Curbing Problem Drinking in the Digital Galaxy

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Many adults in our society drink too much alcohol, but few of them seek professional help for their problem drinking. Low-threshold self-help programmes could meet some of their therapeutic needs. This book examines whether digital self-help interventions could reduce problem drinking in the adult general population. The research shows that many problem drinkers are motivated to use self-help websites, and that such interventions can be cost-effective. Digital self-help hence deserves a place in a public health approach. Ten guidelines are provided for future research on the web-based prevention and treatment of problem drinking, focusing on the development, implementation, evaluation and dissemination of self-help programmes.