# Adolescent alcohol use and abuse in the flow of daily life: A pilot study of an innovative sampling methodology

## Researcher

Dr Sophie Reid, Murdoch Childrens Research Institute

## Summary

The aim of this pilot study is to contribute substantially to the current repertoire of research tools used to understand motivational models of alcohol use. In order to do this, the study developed and validated an innovative, youth friendly sampling tool using mobile phones; as well as addressing the reliability and validity of the monitoring program in assessing mood, motivational factors, place and social context of drinking. In doing so, this study contributes to the knowledge base for both effective clinical intervention as well as an understanding of how preventive interventions may be better designed.

## Outcomes

Participants rated the quality of the electronic diary, suitability of language, and ease of use as good to excellent. When reporting on the capacity of the diaries to capture the experience of thoughts, feelings and situations, 82% of participants rated the diary good to excellent with only 18% giving a rating of fair.