

One-month alcohol abstinence national campaigns: a scoping review of the harm reduction benefits



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1 Context

- Both the amount and frequency of alcohol use are associated with an increased mortality resulting from various medical risks (1-2).
- Public health campaigns challenging the general public to temporarily stop alcohol consumption have been spreading over recent years.
- Aim: to assess the harm reduction benefits of one-month alcohol abstinence national campaigns.

Countries with one-month alcohol abstinence national campaigns



2 Research questions

- Q1: Success** rates (having fully completed the challenge)?
- Q2: Profiles** of the participants?
- Q3: Predictive factors** of success?
- Q4: Outcomes** reported by the participants?

3 Methods: Scoping review of the literature

“Dry January” OR “Dry July” OR “Dry November” OR “Ocober” OR “IkPas” OR “Febfast” OR “la Tournée minerale” OR “défi 28 jours” OR “temporary abstinence”) AND alcohol.

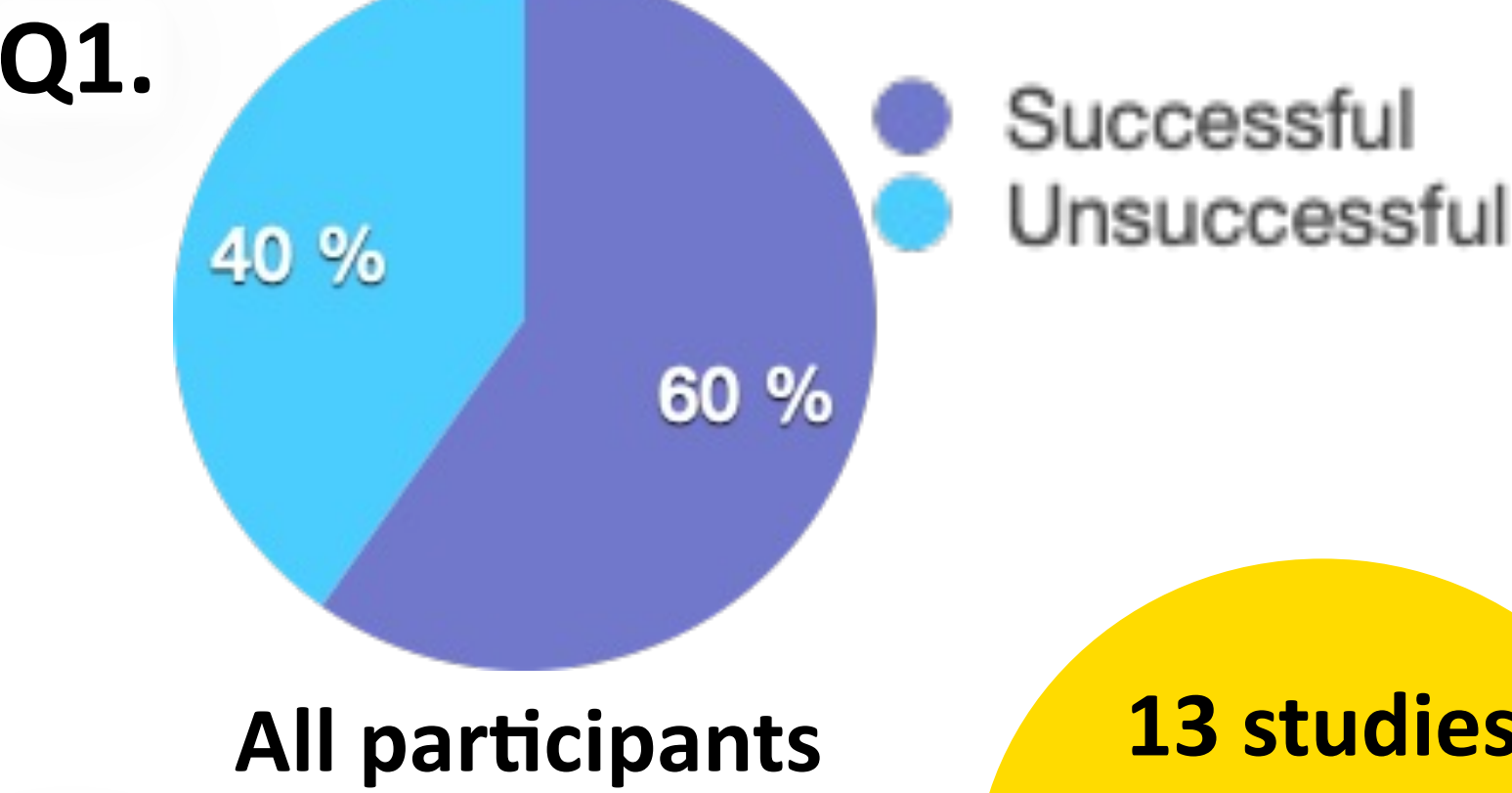


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Grey Literature

4 Results



13 studies and reports included in the review

Q2.



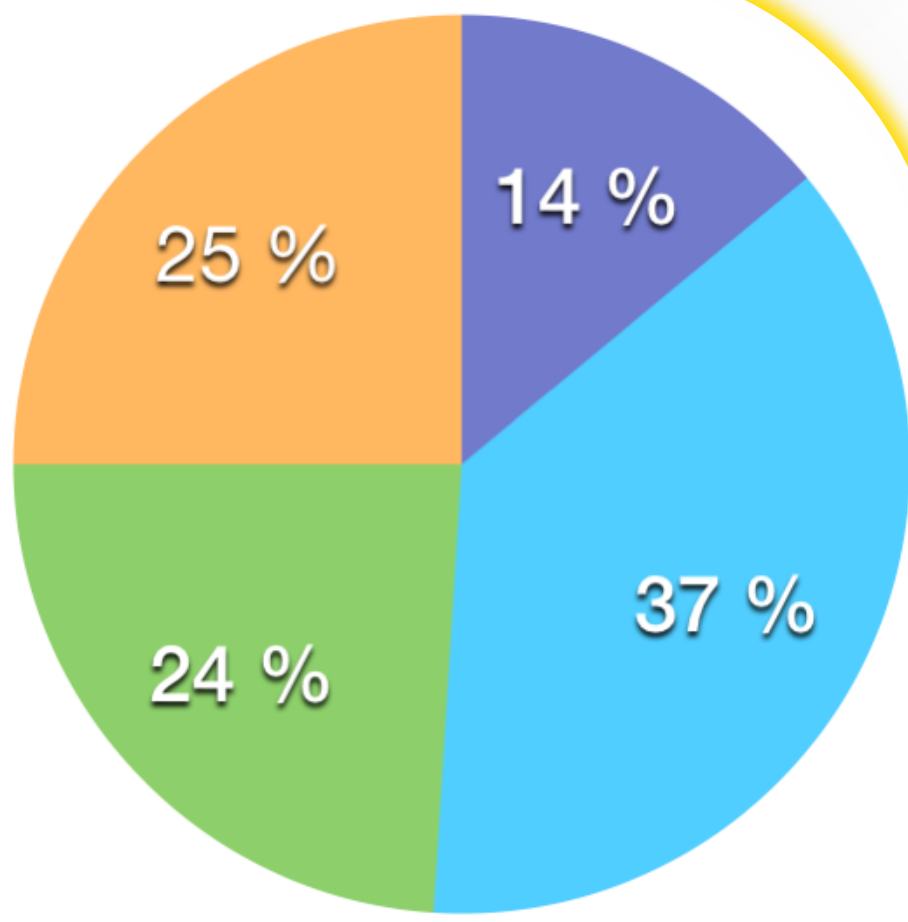
Higher proportion of women (up to 78%)



Higher AUDIT-C² scores¹

Higher incomes and completion of university education¹.

- 18-25
- 25-35
- 35-45
- ≥ 45-55



Age of the participants (years)

Q3. At baseline³:



Lower AUDIT-C scores*, fewer drinks per drinking day*, lower frequency of drunkenness*

- Higher Drink-refusal self-efficacy and mental wellbeing scores*

During the campaign³:

- Reading of all the supportive emails*

Q4.

At

Drink refusal self-efficacy score
AUDIT-C score

Mental well-being

Self-rated physical health

Successful participants

Unsuccessful participants

1-month

6-month

1-month

6-month



Not available



Not available



5

Conclusions

- Participating in a one-month alcohol-abstinence campaigns leads to harm-reduction and global health benefits whether the challenge is completed successfully or not.
- Further researches are needed to fill the remaining gaps about the practical ways to reach an extended part of the population.

de Ternay, J et al. (2022). <https://doi.org/10.1186/s12954-022-00603-x>



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(1) Bagnardi V, et al. Alcohol consumption and site-specific cancer risk: a comprehensive dose-response meta-analysis. Br J Cancer. 2015;112(3):580–93. (2) Wood AM, Kaptoge S, Danesh J. Risk thresholds for alcohol consumption: combined analysis of individual-participant data for 599 912 current drinkers in 83 prospective studies. Lancet. 2018;391(10129):1513–23.