

Alerta Alcohol

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ALERTA ALCOHOL

Design and evaluation of a web-based computer-tailored intervention for prevention of alcohol consumption and binge drinking in Spanish adolescents.

1. Alcohol consumption has become part of the Spanish social and cultural life, resulting in social and parental permissiveness towards alcohol consumption by adolescents. | This thesis.
2. As factors determining alcohol consumption differ per gender, alcohol prevention strategies should be gender sensitive. | This thesis.
3. *Alerta Alcohol* was ineffective in reducing binge drinking which is quite accepted in Spain; hence interventions are needed to change Spanish norms about binge drinking. | This thesis.
4. Interventions are needed to increase interest and motivation on the part of teachers and coordinators to implement health programs at schools. | This thesis.
5. Although web-based computer-tailored interventions have the potential to reach many young people at relatively low cost, the development of effective computer-tailored interventions involves long-term evaluations and maintenance.
6. Reducing alcohol consumption and binge drinking requires an intersectoral health promotion perspective with several relevant stakeholders such as youth, health professional and health services, researchers, programme implementers, and health policy-makers.
7. New strategies (e.g. gamification and avatars with greater social inclusion) could help to reduce cognitive effort and increase adolescent's attention and motivation as well as improve adherence for eHealth interventions for preventing alcohol consumption and binge drinking.
8. Implementation of *Alerta Alcohol* programme as part of the school's health promotion curriculum will increase their effectiveness.
9. Observation indicates how the patient is doing; reflection indicates what needs to be done; practical skill indicates how to do it. Training and experience are necessary to know how to observe and what to observe; how to think and what to think. | Florence Nightingale.
10. If you can heal, heal. If you can't heal, relieve. If you can't relieve, console. And if you can't console, accompany. | Augusto Morri.
11. If you have a dream in your heart and you really believe in it, you risk making it come true. | Walt Disney.

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