

**MARDI
15 NOVEMBRE 2022
COLLOQUE DESS**

HEURE : 11h à 12h

LIEU : Salle Delachaux
Rte de la Corniche 10
1010 Lausanne
& via Webex

Smartphone-based secondary prevention intervention for university students with unhealthy alcohol use: a randomized controlled trial

INTERVENANT :

■ PROF NICOLAS BERTHOLET

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DESRIPTIF :

Unhealthy alcohol use is a leading cause of morbidity and mortality, including among university students. Internet-based screening and brief intervention is considered an effective method for reducing unhealthy alcohol use, but current evidence for smartphone-based interventions efficacy is inconclusive. Smartphone applications may be readily adopted, especially among young individuals, allow for multiple-contact and proactive or 'just in time' interventions and linkage possible to additional services. Smartphone-based interventions targeting unhealthy alcohol use also have the potential to reach large parts of the student population. Thus, our research group co-developed with students a smartphone-based intervention for mitigating unhealthy alcohol use. We conducted a randomized controlled trial to test the efficacy of providing access to a smartphone-based intervention (smartphone app) for mitigating unhealthy alcohol use. Participants were followed-up at 3, 6, and 12 months. In this talk, I will briefly present the development of the intervention app and the main results of the randomized trial.

Recommandé par la Société Suisse des Spécialistes en prévention et santé publique (SPHD)
pour la reconnaissance de la formation continue.

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