

A feasibility randomised controlled trial of extended brief intervention for alcohol misuse in adults with mild to moderate intellectual disabilities living in the community

C.Kouimtsidis¹, A.Hassiotis², K.Scior³, G.Baio⁴, R.Hunter⁵

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¹ Surrey and Borders Partnership NHS Foundation Trust, iHEAR Partnership, London, UK

² University College London, Division of Psychiatry, London, UK

³ University College London, Clinical Educational & Health Psychology, London, UK

⁴ University College London, Department of Statistical Science, London, UK

⁵ University College London, Department of Primary Care and Population Health Research, London, UK

Introduction

Extended brief interventions (EBIs) are effective in targeting **alcohol misuse** in the general population. However, little is known on the effects of EBI in adults with intellectual (also known as learning disabilities).

Objectives

In this feasibility trial we compared EBI with usual care for alcohol misuse in adults with mild to moderate **intellectual disability (ID)**.

Methods

The study took place in three community ID services in England. Participants aged 18–65 years with reported alcohol problems, a score > 8 on the **alcohol use disorder identification test (AUDIT)**, and IQ < 70 (+/5% CI) were recruited and were randomly allocated to either EBI (5 weekly sessions and 1 follow-up at 8 weeks) and usual care or usual care alone. Research assessments took place at baseline, two and three months.

Results

Thirty individuals were randomised (15 in each arm). In regard to harmful drinking, at baseline, all the participants exceeded the relevant threshold. At 8 weeks, the proportion of participants with harmful drinking decreased to 60% for both groups, at 12 weeks it was decreased by 66.7% and 46.7% for the intervention and the control group respectively. The unit cost for the delivery of EBI is £430.

Conclusions

Recruitment to this trial has been proven challenging as prevalence of alcohol misuse in the targeted population was lower than anticipated. EBI may provide an effective low intensity treatment for this population. Participants' and carers' feedback on their experience was overall positive.