

German medical students' beliefs about how best to treat alcohol use disorder

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- Online supplement -

Part A: Study questionnaire

Part B: Table S1

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1) Please indicate your sex:

☐ female ☐ male

2) Please indicate your age (in years):

☐ <19 ☐ 19 ☐ 20 ☐ 21 ☐ 22 ☐ 23 ☐ 24 ☐ 25 ☐ 26 ☐ 27 ☐ >27

3) Which year of medical school are you currently in?

☐ Year 1 (pre-clinical) ☐ Year 2 (pre-clinical) ☐ Year 3 (clinical)
☐ Year 4 (clinical) ☐ Year 5 (clinical)

4) Do you smoke at all nowadays?

☐ Yes, regularly (at least once per day)
☐ Yes, occasionally (less than once per day)
☐ No – I am a non-smoker

5) An ex-smoker is someone who has smoked at least 100 cigarettes in his lifetime but has given up smoking. Are you an ex-smoker?

☐ Yes, I am a ex-smoker
☐ No

6) Would you like to give up smoking altogether?

☐ Yes
☐ No
☐ does not apply (non-smoker)

7) Do you support the introduction of complete public smoking bans in Germany?

☐ Yes
☐ No

8) Do you document a patient's smoking status each time you take a history?

☐ Yes
☐ No
☐ I do not have any regular patient contact

9) Do you advise all smoking patients to quit?

☐ Yes
☐ No
☐ I do not have any regular patient contact

10) A smoking cessation method is regarded as "very effective" if continuous abstinence rates are approximately 30% one year after the intervention. On this basis, please give your estimates of the effectiveness of the methods listed below.

a) Willpower alone	very effective	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not effective at all	<input type="checkbox"/>	abstention
b) GP advice	very effective	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not effective at all	<input type="checkbox"/>	abstention
c) Nicotine replacement therapy (NRT)	very effective	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not effective at all	<input type="checkbox"/>	abstention
d) Antidepressants	very effective	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not effective at all	<input type="checkbox"/>	abstention
e) Partial nACh-receptor agonist	very effective	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not effective at all	<input type="checkbox"/>	abstention
f) Self-help literature	very effective	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not effective at all	<input type="checkbox"/>	abstention
g) Acupuncture	very effective	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not effective at all	<input type="checkbox"/>	abstention
h) Cessation programme + NRT	very effective	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	not effective at all	<input type="checkbox"/>	abstention

11) How many of the individual components of the 5A can you explicitly state?

☐ None ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ all 5

12) Do you remember any teaching on theoretical aspects of smoking during medical school?

☐ Yes

☐ No

13) Do you remember any practical skills training on how to counsel a smoker during medical school?

☐ Yes

☐ No

14) Treatment of alcohol dependent patients is regarded as "very effective" if continuous abstinence rates are approximately 30% one year after the intervention. On this basis, please give your estimates of the effectiveness of the methods listed below.

a) Willpower alone	very effective <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	not effective at all <input type="checkbox"/>	abstention <input type="checkbox"/>
b) GP advice	very effective <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	not effective at all <input type="checkbox"/>	abstention <input type="checkbox"/>
c) Self-help groups	very effective <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	not effective at all <input type="checkbox"/>	abstention <input type="checkbox"/>
d) Self-help literature	very effective <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	not effective at all <input type="checkbox"/>	abstention <input type="checkbox"/>
e) Acupuncture	very effective <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	not effective at all <input type="checkbox"/>	abstention <input type="checkbox"/>
f) Inpatient detoxification (2 weeks)	very effective <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	not effective at all <input type="checkbox"/>	abstention <input type="checkbox"/>
g) comprehensive treatment programme (i.e. detoxification + rehabilitation)	very effective <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	not effective at all <input type="checkbox"/>	abstention <input type="checkbox"/>

15) How many of the individual components summarized by the acronym "FRAMES" can you explicitly state?

☐ None ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ all 6

16) Please indicate (by ticking the appropriate box) the extent to which you agree to each of the following statements:

"I know the health consequences of alcohol dependence."	Fully agree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fully disagree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
"I know the health consequences of hypertension."	Fully agree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fully disagree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
"I know the health consequences of diabetes."	Fully agree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fully disagree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
"I know the health consequences of smoking."	Fully agree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fully disagree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
"I know how to treat alcohol dependent patients."	Fully agree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fully disagree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
"I know how to treat patients with hypertension."	Fully agree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fully disagree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
"I know how to treat patients with diabetes."	Fully agree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fully disagree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
"I know how to treat patients who smoke."	Fully agree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fully disagree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
"I feel competent to counsel a smoker who is willing to quit."	Fully agree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Fully disagree <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

17) If you feel that any of the conditions listed below are not adequately covered during undergraduate medical training, please tick the appropriate box for those conditions that could use some more intensive teaching (you may tick as many boxes as you like):

☐ Alcohol dependence ☐ Hypertension ☐ Diabetes ☐ Smoking

Table S1: Beliefs about the effectiveness of the various treatments for AUD. Data were derived from six-point rating scales anchored at “not effective” and “very effective”; for the purpose of this analysis, these were coded as 1 and 6, respectively. Thus, higher mean values refer to higher effectiveness. Data are presented as mean \pm standard deviation. GP, general practitioner.

Method	Year 1	Year 2	Year 3	Year 4	Year 5	
Willpower alone	4.02 \pm 1.61	4.05 \pm 1.63	4.00 \pm 1.61	3.75 \pm 1.66	3.64 \pm 1.67	F(4,16826)=41.192, $p<0.001$
GP advice	3.26 \pm 1.23	3.25 \pm 1.24	3.14 \pm 1.21	3.02 \pm 1.23	2.99 \pm 1.25	F(4,16540)=34.100, $p<0.001$
Self-help groups	4.28 \pm 1.11	4.27 \pm 1.11	4.33 \pm 1.08	4.30 \pm 1.08	4.29 \pm 1.07	F(4,16338)=1.868, $p=0.113$
Self-help literature	2.96 \pm 1.23	3.04 \pm 1.23	3.03 \pm 1.20	2.92 \pm 1.18	2.96 \pm 1.20	F(4,16042)=5.313, $p<0.001$
Acupuncture	2.99 \pm 1.34	2.95 \pm 1.34	2.86 \pm 1.28	2.73 \pm 1.25	2.65 \pm 1.26	F(4,13960)=33.444, $p<0.001$
Inpatient detoxification	4.16 \pm 1.22	4.13 \pm 1.23	4.11 \pm 1.20	4.07 \pm 1.19	4.07 \pm 1.19	F(4,15804)=3.402, $p<0.001$
Comprehensive treatment programme	5.16 \pm 0.96	5.10 \pm 1.01	5.11 \pm 0.95	5.13 \pm 0.92	5.13 \pm 0.91	F(4,16133)=1.595, $p=0.173$