

**Skills training, alcohol focus: Self-monitoring/self-assessment *alone***

Self-monitoring/self-assessment approaches involve repeated assessment (e.g., daily diary, multiple longitudinal assessment spread out over weeks, months, or years) without any other intervention.

-Effectiveness: ★ ★ ★ = Higher

-Cost: \$ = Lower

-Barriers: # = Lower

-Research Amount: \*\*\* = 7 to 10 studies

-Public Health Reach: Focused

-Primary Modality: Online/offsite

-Staffing Expertise Needed: Coordinator

-Target Population: Individuals or specific groups

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

**Potential Resources:**

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

**References:**

**Larimer, M.E.; and Crouce, J.M. Identification, prevention and treatment: A review of individual-focused strategies to reduce problematic alcohol consumption by college students. *Journal of Studies on Alcohol* (Suppl. 14):148–63, 2002.**

-Cronin, C. **Harm reduction for alcohol-use-related problems among college students.** *Substance Use and Misuse* 31(14):2029–37, 1996.

-Garvin, R.B.; Alcorn, J.D.; and Faulkner, K.K. Behavioral strategies for alcohol abuse prevention with high-risk college males. *Journal of Alcohol and Drug Education* 36(1):23–34, 1990.

-Miller, E.T.; Kilmer, J.R.; Kim, E.L.; et al. Alcohol skills training for college students. In: Monti, P.M.; Colby, S.M.; and O’Leary, T.A., eds. **Adolescents, Alcohol, and Substance Abuse: Reaching Teens Through Brief Interventions.** New York, NY, Guilford Publications, 2001, pp. 183–215.

**Larimer, M.E.; and Crouce, J.M. Identification, prevention, and treatment revisited: Individual-focused college drinking prevention strategies 1999–2006. *Addictive Behaviors* 32:2439–68, 2007.**

-Carey, K.B.; Carey, M.P.; Maisto, S.A.; and Henson, J.M. **Brief motivational interventions for heavy college drinkers: A randomized controlled trial.** *Journal of Consulting and Clinical Psychology* 74(5):94354, 2006.

***Additional studies not identified in prior reviews***

-McCambridge, J.; and Day, M. **Randomized controlled trial of the effects of completing the Alcohol Use Disorders Identification Test questionnaire on self-reported hazardous drinking.** *Addiction* 103(2):241–8, 2008.

**References from 2019 update**

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-Walters, S.T.; Vader, A.M.; Harris, T.R.; and Jouriles, E.N. **Reactivity to alcohol assessment measures: An experimental**

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-Witkiewitz, K.; Desai, S.A.; Bowen, S.; et al. **Development and evaluation of a mobile intervention for heavy drinking and smoking among college students.** *Psychology of Addictive Behaviors* 28(3):639–650, 2014.