



2012



ERAB

THE EUROPEAN FOUNDATION FOR ALCOHOL RESEARCH

REPORT 2012

EDITORIAL

2012 has been marked by a number of important milestones for ERAB.

In February, ERAB reported the publication of the 100th scientific paper which cited ERAB as a source of funding.

Publications in peer-reviewed journals are a tangible sign of the quality of the research which is funded by ERAB. We were delighted to reach this milestone. While the figure represents an average of about 3 papers from each grant, it masks the fact that some grantees have had many more papers published. To recognise this, a special award for grantees publishing more than 5 papers has been introduced.

In November, ERAB organised an event in the European Parliament with the support of Markus Ferber MEP, a member of the ERAB Board of Directors. This event was to launch ERAB's first E-book - Underage Drinking: A Report on Drinking in the Second Decade of Life in Europe and North America. The book can be accessed from the ERAB website. Speaking at the launch, Dr Michael Hübel, Head of Unit - Health Determinants, DG SANCO, European Commission welcomed the publication in the context of EU action on alcohol-related harm.

This review was ERAB's biggest undertaking to date. It was organised in collaboration with ABMRF/ The Foundation for Alcohol Research. The project started in 2011 and was completed in November this year. It was written by a group of experts from Europe and North America: Franca Beccaria from Italy; Patricia Conrod from Canada; Kim Fromme from USA; Antti Latvala from Finland; Sherry Stewart from Canada; Reinout Wiers from the Netherlands and Helene White from the USA. It covers the epidemiology of underage drinking in Europe and North America, the risk and protective

factors for underage drinking, and compares the approaches to prevention of alcohol use and misuse in the two continents. The final chapter, which is included in this Report, provides recommendations based on the evidence presented in the previous three chapters to delay the age of onset of (in particular regular or heavy) drinking and prevent heavy episodic, or binge, drinking.

In December, ERAB received its first donation from a private foundation and we would like to thank Futur 21 for their support.

Currently, resources are only available to fund a fraction of the innovative research projects judged to have the highest scientific merit by our independent reviewers. In total, ERAB funds about 10% of the applications received. It is difficult to encourage more applications without additional funding. It is hoped that this generous award from Futur 21 will be the first of many donations, as ERAB seeks to widen its sources of funding.

We hope that 2013, which includes ERAB's 10th anniversary, will include as many milestones.



**Emeritus Professor
Oliver James**
Chairman of the ERAB
Board of Directors

A handwritten signature in dark ink, appearing to read 'Oliver James'.



**Professor
Philippe De Witte**
Chairman of the ERAB
Advisory Board

A handwritten signature in dark ink, appearing to read 'Philippe De Witte'.

THANKS

Fondation privée Futur 21



ERAB is delighted to have received a donation from a private Belgian Foundation, Futur 21. Futur 21 is known for its charitable work with children and disabled people all over the world. It supports projects in education, humanity and medicine, giving priority to children and young people. This grant follows on from ERAB's recent review of underage drinking, and recommendations to reduce drinking in adolescence. The donation was made in December 2012 and will be used towards funding grants in 2013.

Rutger Goethart



Rutger was elected as an industry member of the ERAB Board of Directors in October 2008 and has been a great advocate for ERAB. He stood down this year when his responsibilities within Heineken changed. He joined Heineken in 2006 as their public affairs manager responsible for government affairs globally. ERAB would like to take this opportunity to thank Rutger for his support for ERAB.

ABMRF/The Foundation for Alcohol Research



ERAB would like to thank its sister foundation in North America, ABMRF/ The Foundation for Alcohol Research, for their help and collaboration on the review of underage drinking featured at the end of this Report. Without the experienced help of the team at ABMRF this work could not have been undertaken.

CONGRATULATIONS



ERAB would like to congratulate Dr Matty Weijenbergh, member of the ERAB Board of Directors, who was appointed full professor in 2012.

FUND RAISING

At its meeting on 27th November 2012, the ERAB Board of Directors established a Fund Raising Task Force with a mandate to seek out additional sources of funding for ERAB. To manage this work, ERAB is seeking applications for a part time fund raiser.

In 2012, ERAB was officially recognised as an Institution of Scientific Research. This means that any donations from Belgium are fiscally deductible according to Belgian legislation.

In addition, ERAB has been accepted by the King Baudouin Foundation to be part of Transnational Giving Europe (TGE). This means that donations to ERAB from TGE partner countries (Bulgaria, France, Germany, Ireland, Italy, Hungary, Luxembourg, Poland, Romania, Slovakia, Slovenia, Switzerland, The Netherlands, and UK) will benefit from local tax deductibility.

A new "Donate" page on the ERAB website encourages charitable donations to the foundation.

EVENTS

The Report was launched on 27th November 2012 in the European Parliament in Brussels, Belgium. Dr Michael Hübel, Head of Unit - Health Determinants, DG SANCO, joined several of the report authors to introduce the review findings and the report recommendations. The audience included Members of the European Parliament and other Commission departments.



INTRODUCTORY INFORMATION

The European Foundation for Alcohol Research (ERAB) was established as an independent Charity in Brussels in 2003 to fund European biomedical and psychosocial research into the effects of beer and other alcohol beverages.

KEY PERFORMANCE INDICATORS 2003 - 2012.

Total subscriptions to end 2012	€ 4,679,845
Total grant spend to end 2012	€ 4,316,616
Total Applications	322
Total full grants funded	60
Number of two year grants	52
Number of biomedical grants	36
Number of psychosocial grants	24
Number of publications citing ERAB	110
Total Travel Award Applications (funded)	74 (51)
Total Exchange Award Applications (funded)	11 (8)
Number of Thesis Awards funded	3
Number of Special Publication Awards funded	2



To date, ERAB grants have been undertaken in 12 different EU countries: Belgium; Denmark; Finland; France; Germany; Italy; the Netherlands; Portugal; Spain; Sweden; Switzerland and UK.

**Map showing funding
distribution 2004 - 2012**

THE ERAB WEBSITE

The ERAB website includes: biographies of the members of both Boards; information about how to apply for a grant, including the deadlines; details of grants already funded; the publications resulting from these grants; and proforma report forms and a sample contract for grantees to download. It also provides links to the newsletters and other ERAB publications.

www.erab.org

CONTRIBUTORS

Without the continued support of the European Brewing Sector, ERAB would not be able to continue to fund independent research into the biomedical and socio-behavioural aspects of alcohol consumption.

Subscriptions to ERAB have again been received from all 28 member associations of The Brewers of Europe and additionally by the four major brewers in Europe. ERAB would like to thank all of its supporters, listed below, for their sustained commitment and their recognition of the value of developing a better understanding of how alcohol affects health and behaviour.

- **APCV - Associação Portuguesa dos Produtores de Cerveja, Portugal;**
- **Association of Hungarian Brewers, Hungary;**
- **Associazione degli Industriali della Birra e del Malto, Italy;**
- **Beer and Malt Producers' Association of Turkey, Turkey;**
- **Belgian Brewers, Belgium;**
- **Brasseurs de France, France;**
- **Brewers of Romania, Romania;**
- **Bryggeriforeningen, Denmark;**
- **Cervceros de España, Spain;**
- **Croatian Chamber of Commerce Association of beer, malt and hop producers, Croatia;**
- **Cyprus Brewers Association, Cyprus;**
- **Czech Beer and Malt Association, Czech Republic;**
- **Deutscher Brauer-Bund e.V., Germany;**
- **Grants Committee of the British Beer & Pub Association and the Institute of Brewing & Distilling, UK;**
- **Fédération des Brasseurs Luxembourgeois, Luxembourg;**
- **Greek Brewers' Association, Greece;**
- **Irish Brewers' Association, Ireland;**
- **Lithuanian Brewers' Guild, Lithuania;**
- **Nederlandse Brouwers, The Netherlands;**
- **Norwegian Brewers, Norway;**
- **Panimoliitto, Finland;**
- **Slovak Beer and Malt Association, Slovakia;**
- **Sveriges Bryggerier AB, Sweden;**
- **Swiss Breweries' Federation, Switzerland;**
- **The Malta Chamber of Commerce, Enterprise and Industry, Malta;**
- **The Union of Brewing Industry Employers in Poland, Poland;**
- **Union of Brewers in Bulgaria, Bulgaria;**
- **Verband der Brauereien Österreichs, Austria.**
- **The Brewers of Europe.**
- **Carlsberg Breweries A/S;**
- **Heineken International B.V.;**
- **Anheuser Busch InBev N.V.;**
- **SABMiller Europe A.g..**

FINANCE

An average of five grants of up to €100,000 are funded each year, together with four or five travel awards, and one or two exchange awards. The research grant expenditure accounts for the majority of the annual budget.

	2004	2005	2006	2007	2008	2009	2010	2011	2012*
	€	€	€	€	€	€	€	€	€
Revenue and Support									
Industry contributions	434,500	445,000	425,000	535,000	535,000	474,000	473,073	522,997	587,729
Investment income	2,365	6,620	1,926	6,098	2,450	110	374	962	825
Donations									50,000
Expenditure									
Grants and Awards									
Grants	390,390	496,600	421,846	426,398	727,315	422,482	391,900	395,056	380,000
Awards	-	2,500	11,656	12,219	9,504	8,590	5,351	4,287	7,478
Projects								51,200	98,800
Sub Total	390,390	499,100	433,502	438,617	736,819	431,072	397,251	450,543	486,278
Other Expenditures									
Communications	9,195	9,334	5,310	17,017	5,490	9,638	12,944	12,000	12,015
Meetings and Conferences	59,023	33,838	19,222	32,371	13,696	17,078	22,538	24,000	9,278
Other	5,743	7,077	5,370	5,562	5,631	20,208	29,682	16,737	30,158
Total Expenditure	464,351	549,349	463,404	493,567	761,636	477,996	462,416	503,298	537,729
Assets carried over	356,956	329,470	231,742	195,264	242,795	0	0	0	50,000
Reserve						18,608	14,722	25,754	25,754
Endowment	25,000	25,000	25,000	25,000	25,000	25,000	25,000	25,000	25,000

*provisional

BOARDS

ERAB has two boards: a Board of Directors, and an Advisory Board. The members of both Boards generously give their time and expertise without reward and ERAB is very grateful for this support.

BOARD OF DIRECTORS

ERAB's independence is guaranteed by a Board of Directors made up of a majority of public members. Their role is to administer the funds.

PUBLIC MEMBERS



Emeritus Professor Oliver F. W. James

Former Pro Vice Chancellor, Faculty of Medical Sciences, University of Newcastle-upon-Tyne, UK.
(Founder Member, Chairman).



Professor Daniel Bessa

COTEC, Portugal.



Count Rodolphe de Looz Corswarem

President of European Historic Houses Association.



Mr. Raymond Georis

Former Managing Director of the Madariaga European Foundation (Founder Member and Past Chairman of ERAB Board of Directors).



Mr. Dipl.-Ing. Markus Ferber
Member of the European Parliament.



Mr. Jean Martin
Former President of the European Confederation of the Food & Drink Industry.



Professor Mack Mitchell
ABMRF/The Foundation for Alcohol Research, USA.



Dr. Erik Skovenborg
Medical Doctor, Denmark.



Professor Philippe De Witte
Université Catholique de Louvain-la-Neuve, Belgium.
Chairman of the ERAB Advisory Board.



Janet Witheridge
ERAB: The European Foundation for Alcohol Research.
Secretary-General.

REPRESENTATIVES OF THE BREWING SECTOR



Mr. Alberto da Ponte
(Former) President of The Brewers of Europe 2008-2012, Portugal.



Mr. Morten Nielsen
Carlsberg Group, Denmark.



Mr. Kieran Simpson
Heineken, The Netherlands.



Mr. Simon Jackson
Institute of Brewing and Distilling, UK.



Mr. Jacobo Olalla Marañón
Cerveceros de España, Spain.

HONORARY MEMBERS (ACCORDING TO ARTICLE 6 OF THE BY-LAWS)



Dr. David Long MBE
Consultant, Former Director, Brewing, British Beer & Pub Association, UK.



Mr. Piero Perron
Former President of The Brewers of Europe. **(Founder Member).**



Emeritus Professor Richard Smallwood
Former Commonwealth Chief Medical Officer (1999-2003), Australia.

ADVISORY BOARD

The members of the Advisory Board have a proven international independent scientific reputation. Their role is to examine the applications, suggest peer reviewers and, based on the reviews received, recommend to the Board of Directors which applications should be funded.



Professor Philippe De Witte
Department of Biology, Université Catholique de Louvain-la-Neuve, Belgium. **Chairman.**



Professor Giovanni Addolorato
Department of Internal Medicine, Università Cattolica del Sacro Cuore, Rome, Italy.



Professor Christopher P. Day
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Associate Professor Ramon Estruch
Department of Internal Medicine, University of Barcelona, Spain.



Professor Wolfgang Koenig
Department of Medicine, University of Ulm, Germany.



Professor Pekka Sulkunen
Department of Sociology, University of Helsinki, Finland.



Professor Matty P. Weijenberg
Department of Epidemiology, Maastricht University, The Netherlands.

CHANGES TO THE BOARD OF DIRECTORS IN 2012

This year, ERAB was sorry to lose Mr. Rutger Goethart who has changed roles within Heineken. We are delighted to welcome back as his replacement, Mr. Kieran Simpson who was a member of the first Board of Directors. We are also pleased to welcome Mr. Morten Nielsen to replace Mr. Knud Hedeager Nielsen who retired from the Board last year.

ERAB GRANTS

ERAB invites applications for funding European biomedical and psychosocial research into the effects of beer and other alcohol beverages. The applications are sent for peer review to experts (in the relevant subject) from all over the world. The recommendations as to which grants are funded are based on these reviews which give great emphasis to the scientific merit of the application. Grants are now funded up to the maximum of €50,000 for one year or €100,000 over two years.

Applications received by the April deadline are reviewed during the Summer. Applicants are notified in the Autumn with a view to the research starting in January the following year.

Of the 60 major grants awarded to date, seven were completed at the end of 2006, four at the end of 2007, three at the end of 2008, seven at the end of 2009, seven at the end of 2010, six at the end of 2011 and five in 2012. Seven will complete in 2013, six in 2014 and five in 2015. Three projects had to be discontinued due to poor health or other difficulties.

2012 GRANTS

At its thirteenth meeting on 27th November 2012, the ERAB Board of Directors agreed that the following six research projects should receive funding during 2013 / 2014.

Name of Principal Researcher	Department	Institution	Town Country	Discipline Grant length
Professor Min Yang	Institute of Mental Health	University of Nottingham	Nottingham, UK	Psychosocial 1.5 year
	The pathway of early life social economic status to midlife alcohol use to late life ill health.			
Dr. Trine Flensburg-Madsen	National Institute of Public Health	University of Southern Denmark	Copenhagen, Denmark	Psychosocial Two year
	The effects of psychosocial factors upon risk of developing alcohol use disorders. A longitudinal study.			
Professor Thomas Gladwin	Department of Psychology	University of Amsterdam	Amsterdam, Netherlands	Psychosocial Two year
	More effective change of alcohol-related cognitive biases via enhancement of mediating processes.			
Dr. Deborah L. Shawcross	Institute of Liver Studies	King's College London	London, UK	Biomedical Two year
	Neutrophil function in acute alcoholic hepatitis and alcohol-induced liver toxicity utilising a novel in vitro model of acute liver injury.			
Professor Jose Antonio López-Moreno	Department of Psychobiology	Faculty of Psychology, Complutense University	Madrid, Spain	Biomedical Two year
	Brain and plasma epigenetic markers for alcohol addiction and its cognitive deficits.			
Professor Olivier Pierrefiche	Faculty of Pharmacy	University of Picardie Jules Verne	Amiens, France	Biomedical Two year
	The consequences of binge-drinking on learning and memory. How does it work in the brain?			

PUBLICATIONS RELATING TO ERAB FUNDED RESEARCH

Grantees are encouraged to publish the results of their research in peer-reviewed journals independent of ERAB, but are asked to acknowledge ERAB as the source of funding. ERAB monitors these publications and publishes a list on the website.

To date, ERAB grantees have published the results of the research funded by ERAB in 110 papers in peer reviewed journals and many more are in press. For a list of publications, visit http://www.erab.org/content.php?doc_id=478&class_id=59

AWARDS FOR YOUNG RESEARCHERS

As well as providing major research grants, ERAB is keen to encourage young researchers to work in the field of alcohol research and offers a number of much smaller travel and exchange awards for researchers under the age of 35. The travel awards enable scientists to travel to conferences to present their data. The exchange awards allow periods of study/collaboration in centres of excellence anywhere in the world.

In addition to the above awards for young researchers, small awards may be made available to help publish Ph.D theses.

PUBLICATIONS AWARD

In 2012, a new award was launched to acknowledge the outstanding scientific contribution made by some of its grantees. This “Publications Award” is for any former ERAB grantees who have had five or more papers, of three or more pages, published in peer reviewed journals with an acknowledgement of the funding received from ERAB. To date the average is just under 3 peer-reviewed publications per grant.

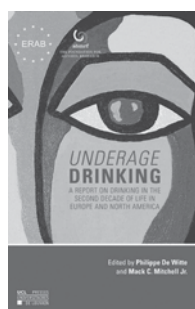
UNDERAGE DRINKING: A REPORT ON DRINKING IN THE SECOND DECADE OF LIFE

This report is based on a collaborative project on underage drinking in Europe and North America sponsored by ERAB: The European Foundation for Alcohol Research (ERAB) in partnership with the ABMRF/ The Foundation for Alcohol Research (ABMRF). It has been undertaken by experts in the field, in the EU and North America, for an honorarium, and has been subject to peer review.

BACKGROUND

In 2010, ERAB, in partnership with ABMRF/ The Foundation for Alcohol Research (in North America) (ABMRF)¹ answered a call for applications from the European Commission’s DG RELEX (Directorate General for External Relations)² to coordinate a review of underage drinking in Europe and North America. This application was unsuccessful. After careful consideration, the view was taken that ERAB/ABMRF were ideally placed to deliver such a project. A modified version of the original application was proposed and started in 2011. ERAB and ABMRF were keen to undertake this project to have the opportunity to generate strategy options in order to assist authorities in Europe and North America to address this important public health issue.

The project has involved a group of experts who have produced a review of the research on underage drinking, drawn comparisons between both Continents, and made recommendations



on effective interventions in different situations based on the evidence reviewed.

The Report is available as an e-book on http://www.erab.org/content.php?doc_id=507&class_id=59

The final chapter from the report which sets out the Recommendations is reproduced below.

RECOMMENDATIONS

This chapter attempts to draw recommendations based on evidence presented in Chapters 1 - 3 on underage drinking in European countries, the U.S., and Canada. As stated in previous chapters, underage drinking means different things in different cultures; so, this review has focused on research covering the second decade of life, which includes mostly studies on adolescent drinking, especially middle and high school students, as well as some relevant studies on college student drinking. The literature review has led us to provide a number of recommendations aimed at: 1) delaying the age of onset of drinking and 2) preventing heavy episodic (i.e., binge) drinking (usually defined as 4 or more drinks per occasion for females and 5 or more for males) and intoxication among youthful drinkers. By achieving these goals,

1. ABMRF is a private non-profit foundation that was established in 1982 to fund alcohol research in North America. ABMRF is supported at arms-length by contributions from the brewing industry and private individuals in the United States and Canada.

2. DG RELEX, now the European External Action Service (EEAS), the European Union's Diplomatic arm, was the Unit within the European Commission with responsibility for External Relations with other countries of the world including the US and Canada.

many of the short-term and long-term problems associated with drinking by youth will be reduced.

We would like to work towards a situation where all young people can have access to effective prevention programmes with good fidelity. Considering the harms associated with early onset use, all policies, whether they target demand for, or supply of alcohol to young people, should be aimed at delaying the onset of regular or heavy drinking. However, only evidence-based policies should be promoted and this report offers policy-makers with a review of the evidence-base for interventions aimed at reducing demand on the part of young people. A similar review of the interventions aimed at reducing supply/availability of alcohol to young people in Europe and North America should be made available to policy makers to further protect young people from alcohol-related harm.

The current prevalence and patterns of underage drinking are set out in Chapter 1. This chapter concludes that drinking is a normative behaviour among adolescents in both the European and North American contexts. Lifetime and annual prevalence rates are on average much higher in Europe than in the U.S. and Canada yet prevalence rates for drunkenness do not differ that greatly across the two continents. However, this conclusion masks some differences across individual countries in terms of frequency, quantity, and intoxication levels. Some countries, mostly in the north of Europe, and to some extent Canada, show a drinking culture with less frequent drinking but a tendency to drink to intoxication. In the south of Europe, the drinking culture is characterized by drinking more moderately and more frequently, while in the U.S. the drinking culture is generally moderate compared to most of the other countries examined in Chapter 1. However, the traditional classification of countries into

“dry” and “wet” drinking cultures does not fit well for classifying the drinking of contemporary young people. This is due to many factors, one of them being the converging alcohol consumption levels in countries across Europe with per-capita consumption among the general population falling in southern and rising in northern Europe. Although, the most recent data show a decline in adolescent drinking in the U.S. and Europe (trend data are not available for Canada as a whole), the fact that last year 39% of European 15- or 16-year-olds consumed five or more drinks at least once in the last month and 15% of U.S. 10th graders consumed that amount in the last two weeks indicates that there is still a serious problem around underage drinking.

RECOMMENDATIONS FOR PREVENTION

Chapters 2 and 3 clearly indicate that there are some risk factors which cannot easily be modified, such as genetics (although the expression of genetic risk may be moderated) and socioeconomic status, which may be addressed by public policy or environmental interventions, such as efforts to reduce child poverty. Fortunately, there are also many other risk factors which do respond to effective interventions and which inform the recommendations made below. In addition, there are a variety of actions which can effectively reduce drinking in young people and prevent associated harms. The evidence base for all the recommendations set out below appears in the previous chapters. The recommendations are grouped by subject. It should be highlighted that we recommend that all interventions should adhere to evidence-based treatment protocols and be delivered by trained personnel. Furthermore, we note that there is a need for more research to evaluate evidence-based

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Kim Fromme
and Patricia J. Conrod.



programmes, especially outside of the U.S. In addition, we need to determine whether those interventions which are effective in one country are transferrable to another country and what types of changes need to be made to an intervention in order to make it culturally appropriate for delivery in another country. Finally, we recommend that all interventions should be implemented with careful evaluation of behavioural outcomes.

Recommendations Regarding the Role of Parents and Families

- Parents should provide effective parental monitoring, consistent rule setting, and clear communication about alcohol.
- Parents should consistently disapprove of binge/heavy drinking.
- In most instances, except perhaps family or religious gatherings, parents should avoid providing alcohol to adolescents.
- Parents should maintain an active involvement with the activities of their children, including helping direct their selection of a peer group.
- Parents should be encouraged to monitor their children's social media sites, especially for their alcohol content.
- Parents should avoid modelling heavy drinking or intoxication.
- In selecting alcohol prevention programmes, it should be kept in mind that parent-based programmes can be effective in preventing or reducing alcohol use in young people and that the most effective parent-based programmes emphasise active parental involvement as well as development of competence, self-regulation, and parenting skills.
- In selecting an alcohol prevention programme, family-based prevention programmes should be considered. Although their effects are small, their effects are generally consistent and persisting, and even small effects can be important from a public health perspective.
- In countries with more liberal alcohol policies and lower legal drinking ages, parental programmes should be combined with other evidence-based programmes.

Recommendations for School Programmes

- Policy makers and service deliverers should attempt to deliver programmes that have been shown to be evidence-based within a cultural and social context that closely matches the context in which they wish to deliver that particular programme.
- Small modifications to programme delivery methods and content should always be tested, considering the potential for iatrogenic effects in alcohol prevention.

- It is best to deliver alcohol prevention in sequential and developmentally appropriate stages.
- Normative feedback, especially for high school students, should be provided in the context of a comprehensive approach to skill development.
- Universal interventions should not be exclusively delivered by police or other authority figures.
- Prevention programmes should use an interactive delivery style.
- Targeted school-based prevention programmes should be introduced in the early adolescent years, ideally before initial exposure to alcohol.
- Selective interventions should be targeted toward at-risk groups, particularly those with personality or behavioural traits that put them at risk for alcohol use disorders and for whom targeted interventions have been shown to be effective. Other at risk groups have been identified, but should only be targeted in prevention with programmes that have an evidence base for those particular populations.
- Strategies such as personalized feedback designed to correct misperceived norms for both high school and college students should not be used as a method to prevent onset of drinking and are indicated as a method to reduce drinking in those who have already begun to drink, particularly those who drink more heavily.
- Researchers and practitioners should consider adapting evidence-based programmes for use on the Internet, but more research is needed in both North America and Europe before this becomes standard practice (see research recommendations below).
- When disseminating an efficacious alcohol prevention programme, it is very important to attend to intervention fidelity including adequate training and supervision of those delivering the intervention.
- As it has been shown that school staff can be trained to effectively deliver evidence-based universal (e.g. Life Skills Training/ Unplugged) and selective (e.g. Personality-targeted) programmes, we recommend public investment in broader dissemination of training in these and other evidence-based practices.
- Greater investment in comparative effectiveness and cost effectiveness research will guide policy makers to develop effective strategies for broader dissemination of alcohol prevention.

- An international system for evaluating and disseminating evidence-based practices in alcohol prevention should be made available to the public and maintained by a research organisation that is neutral with respect to theoretical approaches to prevention, yet experienced with respect to reviewing and synthesizing the evidence base.

Recommendations Regarding Multi-component Programmes

- When selecting an alcohol prevention programme, it should be kept in mind that multi-component interventions for alcohol misuse prevention in young people can be effective although generally speaking, interventions with multiple components are no more effective than those with a single component.
- However, there is some limited evidence from one study that both parents and children should be targeted simultaneously in multi-component interventions in countries with more liberal alcohol policies and lower legal drinking ages.

RECOMMENDATIONS FOR FURTHER STUDY

The research reviewed in Chapters 1-3 identified several gaps in the literature. Most importantly, there has been inadequate evaluation of interventions for youth to prevent alcohol onset and later heavy drinking and a paucity of cross-cultural studies comparing intervention approaches. Below we list some additional areas of research, which we think are critical for guiding future development of appropriate interventions and enactment of policies to deal with the problems related to youthful drinking.

Epidemiological Research

Definitions and measurement of drinking patterns, including heavy episodic (binge) drinking, should be standardized across studies.

Better assessment of the exact amounts consumed should be collected and details reported in national surveys.

In addition to analysing drinking behaviours across all youth, some analyses should provide results for drinkers only, to shed more light on cross-cultural differences in drinking patterns.

Data should be collected to better estimate blood alcohol concentration levels (i.e., information on duration of consumption, gender, and weight).

More qualitative research is needed to understand youth's perceptions of and motivations for drunkenness and how these attitudes are culturally influenced.

Research on Risk and Protective Factors

Better controlled studies are needed for regional and cross-national comparisons to understand the influence of parental supervised alcohol use within the family setting on underage drinking in different cultural/drinking contexts.

More quantitative and qualitative research is needed to compare risk and protective factors and their association with drinking outcomes across European and North American countries.

More research utilizing "natural experiments" (e.g., adoption studies, twin studies, longitudinal studies of samples experiencing important secular changes) is needed to clarify the causal status of several risk factors.

More research is needed on both implicit and explicit alcohol-related cognitions in adolescents to determine the causal status of these cognitive processes in youth.

Controlled, experimental studies are needed within naturalistic settings, such as those relating exposure to alcohol-related content in films/movies with adolescent drinking.

Research is needed on the effects of social media and, in particular, the practice of posting alcohol-related messages by underage people (on Facebook, Twitter, etc.).

Intervention Research

- More research comparing peer-led versus professionally-led interventions is needed to clarify their relative effectiveness in different situations, and what factors might moderate their effectiveness.
- More research should evaluate the use of web-based adaptations of evidence-based programmes for adolescents and parents, with an emphasis on evaluating their behavioural outcomes.
- More research should evaluate web-based adaptations of evidence-based training programmes for teachers and providers.
- More research should evaluate the use of social media and other technologies to promote youth access to evidence-based interventions.
- Research is needed to evaluate the use of social media and the Internet to better disseminate knowledge and guidelines for evaluating the evidence in support of prevention programmes and policies.
- More research should systematically evaluate the cultural and policy-level contexts that may enhance or interfere with the impact of evidence-based programmes.

- More work is needed to further investigate the effectiveness of parent-based alcohol prevention programmes, especially in different cultures.
- Future work should examine cross-cultural similarities and differences in the efficacy of multi-component interventions involving both school- and family-based components in preventing or decreasing alcohol use in adolescents.
- There is a need for additional studies that attempt to enhance the efficacy of school-based programmes by including broader community components such as media, community services, and alcohol retailer involvement within a multi-component intervention.
- Research has demonstrated that both implicit and explicit alcohol-related cognitions are malleable in adults with promising outcomes, but hardly any research has been done in adolescents. More research is needed on this topic to develop new intervention strategies to moderate drinking in this age-group.
- More data are needed on the health-economics of alcohol prevention programmes with youth to help guide policy makers around improving young people's access to effective intervention programmes.

CONCLUSIONS

This report represents an attempt to provide information to researchers and policy makers from Europe and North America to help them address the issues related to underage drinking. We hope that a dialogue will begin and that we will move towards the development and implementation of efficacious programmes that can delay the onset of drinking among youth and reduce the extent of heavy and problematic drinking on both continents. More governmental funding of research and greater spending on evidence-based prevention programmes and comparative research evaluating programmes will help achieve these goals.

Janet Witheridge
Secretary-General, ERAB
January 2013



Registered Office
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