

Title: Realist Evaluation of the viability and transferability of the IACA program, an alcohol harm reduction intervention: a mixed-method

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Aim: To evaluate the viability and transferability of the IACA Program, a Harm Reduction program based on the principle of psychosocial recovery for people with alcohol use disorders, in different addiction treatment or prevention centers.

Methods: This study was a 12-month, multi-case, longitudinal descriptive pilot study using mixed methods. The IACA program was implemented in 10 addiction treatment or prevention centers in France. Beneficiaries with Alcohol Use Disorder (AUD) were interviewed at inclusion in the Program, and every 3 months, during 12-months, with standardized questionnaires (ASI, craving scale, MINI, Empowerment scale). Quantitative analyses described change of alcohol use severity over 12 months to explore the impact of this intervention using the repeated measures ANOVA or Kruskal-Wallis test. Based on non-structured interviews among professionals and beneficiaries, qualitative analysis explored Viability (the extent to which an intervention is viable in the real world), and Transferability (the extent to which effectiveness of an intervention could be achieved in another setting).

Results: 29 beneficiaries and 23 professionals were included. Strong mobilization was observed among centers for training for the program, but difficulties emerged in setting up the program. Main difficulties identified by professionals were lack of time and resources to carry out all stages of the program, different levels of professional involvement. For beneficiaries, the program was perceived as beneficial regardless of an effect on alcohol use. Quantitative analyses showed a slight (nonsignificant, $p=0,23$) decrease in the quantity of alcohol use, and a slight reduction in the demand for help for AUD during the 12 months ($p=0,066$).

Conclusion: Viability and transferability of the IACA program appeared as complex, probably due to a large variability in centers's management and lack of resources/time. The small number of program beneficiaries limited quantitative exploration of effectiveness.

Conflict of interest: none

Funding: INCa N2020-004 & Iresp 2011133-00