

# VITAE

## Realist Evaluation of the impact, viability, and transferability of an alcohol harm reduction support program based on mental health recovery: The Vitae Study

Sarah Moriceau 1,2, Sarah Perrin 3,4,5, Fuschia Serre 1,2, Nolwenn Stevens, 3,4,5, Linda Cambon 3,4,5, Marc Auriacombe 1,2, Judith Martin-Fernandez,4,5,6

1 University of Bordeaux, SANPSY, CNRS UMR 6033, F-33000 Bordeaux, France

2 Addiction Clinic, Charles Perrrens Hospital and University hospital of Bordeaux, F-33000 Bordeaux, France.

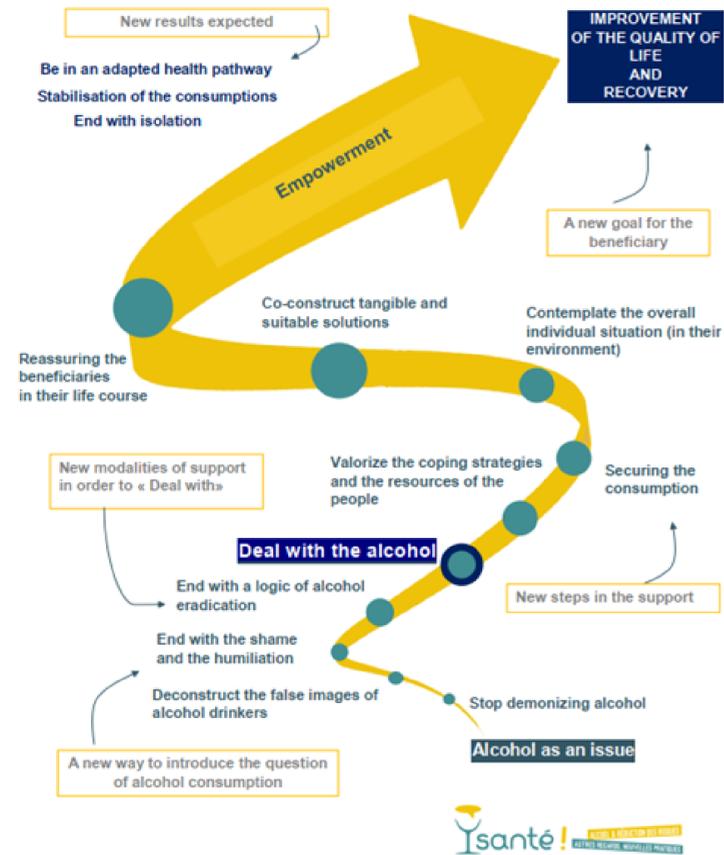
3 University of Bordeaux, INSERM, BPH, U1219, Mérisp/PHARES Team Labelled League Against Cancer, CIC 1401, F-33000 Bordeaux, France.

4 University hospital of Bordeaux, prevention unit, F-33000 Bordeaux, France

5 University of Bordeaux, ISPED, Chaire Prévention, F-33000 Bordeaux, France

## INTRODUCTION

The IACA! Program, a Harm Reduction program based on the principle of psychosocial recovery for people with Alcohol Use Disorder.



The intervention aims to:

- Provide advice, reassurance, listening, appeasement
- Secure and/or reorganize consumption in order to avoid periods of withdrawal syndrome (vulnerability factors)
- Activate rights to maintain/obtain appropriate and satisfactory social integration
- Provide psychological support
- Adapt, build and coordinate a health path (to avoid break-up or non-recourse)
- Promote social links
- Consolidate long-term alcohol consumption strategies
- IF REQUESTED: Accompaniment for abstinence

## OBJECTIVE

- To evaluate the transferability of IACA! to various centers (addictions treatment centers and/ or psychosocial support centers) in terms of results.
- To assess the conditions of transferability, included viability, of IACA!. Is this intervention deployable beyond a research context?

## METHODS AND ANALYSIS

### Study size

110 beneficiaries

23 professionnals

11 addiction treatment or prevention centers

### Study duration

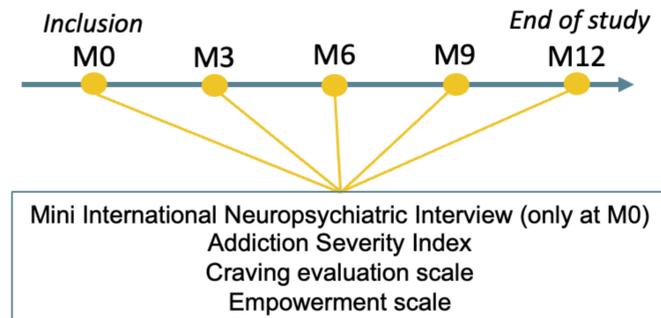
Duration of participation: 12 months

Duration of inclusion period: 10 months

### Procedure of the research project

Qualitative assessment: beneficiaries and professionals

Quantitative assessment: beneficiaries:



### Analysis strategy

A theory-driven evaluation framework using a realist evaluation method and contribution analysis

Descriptive prospective analyse

Mixed methods, concomittent design

## PRELIMINARY RESULTS

**A significant but not long lasting interest from professionals :**

- only one center refused to complete the training, the other accepted
- but many obstacles once the training was done: lack of time and willingness among professionals

**A difficult mobilization of users:**

- only 29 users accepted to enroll in the program (Mean age: 44 y.o (SD= 10.3), 65% males)
- Abstinence remains the most valued goal among users

**Severity of alcohol use:**

- Alcohol use disorder (DSM-5 criteria): n=27/28 (severe for 75%)
- Regular alcohol use (throughout life): 20.7 years (SD=11.1)
- Days of alcohol consumption (in the last 30 days): 26 days (SD=8.1)
- Standard drinks of alcohol per day: 17 (SD=11.8)

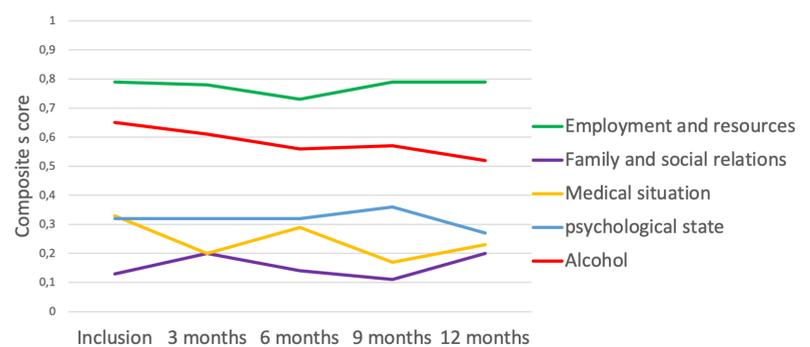


Fig 1: Composite score evolution of beneficiaries during follow-up (N= 19)

Among the 19 participants assessed at the 12-month follow-up, 15 showed improvement in their alcohol use severity (ASI Composite Score), 1 showed stabilization, and 3 showed deterioration.

**In terms of Viability :** Necessity of training teams on a voluntary basis and to include the entire structure to anchor the change

**Limitations:** small sample size for quantitative analysis (29/110)

## EXPECTED IMPACTS

- Identify the conditions for the viability of IACA!
- Define a guideline for spreading IACA! in other centers
- Contribute to prepare a clinical trial

**Contact:** sarah.moriceau@u-bordeaux.fr ; marc.auriacombe@u-bordeaux.fr