



DRINKS METER

AN ONLINE AND SMARTPHONE SOLUTION TO DELIVERING BRIEF SCREENING AND INTERVENTIONS FOR ALCOHOL USE



Web based applications delivering Identification and Brief Advice (IBA) for alcohol use can be as effective as face to face interventions. Drinks Meter delivers the most evidenced components of IBA combined with social normative feedback to address problematic alcohol use in a beautifully designed, innovative online and smartphone solution.



Drinks Meter utilises all the essential components of IBA to help individuals reduce their alcohol intake. Featuring the World Health Organisation's 10-item AUDIT with personalised feedback, Drinks Meter provides individuals with information on alcohol related health harms and the benefits that reduced intake can have upon their health and wellbeing.

Drinks Meter also offers the following motivating and educational interventions:

- Calculation of last week's alcohol unit intake, adjusted for personal risk factors such as physical and mental health conditions
- Conversion of last week's alcohol consumptions into cash, calories, and food equivalents
- Tracking of drinking behaviour over time and health benefits of reducing consumption
- Comparison of their intake to national guidelines
- Printable summary of results, feedback and advice

WE OFFER YOU:

- A single source solution to providing IBA across health care settings
- An evidenced based tool for occupational health departments and staff
- Data reporting on drinking patterns across time and location
- An innovative resource to help HR departments manage sickness, absenteeism and increase productivity
- Integration into existing information management systems
- Implementation support, promotional materials, and strategic planning advice
- Works on desktop, tablet and smartphone
- Co-branding



GLOBAL DRUG SURVEY

Developed by consultant psychiatrist and addiction medicine specialist and founder of Global Drug Survey Dr Adam R Winstock MBBS MD MRCP MRCPsych FACHAM

FOR MORE INFORMATION

ADAM@GLOBALDRUGSURVEY.COM

DRINKSMETER.COM