

A self-efficacy enhancement alcohol reduction intervention for men on-remand in prison: the APPRAISE feasibility pilot RCT

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Plain language summary

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Plain language summary

What was the question?

We know many men on remand report being under the influence of alcohol at the time of their arrest. Having a short conversation providing alcohol support and advice (known as an 'intervention') can be effective. However, we do not know if an alcohol intervention for men on remand in prison is possible to deliver or if we can 'test' the benefit of it. The aim of the study was to 'test' an intervention named APPRAISE using a small study, for men on remand in one Scottish and one English prison.

What did we do?

We aimed to get 180 men in this study. Men taking part were asked to tell us about their alcohol drinking. Men reporting 'risky' drinking were split into two groups by chance. One group were to be given the APPRAISE intervention while in prison and once released. The other group did not receive the intervention. We then set out to measure their drinking levels after 12 months. We interviewed different people involved in the study to find out what they thought.

What did we find?

We successfully recruited 132 men but had to stop due to coronavirus disease discovered in 2019, as we were unable to go into the prisons. We delivered 53 out of 68 interventions in prison but not once men were released; we were only able to contact 18 out of 132 men at 12 months. People we interviewed stated that having an intervention to reduce risky drinking would be acceptable; however, this would require investment, time, space, capacity and trust.

What does this mean?

Before we can plan a larger study we need to identify the best way to locate men once released from prison, to deliver the whole intervention and measure its effect on drinking levels.

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