Skills training for reducing risky alcohol use in app form among adult internet help-seekers: A randomized feasibility trial

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Background: prior app research

Alcohol Monopoly’s Research group’s Promillekoll

PartyPlanner

Research group’s TeleCoach™

TeleCoach

Använd TeleCoach™ appen för att reglera din alkoholkonsumtion. Du skyddar din hälsa och slipper obehagliga konsekvenser.

Appen innehåller två delar. Du kan jobba med en eller båda.

Registrera ditt intag
Hantera alkohol bättre

Starta
## Treatment components

<table>
<thead>
<tr>
<th></th>
<th>Promillekoll (eBAC)</th>
<th>PartyPlanner (eBAC)</th>
<th>TeleCoach (Skills-based)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychoeducation</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Planning future parties</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Realtime feedback on blood alcohol count (BAC)</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Comparative follow-up (&quot;How did it go?&quot;)</td>
<td></td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Registering intake over time</td>
<td>(X)</td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Exercises for analyzing risk situations, saying no, surfing on craving, relaxing, etc.</td>
<td></td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>
Results

- TeleCoach & waitlist reduced consumption at 6-/12- weeks
- TeleCoach: **quantity** declined more at 6-weeks
- TeleCoach: **frequency lower** at 6-/12-weeks
- Gender effect:
  - 2.68 better effect for **men** compared to controls;
  - 1.71 better effect for **women** compared to controls
Revised app design – user view

TeleCoach™

INTAG OCH RISKBRUK

KUNNA SÄGA NEJ TILL ALKOHOL

MÅ BÄTTRE UTAN ALKOHOL

Öva på att slappna av

Positiva tankar

Hantera sug efter alkohol

Appen TeleCoach™ är utvecklad av Karolinska Institutet och används inom ramen för forskning. Kontaktinformation
Control group "app" format – non-interactive

Information & tips from primary care lifestyle behavior intervention*

Research questions

Outcome:
Do adult internet help-seekers
- With access to a skills-based smartphone app
- Compared to those with access to brief information (control)?
- Reduce their alcohol intake up to 6-26 weeks?

Feasibility:
- Is it worthwhile to continue with a larger RCT?
Design

- **Eligibility:**
  \[ \geq 6 \text{ (women)} \text{ or } \geq 8 \text{ (men)} \text{ on the AUDIT} \]

- **Exclusion:**
  \[ \geq 31 \text{ MADRS-S; or} \]
  \[ \geq 8 \text{ on the DUDIT} \]
  \[ \text{These were offered a telephone interview and included} \]
  \[ \text{after clinical assessment (safety procedure)} \]
  \[ \text{Excluded if no response} \]

- **Primary outcome measure:**
  \[ \text{Timeline followback, drinks/7 days} \]

- **Follow-ups:**
  \[ 6\text{-weeks (12- & 26-weeks forthcoming)} \]
## Participants

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Total (n=89)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women (%)</td>
<td>69.7</td>
</tr>
<tr>
<td>Age: $M (SD)$</td>
<td>48.9</td>
</tr>
<tr>
<td>Married (%)</td>
<td>68.5</td>
</tr>
<tr>
<td>High school ed (%)</td>
<td>39.3</td>
</tr>
<tr>
<td>Univ. ed (%)</td>
<td>42.7</td>
</tr>
<tr>
<td>Working (%)</td>
<td>84.3</td>
</tr>
<tr>
<td>0-2 yrs alc prob (%)</td>
<td>30.7</td>
</tr>
<tr>
<td>3-10 yrs alc prob (%)</td>
<td>53.4</td>
</tr>
<tr>
<td>&gt; 10 yrs alc prob (%)</td>
<td>15.9</td>
</tr>
<tr>
<td>Help before (yes %)</td>
<td>39.8</td>
</tr>
</tbody>
</table>

### Majority summary (≥ 60%)
- Women just under 50
- Married
- Educated
- Working
- ≥ 3 years of alcohol problems
- No help before

### Clinical data (means):
- ≥ 6 AUD criteria
- ≥ 18 AUDIT
- ≥ 16 MADRS-S (mild dep)
- ≥ 6 GAD-7 (mild anxiety)
- ≥ 8.5 Motivation (0-10)
Conclusions

- Promising from a feasibility perspective
- Outcomes indicate that n=138 @26 weeks needed for significant results at the same level as in pilot study
- Participants are anonymous, highly motivated help-seekers, 60% with no previous help sought
- Potential to reduce consumption as a stand-alone intervention
- Potential to serve as a bridge to treatment
- Larger RCT ongoing