

P-422 - PREVENTION OF ALCOHOL-RELATED DISORDERS IN ELDERLY IMMIGRANTS - A CLUSTER-RANDOMIZED CONTROLLED STUDY

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Background: In migrants, alcohol becomes a frequent problem in particular from the age of 50 onwards. Preventive behaviour is influenced by cultural differences in terms of how alcohol consumption is evaluated and dealt with. But migrants are not sufficiently reached by offers of help in combating addiction. Aim of the study was to improve the sensitisation regarding alcohol consumption.

Method: Cluster-randomized controlled multicenter study with immigrants (n= 268) comparing a transcultural prevention measurement (one event and migration sensitive transcultural brochures; TPC) against an usual prevention measurement (event and information brochure; TAU). Main outcomes were attitudes towards alcohol and alcohol consumption after 6 months.

Results: Overall the immigrants accept the transcultural prevention concept better (TPC > TAU; p= .023). Attitudes towards alcohol are more difficult to change. Only regarding talking openly about alcohol problems (TPC > TAU; p= .021) and willingness to seek for help (TPC > TAU; p= .001) we found an effect of the TPC. 6 months after the participants in TPC reduced their alcohol consumption markedly (I drink less / I don't drink at all: TPC 45,9% vs. TAU 16,7%; p = .004).

Conclusions: The consideration of cultural, migration-related and linguistic factors in health care is important to change health related behaviour. Therefore the sensitization of health care providers for transcultural perspectives and diversity is necessary.