

**Skills training, alcohol focus: Protective behavioral strategies alone**

Protective behavioral strategies involve delivery of tips for minimizing or avoiding alcohol-related harms without any other intervention.

-Effectiveness: ★ ★ = Moderate

-Cost: \$ = Lower

-Barriers: # = Lower

-Research Amount: \*\* = 4 to 6 studies

-Public Health Reach: Broad

-Primary Modality: Online/offsite

-Staffing Expertise Needed: Coordinator

-Target Population: Individuals, specific groups, or all students

-Duration of Effects: Short-term (< 6 months) and long-term (≥ 6 months) effects

**Potential Resources:**

For more information about intervention designs and implementation, check the articles in the References tab.

**References:**

***Studies from Larimer & Cronce (2007)***

-Smith, B.H.; Bogle, K.E.; Talbott, L.; Gant, R.; and Castillo, H. **A randomized study of four cards designed to prevent problems during college students' 21st birthday celebrations.** *Journal of Studies on Alcohol* 67(4):60715, 2006.

***References from 2019 update***

-Bock, B.C.; Barnett, N.P.; Thind, H.; et al. **A text message intervention for alcohol risk reduction among community college students: TMAP.** *Addictive Behaviors* 63:107–113, 2016.

-Dvorak, R.D.; Pearson, M.R.; Neighbors, C.; and Martens, M.P. **Fitting in and standing out: Increasing the use of alcohol protective behavioral strategies with a deviance regulation intervention.** *Journal of Consulting and Clinical Psychology* 83(3):482–493, 2015.

-Kenney, S.R.; Napper, L.E.; LaBrie, J.W.; and Martens, M.P. **Examining the efficacy of a brief group protective behavioral strategies skills training alcohol intervention with college women.** *Psychology of Addictive Behaviors* 28(4):1041–1051, 2014.

-Martens, M.P.; Smith, A.E.; and Murphy, J.G. **The efficacy of single-component brief motivational interventions among at-risk college drinkers.** *Journal of Consulting and Clinical Psychology* 81(4):691–701, 2013.