



# Bertil Göranssons resestipendium

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Centre for Psychiatry Research  
Stockholm prevents alcohol and drug problems (STAD)

**Alcohol, drugs and sexual health**

**Development of prevention in cooperation with youth health clinics**

## About STAD

- Research and development unit at **Centre for Psychiatry Research**
- Development, implementation and evaluation of prevention methods
- Researchers and practitioners in close collaboration
- Regional, national & international projects
- Community-based strategy with an environmental approach targeting:

Restaurants, Clubs, Festivals, Social services, Primary health care, Youth health clinics, Fitness centers, Sports stadiums,...

Media advocacy &  
communication activities

## Youth health clinic project - Background

- Alcohol consumption is associated with risky sexual behavior
- Visitors at youth health clinics drink more alcohol than their peers
- Risk behaviors in youth increase the risk of health problems later
- Youth health clinics have a unique opportunity to reach girls
- Need for a systematic alcohol and drug prevention approach
- Funding from The Public Health Agency

# Projectplan

## 1. Mapping

- 12 clinics in various sociodemographic areas
- Interviews with 11 midwives and 11 social counsellors
- Questionnaire among 328 visitors aged 15-27

## 2. Cooperation/Co-production

- Reference group: *Länsstyrelsen, Stockholms stad, Stockholms hälso- och sjukvårdsförvaltning, IQ, Beroendecentrum*
- Network of staff at youth health clinics in Stockholm county

# Projectplan

## 3. Prevention strategy

→ Development and implementation of web-based interventions for staff and young visitors

## 4. Evaluation

→ Questionnaire and interview study among staff

→ Randomized controlled trial (RCT) of program for youth

## Mapping - alcohol, drugs and risky sexual behavior

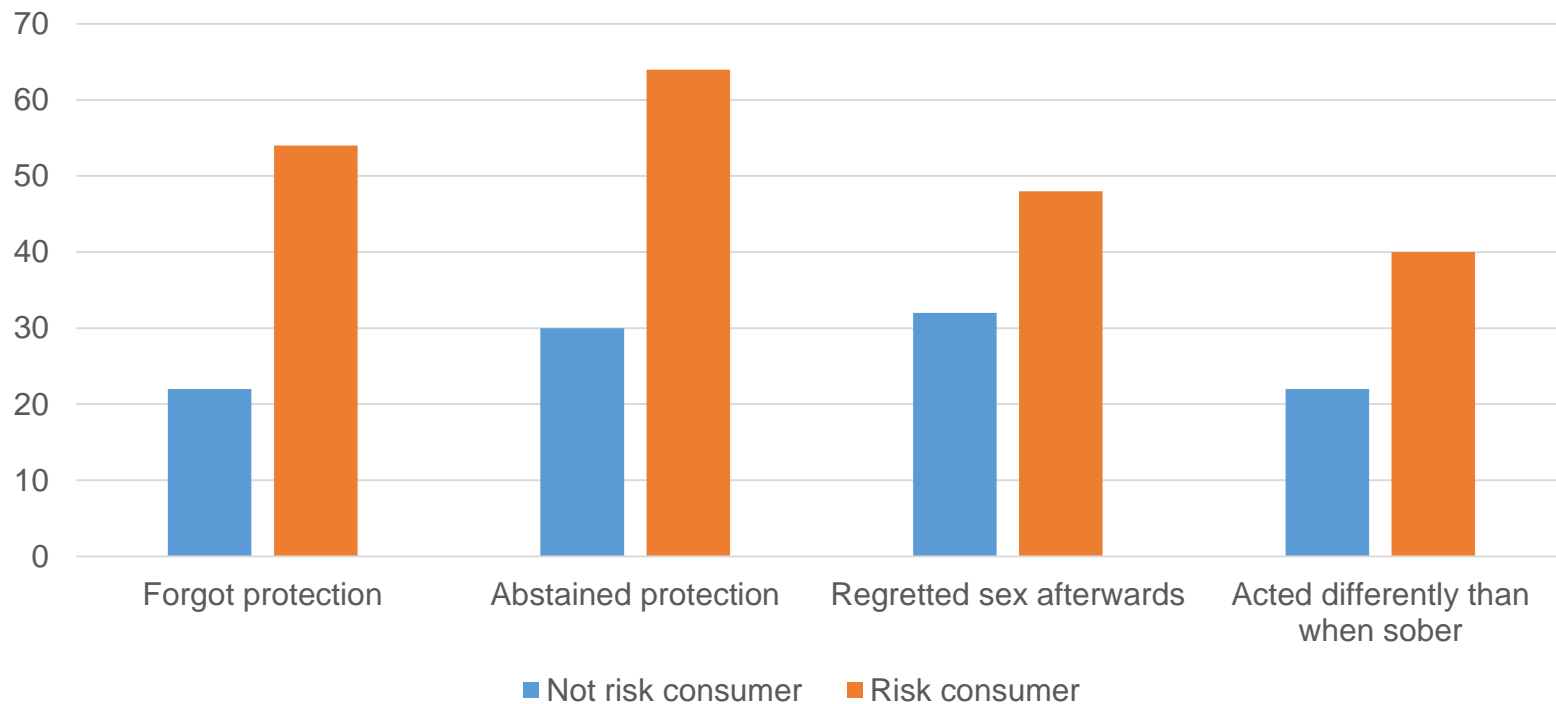
- 62% Risk consumers of alcohol (AUDIT-C 4/5 p)
- 41% Tried another drug than alcohol (primarily cannabis)
- 41% Under the influence of alcohol forgot protection
- 51% Under the influence of alcohol abstained protection
- 40% Under the influence of alcohol regretted sex afterwards
- 33% Under the influence of alcohol acted differently than when sober

# Adjusted OR:s: Under the influence of alcohol forgot protection



Variable	$\beta$	SE	OR	95% CI	p
Gender	.159	.534	1.172	.411-3.340	.766
Age	.272	.394	1.312	.607-2.838	.490
<b>Educational status</b>	<b>1.218</b>	<b>.327</b>	<b>3.379</b>	<b>1.782-6.410</b>	<b>.000</b>
Age at alcohol debut	.519	.355	1.680	.838-3.366	.144
Age at sexual debut	.001	.345	1.001	.509-1.969	.997
<b>Risky alcohol cons.</b>	<b>.888</b>	<b>.320</b>	<b>2.431</b>	<b>1.297-4.555</b>	<b>.006</b>
<b>Tried other drug</b>	<b>.684</b>	<b>.294</b>	<b>1.982</b>	<b>1.113-3.531</b>	<b>.020</b>
Mental health	.226	.312	1.254	.680-2.313	.496

## Alcohol consumption and risky sexual behavior





## Mapping – what did the staff say?

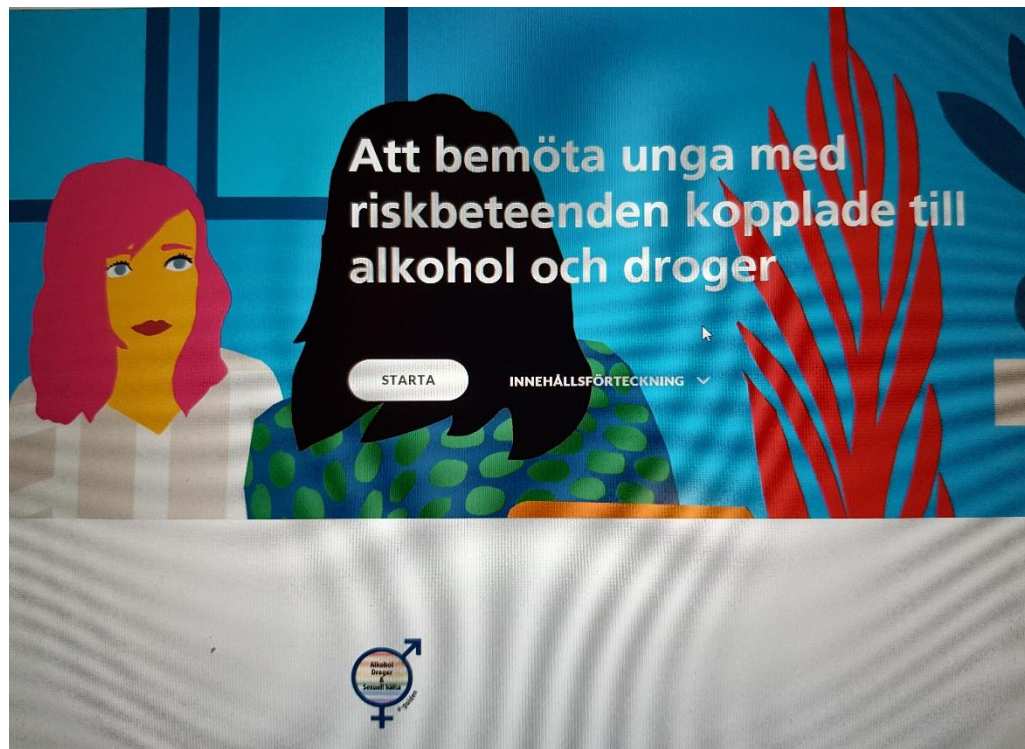
- *Alcohol makes it easier to take social contact*
- *I think that the thresholds are lowered regarding what you do*
- *The reason for using drugs may be that you don't feel well*
- *Young people need to find coping strategies for stress and anxiety*
- *For the moment, we have to say no to everyone who wants to see a social worker because the waiting time has become too long*
- *We ask a lot of questions, but we don't know what to do with it !*

# Future plans – continued research

## Development, implementation and evaluation of

- E-learning tool for staff at YHC
- Web-based alcohol & drug prevention program for young people with risky alcohol consumption





# Wiseteens program

- Web-based intervention for young people with risky alcohol consumption
- Based on Motivational Interviewing (MI)



## *Summing up*

**Research "from grain to bread"  
at the center of the third  
mission**





Thank you

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