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


References from 2019 update
No studies identified.