

DrinkControl

(E-protect)

Version: 4.9.0 (Apple)

Platform: Apple & Android

Last update: 20/02/2016

Date of review: July 2016

Cost: Free on Apple & Android, advertisements included; or pay \$7.49 to have advertisements removed

Purpose: This app's primary function is to track user's alcohol consumption against recommended guidelines. Its secondary function is to track the monetary and calorie cost of user's drinking behaviour.

Suitable for: Adults

Clinical Safety: No concerns identified



PROs

- Provides data on drinking behaviour; units of alcohol consumed (day, week and month) and the monetary and calorie cost of that drinking
- Easy to understand infographics
- Available on both apple and android devices
- Selected as one of the Best Alcoholism Apps of 2014 by Healthline.com

CONs

- No New Zealand drinking guidelines option available
- Weekly and monthly drinking data susceptible to being misinterpreted
- No information about developers' expertise
- Includes advertising (though this can be removed if you pay \$7.95)

Dietitian Recommendation:

Simple to use, but somewhat labour intensive as you have to enter the data (type of drink, amount in ml/ percentage of alcohol and cost) into the app each time, even if you are having the same drink. Then there's the limitation regarding relevance to NZ population as there is no NZ drinking guideline option. Furthermore, the weekly grading system could mislead one day binge drinkers into thinking their drinking behaviour was acceptable - week graded as violet/non -excessive even though they consumed their weekly maximum in one night. On a positive note the inclusion of the financial and calorie cost of an individual's drinking behaviour could (I say this with a big 'could') positively influence drinking behaviours.