



Centre for Alcohol Policy and Research
**Priority
Populations**

Adapting the Grog App for use in primary care with Aboriginal & Torres Strait Islander Australians

A Delphi Study

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A decorative graphic in the top right corner consisting of several concentric circles and a ring of dots, all in a dark red color, set against a white background.

Acknowledgement and declarations



THE GROG APP

What did you mostly drink white wine out of?



Soft drink bottle 2L



Water bottle
600mL



Soft drink
bottle 1.5L



Juice Bottle 2L



Sports bottle
600mL



Mug

< BACK

NEXT >

How full of white wine was your soft drink /
water bottle when you had a drink that day?



+

Add fizzy
drink or juice

< BACK

NEXT >



- Stage 1: Delphi study

- Stage 2: Build a bridge

- Stage 3: Implementation

- Stage 4: Re-validation

- Stage 5: Acceptability

What are the overall steps in this study?

The Delphi Study

- 3 survey rounds (using Qualtrics)
- 80% consensus level
- After each survey > feedback and new survey

How did we do this study?

- 7 men | 5 women
- 8 First Nations Australians



About the 12 Delphi experts

What did we find?

“FASD is under reported and is a massive concern among the Indigenous population.”

(panellist 6, round 1)

Pregnancy

“Important for treatment planning. Daily drinking with no dry periods may make medicated withdrawal a more important option.”

(panellist 5, round 1)

Dry patches (periods of no drinking)

*“A useful ‘in’...
less confronting way
to express their
concern than if the
clinician directly asks”*

(panellist 7, round 1)

Worries from drinking

All
drinkers

"Providing support to clients isn't about cutting corners. A duty of care needs to be followed..."

Some
drinkers

"No point in asking people who are drinking 2 standard drinks a week."

Dependence

- *“Short and sweet snapshot for further referral if needed”*
- *“This App can't be too many things to too many people”*

Function and length of the App



Feedback to clients and clinicians

Clinical reflections and wrap up

- Hard to screen people for drinking in a culturally-flexible and informed way
- Grog App shown to be accurate and acceptable in community surveys
- Potential to make it easier in primary care

Clinical reflections and wrap up (1)

- Especially useful in more isolated areas
- Flags to raise, to help open door to talk with health worker
- Use of app functionality to make it easier for clinician and client

Clinical reflections and wrap up (2)