will discuss digital applications implementation modalities in preventive and curative care. Discussion should lead to defining research priorities

16.15 – 17.15 Plenary debate :

Priorities for research on digital interventions and roadmap to implementation moderated by Michael Schaub and Heleen Riper

18.00 Main conference welcome reception in same building