Cognitive-behavioral skills-based approach

**Skills training, alcohol focus:** Self-monitoring/self-assessment alone

Self-monitoring/self-assessment approaches involve repeated assessment (e.g., daily diary, multiple longitudinal assessment spread out over weeks, months, or years) without any other intervention.

- **Effectiveness:** ★ ★ ★ = Higher
- **Cost:** $ = Lower
- **Barriers:** # = Lower
- **Research Amount:** ★★★ = 7 to 10 studies
- **Public Health Reach:** Focused
- **Primary Modality:** Online/offsite
- **Staffing Expertise Needed:** Coordinator
- **Target Population:** Individuals or specific groups
- **Duration of Effects:** Short-term effects (6 months); long-term (≥6 months) effects

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**Potential Resources:**

For information about intervention designs and implementation, check the articles in the References tab.

**References:**


**Additional studies not identified in prior reviews**


**References from 2019 update**

- Walters, S.T.; Vader, A.M.; Harris, T.R.; and Jouriles, E.N. Reactivity to alcohol assessment measures: An experimental