



# **Alcohol Harm Prevention Bulletin**

**New evidence relating to alcohol harm prevention  
in Scotland and beyond**

August 2025



Translations



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## Recent journal articles (from Medline and Proquest Public Health)

A selection of publications from the last month relating to prevention of alcohol harms. Search criteria are available upon request from Knowledge Services and will be reviewed regularly to consider appropriateness and/or new areas of interest.

The searches are undertaken by PHS Knowledge Services. If you need any help with obtaining the full text of any of the articles, please contact [phs.knowledge@phs.scot](mailto:phs.knowledge@phs.scot)

### Pricing, taxation and policy

- Malawige AS, Aminde LN, Weeratunga GU et al. [Health impact of alcohol regulatory interventions: a systematic review of policies in low- and middle-income countries](#). Health Policy Plan 2025; 40: 780–804. 2025/08/18.

### Availability and Licensing

No relevant publications this month.

### Marketing and Advertising

No relevant publications this month.

### Health Information

No relevant publications this month.

## Early Intervention

- Hou T, Ho M-H, Li H et al. **The Effectiveness of Instant Messaging-Based Interventions on Health Behavior Change: A Systematic Review and Meta-Analysis**. Worldviews Evid Based Nurs 2025; 22: e70066. 2025/08.
- Kwan I, Burchett HED, Macdowall W et al. **How effective are remote and/or digital interventions as part of alcohol and drug treatment and recovery support? A systematic review and meta-analysis**. Addiction 2025; 120: 1531–1550. 2025/08.
- Moreno MA, Kerr B, Lewis M et al. **Pairing a validated alcohol intervention with social media alcohol risk identification: impact on alcohol behaviors and social media posts**. J Adolesc Health 2025; 77: 331–334. 2025/08.
- Piccirillo ML, Graupensperger S, Walukevich-Dienst K et al. **Examining the longer-term efficacy of brief, alcohol-focused personalized feedback interventions for individuals with internalizing distress: Secondary analysis of a randomized controlled trial**. Addiction 2025; 120: 1666–1678. 2025/08.
- Seo D, Choi JJ, Goldberg LM et al. **Integrating breathing-based stress reduction to address stress and alcohol misuse: A novel digital intervention delivered via telehealth and smartphone application**. Alcohol Clin Exp Res (Hoboken) 2025; 2025/08/09.
- So R, Kariyama K, Oyamada S et al. **Effectiveness of screening and ultra-brief intervention for hazardous drinking in primary care: pragmatic cluster randomised controlled trial**. BMJ 2025; 390: e083985. 2025/08/12.

## Young People and Prevention

- LaBrie JW, Trager BM, Boyle SC et al. **Effects of the FITSTART + PBI on drinking and negative alcohol-related consequences during the first year of college**. J Am Coll Health 2025; 73: 2451–2463. 2025/07.

- Mukui AK, Paul Oyore J and Gitahi MM. **Impact of community-led enhanced structured health education on youths' knowledge of alcohol's effects in Kiambu county, Kenya: a quasi-experimental study**. Pan Afr Med J 2025; 51: 34. 2025/06/09.
- Rubia A and Nunez AT. **Alcohol use in adolescents**. Curr Probl Pediatr Adolesc Health Care 2025; 55: 101752. 2025/03.
- Verbos li KW, Agolli A, Sandelich S et al. **"Ignite & engage:" A mixed methods evaluation of a peer-led, school-based substance use prevention program**. Addict Sci Clin Pract 2025; 20: 65. 2025/08/11.

## Recent reports (grey literature)

Highlights of publications from key organisations within the last month.

- Alcohol Health Alliance. **Health experts warn alcohol measures 'are not sufficient' to stop harm**. AHA, 06 August 2025.
- Alcohol Focus Scotland. **Alcohol, Class and Cash: The Real Game Behind the Push to Bring Alcohol Back to Football Grounds**. AFS, 22 August 2025.
- Balance. **Children and young people are being saturated by online alcohol advertising**. Balance, 29 August 2025.
- Haugland, S.H. **Growing up with alcohol harm at home: the difference a trusted adult can make**. IAS, 12 August 2025.
- Institute of Alcohol Studies. **Open letter to the Education Secretary calling for an end to industry influence on youth education**. IAS, August 2025.
- Institute of Alcohol Studies. **IAS response to consultation on Welsh MUP 2025**. IAS, August 2025.
- Institute of Alcohol Studies. **Letter to the Transport Secretary in support of lowering the drink drive limit in England and Wales**. IAS, August 2025.

- Roberts, J. and Severi, K. [Why England and Wales need a lower drink drive limit](#). IAS, 26 August 2025.

## Disclaimer

All reasonable care is taken to ensure that the information we provide is accurate and we accept no responsibility for the content provided. The information provided is selective; however, the inclusion of a link does not imply approval of the contents of the website.

This is not meant as an exhaustive list of publications on these topics for the given time period, but rather a selection as seen most relevant.

## Contact

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