



Fit to Drive

8th International Traffic Expert Congress
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Alcohol Interlocks in Europe

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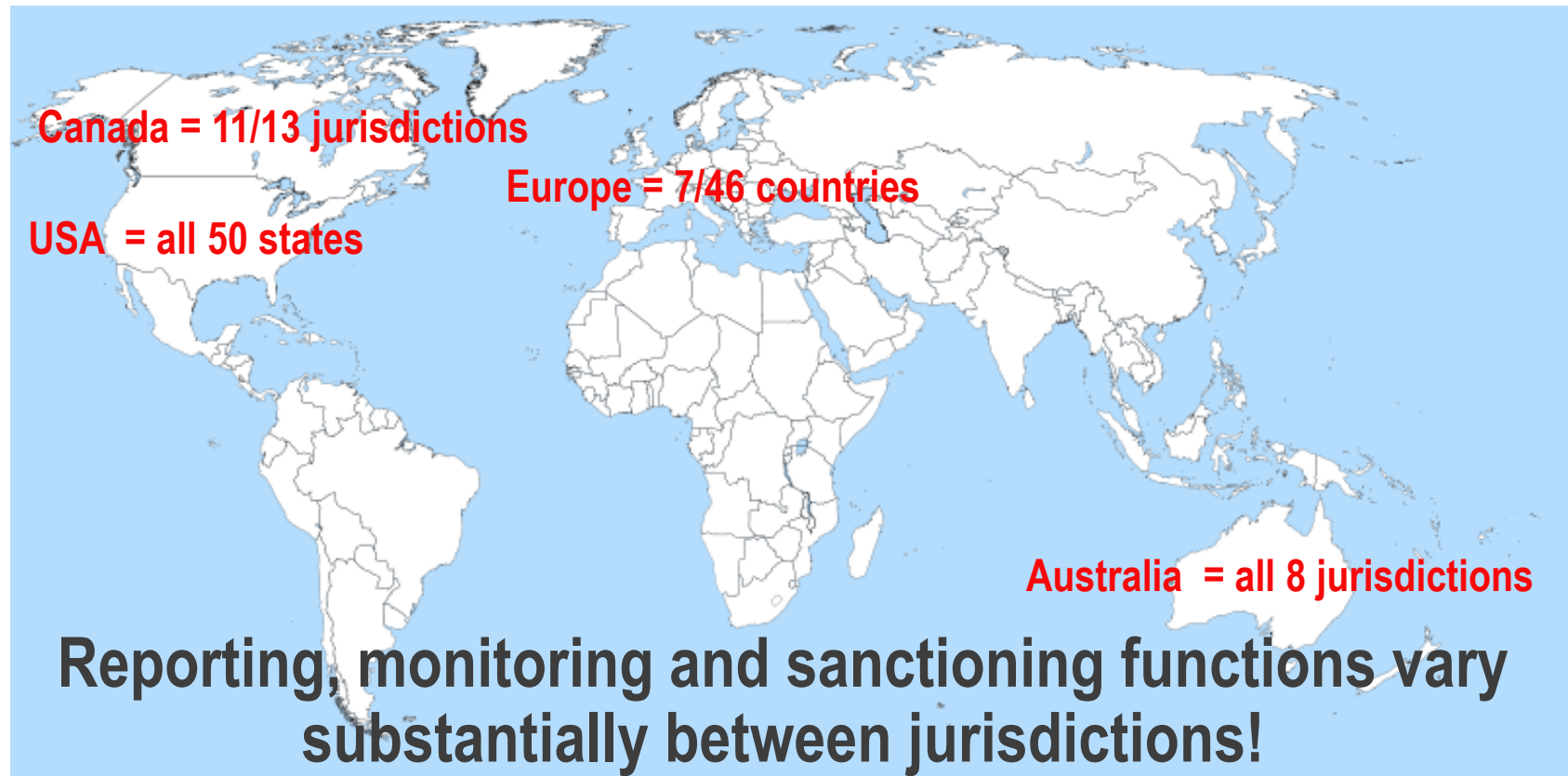


General Purpose of Alcohol Interlocks

- **DUI offenders are (at least in some situations) not able to separate drinking and driving**
- ➔ **DUI offenders show a lack of behavioural fitness to drive**
- ➔ **Alcohol Interlocks assist in driving sober and hence, serve as tools to substitute the behavioural fitness to drive of DUI offenders**



Prevalence of Alcohol Interlock Legislation*





Alcohol Interlocks in view of Europe

Countries with legislation in force*

Belgium

(Denmark)

Finland

France

Netherlands

Sweden

(United Kingdom)

Countries with legislation in preparation or under discussion*

Austria (pilot trial ongoing)

Germany (draft of law prepared)

Ireland

Norway (awaiting political consideration)

Switzerland



Results of the European Experience Exchange*

Country \ Feature	Belgium	Finland	Netherlands	Sweden	
Starting year	2009	2005 (2008)	2011	1999 (new law in 2012)	
Administrator	Court (as sanction)	Court (on request)	Central Driving Licensing Authority (CBR)	Swedish Transport Agency	
Mode of participation	Voluntary	Voluntary	Mandatory	Voluntary	
Target group	All > 0.5 g/l	All	1.3 (novice: 1.0) -1.8 ‰ , recidivists: 1.0 - 1.3 ‰	0.2-0.9 ‰	> 1 ‰ and recidivists
Programme duration	1 year - lifelong	1 - 3 years	2 years +	1 year	2 years
Monitoring agency	BIVV	Police	CBR	Swedish Transport Agency	



Results of the European Experience Exchange*

Country / Feature	Belgium	Finland	Netherlands	Sweden
Accompanying measure	Rehabilitation measure	<i>Abandoned (lim. resources)</i>	Educational measure (EMA, LEMA)	Medical screenings
Service interval (data readout)	Bi-monthly (6 months), then semi-annually	Every 60 days	Every 6 weeks	Within 1 st month, then semi-annually
Rolling re-tests	5-10 min, 15-45 min.	5-10 min., 30-45 min.	5 min., 3 per hour	10-60 min.
Vehicles allowed	Passenger cars	All (excl. cycle)	Passenger cars	All (incl. cycle)
Key code (national)	112 interlock	113	103	107
Costs in €	≈ 2.500 + 1.000 (1-year)	110-160 per month	≈ 4.000	1-year: 2.150-2.700, 2-years: 2.850-4.150



All Research – Key Findings & Conclusions

- Interlock programmes are effective for first offenders and recidivists while the device is installed, but there is no evidence for any effectiveness once the device is removed (Willis et al., 2004)
- „An interlock program is not a therapeutic behavioral change program.“ (Marques & Voas, 2012, p. 658)
- ➔ Alcohol Interlocks serve as **tools to substitute the behavioural fitness to drive** of DUI offenders, but **do not recover the behavioural fitness to drive**
- ➔ Psychological intervention is needed to rehabilitate the offender



All Research – Key Findings & Conclusions

- Failed BAC tests predict future DUI (Marques, 2009)
 - High morning BAC tests are good predictors of future DUI (Marques, 2009)
 - Alcohol biomarkers are significantly related to the interlock BAC test profiles; higher marker levels predict higher rates of interlock BAC test failures (Marques et al., 2014)
- ➔ Data from the Alcohol Interlock recorder may provide objective facts about the clients' drink-driving, but also drinking behaviour
- ➔ Data may be of added value for psychological intervention



“SAVE”

- **SAVE = Acronym for “Sicher Alkoholfahrten vermeiden”**
- **SAVE is a psychological rehabilitative measure, which was specifically developed for Interlock programmes**
- **SAVE systematically uses interlock data for psychological counselling**
- **SAVE provides the first time ever option to oppose and compare subjective self-perception (drink diaries) to objective facts (interlock records)**



“SAVE” – Requirements for Access

To be checked in first counselling (single) session:

- **First offender with BAC \leq 1.6 ‰**
- **Problem awareness and motivation to change**
- **Willingness to comply with programme rules**
- **Absence of alcohol addiction or severe psychiatric disorders**
- **Basic mental and language abilities**
- **Absence of criminal or severe traffic offense records**



“SAVE” – Key Dates

- **Basic: six group sessions of three full hours**
- **One session per month => six months minimum duration**
- **Open-group-structure with max. ten participants**
- **First group session two to four weeks after Interlock installation**
- **BAC lockouts after second group session lead to programme extension => each lockout requires one more group session**
- **Maximum duration: ten months**



“SAVE” – Exclusion Criteria

- **More than one BAC lockout between the monthly sessions (after second session)**
- **Unexcused absence**
- **Being absent two times or more often**
- **Participation under the influence of alcohol/drugs**
- **Circumvention attempts (incl. using vehicle without Interlock)**
- **Inactive participation (incl. missing homework)**
- **Default of an outstanding payment**



“SAVE” – One-Session-Concept

- 1. “Flashlight”**
- 2. Anything important/open questions from last session?**
- 3. Introduction of new participants**
- 4. Comparison of data log files and drink diaries**
- 5. Individual work with client(s) brought into focus: discussion of drink diary and log files**
- 6. Feedback round**
- 7. Reminder: homework**



“SAVE” – Drink Diary and Data Log Files

Distinctive features to pick out as central themes:

- **BAC lockouts**
- **Adjustments of drives**
- **Empty drink diaries**
- **Flat, recurring drink diaries**
- **Forgotten drink diaries**
- **BAC lockouts blamed on someone else**



References*

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Thank you for your attention!

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