

SCREENING AND BRIEF INTERVENTION WITH MANDATED STUDENTS: DOES IT WORK?

Karen L. Sokolowski, PhD
University Counseling Center
University at Albany, SUNY

November 9, 2012

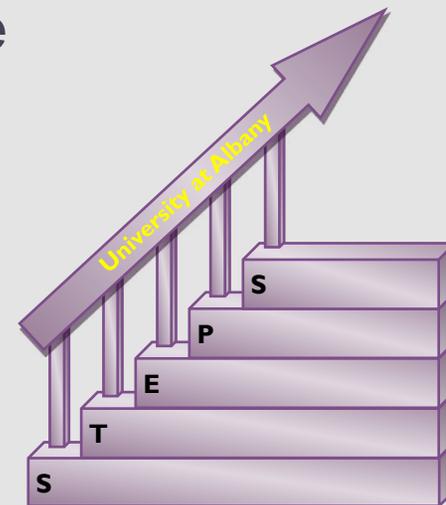
MANDATED STUDENTS

- Alcohol and related behaviors are most common reason for university judicial action
- Mandated students at higher risk for problematic drinking and other negative consequences
- Many colleges mandate intervention for alcohol violations
- Research on effectiveness of SBI with mandated students growing but still limited



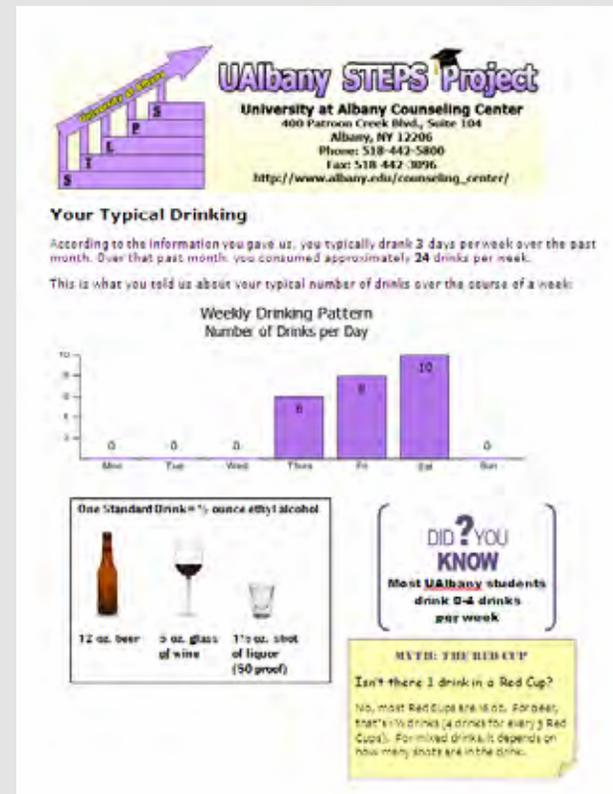
STEPS FOR JUDICIALLY MANDATED STUDENTS

- Students referred for campus alcohol policy violations
- Complete online baseline survey
- Attend a brief intervention
- Complete follow-up surveys online



INTERVENTION

- **BASICS (Brief Alcohol Screening and Intervention for College Students)**
 - Typical Drinking
 - BAC
 - Biphasic Effects
 - Campus Norms
 - Alcohol Expectancies
 - Negative Consequences
 - Protective Behaviors



STUDY 1: PROJECT HEALTHY STEPS



Funded by the Campus Screening and Brief Intervention Targeted Capacity Expansion Grant, Substance Abuse and Mental Health Services Administration-Center for Substance Abuse Treatment, FY 2005

DESIGN

- Judicial students invited to participate in larger research project
- Random assignment to treatment condition
 - BASICS
 - ASTP Group (Alcohol Skills Training Program)



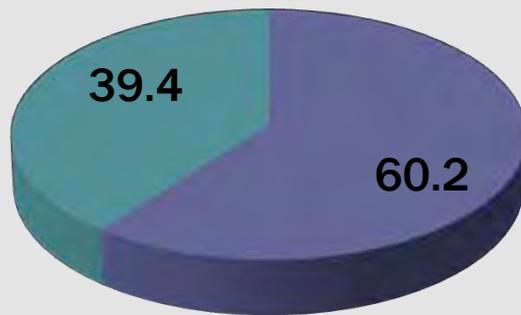
DESIGN

- Assessment battery at baseline, 6 weeks & 6 months
 - Daily Drinking Questionnaire (DDQ)
 - Drinking Norms Rating Form (DNRf)
 - Rutgers Alcohol Problems Index (RAPI)
 - Protective Behaviors Strategy Scale (PBSS)



PARTICIPANTS

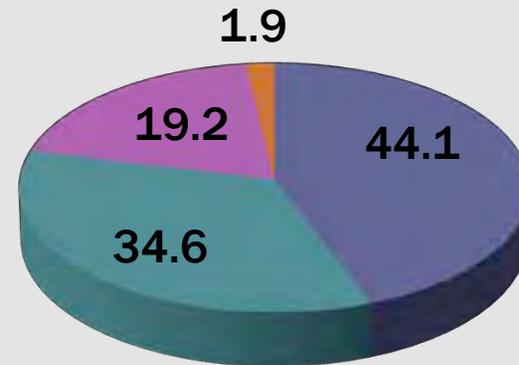
Gender



- Male
- Female

578 total participants enrolled

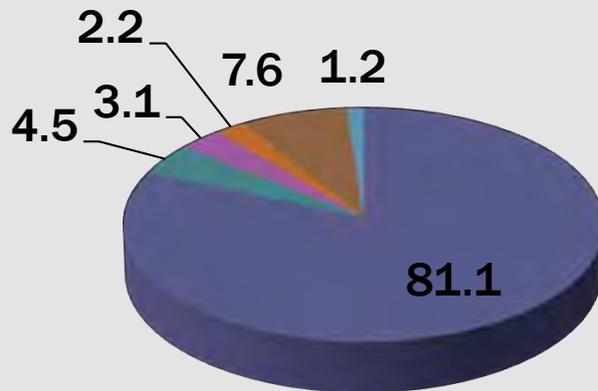
Class Year



- Freshman
- Sophomore
- Junior
- Senior

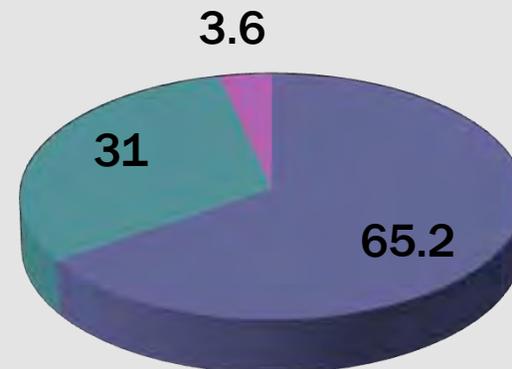
PARTICIPANTS

Ethnicity



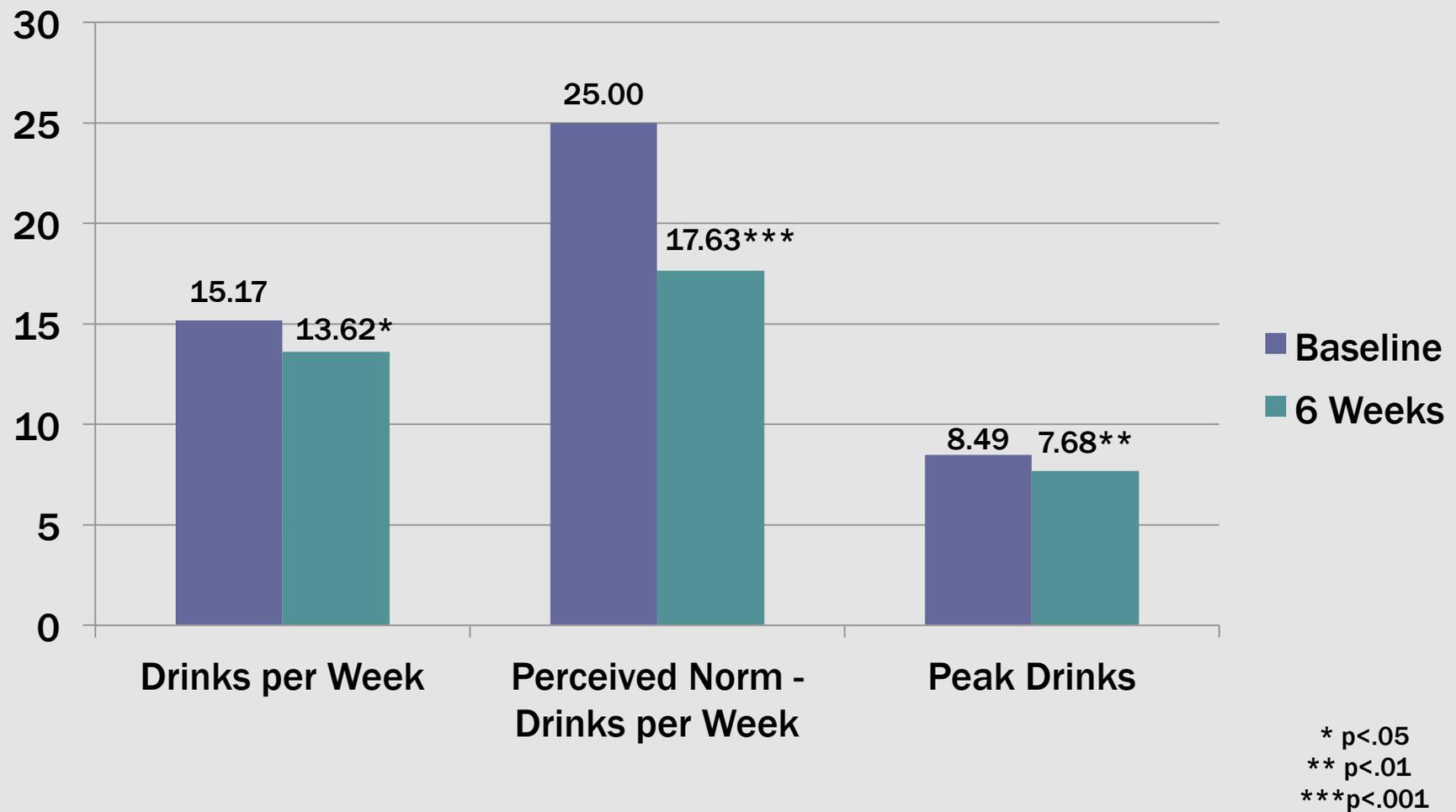
- White
- Asian
- Black/African American
- Latino/a
- multiple ethnicities
- other

Greek Affiliation

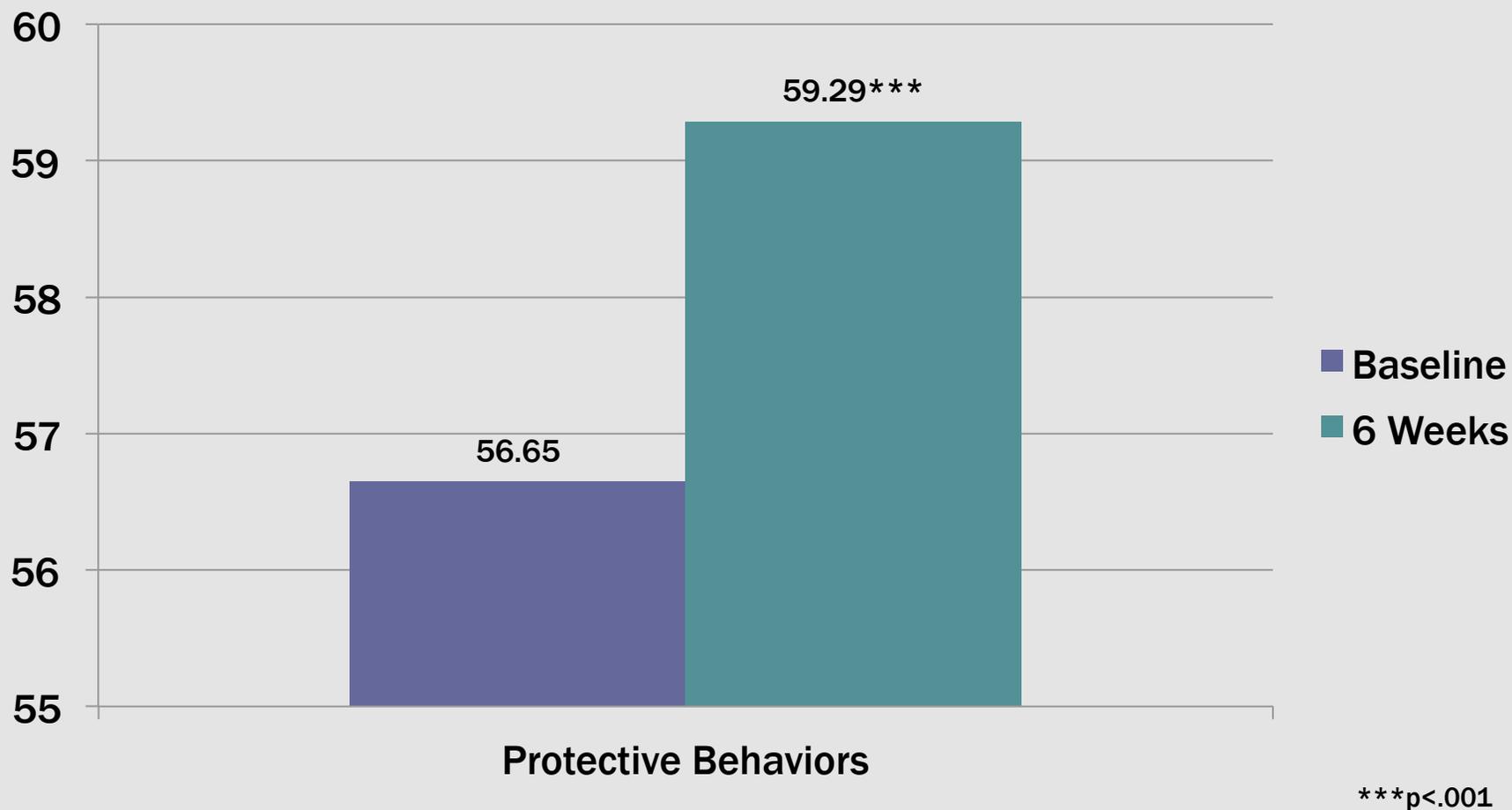


- Not at all affiliated
- Non-member who associates
- Active Greek member

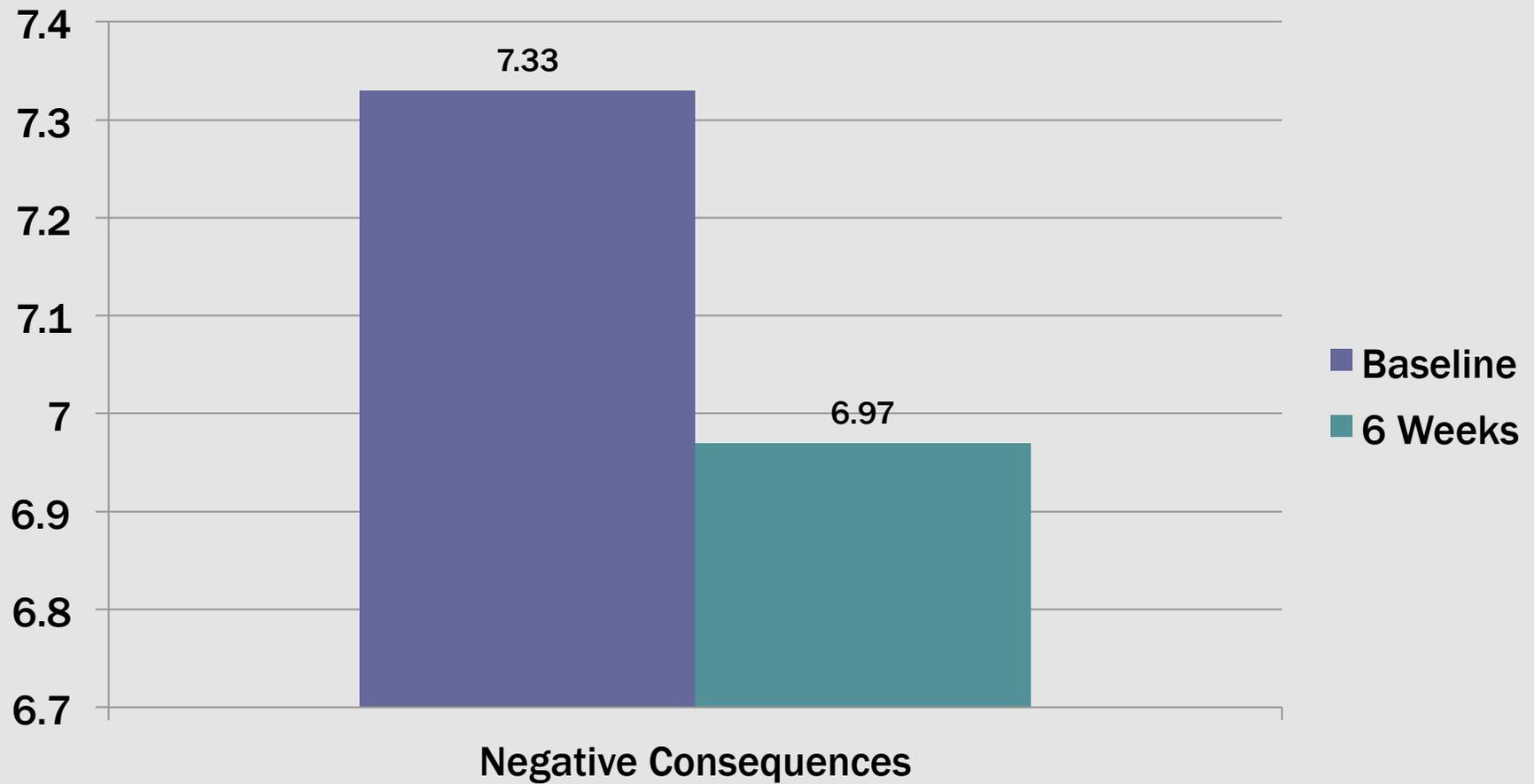
6-WEEK OUTCOMES: DRINKING & PERCEIVED NORMS



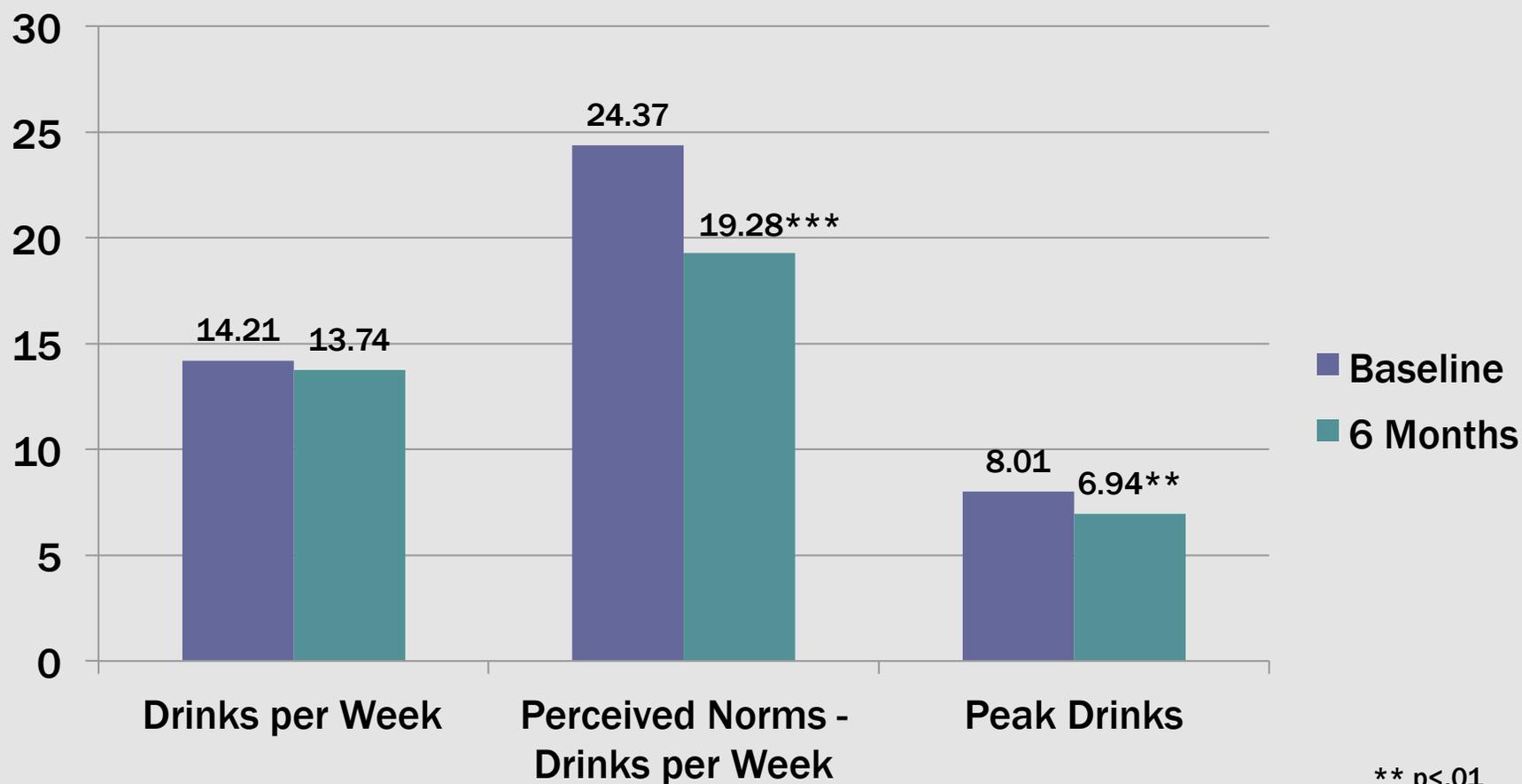
6-WEEK OUTCOMES: PROTECTIVE BEHAVIORS



6-WEEK OUTCOMES: NEGATIVE CONSEQUENCES

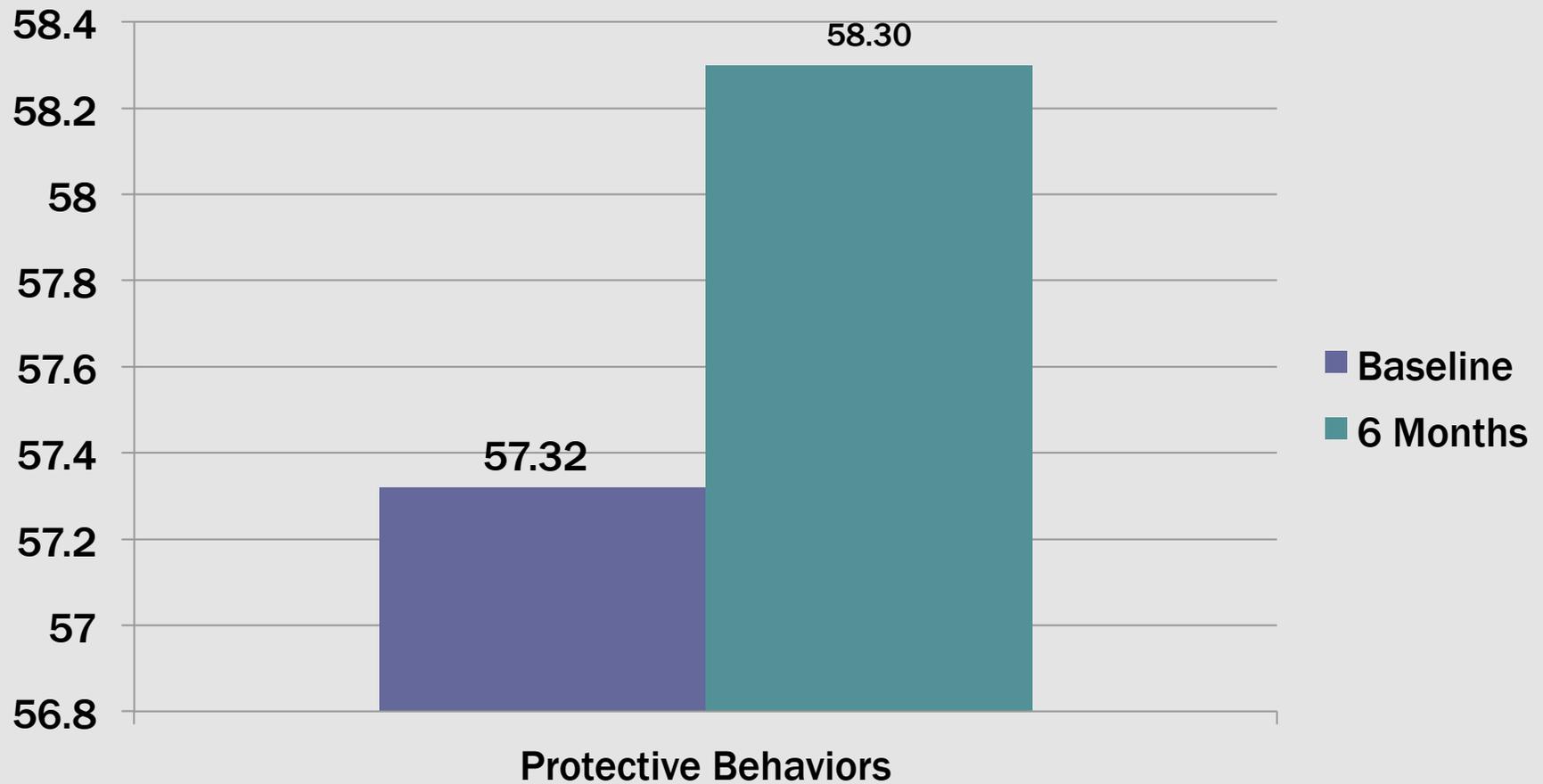


6-MONTH OUTCOMES: DRINKING & NORMS PERCEPTIONS

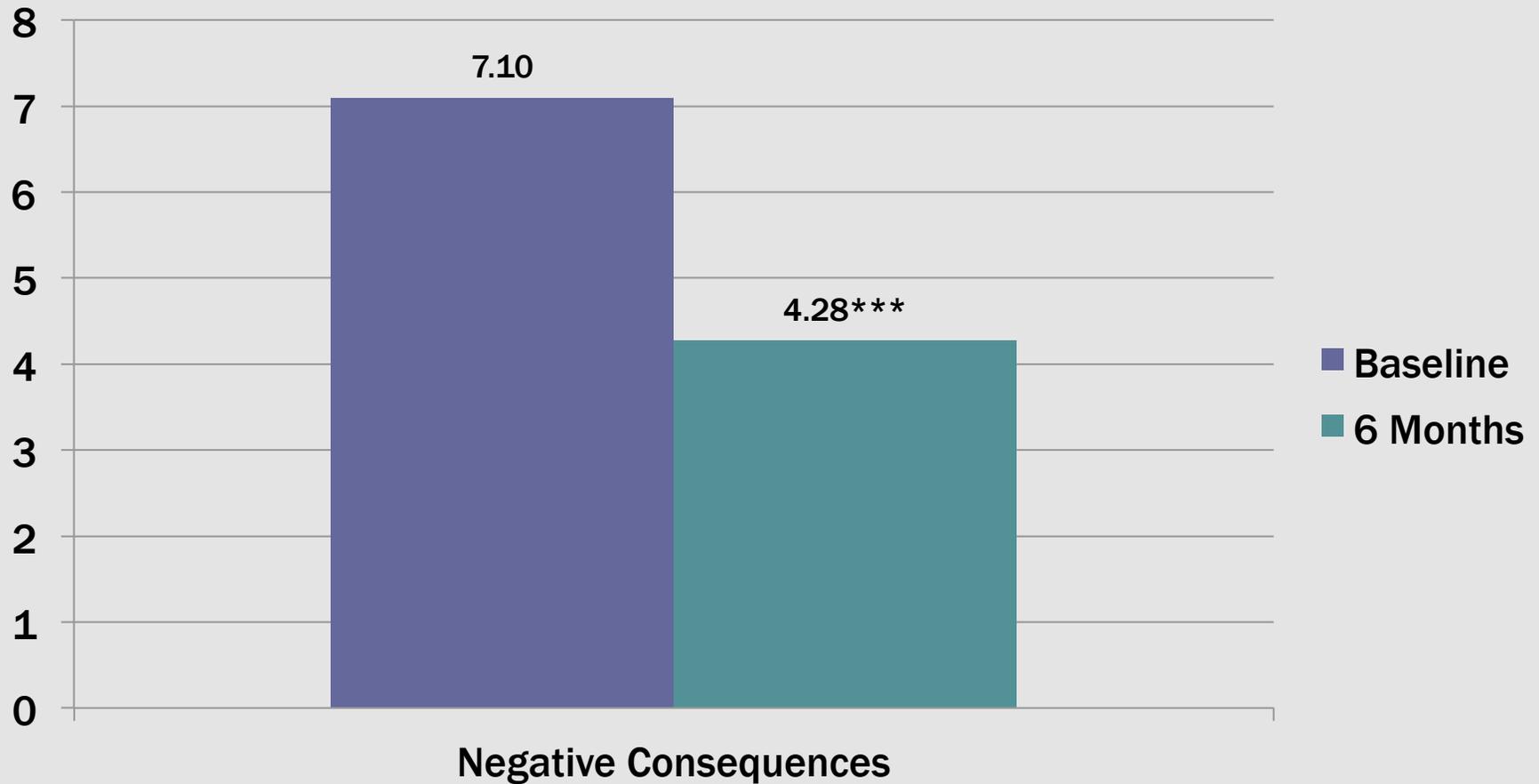


** p<.01
***p<.001

6-MONTH OUTCOMES: PROTECTIVE BEHAVIORS



6-MONTH OUTCOMES: NEGATIVE CONSEQUENCES



***p<.001

SUMMARY

- Individual BASICS does lead to improvements in drinking, protective behaviors, and negative consequences
- Our ASTP Group was not effective
- Duration of the effects of BASICS may be short-term



STUDY 2: STEPS FOR JUDICIALLY REFERRED STUDENTS



DESIGN

- Judicially mandated students invited to participate in research
- Random assignment to condition
 - BASICS
 - Bystander-based group with alcohol information
 - 1-month waitlist



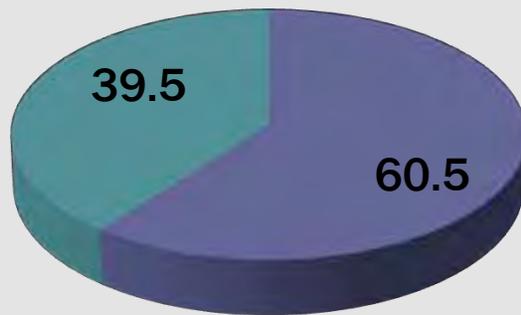
DESIGN

- **Assessment battery at baseline, 1 month & 3 months**
 - **Alcohol Use Disorders Identification Test (AUDIT)**
 - **Daily Drinking Questionnaire (DDQ)**
 - **Drinking Norms Rating Form (DNRF)**
 - **Brief Young Adult Alcohol Consequences Questionnaire (B-YAACQ)**
 - **Protective Behaviors Strategy Scale (PBSS)**



PARTICIPANTS

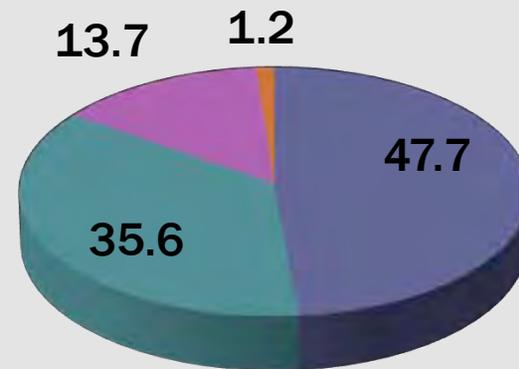
Gender



- Male
- Female

329 total participants enrolled

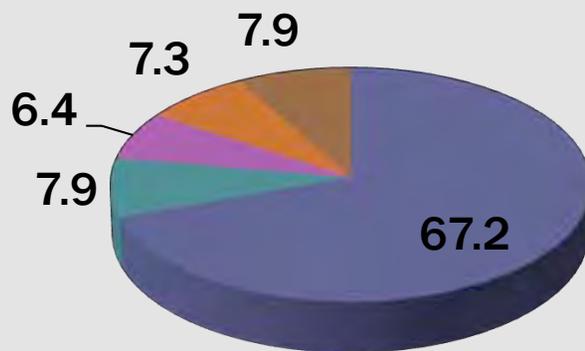
Class Year



- Freshman
- Sophomore
- Junior
- Senior

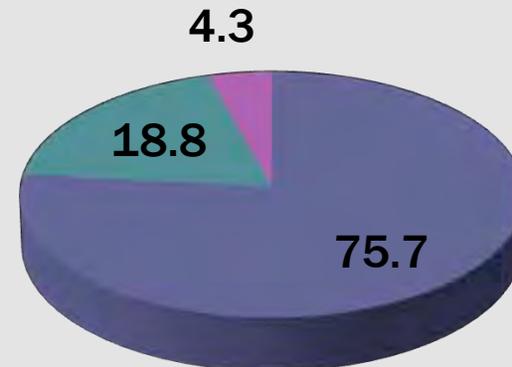
PARTICIPANTS

Ethnicity



- White
- Asian
- Black/African American
- Latino/a
- multiple ethnicities

Greek Affiliation



- Not at all affiliated
- Non-member who associates
- Active Greek member

PRELIMINARY FINDINGS – 1-MONTH

- **Drinking**
 - Both interventions impacting drinking
 - Effective for heavier drinkers
 - BASICS more effective for women
 - Bystander group more effective for men
- **Protective Behaviors**
 - Improve with BASICS for women
- **Negative Consequences**
 - Decreased for everyone (including waitlist)



PRELIMINARY FINDINGS – 3-MONTHS

- **Drinking**
 - Drinks per week decreased for heavier drinkers
- **Protective Behaviors**
 - No significant differences
- **Negative Consequences**
 - No significant differences



RESEARCH CONCLUSIONS

- The BASICS intervention does seem to work with mandated students
- The duration of the effects may be short-term
- More information is still needed regarding targeting of interventions in context of mandates for all sanctioned students



PRACTICE CHALLENGES

- Variable referral rates and policy enforcement
- Inconsistent/inaccurate messages from sanctioning staff
- Maintaining separation between sanction and intervention
- Student follow-through with requirements
- Underreporting (especially on baseline)



Questions and Comments?

