



BIPAS ALCOHOL

Better Informed Parents keeping Adolescents Safe from Alcohol

Background

- Rates of alcohol use increase exponentially after adolescents enter middle school.
- Early-onset alcohol use alters brain development and reduces cognitive function, leads to involvement with deviant peers and sexual debut, and elevates risk for alcohol use disorder and mental health problems.
- Pediatric providers are highly trusted and are uniquely positioned to influence adolescents and their parents.
- AAP Bright Futures guidelines recommend providing anticipatory guidance about alcohol starting at age 11.

BIPAS Alcohol Intervention

The purpose of this intervention is to provide information to parents in two parts: 1) a brief, in-person intervention delivered by pediatric providers at their child's 11-year well-child checkup; and 2) weekly text messages delivering alcohol prevention content (e.g., when and why children drink, creating alcohol-specific family rules, communication skills) over the course of 6 months.

Providers enrolled in this study will:

- Attend a one-hour, CME-accredited, in-house lunchtime training session.
- Deliver a brief, <3 minute anticipatory guidance script to parents during their child's checkup.
- Participate in a 45-minute phone interview at the end of the intervention.

Study Design and Procedures

- This is a pilot study with 100 families: 50 from 1 intervention clinic and 50 from 1 comparison clinic, funded by NIAAA, designed to assess feasibility and to obtain preliminary estimates of effectiveness of the newly developed BIPAS Alcohol intervention.
- Outcomes include fidelity of adherence to the intervention, acceptability to providers and parents, and changes in child and parent alcohol beliefs and behaviors.
- BIPAS Alcohol study staff will use EPIC to identify eligible families with upcoming 11-year well-child visits for up to 6 months. Study staff will meet with interested families in the clinic before the well-child visit to enroll participants.

Incentive Structure

- Both clinics will receive \$2,000 to offset administrative costs.
- Providers in the intervention clinic will receive 1 hour CME credit and \$100 for participating in the interview.
- Families will receive \$165 for full participation.

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Visit bipasalcohol.com/providers for more information