Cognitive-behavioral skills-based approach

**Skills training, alcohol plus general life skills or general life skills only:** Generic/other

These programs combine training in skills aimed at reducing alcohol use (e.g., drink refusal and moderation of alcohol use) with training in general life skills (e.g., stress management, coping, and lifestyle balance), or they provide training only in general life skills as a means of reducing alcohol use.

<table>
<thead>
<tr>
<th>Effectiveness: ★ ★ = Moderate</th>
<th>Public Health Reach: Focused</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost: $$ = Mid-range</td>
<td>Primary Modality: In-person group</td>
</tr>
<tr>
<td>Barriers: # = Lower</td>
<td>Staffing Expertise Needed: Health professional and coordinator</td>
</tr>
<tr>
<td>Research Amount: **** = 11+ studies</td>
<td>Target Population: Individuals, specific groups</td>
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<td></td>
<td>Duration of Effects: Mixed short-term (&lt; 6 months) effects; long-term (≥ 6 months) effects</td>
</tr>
</tbody>
</table>

**Potential Resources:**
For information about intervention designs and implementation, check the articles in the References tab.

**References:**


Peeler, C.M.; Far, J.; Miller, J.; and Brigham, T.A. An analysis of the effects of a program to reduce heavy drinking among college students. *Journal of Alcohol and Drug Education* 45:3954, 2000.


References from 2019 update


