

Recent research at STAD -any lessons to learn?

Mats Ramstedt, STAD
(Stockholm prevents Alcohol- and Drug problems)

Presentation at the National policy with local implementation

National Conference 2012, Telling Europe's Story 12-13

Outline of presentation

1. Short presentation of STAD

2. Examples of current research at STAD:

- ANDT-general population survey
- Web-based support for children in families with drinking problems
- Community intervention project to reduce drinking and violence at student parties in Stockholm

Background of STAD

Start: STAD was founded in 1995 as a 10 year project called the “STAD-project” after a decision in the Stockholm county council 1994.

Aim: identify, develop, and evaluate promising methods for prevention of alcohol- and drug-related problems

Focus: prevention at local level, primary and secondary prevention – not treatment.

Three major arenas for prevention

- **Young people:** e.g. Strengthening families program, prime for life
- **Health care:** Screening and brief intervention in primary care
- **Restaurants/nightlife:** Community interventions such as Responsible Beverage Service - “STAD-project”

STAD became permanent in 2005 - today a program within the Center for Psychiatry Research (KI/SLL).

23 people

- 8 PhDs and 5 PhD-students
- 10 project coordinators, educators/trainers, administrators

FUNDING

Core funding from the Stockholm County council accounting for 15% of the budget – rest external funding.

Three major themes at STAD today

- 1. Population studies of use and harm e.g.** general population surveys, harm to others, youth drinking, alcohol and drug mortality
- 2. Prevention and evaluation** with focus on parental support, relatives/children to abusers e.g. parental programs, support to children in families with problems
- 3. Prevention and evaluation** with focus on nightlife and gyms and e.g. Responsible beverage service, Clubs against drugs, 100% pure training (doping)

1. A general population survey of use and harm related to ANDT

- Little research on dependence/abuse and “H2O” in Sweden – results in this study serve as an indicator in the follow-up of the Swedish ANDT-strategy .
- Data collected by combined postal/web survey in Feb-may 2013 – report sent to the Ministry of health and social affairs in Oct. N=15 576, response rate 59.3%.
- Main topics: Dependence/abuse , H2O, polydrug use

Alcohol use and dependence in Sweden 2013

	Women (%)	Men (%)
Alcohol use last 12 months	87	90
Alcohol use at least once a week	40	54
Binge drinking at least monthly	27	49
Alcohol dependence (DSM-4)	3,0	5,5

Negatively affected by ANT-use of someone close

	Total	Women	Men
<i>In the last 12 months, can you think of anyone among the people in your life who you would consider to be a:</i>			
Heavy smoker	42,3	42,8	41,8
<u>Heavy drinker</u>	30,3	33,5	27,2
Drug user	10,8	9,3	12,3
Use pharmaceuticals	6,7	7,2	6,1
Were you <u>negatively affected</u> in some way in the last 12 months			
Heavy smoker	13,2	14,9	11,5
<u>Heavy drinker</u>	14,6	18,7	10,5
Drug user	2,8	3,2	2,4
Use pharmaceuticals	2,0	2,4	1,6

Read more in new report (only in Swedish).

The logo for STAD, featuring the letters 'STAD' in a bold, black, sans-serif font. The letter 'A' is replaced by a red triangle pointing upwards.

ANDT-bruket och dess negativa konsekvenser i den svenska befolkningen 2013

- en studie med fokus på missbruk och beroende samt problem för andra än brukaren relaterat till alkohol, narkotika, dopning och tobak

Mats Ramstedt
Erica Sundin
Jonas Landberg
Jonas Raninen

Rapport nr 55

2. Evaluation of a web-based intervention for adolescents

having parents with alcohol problems

Background

- Substantial problem – many children affected
 - 20 % grow up with at least one parent being a risk consumer
 - 20 % of 16-18-year olds experience their parents drinking as problematic
- Higher risk of e.g.:
 - Mental illness
 - Earlier onset and risk drinking
 - Poorer school performance

Web-based interventions

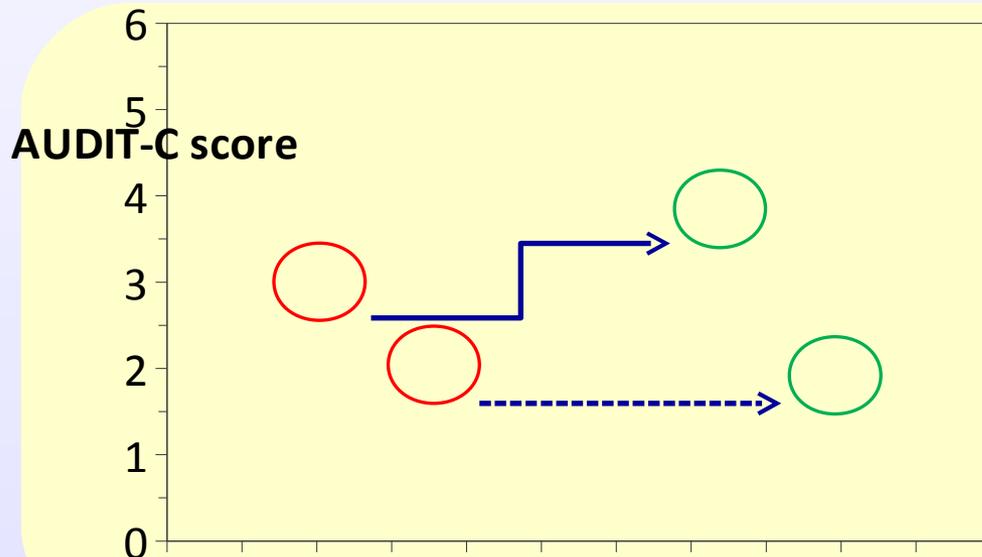
- Many advantages with web-based interventions
 - Easy to use, availability, anonymity
- Research show that web-based intervention can be as effective as "face-to-face" treatment.¹
- Web-based support suitable for adolescents
 - Internet is a natural part of everyday-life
 - Good computer skills
 - Adolescents prefer internet as source for information of alcohol and other drugs

Evaluation of Alcohol and Coping

- "Alcohol and Coping": CBT-based program for 15-19 year olds, developed by Swedish researchers in Lund. 1-2 hours during a week.
- Overall purpose of evaluation:
 - Does the intervention have an effect in terms
 - a. Improvement in mental health?
 - b. Improvement in coping behavior?
 - c. Changes in own alcohol consumption?
- Study design:
 - RCT with intervention and control group
 - About 180 15-19 year olds

Preliminary results on effects

- Based on a small sample (20 + 33)!
- No significant difference between intervention and control group with regards to mental health or coping...
- Alcohol consumption (AUDIT-C):



- No significant difference at baseline
- Significant difference at follow-up ($p=0.011$)
- Significant increase for control group ($p=0.032$)

- Appears as if program has effects on alcohol consumption!

Read more in:

Elgán, T.H., Hansson, H., Zetterlind, U. N. and Leifman, H. (2012). *Design of individual coping and alcohol-intervention (web-ICAIP) for children of parents with study protocol for a randomized controlled trial*

Elgán, T.H. and Leifman, H. (2013) *Prevalence of adolescents who perceive their parents' alcohol problems: A Swedish national survey using a web panel*

Elgán et al. *BMC Public Health* 2012, **12**:35
<http://www.biomedcentral.com/1471-2458/12/35>

STUDY PROTOCOL

Design of a Web-based individual coping and alcohol-intervention program (web-ICAIP) for children of parents with alcohol problems: study protocol for a randomized controlled trial

Tobias H Elgán^{1*}, Helena Hansson², Ulla Zetterlind²

Abstract

Background: It has been estimated that approximately 20% of all Swedish children grow up with parents having alcohol problems, which may result in negative outcomes among these children. Therefore, most Swedish municipalities provide resources for support, but a mainly due to difficulties in identifying and recruiting these children into support programs to children and adolescents via the Internet seems a promising strategy, but to date, the number of web-based interventions aimed at this target group is very scarce. We have therefore developed a novel Internet-delivered therapist assisted self-management intervention called the web-ICAIP (Individual Coping and Alcohol Intervention Program) for adolescents having parents with alcohol problems. The purpose of the program is to strengthen adolescents' coping behavior, improve their mental health, and postponing the onset or decreasing risky alcohol consumption. This paper describes the design of a randomized controlled trial (RCT) to measure the efficacy of this intervention.

Methods/Design: The RCT will include at least 183 adolescents (15-19 year old) who will be randomly allocated to two conditions where one group has access to the web-ICAIP and the other is a waiting list control group. Participants will be recruited from websites containing information and facts for adolescents about alcohol and other drugs. Possible participants will be screened using the short version of the Children of Alcoholics Screening Test (CAST-6). The assessment consists of a baseline and two follow-up measurements taking place after two and six months, respectively. The primary outcomes include the Center for Epidemiological Studies Depression Scale (CES-DC), a coping behavior scale, and also the short version of the Alcohol Use Disorders Identification Test (AUDIT-C). Additional outcomes include the "Ladder of life" which measures overall life satisfaction and questions concerning program adherence.

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Open Access

Design of a Web-based individual coping and alcohol-intervention program (web-ICAIP) for children of parents with alcohol problems: study protocol for a randomized controlled trial

Tobias H Elgán^{1*}, Helena Hansson², Ulla Zetterlind², Nicklas Kartengren^{2,3} and Håkan Leifman^{1,3}

Abstract

Background: It has been estimated that approximately 20% of all Swedish children grow up with parents having alcohol problems, which may result in negative outcomes among these children. Therefore, most Swedish municipalities provide resources for support, but at the same time figures reveal that not even 2% receive support, mainly due to difficulties in identifying and recruiting these children into support programs. Delivering intervention programs to children and adolescents via the Internet seems a promising strategy, but to date, the number of web-based interventions aimed at this target group is very scarce. We have therefore developed a novel Internet-delivered therapist assisted self-management intervention called the web-ICAIP (Individual Coping and Alcohol Intervention Program) for adolescents having parents with alcohol problems. The purpose of the program is to strengthen adolescents' coping behavior, improve their mental health, and postponing the onset or decreasing risky alcohol consumption. This paper describes the web-ICAIP and the design of a randomized controlled trial (RCT) to measure the efficacy of this intervention.

Methods/Design: The RCT will include at least 183 adolescents (15-19 year old) who will be randomly allocated to two conditions where one group has access to the web-ICAIP and the other is a waiting list control group. Participants will be recruited from websites containing information and facts for adolescents about alcohol and other drugs. Possible participants will be screened using the short version of the Children of Alcoholics Screening Test (CAST-6). The assessment consists of a baseline and two follow-up measurements taking place after two and six months, respectively. The primary outcomes include the Center for Epidemiological Studies Depression Scale (CES-DC), a coping behavior scale, and also the short version of the Alcohol Use Disorders Identification Test (AUDIT-C). Additional outcomes include the "Ladder of life" which measures overall life satisfaction and questions concerning program adherence.

Discussion: There is an urgent need for developing and evaluating web-based intervention programs which target children having parents with alcohol problems. This study will therefore make an important contribution to this novel field of research.

Trial registration: ISRCTN41545712

Keywords: Children of alcoholics, CoA, Children of alcoholics screening test, CAST, Children of substance abusing parents, Individual Coping and Alcohol Intervention Program, ICAIP, Internet-delivered intervention, RCT, Web-based intervention

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SHORT COMMUNICATION

Prevalence of adolescents who perceive their parents to have alcohol problems: A Swedish national survey using a web panel

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3. Reducing youth violence related to student parties:

Background

Findings from a community intervention project in Stockholm

- It has become popular for high-school students in Stockholm to arrange their student parties at restaurants in the city on weekdays, often with help from “Eventbolag”
- Spring of 2007: the police noticed a striking increase in violence and binge drinking in connection with these parties
- A community intervention was developed and launched in the spring of 2008 – including supervision, collaboration and education involving several actors

Actors involved in the intervention

Police: Created a special “student unit” working only with this intervention , visited all parties at least twice, were available during the whole evening (direct telephone number) etc..

Other actors involved in the intervention:

- **The liquor license board**
- **Tax authorities**
- **Event companies**
- **Restaurants**
- **STAD**

Other actors

- **Event companies:** agreed to follow specific guidelines e.g. to report all parties to the police, attend information meetings.
- **Restaurants:** agreed to ensure security in restaurants, to work with RBS, to collaborate with local police.
- **STAD:** Coordination, link between Event companies/restaurants and authorities, dissemination of information to students.

A study was set up by STAD to evaluate the overall impact of these interventions

Question: Has the intervention starting in 2008 been followed by less violence in this group?

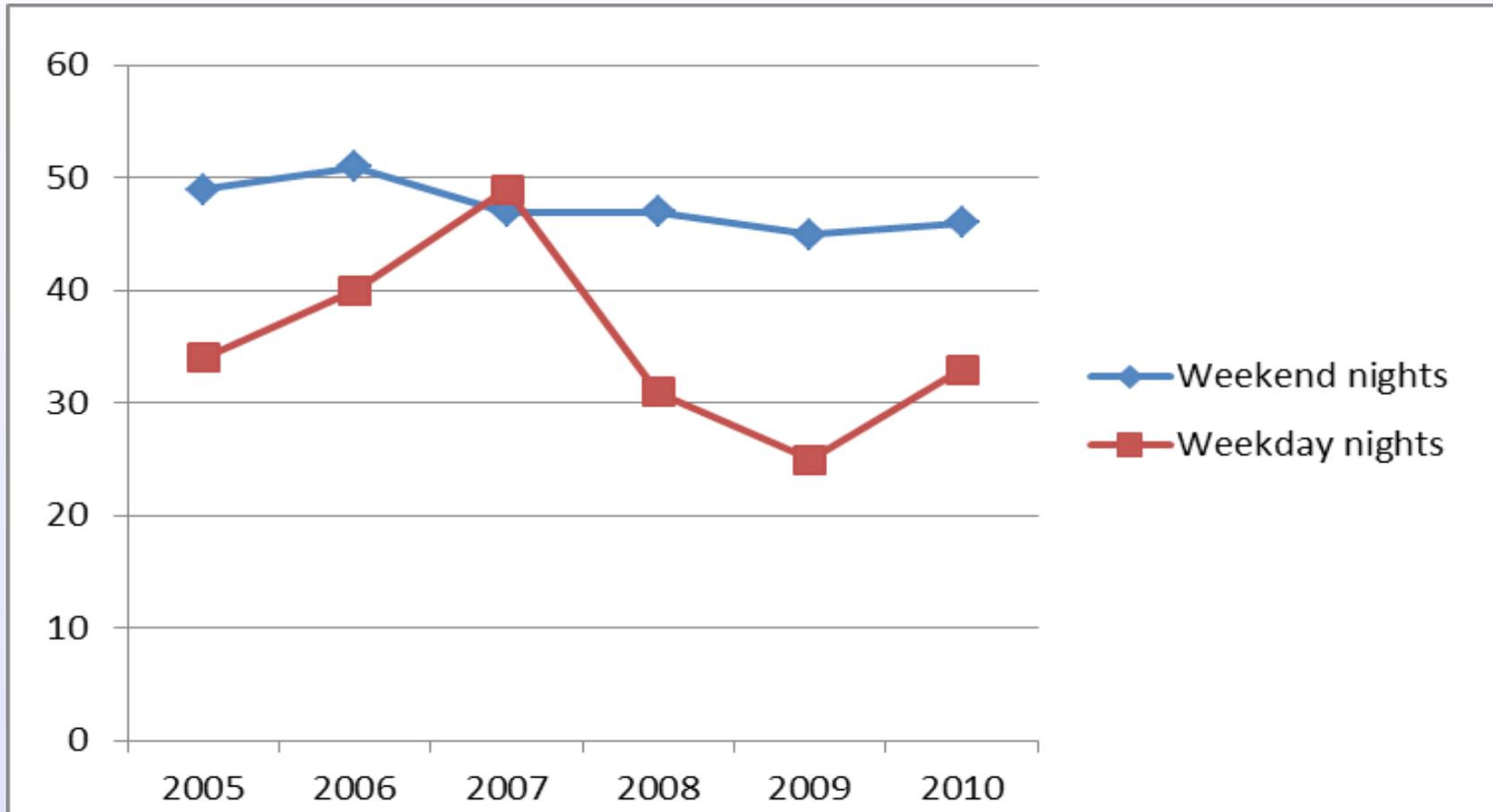
Data: Emergency room visits for young people (18-20 yrs) in Stockholm on weekday nights (22.00-06.00) was used and compared with weekend nights.

Hypotheses

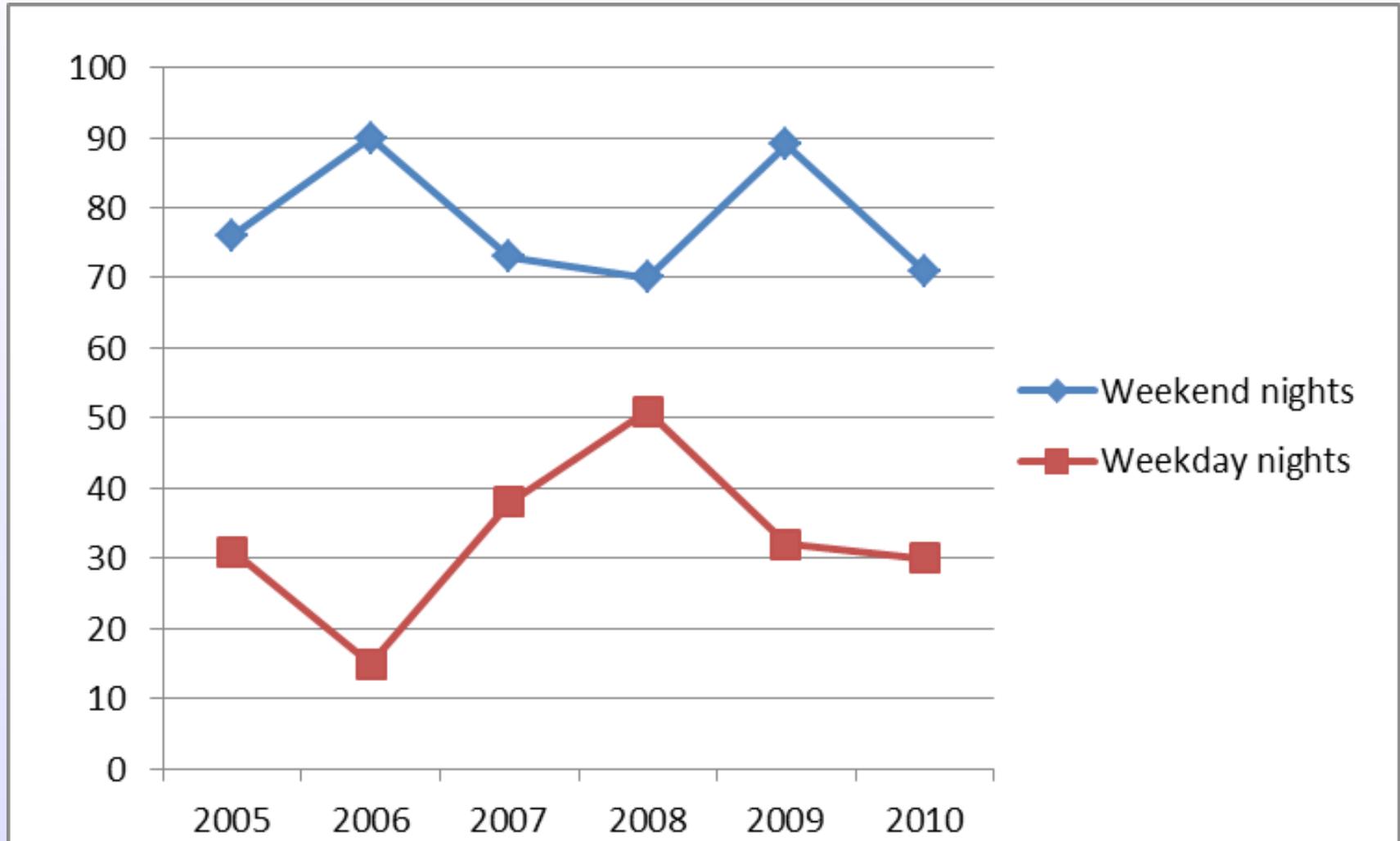
1. Decline on weekday nights but not on weekend nights during the period with student parties (and with implementation) i.e. April-May

2. No difference expected between weekday and weekend nights during periods without student parties (and thus no intervention) i.e. Jan- March and June-Sept

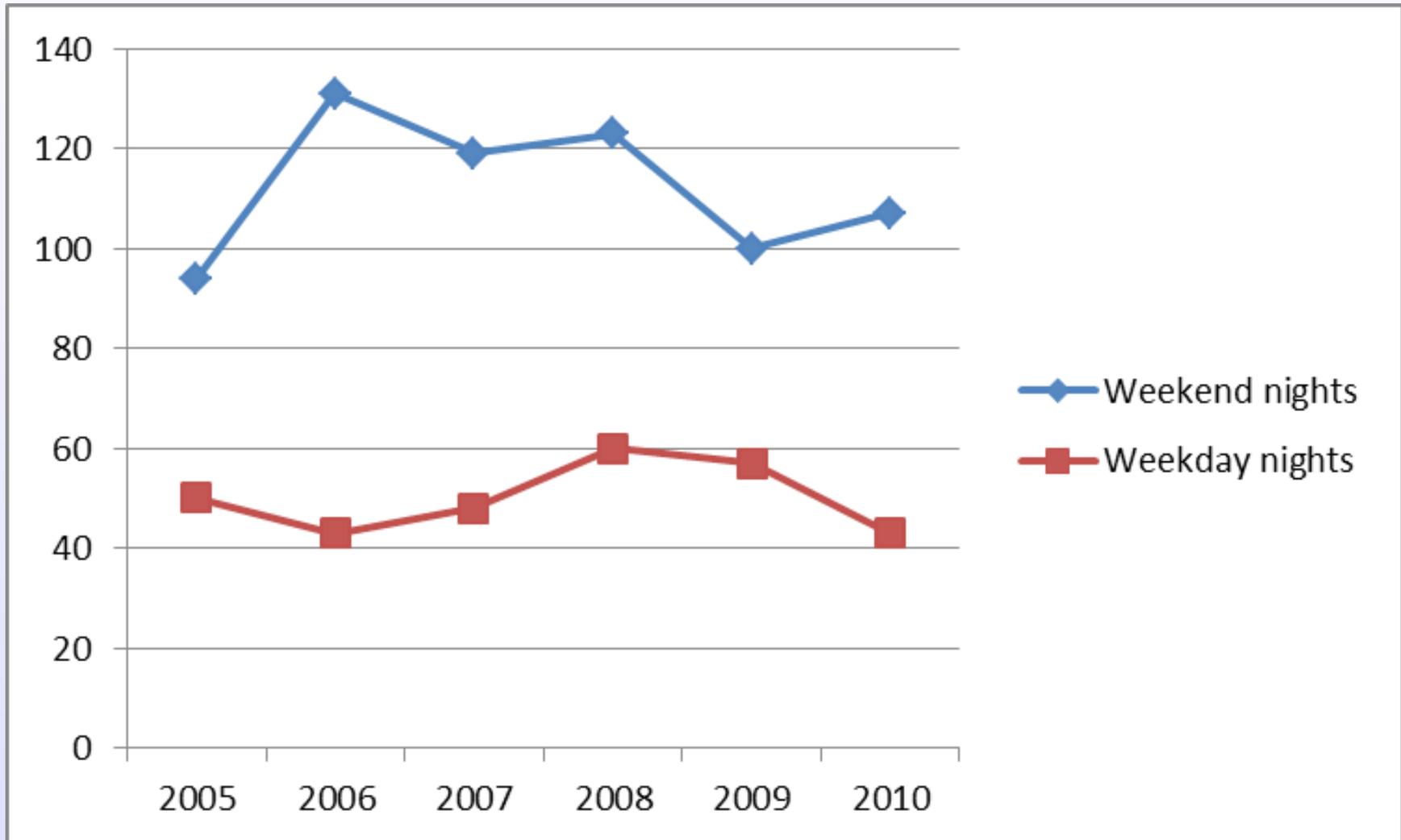
Emergency room visits (18-20 yrs) in weekday nights (red line) and weekend nights (blue line) Student period i.e. april-may



Emergency room visits (18-20 yrs) weekday nights (red line) and weekend nights (blue line). Not student party period (Jan – March)



Emergency room visits (18-20 yrs) weekday nights (red line) and weekend nights (blue line). Not student party period (June – Sept.)



Statistical analysis

- The estimated DiD-models confirm the impression of this graphical evidence.
- The estimated intervention effect corresponded to a reduction of 23% in emergency room visits in april-may and was statistically significant.
- In contrast, the estimated intervention effects in jan-march and june-sept were non-significant.

Summary

- The intervention was associated a reduction in violence in terms of a reduction of emergency room visits for young people with 23 % on weekday nights.
- In contrast, no significant intervention effect were found on weekends and during periods before and after periods with student parties i.e. when no intervention was made.
- + Binge drinking among students were reduced during follow-up as well as violent crime at parties reported to police according to ther data.

Reducing youth violence related to student parties: Findings from a community intervention project in Stockholm

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Abstract

Background. During the spring of 2007, the police reported a marked increase in violence and binge drinking related to high school student graduation parties on weekday nights at restaurants in Stockholm city. This spurred a multi-component community intervention project to reduce these problems. **Aims.** This study aims to evaluate the impact of the intervention on youth-related violence on weekday nights in 2008–2010. **Design and Method.** The outcome measure entailed the number of violence-related emergency room visits on weekday nights (10:00 pm–6:00 am) by adolescents aged 18–20 years. The study period was 1 April–31 May, which is when most student graduation parties took place. The data covered the years 2005–2010, with three data points before the intervention, and three after the intervention was introduced. Because the intervention was expected to apply to weekdays only, the control series involved a corresponding indicator pertaining to weekend nights (10:00 pm–6:00 am). The intervention effect was assessed by means of difference-in-differences estimation. **Results.** The estimated intervention effect according to the difference-in-differences estimation models was a statistically significant 23% reduction of violence among young people. **Discussion and Conclusion.** This type of intervention is a promising measure of preventing youth violence and deserves to be continued. Such continuation would also provide additional data required for a more conclusive assessment. [Ramstedt M, Leifman H, Müller D, Sundin E, Norström T. Reducing youth violence related to student parties: Findings from a community intervention project in Stockholm. *Drug Alcohol Rev* 2013]

Key words: student parties, binge drinking, violence, community intervention, Sweden.

Introduction

In recent years, it has been increasingly popular among high school students in Stockholm to throw graduation parties in inner city restaurants, often with help from designated ‘events’ companies. Most of these parties—approximately 90% of them—are held on weekdays, when most restaurants have fewer patrons and some would otherwise keep their doors closed. Many restaurants clearly see weekday student parties as an opportunity to raise their revenues.

During the spring of 2007, the police in Stockholm reported a marked increase in binge drinking and violence related to these graduation parties. In response, a community intervention project, ‘Student08’, was set up by Stockholm Prevents Alcohol and Drug Problems (STAD) and the police. The project was inspired by

the community intervention approach developed by Holder [1] and included several parts: co-operation, control/enforcement and information/education. Since the first year, the project has continued annually under ‘Student09’, ‘Student10’, etc.

The link between alcohol and violence is well established [2]. There are also indications that the link is particularly strong in younger age groups, where both drinking and rates of violence are high. In Sweden, studies suggest that 9% of 16- to 24-year-old men had been victims of violence during the last 12 months compared with 3% in the age group 25–44 years. Corresponding figures for women were 6% and 2%, respectively [3]. This age pattern is also confirmed in hospitalisation data [4]. What is more, drinking and binge drinking in particular peak among the 16- to 24-year-olds in Sweden [5].

• Read more in:

Ramstedt, M, Leifman, H, Müller, D., Sundin, E. & Norström, T. (2013) Reducing youth violence related to student parties: Findings from a community intervention project in Stockholm.

Accepted in *Drug and Alcohol Review*.

Any lessons from recent research at STAD?

- Alcohol dependence and harm from others drinking are substantial public health problems in Sweden
- A webbased intervention is a promising tool to reduce problems among children with abusing parents
- Community based interventions can reduce alcohol-