

Discussion

Internet-based interventions for addictions: Where do we go from here?

Why study this issue?

- ◆ Most people with alcohol, tobacco and drug problems will never access treatment
- ◆ Many are interested in self-help materials
- ◆ Internet used by many people
- ◆ Potential for broad reach

What do they look like?

◆ Common elements:

- Self-test to check levels of problems
- Cognitive behavioural tools – examples:
 - ◆ Diary
 - ◆ Setting a goal
- Support group

Screener: Check Your Gambling

Check Your Gambling - Microsoft Internet Explorer

CHECK YOUR
GAMBLING

Check Your Gambling (CYG)

Page 1 of 5

This five page questionnaire is completely anonymous and has been designed to help you, your loved ones or your health care professional answer some questions you might have about gambling.

When we say gambling, we are talking about lotteries, bingo, horse racing, card playing, casino betting and all other games that involve betting money.

When you're finished you can print your [Final Report](#) or email your results directly to yourself or your health care professional. Start the CYG by filling in the following anonymous information:

Your First Name: (to protect your privacy please only use your first name or a nickname)

You are:

male

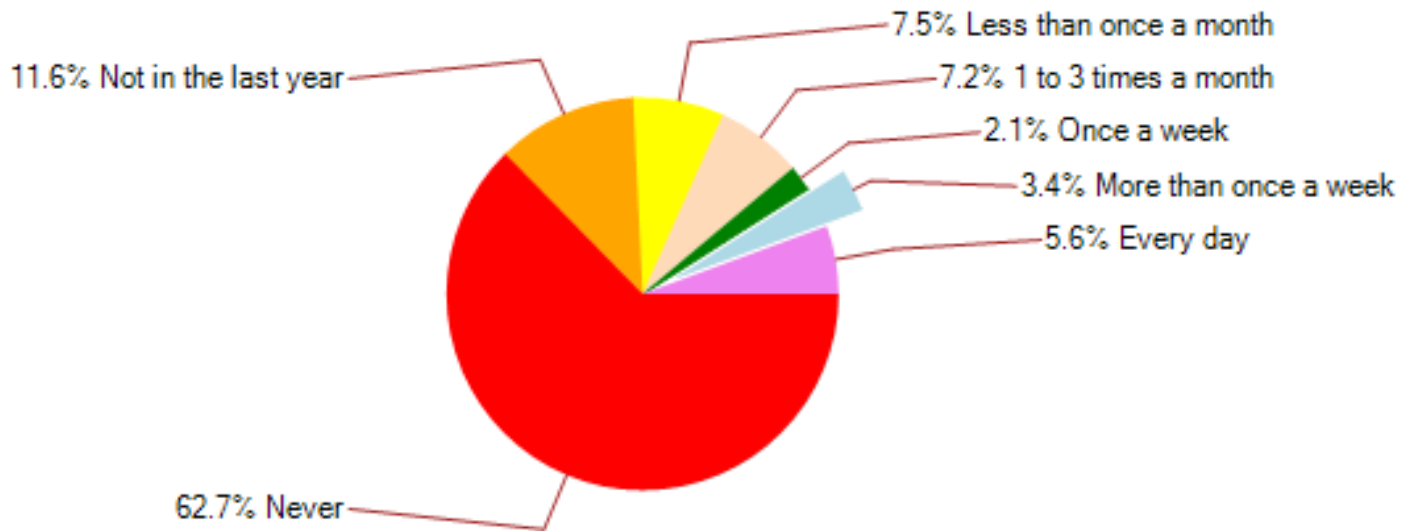
Internet

Screener: Check Your Gambling



About 37.3% of 17 year old Canadian men have used cannabis, marijuana or hashish at least once in their lifetime. This pie chart shows how often 17 year old Canadian men have used cannabis, marijuana or hashish, ever, or in the last year.

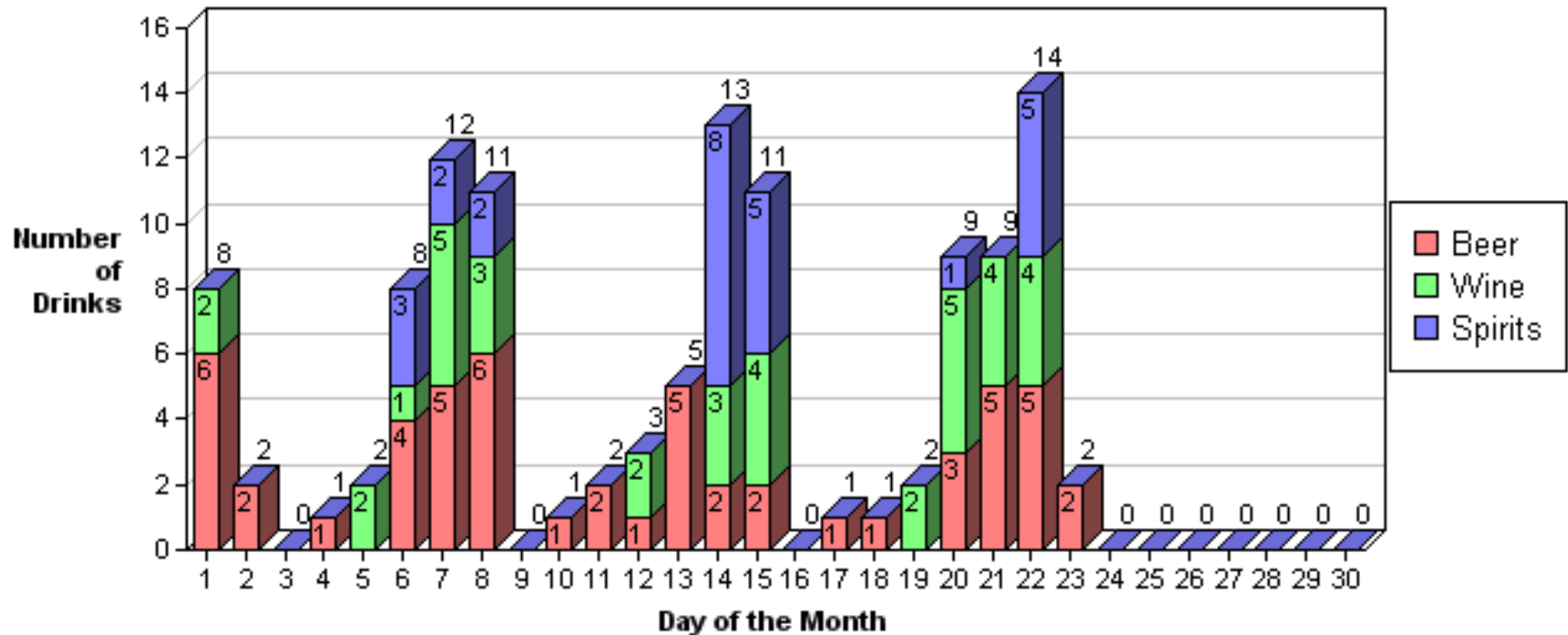
The highlighted segment is where your cannabis use fits on the chart:



You use cannabis more often than 91% of 17 year old Canadian men.

Drinking Diary

Drinks Per Day



- aling with Urges
- Health Care Professionals
- Prevalence & Symptoms
- Why Screen?
- Types of Interventions

Your Current Goal

Right now, I'm drinking 6 per day.

My goal is to: Cut down to this many drinks per week: 15

Click [here](#) to change your goal.

Do you want to change your drinking goal?

Once you've decided to change your drinking, the next question to ask yourself whether you want to cut down on your drinking or stop drinking completely.

Cutting down may not be the right goal for you if drinking at low levels causes you problems in other areas of your life. You may be the kind of person who finds it easier not to drink at all rather than having just one or two and then stopping.

We recommend that you **stop drinking completely if...**

- You're breast feeding, pregnant or trying to conceive
- You're taking medications that should not be mixed with alcohol
- You've a health problem that gets worse by drinking, like high blood pressure
- You know from experience that you never stop after one or two drinks
- You've ever experienced severe withdrawal symptoms, like hallucinations or shakes.

Cutting down makes sense if...
















- You've been able to control your drinking in the past
- You've never experienced severe withdrawal symptoms
- You're willing to learn to control your drinking.

Change Your Goal

Right now, I'm drinking drinks per day.

My new goal is to:

- Cut down to this many drinks per week:
- Stop drinking altogether
- I'm not sure what my goal is at this point

The AHC Support Team.	
<p> Liz</p> <p>Posts: 17 Joined: 2/7/2006</p> <p>Add Buddy</p> <p>168993</p>	<p> 2/15/2006 3:05 PM </p> <p>Hi SoftballDiva, well done you, it takes a great deal of strength to be among people who are drinking when you are not. I didnt go out at the weekend but my son and his girlfriend cooked supper at home on Sunday night and they drank two bottles of wine and I didnt weaken. I felt very low and quiet over the weekend and just wanted to retreat inside myself, but I simply put it down to withdrawal effects and told myself it will get better and it has - I do feel alot better now - so its 9 today 😊 I hope you are having a good week - keep strong I know you can do it - take care - Liz</p>
<p> softballDiva</p> <p>Posts: 32 Joined: 2/8/2006</p> <p>Add Buddy</p> <p>168994</p>	<p> 2/15/2006 3:17 PM </p> <p>Liz... don't you feel bad ONE BIT!!! I too had some low moments and felt like I just wanted to be by myself. I don't think it's withdrawls hon.. I think it your mind coming to grips with what need to be changed and realizing what you have gone thru kinda makes you feel bad. It will pass.. don't let it get you down. I have the same moments and I immediately think about the smart decision I made to grab control of my life. It makes you a stronger person hon... hang in there!!!</p>
<p> softballDiva</p> <p>Posts: 32 Joined: 2/8/2006</p> <p>Add Buddy</p> <p>168992</p>	<p> 2/18/2006 8:51 PM </p> <p>I slipped.. but i don't feel bad about it one bit. I set a goal for myself of 30 days with out drinking... just to prove a point to myself. Last night I had 3 beers. I felt guilty with the first one and so I said.. well I've broken my rule. But by the time I got to the third one I told myself "that's enough.. start controlling it by saying that's enough" Even though I broke my own rule.. i was proud of myself for telling myself to stop. My ultimate goal was to get it under control.. and even though i broke the rule... I still was able to make a GOOD decision to say "no thank you.. may I have a soda". I was a little disappointed but overall.. very happy with myself!! So yes.. we all slip on our goals.. its just how you deal with the slip after it happens that makes us stronger! I hope everyone else is doing well with their goals!!</p>
<p> birdiespay</p> <p>Posts: 8 Joined: 1/28/2006</p> <p>Add Buddy</p> <p>168904</p>	<p> 2/19/2006 10:28 PM </p> <p>SoftballDiva, Thanks for your kind words and thoughts. As you read I slipped, but the more I thought about it, it wasn't the end of the world. The only thing that I felt really bad about was - I was alone it was not social. I'm really trying to break old habits and I've succeeded in a few ways. Like you mentioned, I believe we all don't want to give up drinking, we just want to know our limit - and stick with it. Well it has been about 6 days and I've not gone past my two beer limit in a day, but also too I've not had a beer this weekend. It's been great sharing and hearing all the successes in this site, and thanks to all for opening up your thoughts and feelings to complete strangers, but were not strangers in my mind. Continued success and integrity. BirdiesPay</p>
<p> Liz</p> <p>Posts: 17 Joined: 2/7/2006</p> <p>Add Buddy</p> <p>168993</p>	<p> 2/22/2006 4:26 PM </p>

Complexities with evaluations

- ◆ Translating face-to-face interventions to an online format
- ◆ Difference of participant behaviour in online and face-to-face settings

Research Designs

- ◆ Research where program is given face-to-face
 - Problem – external validity
- ◆ Studies where respondents are recruited over the Internet
 - Studies with no randomly assigned control group
 - Problem – low follow-up rates
- ◆ Recruiting by email, mail, telephone
 - Problem – will the person access the intervention?

[Print](#) printer friendly version of Final Report

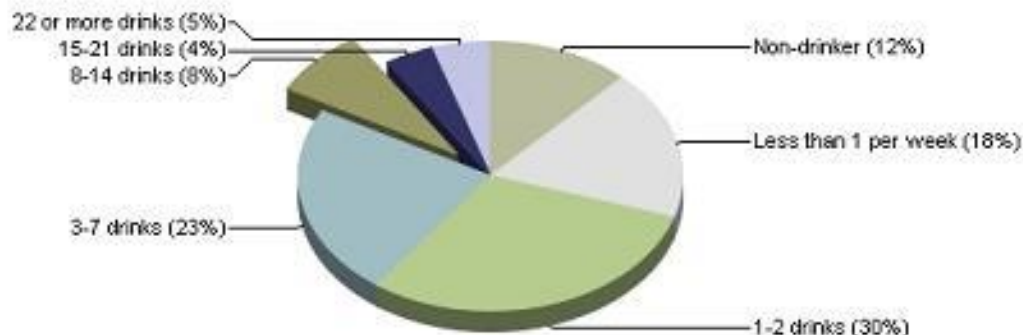
[Email](#) email this report to yourself or your physician

Final Report For Ryan

The average number of drinks you reported consuming per week was 9.

How do you compare to males your age from Canada? The highlighted slice of the pie chart below is where your drinking fits compares to other males in your age range from Canada.

Average drinks per week for males aged 25 - 34 from Canada



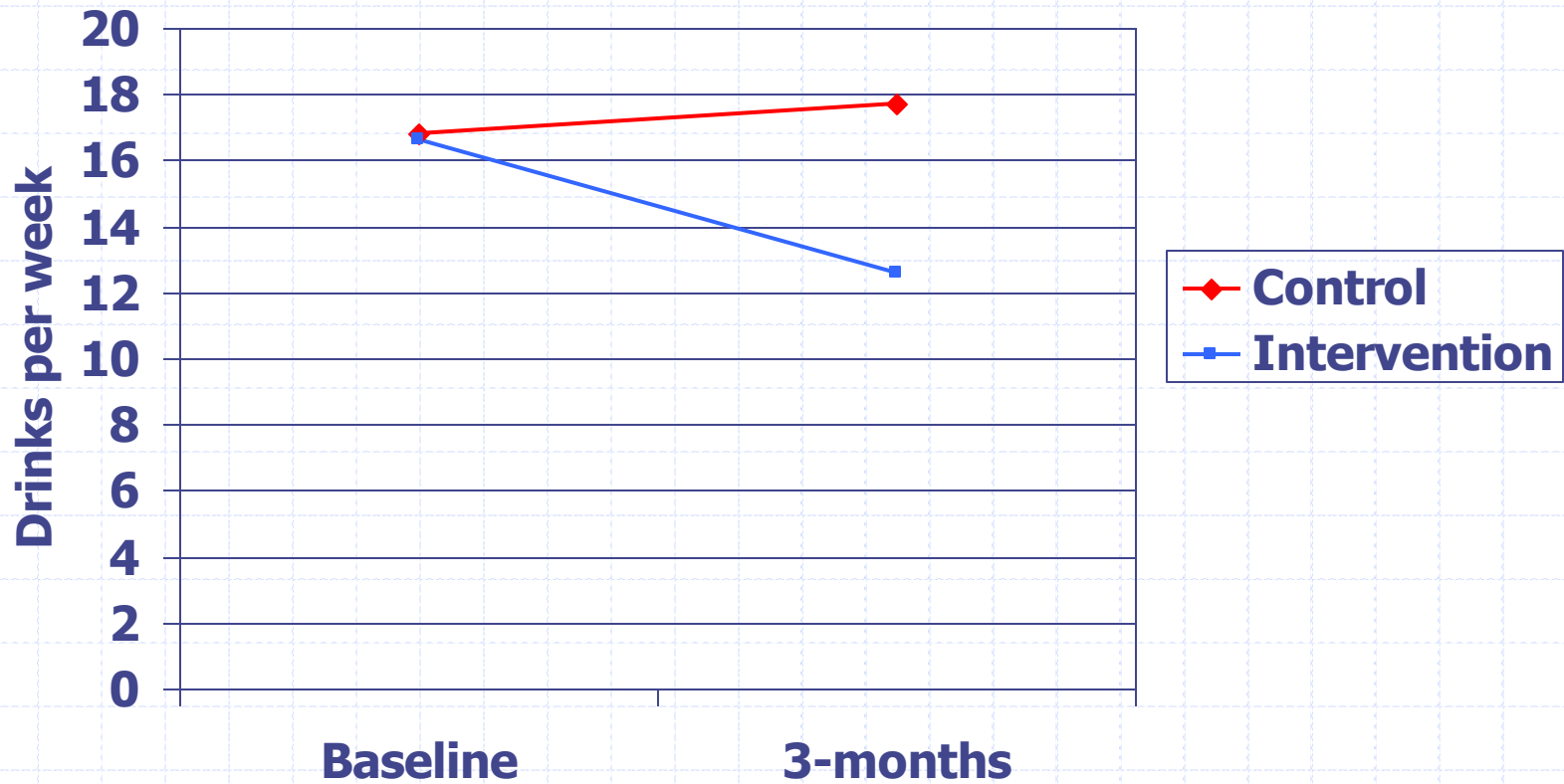
Within the last twelve (12) months:

- You reported drinking on approximately 13.2% of days in the last year.
- You reported that you drank a total of 468 drinks in the last year.

This also means that:

- You spent approximately £1591.2 in the last year, depending on where you drink (at home, in a bar, etc.).
- You consumed (on average) 100 calories from alcohol on days that you drink. Based on the total amount of drinking you had enough alcohol to add roughly 13 pounds to your weight in the last year. **Note:** One drink has about 100 calories and 3,500 calories roughly equals 1 extra pound of weight.
- You also reported that within the past year, the greatest number of drinks you had on one occasion was 6 drinks.

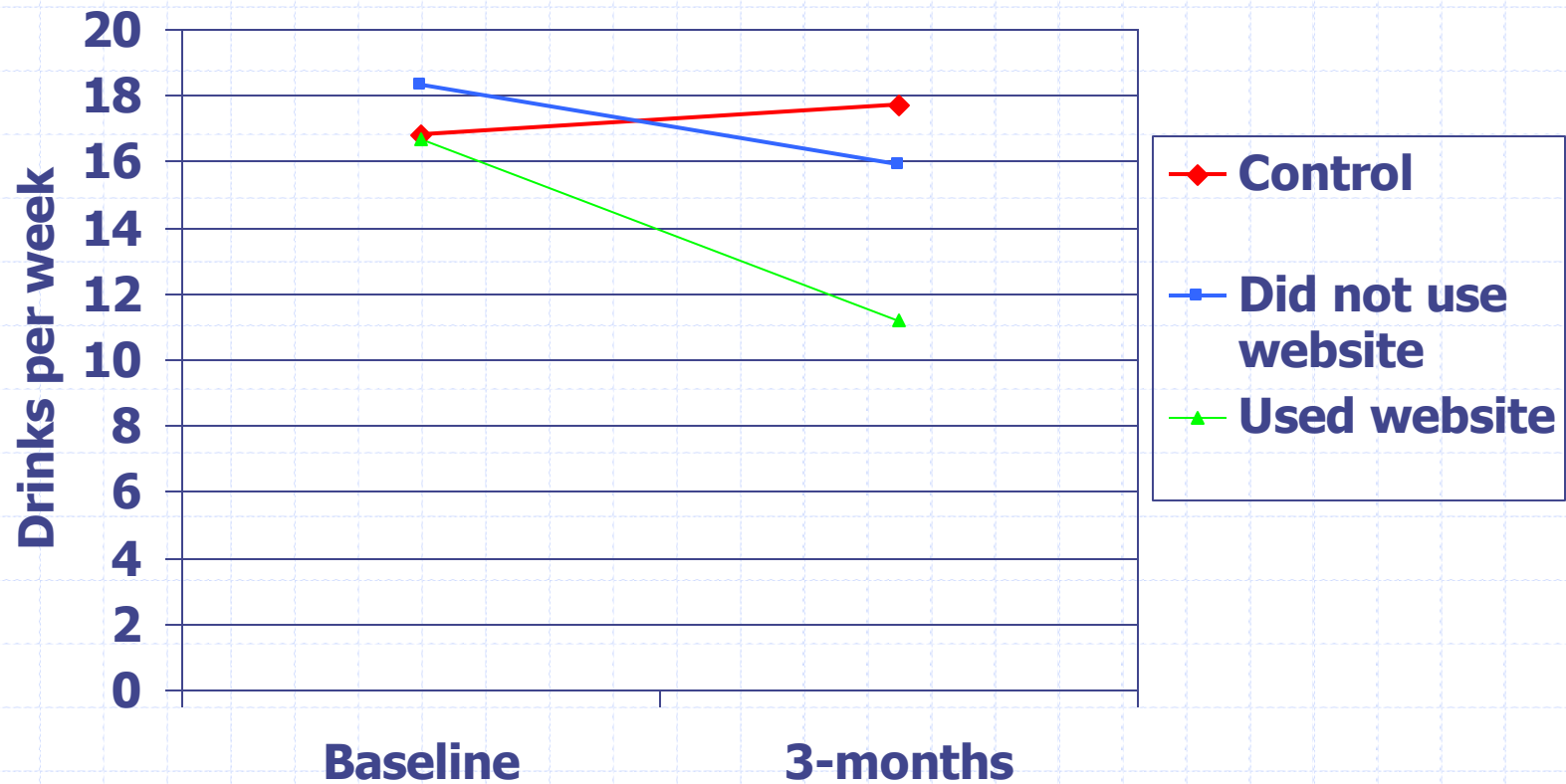
3-month follow-up data



Issues running the study

- ◆ One-third of people assigned to experimental condition are not accessing the website

3-month follow-up data



Issues running the study

- ◆ One-third of people assigned to experimental condition are not accessing the website
 - Change research question to impact of providing access to the website rather than of having used the website
 - Do sub-group analyses comparing drinking outcomes of those who do or do not access the website

Other research designs

◆ Walters and colleagues

- Delay randomization until after person has signed on to Internet site
 - ◆ Leads to some loss of respondents
 - ◆ But allows better control over randomization

Population Impact?

First, need to show

- Internet-Based Interventions work
 - Enough people use them for potential population impact
- ◆ How to attribute change in drinking at the population level to the presence of an Internet-based intervention?

Funding and Conflict of Interest

◆ Sources of Funding:

Centre for Addiction and Mental Health

Canadian Institutes of Health Research

National Institute on Alcohol Abuse and Alcoholism

V-CC Inc.

◆ Conflict of Interest

Dr. Cunningham has acted as a paid consultant to V-CC Inc., the owner of the Alcohol Help Center, Check Your Gambling, and Check Your Cannabis software.