

Predictors and outcomes of a one-month alcohol abstinence campaign in Belgium

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Background

Alcohol is widely consumed worldwide, leading to numerous issues related to alcohol abuse.

- One-month alcohol abstinence period (OMAAP) campaigns are organized in several countries to prevent or reduce alcohol consumption.

What factors predicted the successful completion of OMAAP in Belgium?

Was there a modification of alcohol consumption following OMAAP compared to pre-campaign levels?

Conclusion

Positive alcohol expectancies (measured by AEQ scores) significantly predicted the completion of OMAAP.

- Importance of considering the role of alcohol expectancies in OMAAP campaigns.

Alcohol consumption **decreased** among all participants following OMAAP.

- OMAAP campaigns have a beneficial impact on reducing alcohol consumption, even when not successfully completed.

Methods

Short longitudinal study conducted in three parts, at distinct time points.



- Sample size: **T1**: 172 ; **T2**: 132 ; **T3**: 128
- Gender (**T1**): 54 males, 117 females, 1 other
- Mean age (**T1**): 39,6 years
- OMAAP completion (**T2**):
 - Successful participants: 64
 - Unsuccessful participants: 68

Note. T1: first part of the study; T2: second part of the study; T3: third part of the study.



Figure 1. Questionnaires used in the three parts of the study.



- A. Demographic data
- B. Daily alcohol consumption (TLFB)
- C. Drinking habits (AUDIT)
- D. Drinking refusal self-efficacy (DRSEQ-R)
- E. Positive alcohol expectancies (AEQ)

Results

	Estimate	SE	Z	p	Odds Ratio
Intercept	2.22	1.34	1.65	0.098	9.201
AUDIT	-0.04	0.04	-0.91	0.361	0.964
DRSEQ-R	-0.01	0.01	-0.90	0.366	0.988
AEQ	-0.005	0.002	-2.27	0.023	0.995

Table 1. Results of the logistic regression analysis with successful completion of OMAAP as the dependent variable.

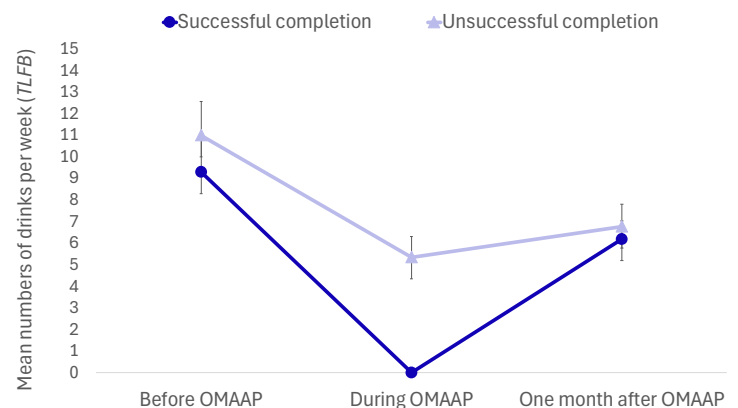


Figure 2. Mean numbers (and standard errors of the mean) of alcoholic drinks per week before, during and one month after OMAAP, for successful or unsuccessful completion.