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## E-alcohol therapy – a randomized controlled trial of alcohol treatment delivered via video conference

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**Introduction:** For the Danish population, it is estimated that 620.000 people have a harmful alcohol intake and 140.000 suffer from alcohol dependence [1]. Only a minor fraction of these people are in contact with an alcohol treatment facility [2]. As harmful alcohol intake is associated with increased risk of numerous somatic and psychiatric conditions, violence and traffic injuries, as well as negative social implications, it is of high public health relevance to increase the rate and compliance of treatment [3, 4]. If treatment to a greater extent can be combined with everyday life and pay regard to some of the treatment barriers related to alcohol stigmatization, more people with a harmful alcohol intake may initiate and comply with treatment.

**Objectives:** The aim of this trial is to evaluate whether people with a harmful alcohol use (Alcohol Use Disorder Test score  $\geq 8$ ), who enroll in alcohol treatment delivered via video conference to a greater extent *initiate* as well as *comply* with treatment and *reduce* their alcohol intake compared to people allocated to standard alcohol treatment.

**Methods:** 375 individuals will be individually randomised to receive either I) conversational therapy delivered via video conference, or II) conversational therapy delivered face to face. Data will be collected by questionnaire at baseline, 3 months and 12 months post randomization. Treatment initiation will be measured as completion of one therapy session whereas compliance is assessed as the completion of at least three therapy sessions. Time Line Follow Back (TLFB) will be used as the measure of weekly alcohol intake. Analyses will be intention to treat.

**Results:** Preliminary results from this study will be presented at the conference.

**Conclusion:** E-health is being used increasingly in health care to overcome practical and psychological barriers to care. This study provides valuable knowledge of the effect of e-health within the field of alcohol treatment.

## References

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