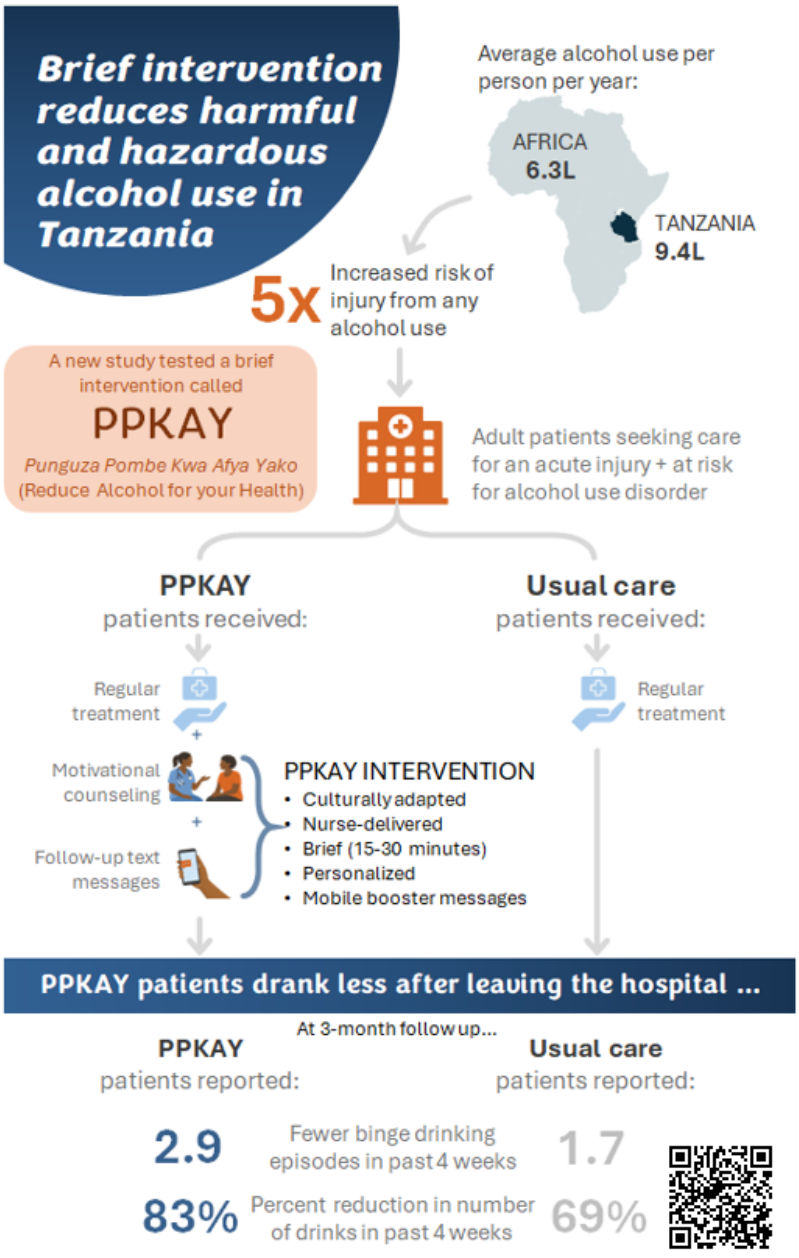
Effectiveness of a brief intervention and text-based booster in the emergency department to reduce harmful and hazardous alcohol use: A pragmatic randomized adaptive clinical trial in Moshi, Tanzania (PRACT Study Results)

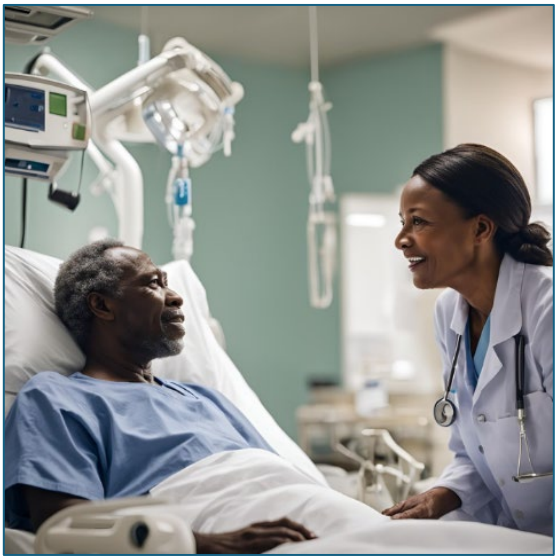
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Why We Did This Study

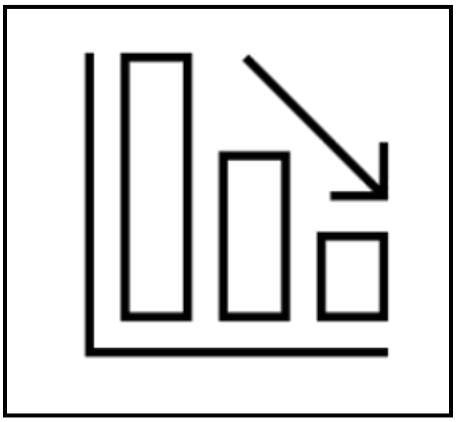
Researchers wanted to find a culturally appropriate way to reduce harmful alcohol use in Tanzania. Alcohol use causes many injuries, illnesses, and deaths, but there were few proven alcohol treatment programs designed for this setting. The study tested a program called *Punguza Pombe Kwa Afya Yako* ("PPKAY," English: Reduce Alcohol for Your Health), which combines a brief counseling session led by a nurse with supportive text messages. Researchers wanted to learn whether this approach could reduce binge drinking, which means drinking a large amount of alcohol in a short time, among adults who came to an emergency department because of an injury.

Who Participated in This Study?



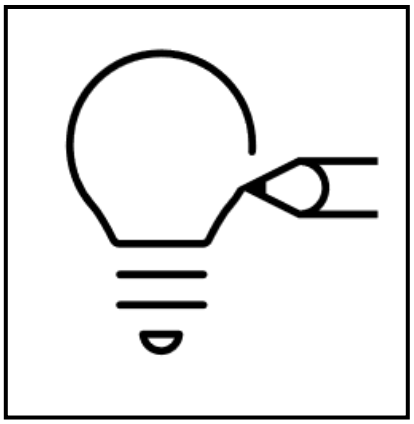
The study included 448 adults treated for an acute injury at Kilimanjaro Christian Medical Centre in Moshi, Tanzania. Participants reported alcohol use before their injury, scored 8 or higher on the Alcohol Use Disorders Identification Test (AUDIT), or tested positive on a breath alcohol test. Participants were randomly assigned to receive either usual care or the PPKAY program with text-message boosters. Most participants were men (94%), and the average age was about 36 years. Researchers followed participants for 3 months after they joined the study.

What Were the Results?



Both groups reported less alcohol use after 3 months, but the PPKAY group showed greater improvement. The intervention group reduced binge drinking days by an average of 2.9 days over a 4-week period, compared with a reduction of 1.7 days in the usual care group. This meant the intervention group had about 1.2 fewer binge drinking days than the usual care group. Participants in the intervention group also showed larger reductions in the number of drinking days and the number of drinks consumed. The study found no clear evidence that the intervention improved depression symptoms or alcohol-related consequences compared with usual care.

What Do These Results Mean?



The findings suggest that a short counseling session delivered by nurses, combined with supportive text messages, may help reduce binge drinking after an injury in this setting. The program appeared to work better than usual care for reducing how often people drank heavily. The results support offering brief alcohol counseling in emergency departments, where people may be more open to changing their drinking habits after an injury. Because alcohol use was self-reported and participants knew which treatment they received, the authors noted that the results should be interpreted with caution.