

Effectiveness of a Tailored Goal Oriented Community Brief Intervention (TGCBI) in Reducing Alcohol Consumption Among Risky Drinkers in Thailand: A Quasi-Experimental Study.

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ABSTRACT Objective: An intervention to reduce the average alcohol intake and the number of drinking days in risky drinkers was conducted in a quasi-experimental study in two communities (intervention and control communities) in Lop Buri Province, Thailand. Method: The participants were risky drinkers (with scores ranging from 8 through 19 on the World Health Organization's Alcohol Use and Disorders Identification Test) ages 19-65 years. In the intervention community, individual participants set their own drinking-reduction goals, and each participant received a Tailored Goal Oriented Community Brief Intervention (TGCBI) administered in four sessions over 2 months. The number of drinking days and the average alcohol intake during the past 30 days were measured before the intervention and at 1, 3, and 6 months after it. Complete data were available from 47 intervention and 50 control participants. Intervention effects at each post-intervention time were assessed with linear mixed models. Results: Baseline sociodemographic characteristics showed no statistically significant differences between the two groups ($p > .05$). At baseline, M (SD) days of drinking and average daily alcohol intake were 12.9 days (10.5) and 20.4 g (19.2), respectively. The intervention was associated with a substantial reduction in both measures at each post-intervention time, and magnitudes of reduction increased with increasing time. Modeled intervention-related reductions in drinking days at successive post-intervention times were 5.1 ($p = .031$), 7.4 ($p = .001$), and 9.0 days ($p < .001$). Corresponding reductions in daily alcohol intake were 16.5, 17.4, and 25.0 g ($p < .001$ at 1 month, 3 months, and 6 months, respectively, after the intervention). Adjustment for potential confounders and inclusion in the analysis of participants with missing data made little difference in modeled intervention effects. Conclusions: TGCBI was associated with a substantial and significant reduction in drinking days and average alcohol intake through 6 months after the intervention. TGCBI could well prove beneficial for risky drinkers both inside and outside Thailand. (*J. Stud. Alcohol Drugs*, 74, 311-319, 2013).