

# Alerta Alcohol

## Citation for published version (APA):

Martínez Montilla, J. M. (2020). *Alerta Alcohol: Design and evaluation of a web-based computer-tailored intervention for prevention of alcohol consumption and binge drinking in Spanish adolescents*. Maastricht University. <https://doi.org/10.26481/dis.20201012jm>

## Document status and date:

Published: 01/01/2020

## DOI:

[10.26481/dis.20201012jm](https://doi.org/10.26481/dis.20201012jm)

## Document Version:

Publisher's PDF, also known as Version of record

## Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

## General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

[www.umlib.nl/taverne-license](http://www.umlib.nl/taverne-license)

## Take down policy

If you believe that this document breaches copyright please contact us at:

[repository@maastrichtuniversity.nl](mailto:repository@maastrichtuniversity.nl)

providing details and we will investigate your claim.

## **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.

José Manuel Martínez Montilla