

Motivational Interviewing

Review 14

Tait, R. J., & Hulse, G. K. (2003). A systematic review of the effectiveness of brief interventions with substance using adolescents by type of drug. *Drug and Alcohol Review, 22*(3), 337–346. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/15385228>.

Objectives	Evaluate the effectiveness of brief interventions for adolescents to reduce alcohol, tobacco, or other drug use.
Studies Included	Eleven U.S. studies published between 1996 and 2001
Participants in the Studies	Adolescents with high-risk alcohol use, smokers, and substance users
Settings	Dental clinic, schools, universities, substance treatment center, outpatient treatment, hospital, clinic
Outcomes	Alcohol use, drunk driving, binge drinking, number of drugs used, tobacco use, treatment sessions attended, smoking abstinence, quit attempt
Limitations of the Studies	Studies were only conducted in the United States. Therefore, findings may not generalize to other countries. Several studies were pilot studies; some studies had insufficient data to calculate effect sizes, thus underestimating the true overall effect sizes.

Results

The review described and presented findings on the effectiveness of brief interventions for substance-using adolescents. These interventions included MI, STARS (Start Taking Alcohol Seriously), and BASIC (Brief Alcohol Screening and Intervention for College Students). Of the 11 studies, 8 evaluated the reduction of alcohol use, 2 targeted tobacco use, and 2 targeted multiple substance use. Overall, the findings from this review demonstrate that brief interventions offer benefits to adolescent substance abusers. The low cost of delivering brief interventions suggests the approach is viable to treat problem alcohol use by adolescents. This review found that contrary to evaluation studies with adults, brief interventions had a very small effect in reducing adolescent cigarette consumption. There is limited evidence for the use of brief interventions in treating adolescents who use multiple substances.