

Brief motivational intervention (BMI): In-person—Group

In-person group BMI combines a brief intervention with motivational interviewing in a group (rather than in a one-on-one setting). BMI emphasizes personal responsibility and self-efficacy of participants, offering them personalized feedback on their alcohol use, risks, expectancies, perceptions of social norms, and options for reducing problems and consequences. A trained facilitator guides the group discussion. Goals for behavioral change are set by participants.

-**Effectiveness:** ★★ = Moderate

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

-**Barriers:** ## = Moderate

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

-**Public Health Reach:** Focused

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

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

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

-**Duration of Effects:** Short-term (< 6 months) and long-term (≥ 6 months) effects

Potential Resources:

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

References:

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

-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.

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.

-Cimini, M.D.; Martens, M.P.; Larimer, M.E.; Kilmer, J.R.; Neighbors, C.; and Monserrat, J.M. **Assessing the effectiveness of peer-facilitated interventions addressing high-risk drinking among judicially mandated college students.** *Journal of Studies on Alcohol and Drugs* (Suppl.16):57–66, 2009.

-LaBrie, J.W.; Huchting, K.; Tawalbeh, S.; et al. **A randomized motivational enhancement prevention group reduces drinking and alcohol consequences in first-year college women.** *Psychology of Addictive Behaviors* 22(1):149–55, 2008.

-Stahlbrandt, H.; Johnsson, K.O.; and Berglund, M. **Two-year outcome of alcohol interventions in Swedish university halls of residence: A cluster randomized trial of a brief skills training program, twelve-step-influenced intervention, and controls.** *Alcoholism: Clinical and Experimental Research* 31(3):458–66, 2007.

Additional studies not identified in prior reviews

-Henslee, A.M.; and Correia, C.J. The use of freshmen seminar programs to deliver personalized feedback. *Journal of*

Alcohol and Drug Education 53(3):39–52, 2009.

References from 2019 update

- Alfonso J.; Hall T.V.; and Dunn, M.E. **Feedbackbased alcohol interventions for mandated students: An effectiveness study of three modalities.** *Clinical Psychology and Psychotherapy*, 20(5):411–23, 2013.
- Hustad, J.P.; Mastroleo, N.R.; Kong, L.; et al. **The comparative effectiveness of individual and group brief motivational interventions for mandated college students.** *Psychology of Addictive Behaviors* 28(1):74–84, 2014.
- Michael, K.D.; Curtin, L.; Kirkley, D.E.; et al. **Group-based motivational interviewing for alcohol use among college students: An exploratory study.** *Professional Psychology: Research and Practice* 37(6):629–634, 2006.