



**Tactus**  
addiction treatment



# Alcohol interventions and drinking drivers

Hans Keizer, General Manager  
Prevention & Consultation



# Contents

- 🔥 Two obligated trainings for drinking drivers
  - 🔥 EMA: Educational Measure Alcohol
  - 🔥 LEMA: 'Light' EMA training
- 🔥 Online therapy for alcohol users



# Educational Measure Alcohol (EMA)

- 🔥 Mandatory training for drinking drivers who got caught by the police
  - Beginners (driving licence < 5jr.): 0.8 – 1.3 BAC
  - Advanced (> 5 jr.): 1.3 – 1.8 BAC
  - No accidents with serious outcome
- 🔥 1 individual meeting + 3 days group meetings
- 🔥 Goal is change in behavior



# Educational Measure Alcohol (EMA)

- 🔥 Information about alcohol
- 🔥 Learn from experiences from others
- 🔥 Role playing
- 🔥 Coping with risk situations
- 🔥 Breaking habits
- 🔥 Practice with new behavior
- 🔥 Making a personal prevention plan



# Profile EMA participant

- 🔥 Man, 25 – 45 years
- 🔥 Average job and income
- 🔥 Drinks often
- 🔥 Drinks large amounts of alcohol (>8 units per session)
- 🔥 Habitual car user



# Light EMA (LEMA)

- 🔥 Mandatory training for drinking drivers who got caught by the police
  - Only for beginners (driving licence < 5jr.): 0.5 – 0.8 BAC
  - No accidents with serious outcome
- 🔥 2x half a day group meetings
- 🔥 Focus on influencing the decision point
- 🔥 Profile: young man



# Amounts in 2009

- 🔥 9500 persons in EMA training
- 🔥 720 persons in 'Light' EMA (LEMA) training
- 🔥 Research show that participants of the (L)EMA trainings show fewer relapse

# Seek help campagne













# Online help for alcohol users

- 🔥 Website + Forum + Online treatment + Aftercare
- 🔥 Scientific research
- 🔥 Structured treatment protocol
- 🔥 Asynchronous interaction
- 🔥 Anonymous and personal



# The advantages of an online alcohol intervention

- 🔥 easy accessible and 'safe' to go to
- 🔥 reaches more people and other target groups
- 🔥 reaches people at an earlier stage

Welcome to  
**lookatyourdrinking.com**

Are you worried that you may be drinking too much? Would you like to cut down, or stop? This website has been developed for people who are concerned about their drinking. You'll find facts, tips, and information about alcohol and drinking. We also have an online therapy programme you can participate in.

**Our History**

see TV coverage of our Dutch parent company



**ADVANTAGE OF ALCOHOL**



**I feel more relaxed when I've had a drink**

**> Sign up**

Start the therapy

**> Meet each other**

Forum and Chat

**Log in**

**> Forgot your password?**





## Cut down or quit? How much is a lot?

[Home](#) | [Cut down or quit?](#) | [How much is a lot?](#)

[How much is a lot?](#)

[What is a unit?](#)

[Understanding your drinking](#)

[What am I going to do?](#)

[Quit drinking if ...](#)

[Feeling like a drink ...](#)

[Withdrawal](#)

[Recommended Guidelines](#)

[Why can men drink more than women?](#)

[Why not 15 drinks at once?](#)

[Test yourself](#)

### Recommended Guidelines

Current medical advice recommends:

- **For men:**  
At most 21 units a week and at least two days a week when you don't drink. Preferably, no more than 3-4 units of alcohol per day. [What is a unit?](#)
- **For women:**  
At most 14 units a week and at least two days a week when you don't drink. Preferably, no more than 2-3 units of alcohol per day. [What is a unit?](#)

If you stick to these guidelines and are in reasonable health, you won't suffer any long-term [physical damage](#) associated with alcohol use.

### Why can men drink more than women?

Alcohol gets into the blood through the stomach and is distributed throughout the body's

Log in 

[> Forgot your password?](#)

[> Sign up](#)  
Start the therapy

[> Meet each other](#)  
Forum and Chat



## Cut down or quit? What is a unit?

[Home](#) | [Cut down or quit?](#) | [What is a unit?](#)

In the UK, one unit of alcohol is defined as 10g of ethanol (ethyl alcohol). This is used as a measure for alcoholic beverages.

The current recommended guidelines are 14 units per week for men and 10 units per week for women. Historically, however, consumption has changed recently owing to concerns about health.

The current recommended guidelines are:

- men: 21 units per week or 3-4 units per day
- women: 14 units per week or 2-3 units per day

It can however be difficult when trying to calculate the number of units in alcoholic beverages on account of different strengths of alcohol and different measures served. For example, it is now common in UK bars and restaurants to serve wine in 3 different size glasses (i.e. small, standard & large). Each of these, of course, contain a different number of units of alcohol. Add to this the fact that different wines may be different strengths and the picture becomes quite confusing.

Our [Unit Calculator](#) will give you an idea of the number of units in different drinks and assist you in calculating your consumption.

### Units Calculator Close X



Select strength:

Select measure:

How many:  
 units: 0.7

[Meet each other](#)  
Forum and Chat

- [How much is a lot?](#)
- [What is a unit?](#)
- [Understanding your drinking](#)
- [What am I going to do?](#)
- [Quit drinking if ...](#)
- [Feeling like a drink ...](#)
- [Withdrawal](#)

password?



## You and alcohol Physical effects

[Home](#) | [You and alcohol](#) | [Physical effects](#)

### What do you feel?

#### Physical effects

#### Psychological effects

#### Addicted?

#### Medications

#### Alcohol-free drinks

#### Alcohol use questionnaire

Alcohol doesn't only affect your mind, when you drink alcohol it gets into your body. Thus, your entire body is affected.

To learn more about the effects of alcohol on your [body](#).

#### [Should I see the doctor?](#)

[Alcohol and headaches](#)

[Alcohol and pain](#)

[Alcohol and sleep](#)

[Alcohol and epilepsy](#)

[Alcohol and cancer](#)

[Alcohol and diabetes](#)

[Alcohol and gout](#)

[Alcohol and arthritis](#)

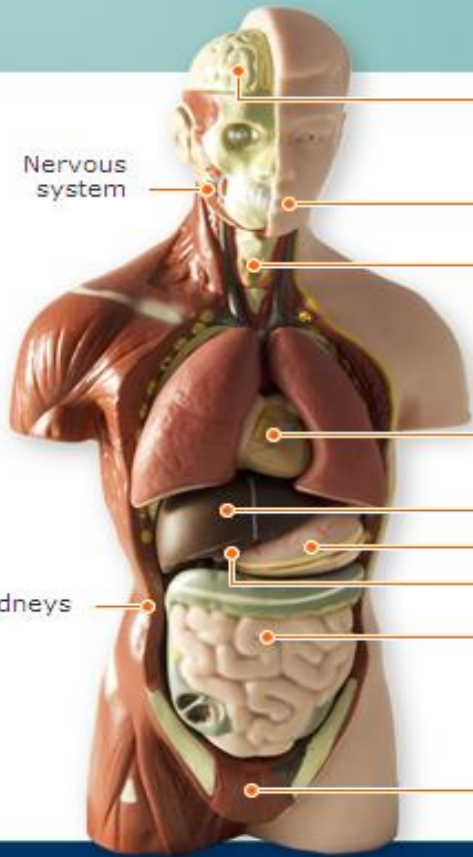
[Alcohol and vitamin B1](#)

#### Should I see the doctor?

If you expect to have withdrawal symptoms, you should [contact your doctor](#) (or GP).

http://www.lookatyourdrinking.com - Look at your drinking - Alcohol and your body - Microsoft Internet Explorer

## Alcohol and your body



**Brain**

**Nervous system**

**Mouth, throat & oesophagus**

**Breathing disorders**

**Heart and circulatory system**

**Liver**

**Digestive system**

**Kidneys**

**Digestive system**

**Reproductive system**

### Digestive system

Heavy drinkers are more prone to have excessive heartburn, ulcers, gastritis (inflammation of the stomach lining), and bleeding in the digestive system.

The pancreas helps to regulate the amount of blood sugar by making insulin. When there is heavy drinking, the pancreas can be affected by becoming inflamed and extremely painful. This is called pancreatitis and it can cause diabetes or even death. Symptoms of pancreatitis are severe abdominal pain and excessive weight loss.

Drinking alcohol also interferes with sugar processing and the hormones that regulate sugar levels. Chronic heavy drinkers often have low levels of healthy blood sugars. Because many heavy drinkers go without proper food when they are drinking, their store of healthy

Internet



# The online therapy



Your therapist:  
Martinez, Marco  
\_test\_John

? Manual

Close a → A




 **Alcohol logbook**  
Most recent entry date:  
25-08-2010

 Print empty list

- Intake
- ✓ Advantages, disadvantages
  - ✓ Keeping track in alcohol logb
  - ✓ Analysing situations
  - ✓ Measuring and knowing
  - ✓ Setting a goal
  - ✓ Breaking habits
  - ✓ Thinking differently
  - ✓ Acting differently
  - ✓ Decisions

 **Inbox**  Sent  Drafts  Trash Can

 New message

Subject	Date	
 <b>Setting a goal</b>	07-04-2010 22:00	
 Conclusion	12-01-2010 20:38	
 food for thought - relaxation excercises	12-01-2010 20:37	
 Action plan	12-01-2010 20:31	
 Food for thought - reward	12-01-2010 20:25	
 <b>Decisions</b>	12-01-2010 20:23	
 Acting differently	12-01-2010 20:17	
 Food for thought - making contact with others	12-01-2010 20:09	
 Thinking differently; part 2	12-01-2010 20:07	
 Thinking differently; part 1	12-01-2010 20:05	
 Breaking habits	12-01-2010 17:01	
 Food for thought - setbacks	12-01-2010 16:56	
 Setting targets	12-01-2010 16:13	



Your therapist:  
Martinez, Marco  
\_test\_John

# personalized page



Home  
 Calendar  
 Messages  
 Profile

Search  
 Filter

- Home
- Messages
- Calendar
- Profile
- Settings
- Help
- About
- Privacy
- Terms

Item	Date	Status
Item 1	2023-10-26	Completed
Item 2	2023-10-26	In Progress
Item 3	2023-10-26	Not Started
Item 4	2023-10-26	Completed
Item 5	2023-10-26	In Progress
Item 6	2023-10-26	Not Started
Item 7	2023-10-26	Completed
Item 8	2023-10-26	In Progress
Item 9	2023-10-26	Not Started
Item 10	2023-10-26	Completed
Item 11	2023-10-26	In Progress
Item 12	2023-10-26	Not Started
Item 13	2023-10-26	Completed
Item 14	2023-10-26	In Progress
Item 15	2023-10-26	Not Started



View Details  
Matthew Stone  
Jan 2015



Medical Records  
View Details





View Details


- Intake
- ✓ Advantages, disadvantages
- ✓ Keeping track in alcohol logb
- ✓ Analysing situations
- ✓ Measuring and knowing
- ✓ Setting a goal
- ✓ Breaking habits
- ✓ Thinking differently
- ✓ Acting differently
- ✓ Decisions











## summary of treatment


Item	Date	Status
1. Introduction	2015-01-01	100%
2. Assessment	2015-01-02	100%
3. Working through assessment	2015-01-03	100%
4. Introduction	2015-01-04	100%
5. Working through assessment	2015-01-05	100%
6. Assessment	2015-01-06	100%
7. Working through assessment	2015-01-07	100%
8. Introduction	2015-01-08	100%
9. Working through assessment	2015-01-09	100%
10. Introduction	2015-01-10	100%
11. Working through assessment	2015-01-11	100%
12. Introduction	2015-01-12	100%
13. Working through assessment	2015-01-13	100%
14. Introduction	2015-01-14	100%
15. Working through assessment	2015-01-15	100%
16. Introduction	2015-01-16	100%
17. Working through assessment	2015-01-17	100%
18. Introduction	2015-01-18	100%
19. Working through assessment	2015-01-19	100%
20. Introduction	2015-01-20	100%

# personal correspondence

 **Inbox**  **Sent**  **Drafts**  **Trash Can**

 **New message**

Subject	Date	
 Acting differently	12-01-2010 20:17	
 Food for thought - making contact with others	12-01-2010 20:09	
 Thinking differently: part 2	12-01-2010 20:07	
 Thinking differently; part 1	12-01-2010 20:05	
 Breaking habits	12-01-2010 17:01	

**Read message**  **Reply**  **Print**  **Close**

Date sent: 12-01-2010

Dear \_test\_John,

Thank you for your response.

You managed to reach your target on most days that you have recorded and on Sunday 25th felt like drinking but didn't. Well done for that.

You say you exceeded your target last Tuesday. Do you have an idea of how you persuaded yourself to drink more



View Summary  
 Matthew Stone  
 2010-2010



### Alcohol logbook

Most recent entry date:  
 25-08-2010

## the alcohol diary

	Date	
11) 100% wine	2010-08-25 19:00	10
10) 100% wine	2010-08-25 18:00	10
9) 100% wine / 100% wine	2010-08-25 17:00	10
8) 100% wine	2010-08-25 16:00	10
7) 100% wine / 100%	2010-08-25 15:00	10
6) 100%	2010-08-25 14:00	10
5) 100% wine	2010-08-25 13:00	10
4) 100% wine / 100% wine / 100%	2010-08-25 12:00	10
3) 100% wine / 100%	2010-08-25 11:00	10
2) 100% wine	2010-08-25 10:00	10
1) 100% wine / 100%	2010-08-25 09:00	10

- 100%
- ✓ 100% wine / 100%
- ✓ 100% wine / 100%
- ✓ 100% wine
- ✓ 100% wine / 100%
- ✓ 100%
- ✓ 100%
- ✓ 100% wine
- ✓ 100% wine
- ✓ 100%
- ✓ 100%

Enter your consumption

Overview entries

Overview of occasions

### Calendar

January 2010						
M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

### Legend

- 12 Day filled in
- 29 Day not filled in
- 5 Current date
- 23 Selected date

### Saturday 23 January 2010

Time	Comments
00:00	
01:00	
02:00	
03:00	
04:00	
05:00	
06:00	
07:00	
08:00	
09:00	
10:00	
11:00	
12:00	
13:00	
14:00	
15:00	
16:00	
17:00	
18:00	
19:00	
20:00	Felt like, drank   Wine   4.2
21:00	
22:00	
23:00	

No craving or drinking

Print empty page

# Other assignments

Print this assignment

Under 'Advantages of alcohol' you'll see a list of positive effects you might experience with alcohol. Under 'Disadvantages of alcohol' is a list of negative effects, which might also bother you.

Tick as many of these advantages and disadvantages as you feel apply to you.

Also look at the ['read more'](#) button.

### Advantages of alcohol

- I can relax more easily
- I feel calmer
- I'm less anxious
- I'm less sombre
- I'm less bored
- I can sleep better
- I'm more creative
- I'm less troubled by shaking, or feeling sick
- I feel less physical pain
- I feel less emotional pain
- I get more energy

### Disadvantages of alcohol

- drinking costs a lot of money
- drinking is giving me financial problems
- it is bad for my health
- I get physical symptoms (or they're getting worse)
- I'm less fit
- I have less energy
- I get into arguments more often
- it's hard to get going in the morning
- I can't remember everything the next morning
- I'm not doing as well at school
- my work is suffering

Print this assignment

**1 Cutting down**

Fill out whichever section applies to you. You can fill out both, for example if you'd like to stop altogether for a period of time and drink only socially after that. In that case, fill out both the 'quitting' and 'cutting down' sections'.

If you'd like to drink less, or if you want to avoid falling back into excessive drinking, fill in below exactly what you'd like to achieve.

**I want to cut down my drinking. My goal is:**

- I drink no more than  units per day.

- I drink no more than  units per week.

- In any case, I don't drink any alcohol  days a week.

**Preferably on:**

- Starting date:

- I want to do this for at least  weeks.

**2 Quitting**

If you want to quit drinking, fill out below the date you want to stop, and how long you intend to not drink alcohol. If you've already quit drinking, you only need to complete the second question.

**I want to quit drinking. My goal is:**

- I will stop as of

- I will not drink until at least

[← Previous](#)[1](#) [2](#) [3](#)[Next →](#)

# Basically

- 🔥 Own place, own time
- 🔥 Own direction
- 🔥 Anonymous and personal
- 🔥 Full treatment
- 🔥 Measurable results

# Results after treatment completion



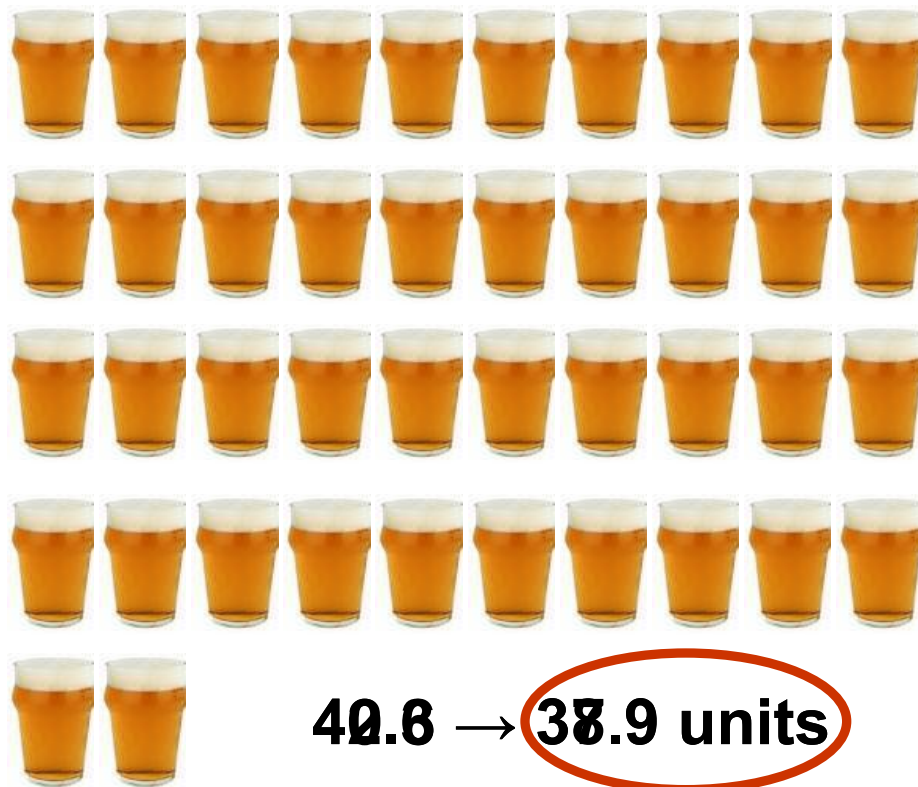
# Weekly alcohol consumption (COU)


E-therapy group (n=78)



d = 1.05

Control group (n=78)






# Alcohol-related symptoms and readiness to change

- ❖ Significant decrease in alcohol-related symptoms: depressive symptoms, sweating, gastric problems, diarrhea, heart palpitations, memory problems, sexual problems, shaking.
- ❖ The patients' readiness to change shifted from the intention to change to active steps to change behaviour.



# Patients' satisfaction

- ❖ Patients evaluated the online treatment program and therapist contact as:
  - ❖ personal
  - ❖ pleasant
  - ❖ safe
- ❖ Increased insight into risk feelings, thoughts, and situations
- ❖ Personal contact with therapist most valuable



*'I really love this... I like the fact that no-one else notices or knows about it, that I don't have to take time off work or find a baby-sitter. I'm in control of things...'*

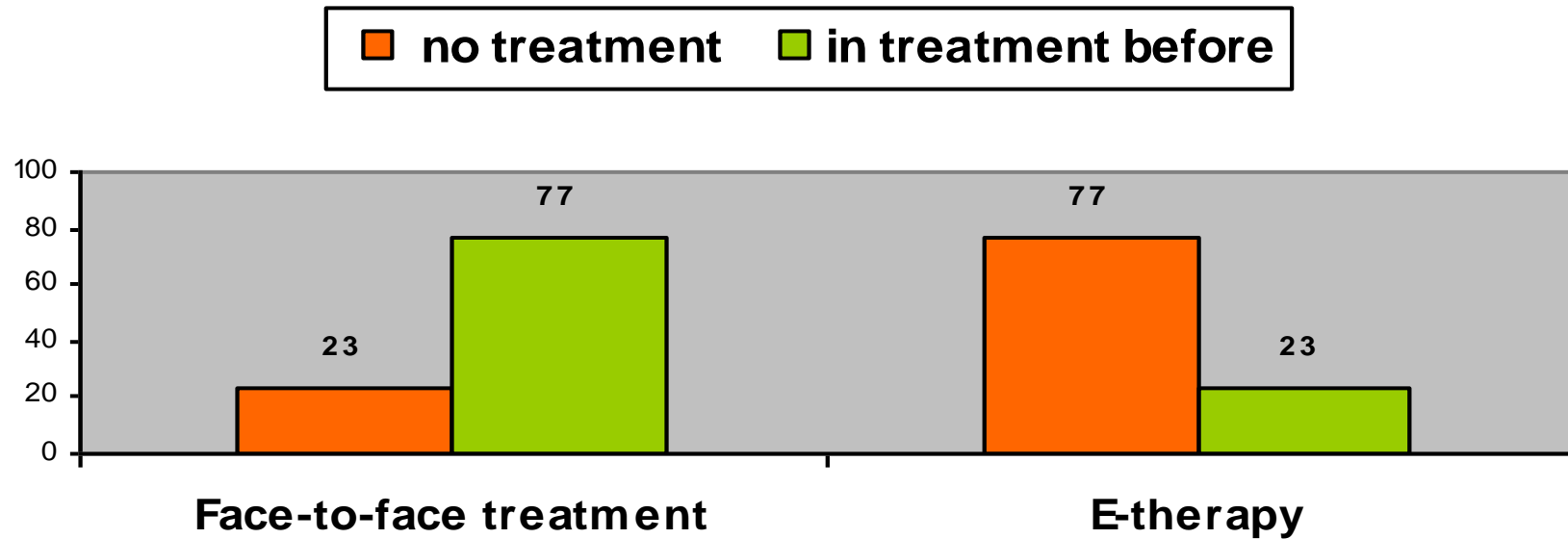
**Carla, 41 years**

*'The approach is respectful and isn't judgmental (I can do that for myself!). That feels really good and supportive. And it's great to feel you people know where I'm coming from...'*

**Simone, 45 years**

*'As far as I'm concerned, the main value of the treatment is the focus on my goal and the support that I'm given, the feeling that we're pals, that you really are. There's someone keeping me on the ball, keeping an eye on me.'* **Jan, 54 years**

# Most e-therapy patients never received treatment before





**Tactus**

verslavingszorg