

**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.

-**Effectiveness:** ★★ = Moderate

-**Cost:** \$\$ = Mid-range

-**Barriers:** # = Lower

-**Research Amount:** \*\*\*\* = 11+ studies

-**Public Health Reach:** Focused

-**Primary Modality:** In-person group

-**Staffing Expertise Needed:** Health professional and coordinator

-**Target Population:** Individuals, specific groups

-**Duration of Effects:** Mixed short-term (< 6 months) effects; 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.**

-Ametrano, I.M. An evaluation of the effectiveness of a substance-abuse prevention program. *Journal of College Student Development* 33(6):507–15, 1992.

-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.

-Jack, L.W. The educational impact of a course about addiction. *Journal of Nursing Education* 28(1):22–8, 1989.

-Marcello, R.J.; Danish, S.J.; and Stolberg, A.L. An evaluation of strategies developed to prevent substance abuse among student-athletes. *The Sports Psychologist* 3(3)196–211, 1989.

-Murphy, T.J.; Pagano, R.R.; and Marlatt, G.A. **Lifestyle modification with heavy alcohol drinkers: Effects of aerobic exercise and meditation.** *Addictive Behaviors* 11(2):175–86, 1986.

-Rohsenow, D.J.; Smith, R.E.; and Johnson, S. **Stress management training as a prevention program for heavy social drinkers: Cognitions, affect, drinking, and individual differences.** *Addictive Behaviors* 10(1):45–54, 1985.

**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.**

-Borsari, B.; and Carey, K.B. **Two brief alcohol interventions for mandated college students.** *Psychology of Addictive Behaviors* 19(3):296–302, 2005.

-Donohue, B.; Allen, D.N.; Maurer, A.; Ozols, J.; and DeStefano, G. A controlled evaluation of two prevention programs in reducing alcohol use among college students at low and high risk for alcohol related problems. *Journal of Alcohol and Drug Education* 48(1):1333, 2004.

-Fromme, K.; and Corbin, W. **Prevention of heavy drinking and associated negative consequences among mandated and voluntary college students.** *Journal of Consulting and Clinical Psychology* 72(6):1038-49, 2004.

-Guarna, J. Altering binge drinking behavior: An intervention based on the attention-allocation model. Unpublished doctoral dissertation. Bowling Green, OH: Bowling Green State University, 2000.

-LaChance, H.; Feldstein Ewing, S.W.; Bryan, A.D.; and Hutchison, K.E. **What makes group MET work? A randomized controlled trial of college student drinkers in mandated alcohol diversion.** *Psychology of Addictive Behaviors* 23(4):598-612, 2009.

-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* 45:39-54, 2000.

**Cronce, J.M.; and Larimer, M.E. Individual-focused approaches to the prevention of college student drinking.** *Alcohol Research and Health* 34(2):210-21, 2011.

-Hansson, H.; Rundberg, J.; Zetterlind, U.; Johnsson, K.O.; and Berglund, M. **Two-year outcome of an intervention program for university students who have parents with alcohol problems: A randomized controlled trial.** *Alcoholism: Clinical and Experimental Research* 31(11):1927-33, 2007.

#### **References from 2019 update**

-Donohue, B.C.; Loughran, T.A.; Pitts, M.T.; et al. **Preliminary development of a brief intervention to prevent alcohol misuse and enhance sport performance in collegiate athletes.** *Journal of Drug Abuse* 2:1-9, 2016.

-Hansson, H.; Rundberg, J.; Zetterlind, U.; et al. **An intervention program for university students who have parents with alcohol problems: A randomized controlled trial.** *Alcohol and Alcoholism* 41(6):655-663, 2006.

-Levin, M.E.; Haeger, J.A.; Pierce, B.G.; and Twohig, M.P. **Web-based acceptance and commitment therapy for mental health problems in college students: A randomized controlled trial.** *Behavior Modification* 41(1):141-162, 2017.

-Moore, S.C.; Crompton, K.; van Goozen, S.; et al. **A feasibility study of short message service text messaging as a surveillance tool for alcohol consumption and vehicle for interventions in university students.** *BMC Public Health* 13(1):1011, 2013.