Cognitive-behavioral skills-based approach

**Skills training, alcohol focus:** Expectancy challenge interventions (ECI)—Experiential

Experiential ECIs assign students to receive alcohol or a placebo, facilitate interaction in a social environment, and then ask students to guess who has or has not imbibed alcohol as a means of challenging students’ positive beliefs about the outcomes of alcohol use. Education on alcohol placebo effects is also provided.

- **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:** Coordinator
- **Target Population:** Individuals or specific groups
- **Duration of Effects:** Short-term (< 6 months); no long-term (≥ 6 months) effects

**Potential Resources:**
For information about intervention designs and implementation, check the articles in the References tab.

**References:**


References from 2019 update
No studies identified.