

AN EDUCATIONAL PROGRAM DECREASES ALCOHOL CONSUMPTION OF PARTICIPANTS

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INTRODUCTION & AIMS

The following study identifies the effect that an education program of 8 weeks have in alcohol consumption.

DESIGN & METHODS

A facilitated depression program in 3 continents had 5621 persons that finished an 8-week educational program. All participants completed, at baseline and at the end of the 8-weeks, the Depression and Anxiety Assessment Test, a previously validated 75-item self-report tool that assesses depression, anxiety, emotional intelligence, demographic data and alcohol intake. The intake of alcohol was determined using their answers to the test. The focus of one of the sessions is to educate on why addictive behaviors can affect mental health.

RESULTS

At baseline 12% (n=671) of participants (72% female, 52.5 average (SD 14.6) age) acknowledged drinking alcohol more than once a week or two drinks or more when drinking alcohol. The rest of the group was 70% female and 52.6 average (SD 15) age. By the end of the 8-week program, 59% (n=397) of the original 671 drinkers, acknowledged drinking alcohol in the pattern described above. Table 1 shows further results.

TABLE 1	n	Depression	Depression Level	Depression SD	Anxiety	Anxiety Level	Anxiety SD
Alcohol intake at baseline	671	14.8	Moderate	7.3	8.5	Upper mild	4.3
No alcohol at baseline	4950	12	Moderate	7.5	6.9	Mild	4.6
Continue alcohol intake by the end of 8 weeks	397	8.1	Mild	6.4	4.7	None	3.8
Stop alcohol intake by the end of 8 weeks	274	7.4	Lower mild	6	4.3	None	3.5

DISCUSSION & CONCLUSIONS

Those than drank alcohol in the pattern described had higher levels of depression and anxiety compared to those that did not. The educational program resulted in a decrease of alcohol intake in 41% of participants. Those that reduced their intake, their depression and anxiety improved further. Even though the program is not an alcohol reduction program it resulted in a decrease of alcohol intake by some participants.

IMPLICATIONS FOR PRACTICE OR POLICY

Educational programs can be used to help decrease alcohol intake on a large scale.

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