

## Motivational Interviewing

### Review 17

Wachtel, T., & Staniford, M. (2010). The effectiveness of brief interventions in the clinical setting in reducing alcohol misuse and binge drinking in adolescents: A critical review of the literature. *Journal of Clinical Nursing*, 19(5–6), 605–620. PubMed abstract available at <http://www.ncbi.nlm.nih.gov/pubmed/20500302>.

<b>Objectives</b>	Investigate the effectiveness of brief interventions for adolescent alcohol misuse and binge drinking and whether these brief interventions could be successfully used by nurses in a clinical setting.
<b>Studies Included</b>	Fourteen U.S. and international studies published from 1998 to 2007
<b>Participants in the Studies</b>	Adolescents using/misusing alcohol
<b>Settings</b>	Health care clinics, colleges/universities, youth service centers, hospital emergency rooms
<b>Outcomes</b>	Alcohol reduction, drunk driving, alcohol-related injuries and problems, binge-drinking episodes
<b>Limitations of the Studies</b>	The generalizability of findings may be affected by the variability of settings, participant ages, and outcome measures across the studies. Some studies included small sample sizes, lack of blinding of group and assessors, and reliance on self-report outcome data. The risk of bias may have been introduced by the use of incentives for study participation.

### Results

Of the 14 studies, 12 employed MI-type interventions and 7 reported reduced alcohol frequency and amount as compared to controls. Two studies found a reduction in binge-drinking episodes, and seven studies reported a decrease in harmful effects from alcohol use. Computer-based or audiotaped programs were less successful than face-to-face intervention delivery. Studies with a short-term follow-up (under 6 months) showed significant reductions in drunk driving, traffic violations, and alcohol-related injuries and problems.

The review did not include any studies of brief interventions delivered by nurses. Therefore, the extent to which these interventions could be successfully implemented in clinical settings requires further investigation.