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:**


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...
References from 2019 update

