

SMARTPHONE APPLICATIONS FOR BEHAVIOURAL INTERVENTIONS WITH AT RISK DRINKERS

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Background

Problem drinking is a worldwide concern and a comorbid health problem for psychiatric illness. With the rising trend in e-mental health interventions, the advancement of smartphone technology has ushered in an era where smartphone apps can be used for behavioural change intervention in problem drinking.

Objectives

The aim of the study is to contribute towards the development of a smartphone app for use with problem drinkers based on behavioural modification principles.

Methods

7 post graduate students in the School of Health Professions at Murdoch University were interviewed about the use of smartphone apps for problem drinking and the interview transcripts were subjected to thematic analysis.

Findings

Themes that emerged include: accessibility, milestones, commitment and notifications.

Conclusions

These findings shed light on the development of the e-mental health intervention for problem drinking. Implications on clients from diverse cultures and various age groups are discussed.