

# Clinical Trial Results Summary

Thank you for participating in this clinical trial! Clinical trials are critical to making advancements in the scientific community and your involvement will help further important clinical research that can make impact.

## General Information

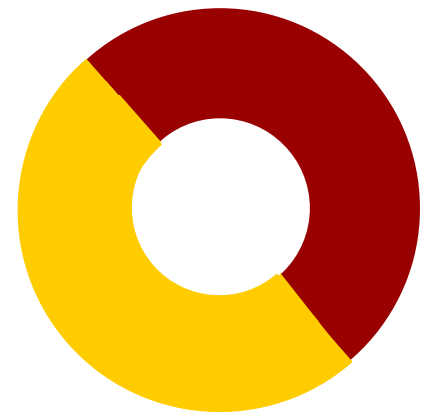
This case-control study was conducted in two phases, with the goal of developing and testing a very brief online program to reduce heavy alcohol use among young adult veterans in the United States.

In the first phase, we recruited a sample of over 1,000 veterans aged 19 to 34.

In the second phase, we developed methods to successfully recruit 784 heavy drinking veterans.

2 phases

>1000 participants



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## Medical Terms and Definitions

**Case control study:** a study that compares two groups of people

**Intervention:** In medicine, a treatment, procedure, or other action taken to prevent or treat disease, or improve health in other ways.

## Study Purpose

About half of recent American veterans and service members struggling with posttraumatic stress disorder (PTSD), alcohol misuse, and depression do not seek care due to barriers such as limited availability of services or negative beliefs about how helpful treatment would be. Young adult veterans are particularly difficult to engage in care, making them an important focus of this study.

## Guiding Questions

How do we reach veterans in need of alcohol use care that are not currently receiving it?

Once we reach these veterans in need, can we deliver a brief, evidence-based, online program to reduce their alcohol use and related consequences?



## Procedures Recap

In the first phase, we examined how Facebook could be used to reach veterans in the community. Although veterans are an at-risk group for heavy drinking and mental health problems, few seek care. We demonstrated that targeted Facebook advertisements can be used to reach out to veterans and offer them an alcohol reduction program that they likely would not have received otherwise.

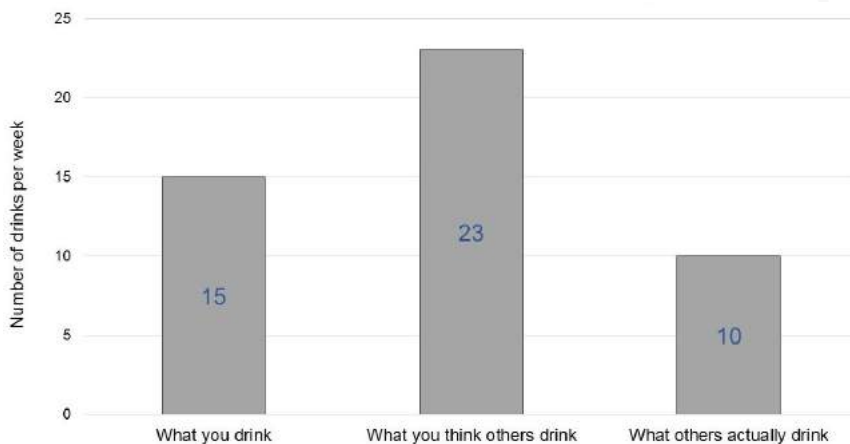
In the second phase, we developed and pilot tested a single-session personalized normative feedback (PNF) intervention for young adult veterans recruited on Facebook to increase the reach of an empirically-based brief alcohol intervention to this population.

**"The findings were very promising and documented that, at least in the short term, the very brief online intervention helped young veterans reduce their drinking and alcohol-related consequences."**

## Results and Next Steps

In the month after receiving the brief online PNF intervention, veterans drank approximately eight fewer drinks per week, binge drank approximately three fewer days, and decreased their experience of alcohol-related consequences by approximately 50 percent. These reductions were all significantly different than the control group.

**Figure Title**



Caption for figure

We hope to continue these research efforts by testing the long-term effects of the intervention and examining how this approach can be used to help veterans with heavy drinking and mental health problems, perhaps by increasing their engagement in both in-person and online treatment approaches.