

**Project No: 3645/2007**

**A STUDY TO DETERMINE THE EFFECTIVENESS OF PSYCHOEDUCATION ON THE BEHAVIOUR OF PATIENTS WITH ALCOHOL DEPENDENCE SYNDROME**

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**Objective**

To determine the efficacy of a structured educational intervention program in changing the attitude which, in turn, will lead to non alcohol use behavior, compared with the effect of routine clinical care

**Method**

Randomised control trial in which 134 consecutive subjects satisfying ICD-10 criteria for alcohol dependence syndrome were included. This prospective study stretched over a period of 24 months. Equal number of patients was assigned to the experimental and control group. The severity of dependence was assessed using AUDIT (Alcohol use disorder Inventory test) and modified MAST (Michigan Alcohol Screening Test) questionnaire and GGT level at the time of admission and after six months.

**Results**

Study results showed that screening for alcohol use disorders identifies a wide range of needs, varying from hazardous and harmful drinking to alcohol dependence. Both groups reduced alcohol consumption 6 months after randomization showing significant improvement, although not much significant difference between both the groups. 12.5% of the control group was reported to be abstinent after the routine care, whereas that of the experimental group was 24.14% after intervention.

**Recommendations**

Motivational interviewing of identified drinkers at every patient contact point can be adopted. Self- help manuals provide additional benefit and are cost effective at reducing alcohol consumption. Initiative for education and information dissemination to create a high degree of awareness and generate support for activities that will dissuade harmful alcohol use practice can be taken at various contact points.