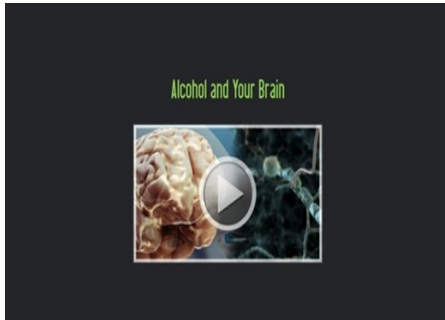




App

## Alcohol and Your Brain App



**Evidence ratings:**



This resource has undergone expert review. See our Help/Q&A section for more details.

**Year:** Year 9–10, Year 11–12

**Targeted Drugs:** Alcohol

**Tags:** quiz, BAC

**Origin:** Australian

**Cost:**

Free

### Available

This app is available for iOS and Android devices

[Download on the Apple App Store](#)

[Download on Google Play](#)

### Developers

Australian Lions Drug Awareness Foundation (ALDAF) and 3Dme.

### Summary

This app features a high-quality, 7-minute video on the effects of alcohol on the brain and body. It covers topics such as standard drinks, the metabolisation of alcohol by the body, and how blood alcohol concentration is affected by factors such as gender, weight, food and prescription and illicit drugs. The app also contains a quiz, so users can test what they have learned.

### Expected Benefits

- Knowledge of the different parts of the brain and how their functions are impacted by alcohol
- Understanding of standard drinks and how long it takes for the body to process alcohol

### Evidence Base

**Expert Review\*:**

This app contains accurate information on the effects of alcohol on the brain, and how this impacts the body and behaviour. This app is recommended for older adolescents (15+ years old), who may be better able to understand the scientific explanations and descriptions of the brain.

\*Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.