Does the Prevent Alcohol and Risk-related Trauma in Youth (P.A.R.T.Y.) programs reduce risky drinking and alcohol related harms in naval trainees? A randomised trial.

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Introduction and Aims:
Risky alcohol consumption and related harms are a significant issue for the Australian Defence Forces, but effective interventions are rare. We examined whether participation in the Prevent Alcohol and Risk related Trauma in Youth (P.A.R.T.Y.) program could reduce harmful alcohol consumption among naval trainees.

Design and Methods:
Naval trainees aged 18 to 30 years were invited to participate. Consenting participants were randomised to the in-hospital P.A.R.T.Y and ADF Annual awareness training, on-base P.A.R.T.Y. and ADF Annual awareness training, or ADF Annual Awareness training only (control), groups. The primary outcome was the proportion of participants reporting an AUDIT score $\geq 8$ at 12 months post-intervention. An intention to treat analyses was performed.

Results:
The mean (SD) age of the 953 participants was 21.2 (2.7) years and 80% were male, and 12-month follow-up was complete for 81%. The proportion of participants with an AUDIT score $\geq 8$ decreased from baseline in all groups. Compared to the control group, the odds of reporting an AUDIT score $\geq 8$ at 12-months was not different for the in-hospital (RR 0.96, 95% CI 0.75-1.23) or on-base (RR 1.11, 95% CI 0.89-1.39) P.A.R.T.Y groups. Compared to the in-hospital group, the odds of reporting an AUDIT score $\geq 8$ at follow-up was not different (RR 1.16, 95% CI 0.90-1.48).

Discussions and Conclusions:
There was no evidence that participation in the P.A.R.T.Y. program, delivered either in-hospital or on-base, reduced reported levels of risky alcohol consumption in naval trainees. Other interventions should be evaluated in the future to prevent alcohol-related harm in this high-risk group.
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