

Motivational Interviewing

Review 12

Seigers, D. K., & Carey, K. B. (2010). Screening and brief interventions for alcohol use in college health centers: A review. *Journal of American College Health, 59*(3), 151–158. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/21186444>.

Objectives	Examine the application and efficacy of individually focused brief interventions for alcohol use in college health settings.
Studies Included	Twelve U.S. and international studies published between 2000 to 2010
Participants in the Studies	Male and female college students
Settings	College- or university-based student health centers, emergency rooms
Outcomes	Alcohol use, high-risk alcohol use, frequency of drinking, number of binge episodes
Limitations of the Studies	Studies with a single group, pre-post design were at risk for internal validity threats given the lack of a comparison group. Heterogeneity in both within and across samples may have resulted from the use of different criteria to identify at-risk drinkers.

Results

Of the 12 studies included in this review, 4 nonrandomized studies reported reductions in alcohol consumption at follow-up. Six of eight randomized controlled trials reported reductions in alcohol use and/or alcohol-related problems when compared to control groups. Most interventions used MI and/or personalized feedback, six studies had Web-based components, and two studies used time lines or calendars to raise awareness of participants’ drinking patterns. Findings support continued use of brief, single-session interventions with MI and feedback components to reduce alcohol use in college populations.