

Alcodroid Alcohol Tracker

(Myrecek)

Version: 2.26

Platform: Android

Last update: 5/09/2016

Date of review: July 2016

Cost: FREE (or you can pay \$3.99 to have advertisements removed)

Purpose: This app is an alcohol consumption tracker, drinks diary and blood alcohol calculator. It allows users to personalise for their gender, bodyweight, units and local blood alcohol limits, and also gives information about financial costs and the progressive effects of alcohol intake.

Suitable for: Adults

Clinical Safety: No concerns identified



PROs

- Simple, effective graphics show estimate blood alcohol content, legal limits and time until sober
- Data is shareable and exportable
- Can be personalised for users' gender, bodyweight, drink preferences and limits across different countries (if you know the local alcohol limits)
- Cost estimator allows users to see what their drinking is costing them
- Named a Top Alcoholism App of 2015 in Healthline (healthline.com)

CONs

- No information given about developers' expertise, evidence used, or how blood alcohol contents are calculated
- Available on android devices only
- Includes advertising (though this can be removed for a fee)

Dietitian Recommendation:

This is a functional and relatively easy app to use. It would suit those with good motivation to track alcoholic drink intake and its likely effects on behaviour. Information can be customized for the user and their local alcohol limits, with estimated blood alcohol content levels clearly seen either graphically or in table format. Links to information about the progressive effects of alcohol intake and when the user is expected to be sober.