

## Drinking Reduction Programs: Comparing the Effectiveness of Different Versions of the Programs

**Authors :** Justyna Śniadach, Barbara Bętkowska Korpała, Napoleon Waszkiewicz

**Abstract :** The drinking reduction program is a relatively new form of therapy. A lot has changed in thinking about alcohol problems and effective ways to solve them. Until recently, alcohol consumers were divided into two groups: addicted and "normal" drinkers. In recent years, the existence of a large group of people who drink alcohol harmfully has been noticed: not addicted, but still drinking in a way that brings losses and harms to others. It turned out that most of the problems resulting from drinking alcohol are generated by people who drink harmfully and that showed that it is necessary to build a support system for these people aimed at reducing alcohol consumption. The Drinking Reduction Program currently has 3 versions. There is a Drinking Reduction Program in a standard form, where the patient works stationary, in the therapist's office. Another possibility is the patient's work on Online - Drinking Reduction Program with application in a remote form. Another possibility is the patient's work in Online- Drinking Reduction Program on-line but together with the therapist. In all of this program's exercises are based on the assumptions of behavioral-cognitive therapy and methods of motivational dialogue. The purpose of this research will be to compare three versions of Drinking Reduction Programs in terms of their effectiveness, psychological and sociological variables, as well as the level of motivation to change the drinking pattern.

**Keywords :** alcohol addiction, addiction therapy, drinking reduction programs, cognitive-behavioral therapy

**Conference Title :** ICATT 2023 : International Conference on Addiction Treatment and Therapy

**Conference Location :** Prague, Czechia

**Conference Dates :** September 04-05, 2023