

DISSEMINATION AND SUSTAINABLE IMPLEMENTATION OF WEB-BASED INTERVENTIONS FOR THE PREVENTION OF HARMFUL SUBSTANCE USE AMONG GERMAN UNIVERSITY STUDENTS – PRELIMINARY RESULTS OF THE DIOS-PROJECT

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Background



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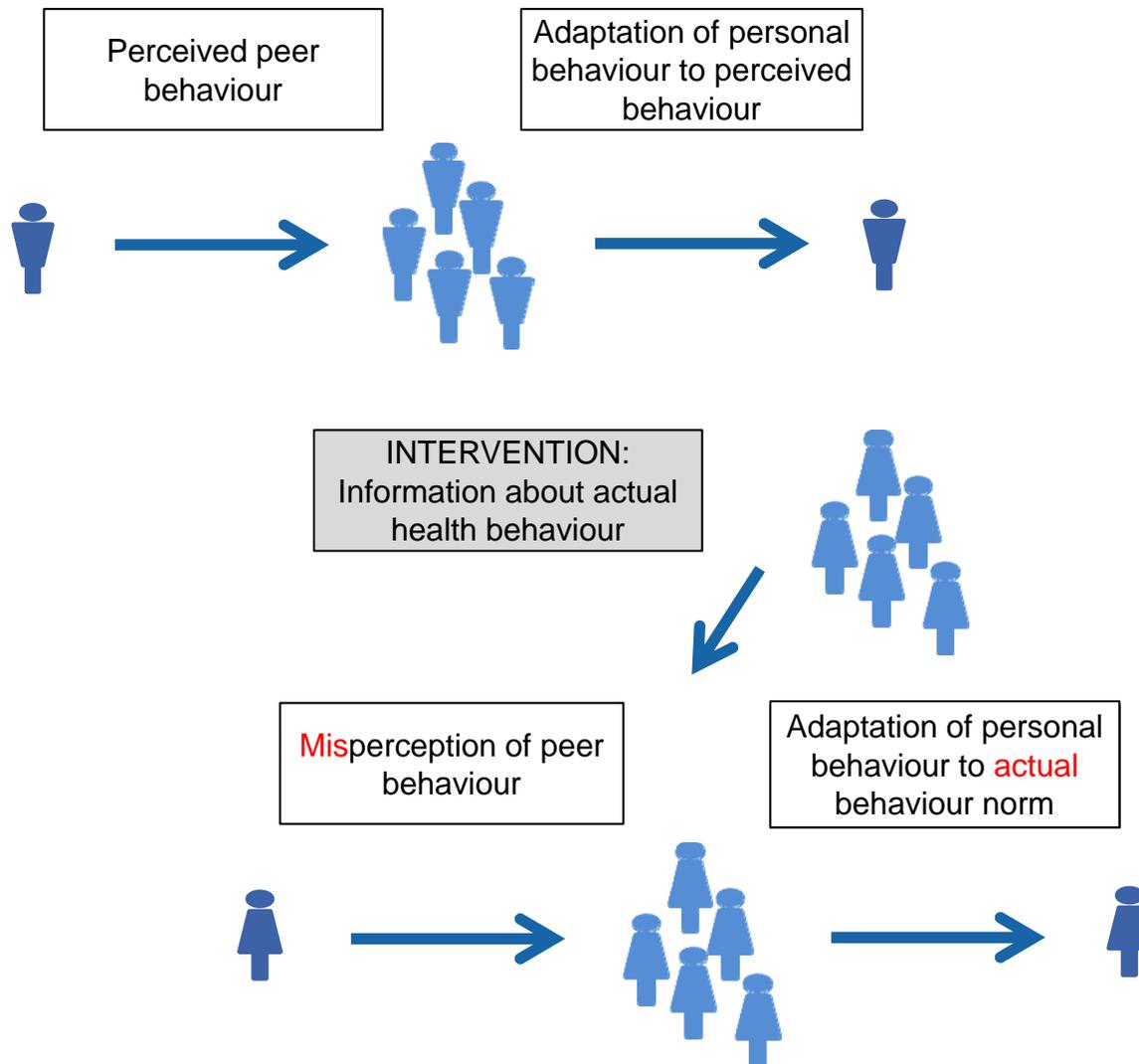
- Substance use is a public health issue among university students in Europe, including Germany
- Numerous consequences of substance abuse reported for German student populations (health, academic performance, social relationships)
- Relevance of social norms for substance use demonstrated in previous studies,
 - i.e., misperceptions of peer substance use are an important predictor for higher rates of personal substance use among university students
- **Lack of effective (,social norms‘) interventions in Germany to prevent, delay or reduce substance use among young adults, in general, including university students**

Background

- German Federal Ministry of Health funded development, implementation, and scientific evaluation of various web-based interventions for the prevention and/or reduction of harmful substance use in German university students
- Three web-based interventions developed during funding period (Apr 2013 – Dec 2015)
- Two controlled intervention studies demonstrated effectiveness of two web-based ‘social norms’ interventions (i.e., ISPI, eCHECKUP TO GO - German version) in reducing alcohol and cannabis use in this population



Background: Social Norms Interventions



Feedback

- > HAW - Hamburg - weiblich
- > Alkohol
- > Tabak und Shisha
- > Cannabis
- > Nicht verschriebene Medikamente zur akademischen Leistungssteigerung
- > Nicht verschriebene Beruhigungs- und Schlafmittel
- > Weitere Substanzen

Cannabiskonsum in den letzten zwei Monaten

Sie haben gesagt:



"Ich habe in den letzten zwei Monaten keinen Cannabis genommen."

"Ich denke, 20% der weiblichen Studierenden der HAW Hamburg haben in den letzten zwei Monaten mindestens einmal Cannabis genommen."

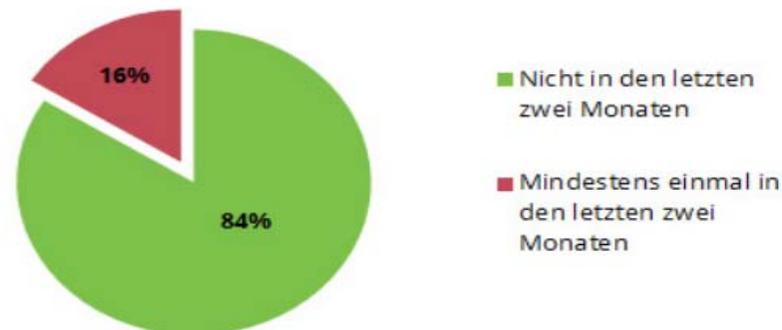
Die Mehrheit (52%) sagt:



"...dass **mindestens 40%** der weiblichen Studierenden der HAW Hamburg in den letzten zwei Monaten **mindestens einmal Cannabis genommen haben.**"

Tatsächlich...

...hat der Großteil der weiblichen Studierenden der HAW Hamburg in den letzten zwei Monaten **kein Cannabis genommen.**



Wussten Sie, dass...

...87% der weiblichen Studierenden der HAW Hamburg es **nie OK** finden, Amphetamine/ ähnliche Stimulantien (z.B. Speed, Pep, Meth, Crystal) zu nehmen?!

German Version of the Alcohol eCHECKUP TO GO



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- Online prevention & intervention program (designed by San Diego State University) to reduce harmful alcohol use at individual and population-levels.
- Original version translated into German and adapted by the Esslingen University of Applied Sciences
- Personalized feedback to each student regarding:
 - Individual drinking patterns
 - Specific health & personal consequences
 - Unique personal & family risk factors
 - Information re: campus & community support and emergency services
- Students receive campus-specific social norms information (if available).

Hochschule Esslingen
University of Applied Sciences

echeckup ALKOHOL TO GO

Willkommen

WILLKOMMEN ZUM ALKOHOL eCHECKUP TO GO AN DER HOCHSCHULE ESSLINGEN

Das Alkohol eCHECKUP TO GO gibt Ihnen eine exakte und persönliche Rückmeldung bezüglich ...

- ✓ ... Ihres individuellen Trinkverhaltens, dem Trinkverhalten Ihrer Mitstudierenden und inwiefern sich diese voneinander unterscheiden.
- ✓ ... den Auswirkungen Ihres Alkoholkonsums auf Ihren Körper und Ihren Geldbeutel.
- ✓ ... Ihres Risikoverhaltens.
- ✓ ... Ihrer Wünsche und Ziele
- ✓ ... hilfreicher Einrichtungen

Die deutsche Adaption erfolgte mit Unterstützung des Bundesministeriums für Gesundheit

Diese Version von eCHECKUP TO GO ist lizenziert. Wenn Sie kein Mitglied dieser Webseite sind, können Sie sich hier registrieren.

Mehr Informationen

ALCOHOL & TABAK

Standardgetränk

Ein Standardgetränk Bier entspricht 250 – 300 ml Bier, je nach Alkoholgehalt des Bieres.

Bei Starkbier können bereits 200 ml einem Standardgetränk entsprechen

IHR TRINKPROFIL

SIEHE SEITE 1 VON 10

Ihre Trinkmuster

Sie trinken 70,0 Standardgetränke pro Monat.

In einer durchschnittlichen Woche trinken Sie 35,0 Standardgetränke

Gesundheitliche, soziale und kognitive Probleme können auftreten, wenn Menschen zu viel Alkohol trinken. Aktuelle Forschungen zeigen, dass erwachsene Männer, die fünf oder mehr Standardgetränke an einem beliebigen Tag in einem Zeitraum von zwei Wochen trinken, sowie erwachsene Frauen, die vier oder mehr Standardgetränke an einem beliebigen Tag in einem Zeitraum von zwei Wochen trinken, ein höheres Risiko für alkoholbedingte Probleme haben.

Wie ist Ihr Trinkverhalten im Vergleich zu anderen Männern in Deutschland?

95,2% 93,2% % der deutschen Männer trinken weniger als Sie in einer durchschnittlichen Woche.

Hieran können Sie sehen, wie viel Prozent der Männer in Deutschland in einer durchschnittlichen Woche weniger trinken als Sie. Diese Information beruht auf der Datenerhebung der Drogenaffinitätsstudie 2011 der BZgA.

Ihr BAK-Level

IHRE geschätzte höchste Blutalkoholkonzentration während einer durchschnittlichen Woche beträgt: 0,9 %

IHRE geschätzte höchste Blutalkoholkonzentration bei der Gelegenheit, bei der Sie am meisten getrunken haben, betrug: 3,2 %

Was ist BAK?

BAK

M DEIN MASTERPLAN

ABSCHLUSS STATT ABSCHUSS

Du möchtest Lernstress oder Prüfungsangst bewältigen? Die Motivation für dein Studium ist verschwunden, du kämpfst mit Schreibblockaden oder hast Zweifel an deinem Studium? Dann hilft dir „Dein Masterplan“ weiter!



Filmsteuerung und Optionen anzeigen



Prüfungsangst



Schreibprobleme



Lernstress



Konzentrationsstörungen



Motivationsprobleme



Zweifel & Depressionen

TIPPS



TESTE DICH



ONLINEBERATUNG

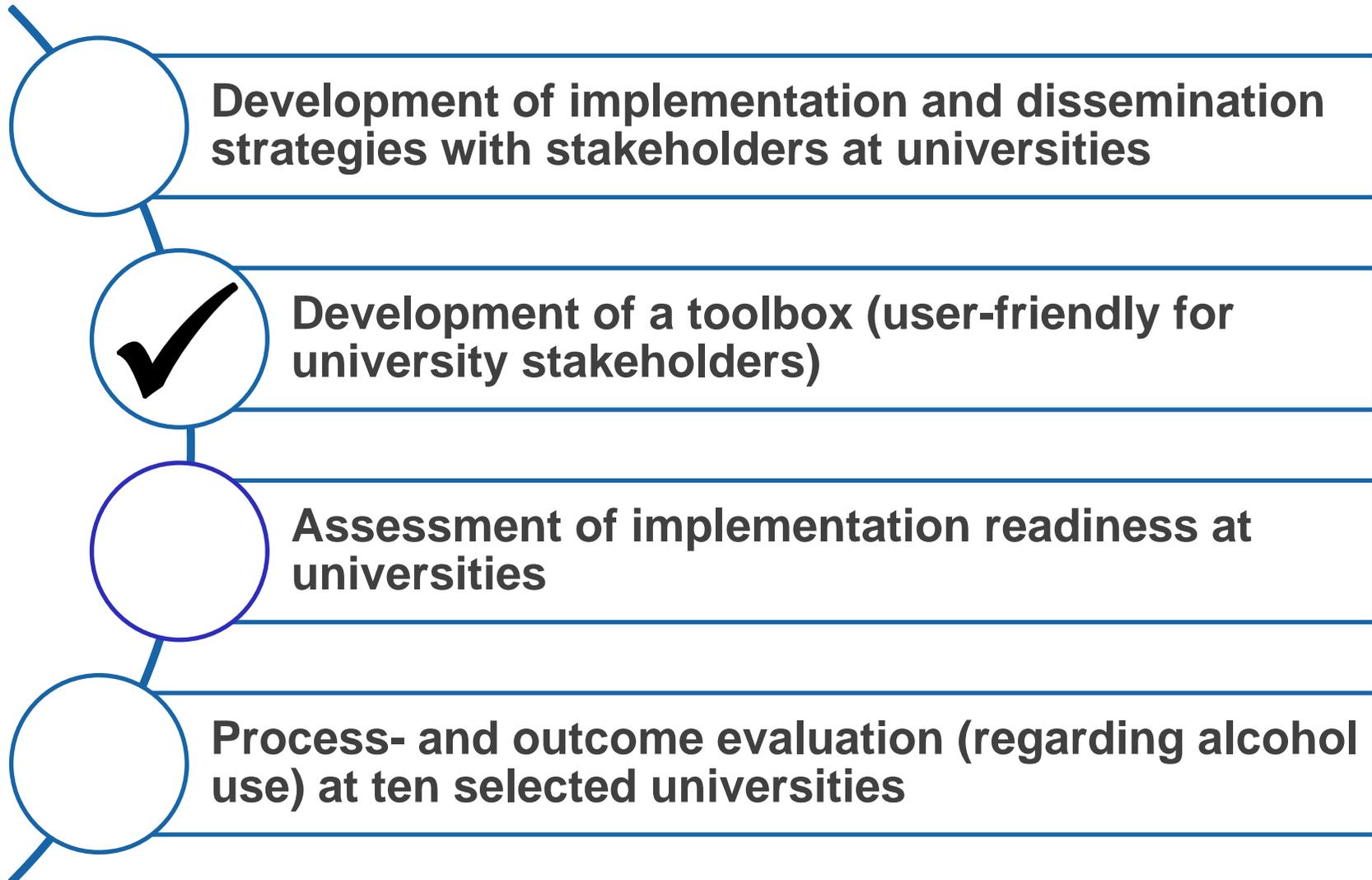


DIOS- Project (Feb 2015 – Jul 2017)

- To develop a strategy with university stakeholders for broadly disseminating the previously tested interventions
- To develop a toolbox including the interventions
- To assess the current status of web- and non-web-based substance use prevention programs at 10 selected universities
- To implement ISPI and eCHECKUP TO GO – German version at these universities, using a participatory approach



Work Packages



Toolbox

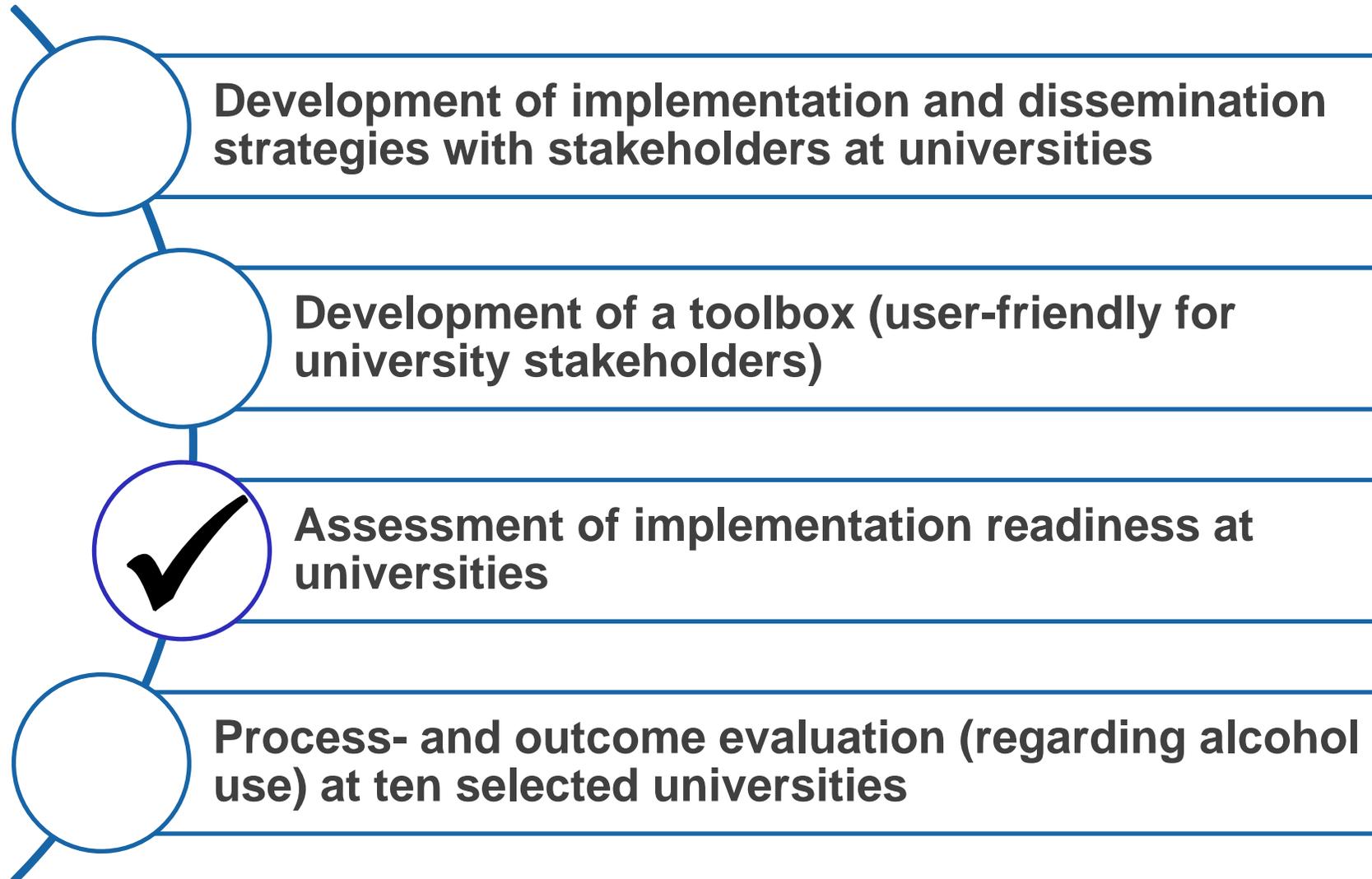


Peer-Counseling*

Prevention	Universal	Setting-specific	Setting-specific	Setting-specific
Substances	Licit and illicit drugs	Licit and illicit drugs	Alcohol	Alcohol
Pre-requisites	None	Coaching und support in recruitment and implementation of intervention	Licensing	Training and certification of peer counselors
Implementation	Available online	Instructions in toolbox	Instructions in toolbox	Instructions in toolbox

***Can be added to ISPI and eCHUG, fosters integration of ISPI and eCHUG in the university setting.**

Work Packages



Assessment of Implementation Readiness at Universities in DIOS-Project



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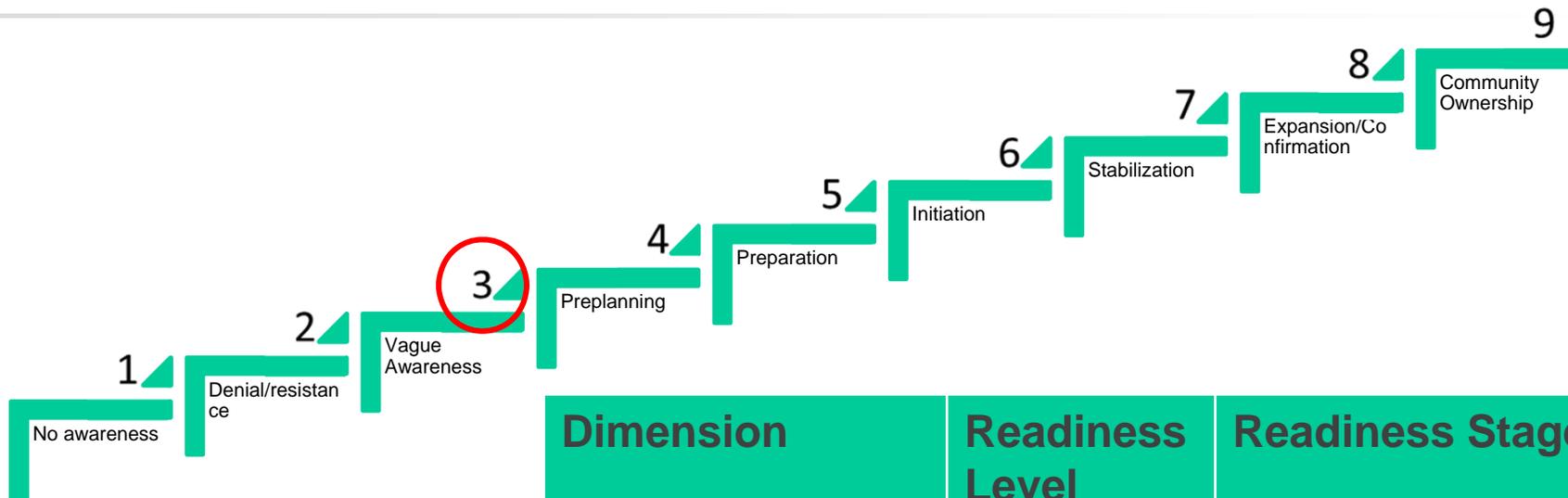
(1) Community Readiness Tool (Stanley et al., 2014) adapted for university setting:

- Existing knowledge among students re: campuswide interventions/efforts
- Key persons/organizations in the setting promoting or implementing programs/strategies
- University climate
- Existing knowledge of students regarding issue
- Existing resources

(2) Qualitative interviews with stakeholders from 10 universities

- 4 stakeholders per university (administration, counseling services, student parliament or organizations, health experts)
- Scoring of transcripts by two independent raters using defined scoring rules
- Determination of score for university readiness
- Recommendation for an intervention from the toolbox

Interview > Recommendation > Implementation



Dimension	Readiness Level	Readiness Stage
Knowledge of Efforts	3.04	Vague Awareness
Leadership	3.42	Vague Awareness
University Climate	2.63	Denial/Resistance
Knowledge of the Issue	2.63	Denial Resistance
Ressources	3.42	Vague Awareness
Overall Score	3.03	Vague Awareness

Interview > Recommendation > Implementation

Readiness	Aim	Actions	Recommendations
Stage 1-3	Increase awareness of health risks	Spread information online or via media campaigns	 <p>information or generalized normative feedback</p>
Stage 4-7	Introduce preventive interventions and prepare for implementation	Advertise interventions; provide information to stakeholders and target group regarding interventions	
Stage 8-9	Extend preventive interventions	Implementation of web-based interventions; training and certification of peer counselors	

Conclusions



- Development of stakeholder networks in favor of implementing and maintaining web-based interventions for the prevention and reduction of substance use at selected universities
- Participatory approach involving stakeholders at early stage and tailored recommendations based on implementation readiness assessment may increase intervention ownership in future
- Participating universities may serve as flagships for other universities

Thank you for your attention!

www.bips.eu/en

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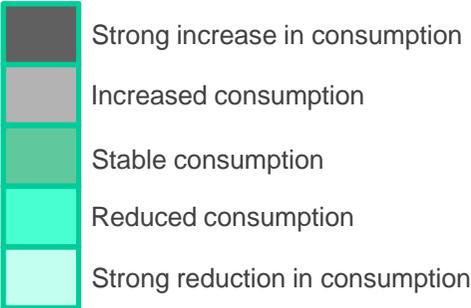


Intervention Efficacy

Changes in Frequency of Alcohol Consumption



Frequency of Consumption	T1	Control			Intervention		
		Max. 1x/month	2-8x/month	At least 3x/week	Max. 1x/month	2-8x/month	At least 3x/week
T0							
Max. 1x/month		78.7%	21.3%	0.0%	85.1%	14.9%	0.0%
2-8x/month		9.9%	74.8%	15.3%	20.7%	65.4%	13.9%
At least 3x/week		0.6%	27.8%	71.5%	8.3%	31.7%	60.0%



Intervention efficacy

Students at intervention universities compared to those at control universities have a

- **1,59** (95% Konfidenzintervall [KI]= 1,16-2,17) chance of **not increasing alcohol consumption**
- **1,37** (95% KI=1,09-1,72) increased chance of **no increases in episodes of drunkenness**
- **1,37** (95% KI=1,04-1,82) increased chance of **not increasing cannabis consumption**

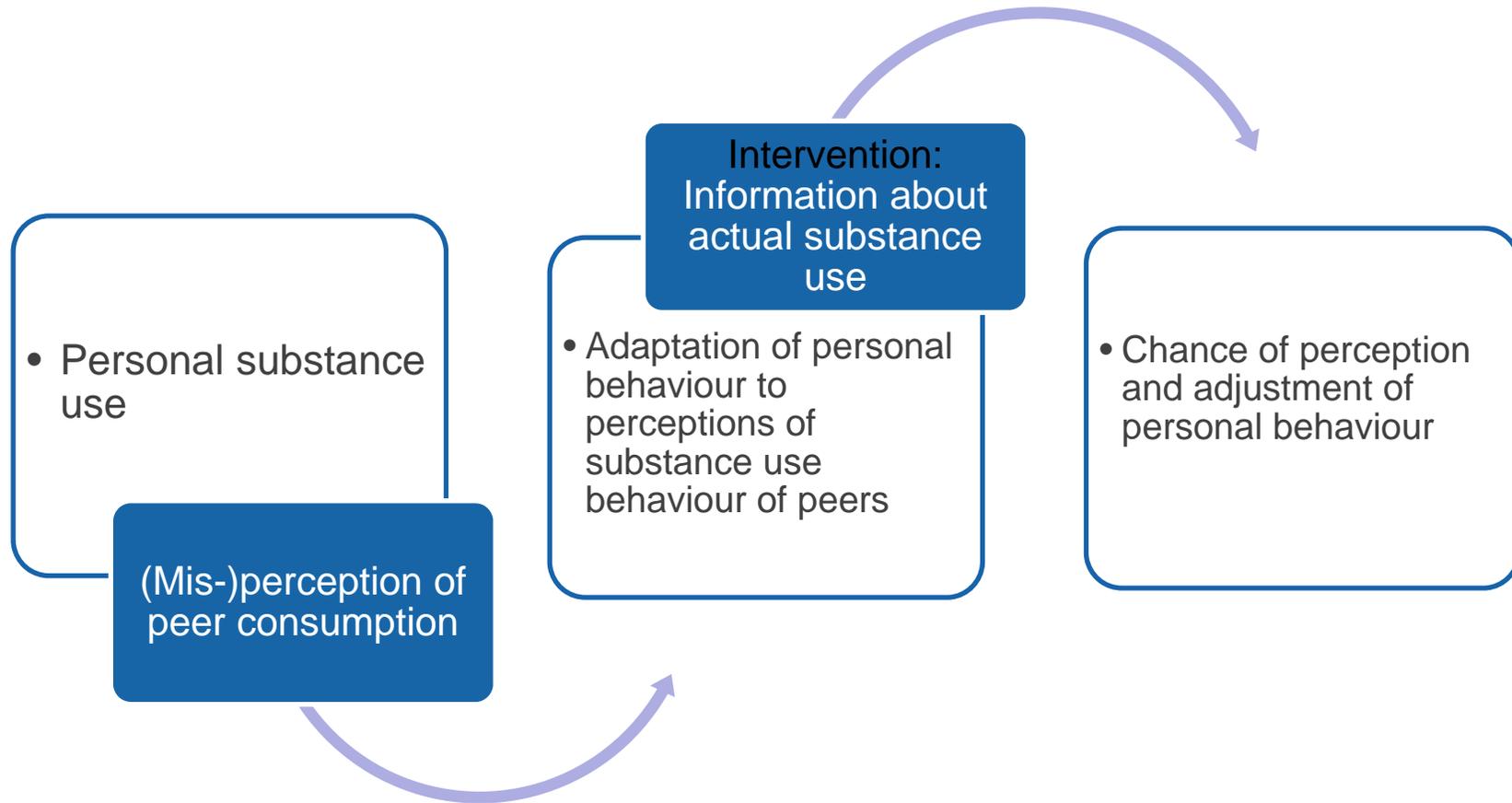
German Version of Alcohol eCHECKUP TO GO – Research



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- Ganz, T., Braun, M., Laging, M., Schermelleh-Engel, K., Michalak, J., & Heidenreich, T. [planned publication in 2017] Web-based alcohol prevention in German university students: A randomized controlled trial
 - RCT (fully automated, web-based, with equal randomization, parallel-group study; conditions: treatment vs. assessment-only)
 - Trial record: NCT02453971 (ClinicalTrials.gov)
 - Initial sample at baseline: n = 971
 - Follow-ups: 3-month and 6-month
 - Primary outcome: 'Alcohol consumption' measured by quantity of standard drinks and frequency of binge drinking occasions during the last four weeks
 - Results: Positive significant between group effects on students' alcohol consumption (after three and six months), supporting students that completed the German eCHUG compared to the assessment-only condition.

Background

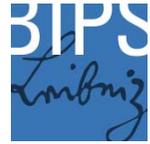


Student Peer Counseling

- Die Prävention von Studierenden für Studierende ermöglicht:
 - eine Sensibilisierung und Enttabuisierung des Themas des riskanten Alkoholkonsums im Setting Hochschule.
 - die Bewerbung des eCHUG / ISPI und bei Bedarf eine Vermittlung an eine passende Beratungsstelle.
- Hohe Akzeptanz und Attraktivität bei den Peerberater*innen; sehr gute Resonanz durch die angesprochenen Studierenden.



Assessment of Implementation Readiness



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- **Community Readiness Assessment (CRA, Stanley 2014)**
 - Transtheoretical Model of Behavior Change by Prochaska & Di Clemente
 - Originally developed for alcohol –and drug use prevention programs
 - Five dimensions:
 - community knowledge of efforts
 - leadership
 - community climate
 - community knowledge of the issue
 - Ressources
 - Score ranging from 1 (no awareness) to 9 (community ownership)
 - Variations in levels of readiness may affect implementation and long-term support of a program / project

Interview > Recommendation > Implementation

- Conduct interviews (n=10 universities)
- Provide recommendations for informational activities and capacity building
- Train stakeholders in the implementation of interventions from toolbox
- Monitor implementation processes and assess changes in alcohol use