Cognitive-behavioral skills-based approach

**Skills training, alcohol focus:** Protective behavioral strategies alone

Protective behavioral strategies involve delivery of tips for minimizing or avoiding alcohol-related harms without any other intervention.

- **Effectiveness:** ★★★ = Moderate
- **Cost:** $ = Lower
- **Barriers:** # = Lower
- **Research Amount:** **= 4 to 6 studies

- **Public Health Reach:** Broad
- **Primary Modality:** Online/offsite
- **Staffing Expertise Needed:** Coordinator
- **Target Population:** Individuals, specific groups, or all students
- **Duration of Effects:** Short-term (< 6 months) and long-term (≥6 months) effects

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

**References:**
*Studies from Larimer & Cronce (2007)*


*References from 2019 update*