



Online alcohol interventions: reviewing the literature

Laura Pechey,
Innovation and Development Manager, HAGA

Online IBA review

Bevan Kay

Community Alcohol Team Leader, Barnet,
HAGA



Lincs2Alcohol

YOU ARE HERE: HOME → AUDIT → ARE YOU DRINKING TOO MUCH? → TAKE THE TEST!

Home

- You & Your Drinking
 - What is AUDIT? (Alcohol Use Disorders Identification Test)
 - Are you drinking too much? Take the test!
 - Find the nearest treatment centre
 - 4 categories of scores relating to AUDIT

- Sensible Steps to Cut Down Your Drinking
- Alcohol and young people
- Alcohol & Health
- Sensible Drinking Levels
- Local Treatment, Help and Support
- Alcohol training and resources
- Alcohol and Crime
- Binge Drinking
- Links & Resources
- Awareness Campaigns
- Test your knowledge
- Contact Us



TAKE THE AUDIT TEST

On the next screen are ten questions which should help to identify whether you have a problem or concern with alcohol. The ten questions should take no more than two minutes to complete and once 'See my outcome' is pressed, a score will be calculated along with the category of drinking you are in, risk implications and recommendations.

Please read the questions carefully and press on the appropriate option. In the questions, a "drink" is defined as half a pint or normal strength beer, lager or cider, a single pub measure of spirits, or a small glass of wine.

Select the most appropriate answer to the questions and press 'See my outcome' at the end.

[Start AUDIT](#)

We value your feedback on this article

How useful did you find the information?

Comments

[Send](#)

NUMBERS OF UNITS IN DRINKS



Pint of Regular Beer/Lager/Cider



Alcopop or Can of Lager



Glass of Wine (175ml)



Single Measure of Spirits



Bottle of Wine



Find out more about units: [click here](#)

Thrive

THRIVE

STUDENT HEALTH ONLINE

ALCOHOL SURVEY

Feedback

Facts

Tips

Support

Thanks for completing the survey Baboon.

Here you will find some feedback based on the answers you have provided as well as some other information on staying safe whilst drinking which you may find useful.

YOUR ALCOHOL USE

0-7	Moderate Drinking
8-14	Hazardous Drinking
15-19	Harmful Drinking
	Alcohol

Some of the questions you answered regarding your drinking come from the Alcohol Use Disorders Identification Test, a questionnaire developed by the World Health Organisation to determine whether a person's drinking might be becoming problematic.

Your AUDIT score was 13

MODERATE DRINKING (0-7)
Low risk of alcohol related harm.

HAZARDOUS DRINKING (8-14)
High risk of experiencing alcohol related harm and some people in this range may already be

DON'T BOTTLE IT UP

INCREASING RISK



You scored **10** out of **40**. A score between 8 and 15 indicates **Increasing Risk** drinking.

You are drinking **8.91 units** on a typical drinking day.

What can I do next?



[Retake test](#)



[Email me my results](#)



[Print TopTips](#)



[Get a follow-up call](#)

What does it all mean?

Your answers suggest that you are regularly* drinking above the recommended limits, that is, **more than 3-4 units per day**.

*Regularly implies drinking every other day or most days. It is recommended that people have at least 2 alcohol-free days a week.

Units can be confusing but it is worth trying to remember the number of units in the drinks you regularly drink, so you can keep track of what you are drinking. The unit guide below should help you try to stay within the recommended limits:









Recommendations

1. Developing an assessment that takes no more than two minutes to complete.
2. Giving an overview of the type of feedback available prior to assessment.
3. Offering personalised feedback.
4. Offering follow-up to check progress and outcomes.
5. Enabling user feedback at the end of the assessment.
6. Developing a comprehensive marketing plan.
7. Including interactive elements.
8. Building in ways of monitoring and evaluating the service.

Online EBI review

Bevan Kay

Community Alcohol Team Leader, Barnet,
HAGA



AlcoholScreening.Org

The screenshot shows the AlcoholScreening.Org website interface. At the top left is the logo "ALCOHOL SCREENING.ORG" with a speech bubble saying "How much is too much?". To the right is a "SHARE" button with social media icons. Below the logo is a blue navigation bar with buttons for "TAKE THE SCREENING", "LEARN MORE", and "GET HELP". A blue box on the left contains the text "ALCOHOL PROBLEMS CHECKLIST" and a "Learn More" button with a right-pointing arrow. The main content area has a yellow header "Results" and a message: "Your answers suggest that your current drinking is harmful to your health based on the amount you said you drink each week." Below this is a "Disclaimer" section and an "AT A GLANCE" section. The "AT A GLANCE" section features a large blue box with the number "6" and the text "Only 6% of the adult female population drinks more than you say you drink." Below this is a paragraph: "Many of us think our drinking is like everyone else's. In fact, less than 12% of the general adult American population and 6% of females drink more drinks each week than you told us you drink."

ALCOHOL PROBLEMS CHECKLIST

[Learn More](#)

Results

Your answers suggest that your current drinking is harmful to your health based on the amount you said you drink each week.

Disclaimer
This site does not provide a diagnosis of alcohol dependence or any other medical condition. The information provided here cannot substitute for a full evaluation by a health professional, and should only be used as a guide to understanding your alcohol use and the potential health issues involved with it.

AT A GLANCE

6 Only 6% of the adult female population drinks more than you say you drink.

Many of us think our drinking is like everyone else's. In fact, less than 12% of the general adult American population and 6% of females drink more drinks each week than you told us you drink.

Down Your Drink



USER NAME:

[FORGOTTEN
PASSWORD?](#)

PASSWORD:

[LOG IN](#) >>

[HOME](#) | [ABOUT US](#) | [PRIVACY POLICY](#)

Results

- ★ Thank you for taking the test, your **drinking pattern indicates a possible increased risk of alcohol affecting your health.**
- ★ The **new Down Your Drink** website is packed full of useful information designed to help people **drink alcohol more safely** and improve their general health and well-being.
- ★ Click Next to register as a user on the **Down your Drink** website

[NEXT](#) >>







Recommendations

1. Creating a simple login protocol and interface for both client and practitioner.
2. Providing assurance that confidentiality is maintained.
3. Informing users of the credentials of the therapists delivering the service.
4. Clearly defining how online EBI and other resources fit together.
5. Providing regular supervision to the alcohol worker(s) providing online interventions.

Recommendations ctd.

6. Implementing a clear process for the client when the system goes down and building in other follow-up options.
7. Ensuring that it is clearly stated on the website that the provider is committed to a high standard of professional ethics.
8. Developing a simple online client identification process.
9. Integrating online interventions and resources into wider service delivery.
10. Encouraging clients to engage with a relevant online self-help/peer-support community.

Thank you for listening.

laurapechey@haga.co.uk

07917 423 664

© HAGA 2012

