

Skills training, alcohol focus: Goal/intention-setting alone

Under this approach, students identified as having alcohol use problems set goals for limiting their alcohol use, based on their current drinking behaviors, other goals, and values.

-**Effectiveness:** ★ ★ ★ = Higher

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

-**Barriers:** ## = Moderate

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

-**Public Health Reach:** Focused

-**Primary Modality:** In-person individual

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

-**Target Population:** Individuals

-**Duration of Effects:** Short-term (< 6 months) effects; long-term (≥ 6 months) effects not assessed

Potential Resources:

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

References:

Additional studies not identified in prior reviews

- Hagger, M.S.; Lonsdale, A.; and Chatzisarantis, N.L.D. **A theory-based intervention to reduce alcohol drinking in excess of guideline limits among undergraduate students.** *British Journal of Health Psychology* 17(1):18–43, 2012a.
- Hagger, M.S.; Lonsdale, A.; Koka, A.; Hein, V.; Pasi, H.; Lintunen, T.; et al. **An intervention to reduce alcohol consumption in undergraduate students using implementation intentions and mental simulations: A cross-national study.** *International Journal of Behavioral Medicine* 19(1):82–96, 2012b.
- Werch, C.E.; Bian, H.; Moore, M.J.; Ames, S.; DiClemente, C.C.; and Weiler, R.M. **Brief multiple behavior interventions in a college student health care clinic.** *Journal of Adolescent Health* 41(6):577–85, 2007.
- Werch, C.E.; Moore, M.J.; Bian, H.; DiClemente, C.C.; Ames, S.; Weiler, R.M.; et al. **Efficacy of a brief image-based multiple behavior intervention for college students.** *Annals of Behavioral Medicine* 36(2):149–57, 2008.
- Werch, C.E.; Moore, M.J.; Bian, H.; DiClemente, C.C.; Huang, I.C.; Ames, S.; et al. **Are effects from a brief multiple behavior intervention for college students sustained over time?** *Preventive Medicine* 50(1-2), 30–4, 2010.

References from 2019 update

No studies identified.