

Effect of "tailored goal oriented community brief intervention model" on AUDIT reduction in Thai communities.

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ABSTRACT The present study aimed to test the result of Tailored Goal oriented Community Brief Intervention Model (TGCBI) the change of Alcohol Use Disorder Identification Test (AUDIT) scores. A quasi-experimental research comparing between two high drinking prevalence communities in Lop Buri Province, Thailand, an intervention group with TGCBI Model, and a control group without TGCBI. The TGCBI is a treatment that lies on three components. Firstly the TGCBI based on FRAMES consisting of Feedback, Responsibility, Advice, Menu of Option, Empathy, and Self-Efficacy Secondly, drinkers must voluntarily set-up their goal and drinking reduction design suitable for them and their community. Lastly, key informants such as monks, health personnel, family, and friends can be a source to complete the FRAMES. Measurements are done using AUDIT scores. Fifty subjects in control and forty-seven in intervention drinkers completing 1, 3, and 6 monthly intervals were followed-up. The follow-up of the change of AUDIT score after 1, 3, and 6 months of TGCBI in the two communities showed that intervention community, with TGCBI had a decrease in AUDIT score when compared within its community and with a controlled community.

The results proved TGCBI model is effective in AUDIT reduction.