Drink Less: A free app to help people reduce their consumption of alcohol

Are you interested in drinking less but not sure how to go about it?

Drink Less is an app created by a team of psychologists at University College London to help people reduce their consumption of alcohol. The app is easy to use and feature-rich, with content derived from theory-based behaviour change techniques and the best available evidence.

The app allows you to:
- Keep track of your drinking and see how it changes over time
- Set goals for the targets that are important to you and get feedback on your progress
- Complete a daily mood diary in order to better understand the effects of your hangover
- Play games designed to strengthen your resolve to drink less alcohol
- Create plans for dealing with situations when you may be tempted to drink excessively
- Take part in exercises designed to change your relationship with alcohol

This is also part of an experiment designed to allow researchers to understand what helps people to drink less. So downloading and using the app will not only allow you to improve your health, it will also help many more people do the same.

You can use the app fully without taking part in our study and can opt-out at any time.

Please note, the app is currently only available for iPhones.

The app can be downloaded here: http://apple.co/1U8UDI5 and our web site is drinklessalcohol.com

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