



The College Drinker's Check-up A Computer and Evidence Based Brief Motivational Intervention for Heavy Drinking College Students¹

Overview. We developed the College Drinker's Check-up (CDCU) as both a Windows and web-based brief motivational intervention for heavy drinking college students. The CDCU first screens for heavy drinking. Students who screen positive are given personalized feedback and invited to use the rest of the program which takes about 35 minutes. The modules include:

- A decisional balance exercise to begin the process of considering the “not so good” things they've experienced from their heavy drinking.
- A comprehensive assessment of drinking and drug use, alcohol-related problems, and risk factors for future alcohol-related problems.
- Personalized feedback includes quantity and frequency compared to their gender specific fellow students at their University, BAC feedback, and feedback on how their frequency of alcohol-related problems compared to other, same gender students at their school.
- A final module, Consider Your Options, helps students resolve their ambivalence about changing and develop a plan of action to reduce their drinking and risk for alcohol-related problems.

The follow-up component can collect drinking and alcohol-related problems data at up to three follow-up points which are determined by the program administrator.

The administrator's (admin) module allows program administrators to:

- customize the program with their University's logos and colors;
- enter and have the program use their University's Core Institute norms for drinking and alcohol-related problems;
- enter new students into the database;
- set up custom fields within the database that allows admins to examine outcomes based on them (e.g., setting experimental or control groups for a study);
- examine feedback summaries for a particular individual;
- generate detailed outcome reports from the database;
- generate and have the program use an FAQ section;
- set up an email contact so that users can contact someone with questions; and
- create a list of local resources for students interested in additional assistance at the end of the program.

Evidence of Effectiveness. The results of two randomized clinical trials have demonstrated the effectiveness of the CDCU with heavy drinking college students. Heavy drinking students who used the CDCU reduced their drinking by 43-55% at follow-ups out to 12 months. The between-group effect sizes (d) were in the large range with an average of .82. A manuscript reporting the results of these trials is under review and available on request from Dr. Reid Hester at reidhester@behaviortherapy.com. A presentation and outcomes of the studies is available at www.behaviortherapy.com/CDCUOutcomes.pdf.

Costs. We have set up the licensing structure so that it can be affordable to colleges and Universities. The CDCU program license is a *one-time purchase* of \$2500 for smaller institutions (<15,000 students) and \$4500 for larger institutions (>15,000 students). There are no annual licensing fees and no per user fees.

Licensing. Those who purchase a license can modify the programs with the only restriction being that they cannot then resell to others their revised program. Interested parties can contact Dr. Reid Hester, Director of the Research Division of Behavior Therapy Associates, LLP at 505.345.6100 or reidhester@behaviortherapy.com.

¹ The CDCU is copyright 2010 and Patent pending.