

Skills training, alcohol focus: Decisional balance exercise alonea

Decisional balance exercises involve weighing the pros and cons of behavior change versus maintenance of the status quo without any other intervention.

-Effectiveness: ★★ = Moderate

-Cost: \$ = Lower

-Barriers: # = Lower

-Research Amount: ** = 4 to 6 studies

-Public Health Reach: Focused

-Primary Modality: Online/offsite

-Staffing Expertise Needed: Coordinator

-Target Population: Individuals

-Duration of Effects: Short-term (< 6 months) effects; mixed long-term (≥6 months) effects

Potential Resources:

For more 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 revisited: Individual-focused college drinking prevention strategies 1999–2006.** *Addictive Behaviors* 32:2439–68, 2007.

-Collins, S.E.; and Carey, K.B. **Lack of effect for decisional balance as a brief motivational intervention for at-risk college drinkers.** *Addictive Behaviors* 30(7):1425–30, 2005.

-Labrie, J.W. Weighing the pros and cons: A brief motivational intervention reduces risk associated with drinking and unsafe sex. Unpublished doctoral dissertation. Los Angeles, CA: University of Southern California, 2002.

References from 2019 update

-Collins, S.E.; Kirouac, M.; Lewis, M.A.; et al. **Randomized controlled trial of web-based decisional balance feedback and personalized normative feedback for college drinkers.** *Journal of Studies on Alcohol and Drugs* 75(6):982–992, 2014.