Skills training, alcohol focus: Decisonal balance exercise alone

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:


References from 2019 update