An iPad app to help Indigenous Australians describe their drinking
Kate Conigrave & Jimmy Perry
Photo: Kylie Lee

Acknowledging the Gadigal people
Photo: Jimmy Perry

- Communities don't have local data on drinking (or drug use)
  - To fight for better services and programs
  - To see how work to tackle drinking is going
- The best data on Aboriginal drinking patterns is 20 years old -- and urban only

(Commonwealth Health, NDSHS, 1996; Chriktritzhs and Brady 2006)

Photo: Kylie Lee

- Develop an iPad app that makes it easy for people to report what they drink
  - NHMRC, 5-year funding
- Even if they:
  - Speak English as a 3rd or 4th language
  - Don't like reading
  - Are ashamed about their drinking
  - Are worried about child protection services

Photo: Kylie Lee

We know that..

- Drinkers often
  - share alcohol
  - use atypical containers (e.g. empty juice bottles)
- Drinking may vary with:
  - Travel
  - who the drinker is with
  - what is going on (e.g. celebration or funeral)
- Some remote communities don't have 'mainstream' counting systems
- Drinkers rarely count drinks

Photo: Kylie Lee

Photo: Kate Conigrave

HEALTH SERVICE
Design: Mustafa Al Ansari

How are we doing it?
Photo: Kylie Lee

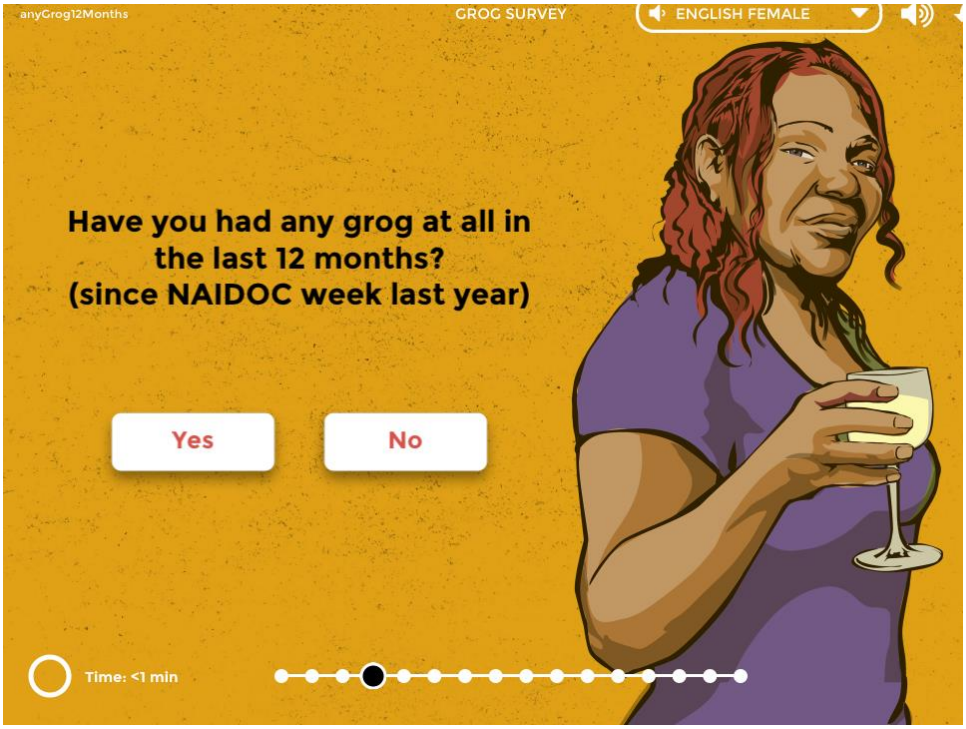
In partnership (e.g. ADAC, communities, services)

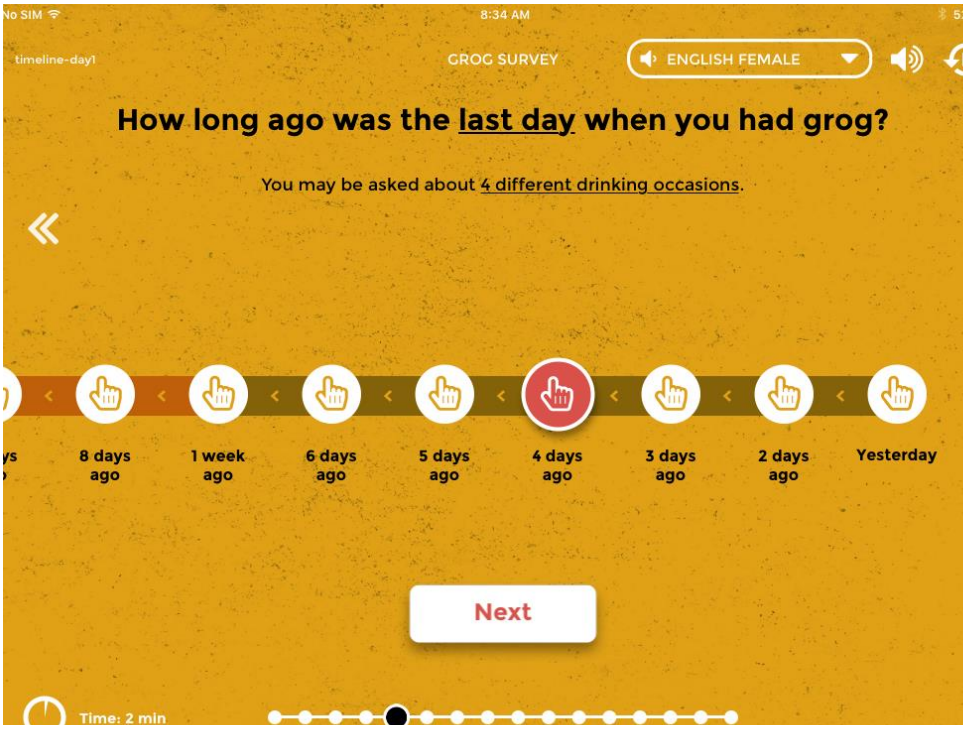
- Develop an app
  - Workshop: community and service reps; experts
  - Consider recognised assessment approaches
- Test the app
  - Does it work as well as a person asking?
  - Does it give the same sort of answers if used again?
- Improve the app
- Test in other communities in a survey
- Refine the app

Photo: Kylie Lee

A quick look at the 'Grog Survey App'

Photo: Jimmy Perry


anyGrog12Months
GROG SURVEY
ENGLISH FEMALE
Have you had any grog at all in the last 12 months? (since NAIDOC week last year)
Yes
No
Time: <1 min


No SIM
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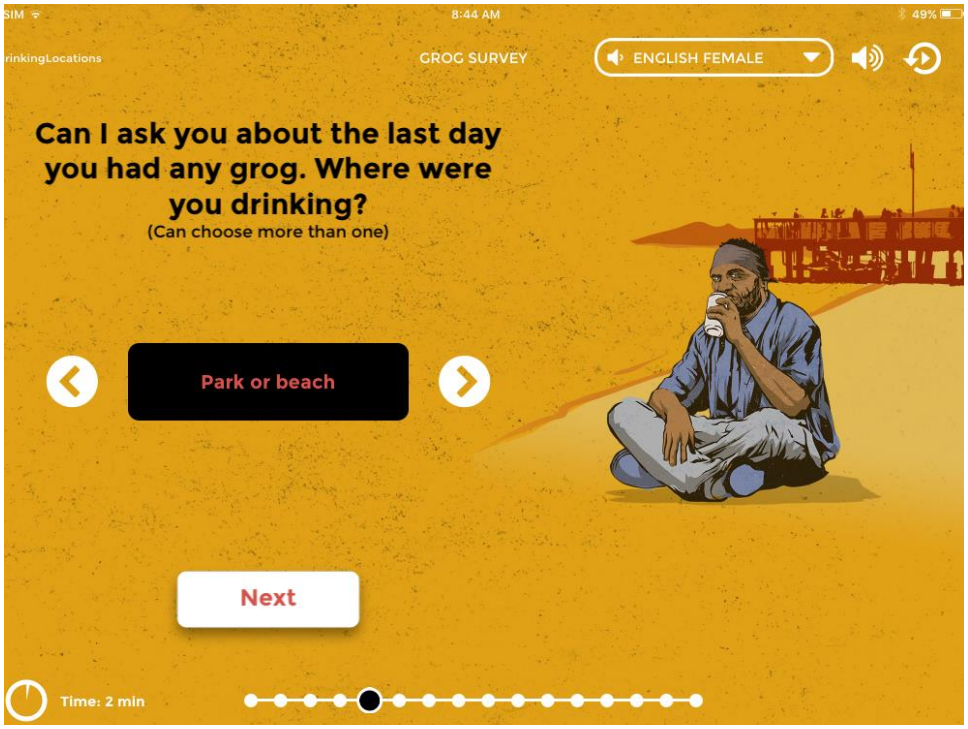
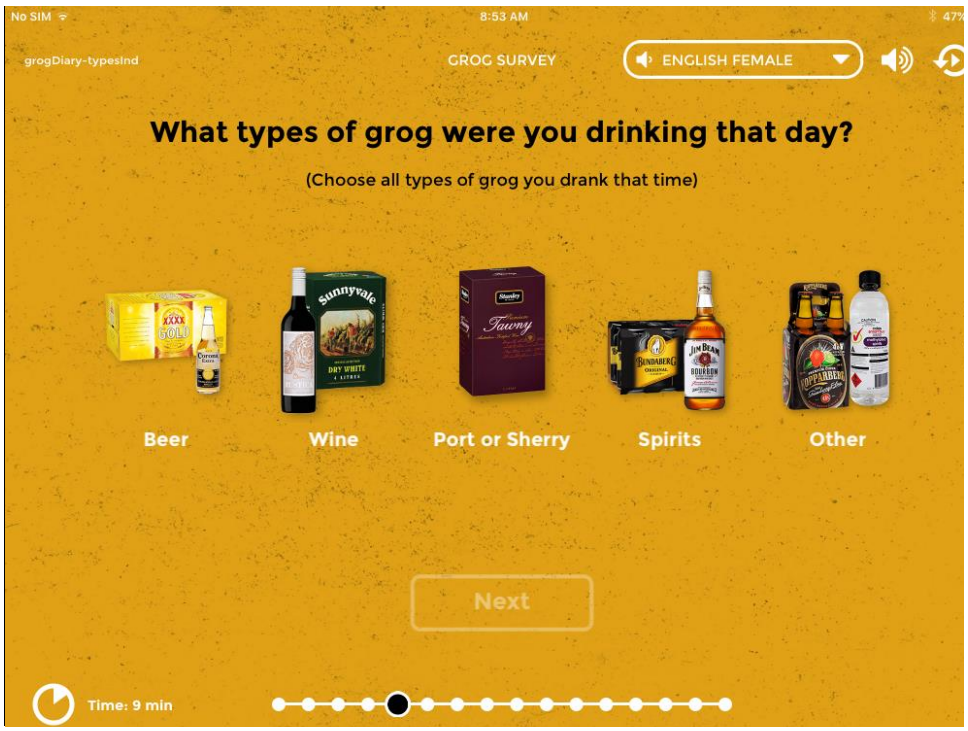
timeline-day1
GROG SURVEY
ENGLISH FEMALE
How long ago was the last day when you had grog?
You may be asked about 4 different drinking occasions.
8 days ago
1 week ago
6 days ago
5 days ago
4 days ago
3 days ago
2 days ago
Yesterday
Next
Time: 2 min


8:44 AM
49%
rinkingLocations
GROG SURVEY
ENGLISH FEMALE
Can I ask you about the last day you had any grog. Where were you drinking?
(Can choose more than one)
Park or beach
Next
Time: 2 min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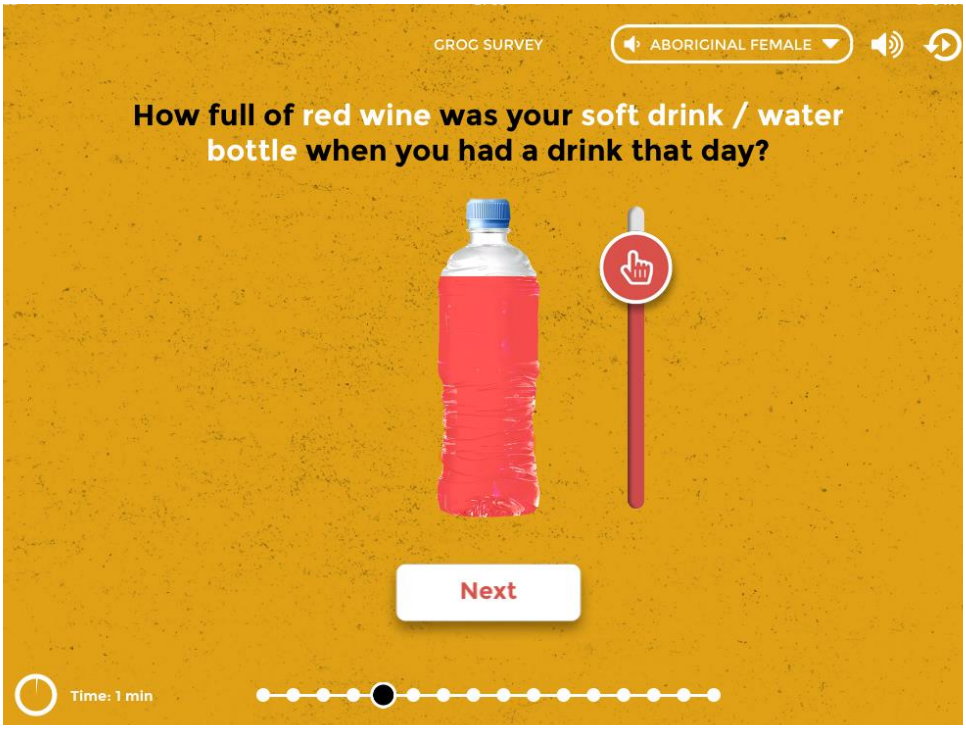
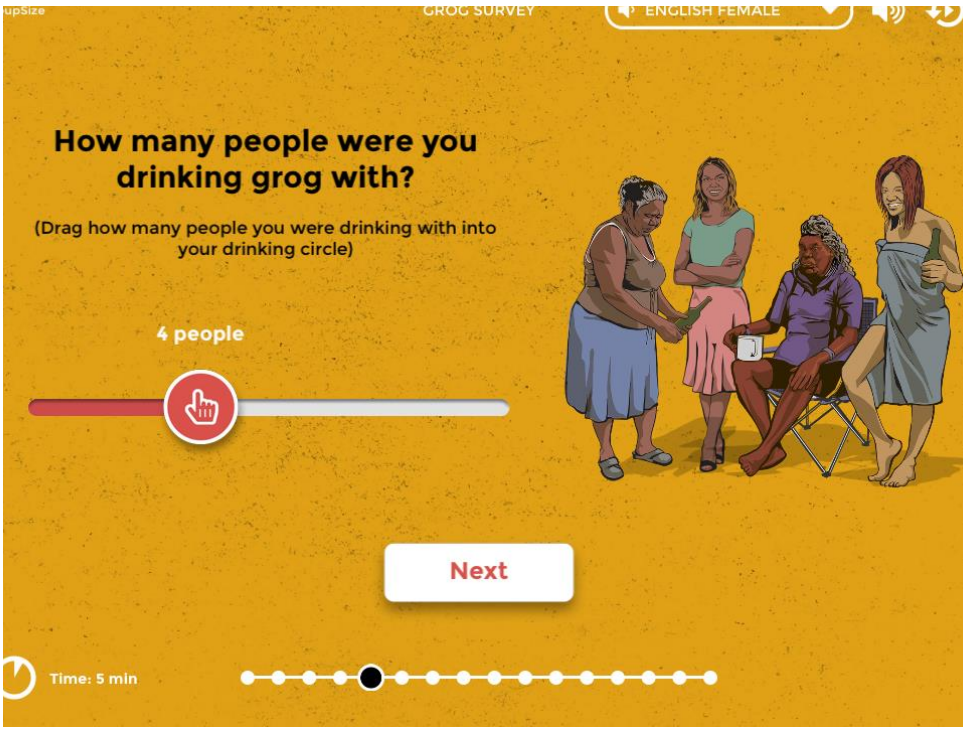
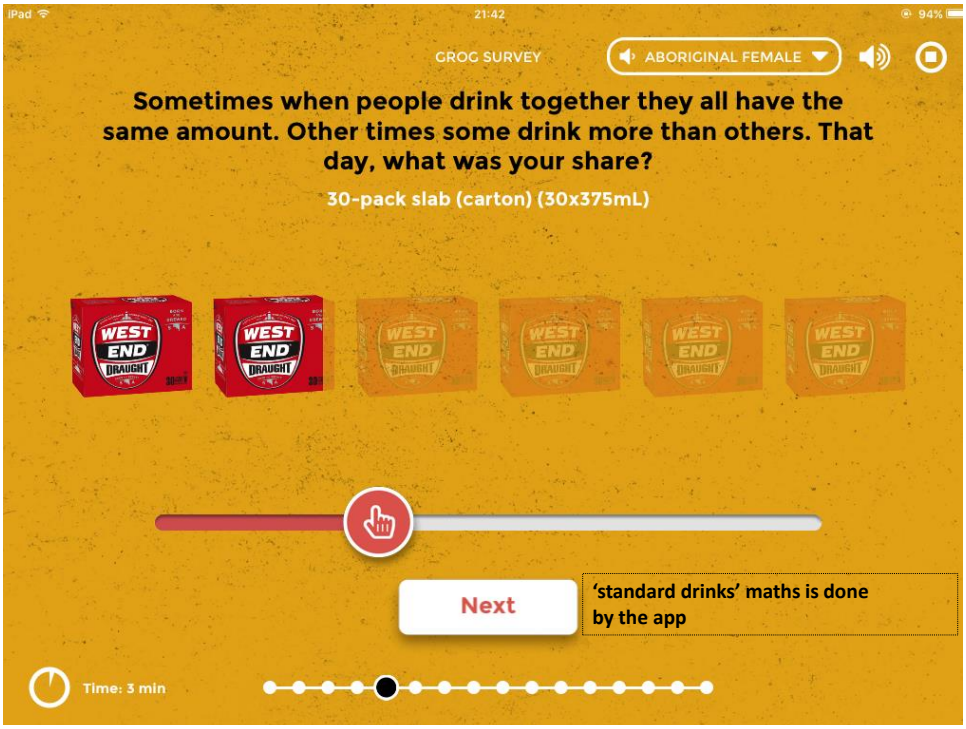
8:53 AM
47%
grogDiary-typesInd
GROG SURVEY
ENGLISH FEMALE
What types of grog were you drinking that day?
(Choose all types of grog you drank that time)
Beer
Wine
Port or Sherry
Spirits
Other
Next
Time: 9 min

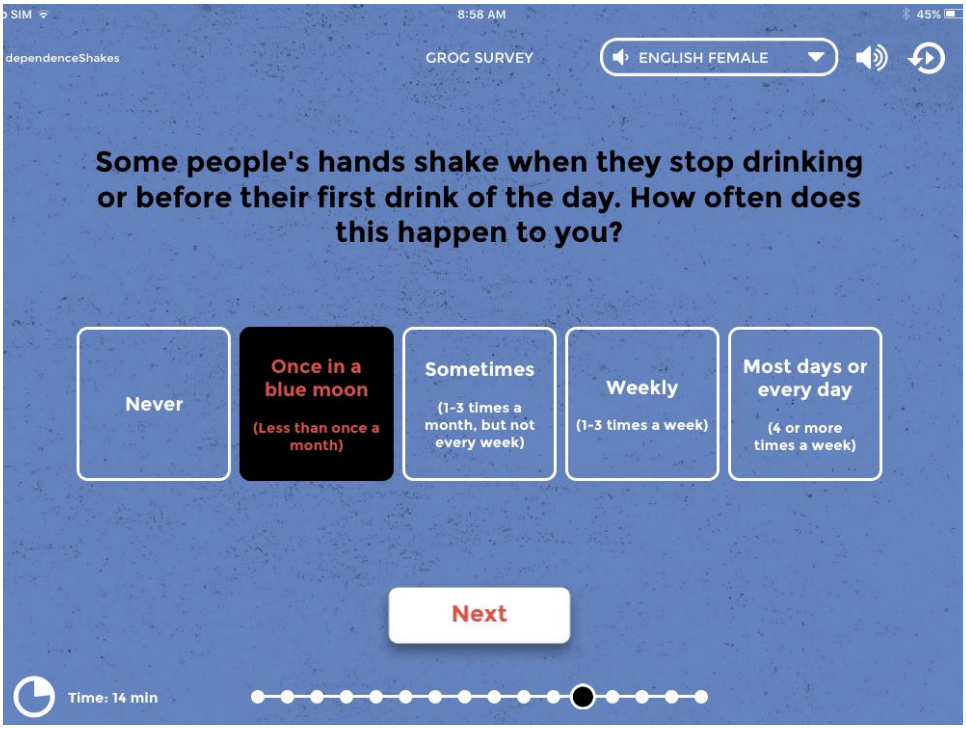

GROG SURVEY
ABORIGINAL FEMALE
How full of red wine was your soft drink / water bottle when you had a drink that day?
Next
Time: 1 min

'standard drinks' maths is done by the app
GROG SURVEY
ABORIGINAL FEMALE
The last day I drank grog (4 days ago) I had...
Full strength beer
Can (375mL)
Less
More
Wine
Red wine - Juice bottle (500mL)
Less
More
Add other grog types
Confirm
Time: 5 min

If someone feels more comfortable to talk about how much the group drank?
Photo: Kylie Lee


GROG SURVEY
ENGLISH FEMALE
How many people were you drinking grog with?
(Drag how many people you were drinking with into your drinking circle)
4 people
Next
Time: 5 min


iPad
21:42
94%
GROG SURVEY
ABORIGINAL FEMALE
Sometimes when people drink together they all have the same amount. Other times some drink more than others. That day, what was your share?
30-pack slab (carton) (30x375mL)
WEST END DRAUGHT
Next
'standard drinks' maths is done by the app
Time: 3 min


SIM
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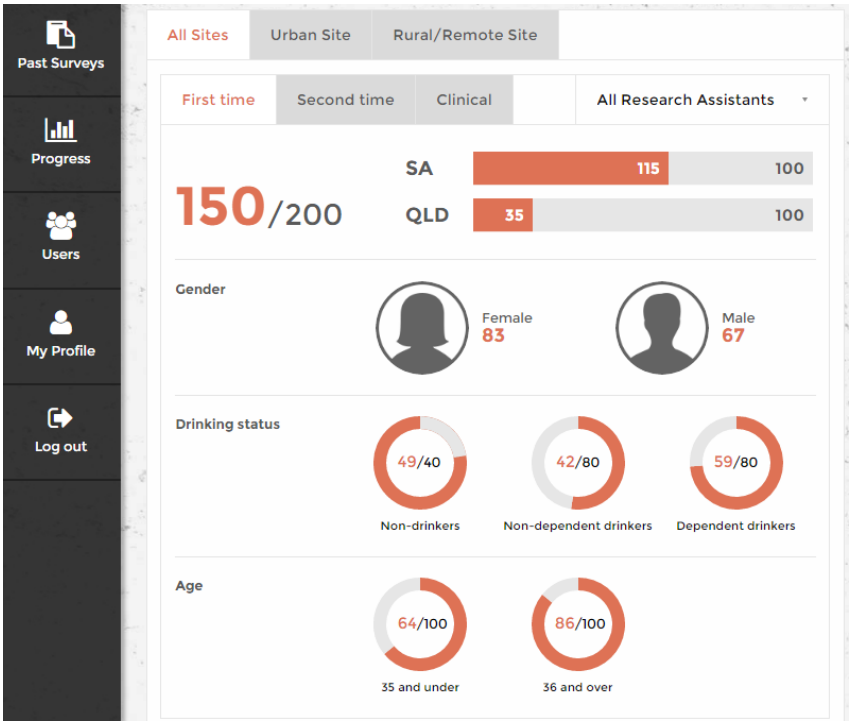
45%
dependenceShakes
GROG SURVEY
ENGLISH FEMALE
Some people's hands shake when they stop drinking or before their first drink of the day. How often does this happen to you?
Never
Once in a blue moon
(Less than once a month)
Sometimes
(1-3 times a month, but not every week)
Weekly
(1-3 times a week)
Most days or every day
(4 or more times a week)
Next
Time: 14 min

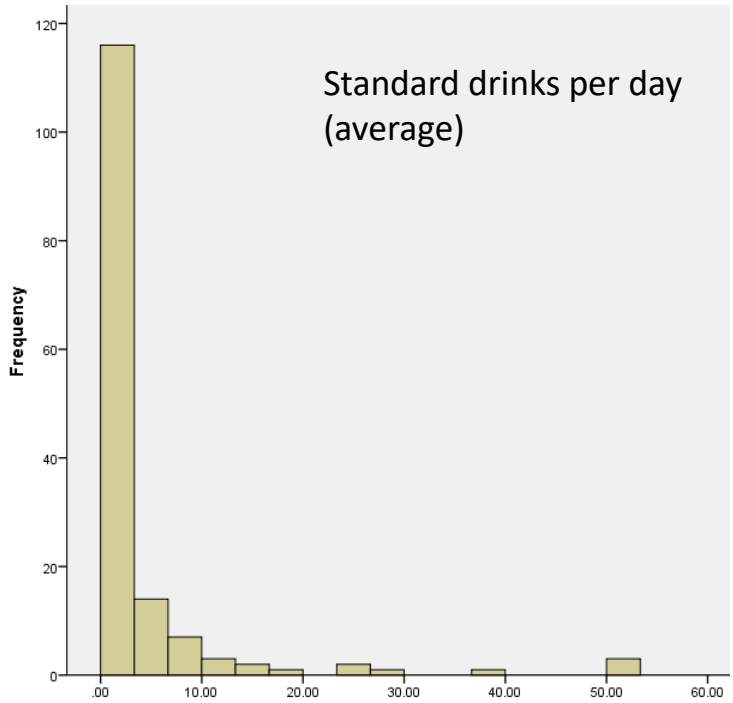
Data capture
Photo: Jimmy Perry


Past Surveys
Progress
Users
My Profile
Log out
All Sites
Urban Site
Rural/Remote Site
First time
Second time
Clinical
All Research Assistants
150/200
SA
115
100
QLD
35
100
Gender
Female
83
Male
67
Drinking status
49/40
Non-drinkers
42/80
Non-dependent drinkers
59/80
Dependent drinkers
Age
64/100
35 and under
86/100
36 and over

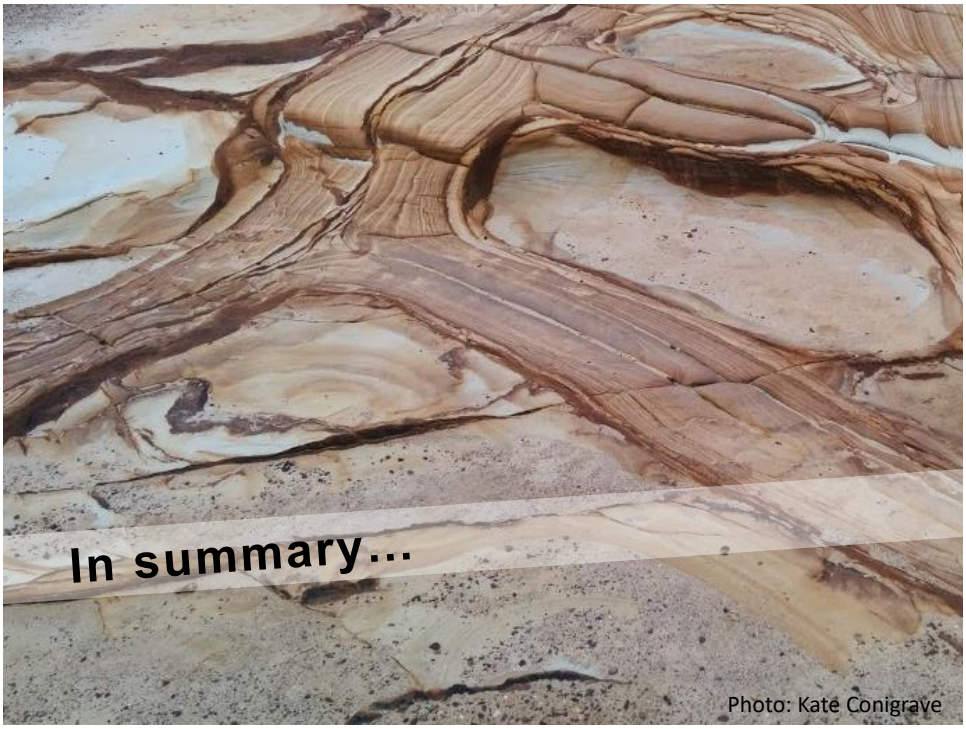
Sample case

- Woman, SA
- Last drinking day: 26 standard drinks
- Average consumption: less than 1 drink / day
  - four drinking days in five months

	grog_code	capacity	total_units
8	beer3.5-pint450	450	3
8	beer3.5Can375	375	3
8	beer3.5Stubby330	330	4
3	premixBourbon-drinkingGlass350	350	3
3	premixBourbonCola5Can375	375	3
3	premixBourbonCola5SixPack2250	2250	3
5	cocktail24-cocktailGlass180	180	1



Mean 3.7
SD 8.8
N=150



- Assessment of drinking must consider cultural context
- Electronic aids may reduce barriers like shame and assist memory and recording
- Potential value in surveys, clinics and health promotion
- Broader potential, e.g. non-English speaking or marginalised groups worldwide

Photo: Kylie Lee

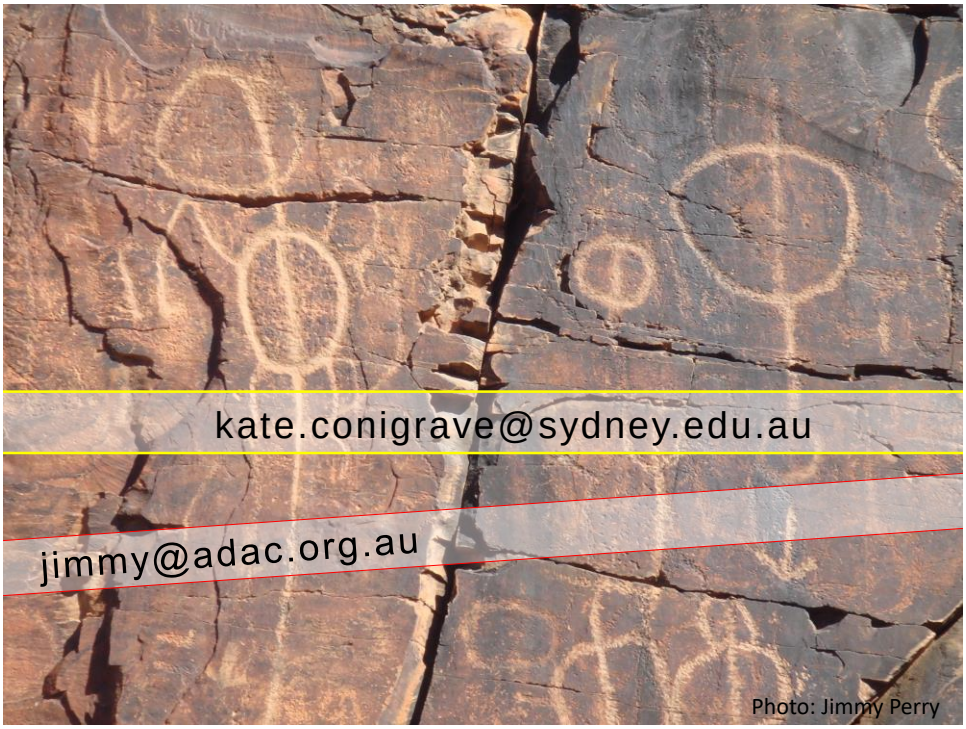

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Photo: Jimmy Perry