

MEETING ABSTRACT

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# Alcohol assessment and feedback by e-mail for university students: main findings from the AMADEUS-1 randomised controlled trial

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From International Network on Brief Interventions for Alcohol and Other Drugs (INEBRIA) Meeting 2013 Rome, Italy. 18-20 September 2013

## Background

Brief interventions can be efficacious in changing alcohol consumption and related problems and increasingly take advantage of the internet to reach high risk populations such as students.

## Aims

To evaluate the effectiveness of a brief online intervention, part of the national strategic response in Sweden, controlling for the possible effects of the research process.

## Methods

A three arm parallel groups design permitted exploration of the magnitude of the feedback and assessment component effects via randomisation to fully automated: 1) routine practice assessment and feedback; 2) assessment only without feedback; or 3) no contact and thus neither assessment nor feedback. The study was undertaken simultaneously in two universities randomizing the e-mail addresses of all 14,910 students (4,969, 4969 and 4972 respectively to Groups 1-3) who were entirely blinded to trial participation. Outcomes were evaluated after 3 months via an invitation to participate in a brief cross-sectional lifestyle survey.

## Results

Overall, 52% (n=7,809) of all students completed follow-up, with small differences in attrition between the three groups (2,546, 2,594 and 2,669 respectively in Groups 1-3). For each of the two primary outcomes, there was one statistically significant difference between groups, with Group 1

having 3.7% fewer risky drinkers at follow-up than Group 3 (P=0.006) and Group 2 scoring 0.16 points lower than Group 3 on the AUDIT-C (P=0.039).

## Conclusions

This study provides some evidence of population-level benefit attained through intervening with individual students.

## Trial registration

ISRCTN28328154

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Published: 4 September 2013

doi:10.1186/1940-0640-8-S1-A48

Cite this article as: McCambridge *et al.*: Alcohol assessment and feedback by e-mail for university students: main findings from the AMADEUS-1 randomised controlled trial. *Addiction Science & Clinical Practice* 2013 **8**(Suppl 1):A48.

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