Motivational Interviewing

Review 3

Carey, K. B., Scott-Sheldon, L. A., Carey, M. P., & DeMartini, K. S. (2007). Individual-level interventions to reduce college student drinking: A meta-analytic review. *Addictive Behaviors, 32*(11), 2469–2494. PubMed abstract available at http://www.ncbi.nlm.nih.gov/pubmed/17590277.

Objectives	Examine randomized controlled studies evaluating alcohol abuse prevention interventions for college drinkers.
Studies Included	Sixty-two U.S. and international studies published between 1985 and 2007
Participants in the Studies	College students varied by year in school, gender, race and ethnicity, and whether the participants were volunteering or mandated to seek treatment
Settings	Colleges and universities
Outcomes	Alcohol use and consumption, consequences resulting from drinking
Limitations of the Studies	Studies typically reported only one follow-up point, or longitudinal outcome data analyses described trends over time such that the observed pattern across studies may be reflective of either deterioration of intervention effects or improvement in the control group.

Results

Major findings indicated individual-level alcohol interventions for college drinkers reduce alcohol use and alcohol-related problems. Overall, results showed that participants in risk-reduction interventions drank significantly less relative to controls in short-term follow-up points and reported fewer alcohol-related problems over longer periods of time. Interventions were more successful if they were delivered in person and were short term in duration. Interventions that used MI techniques, contained normative feedback, provided feedback on expectancies and/or motives for drinking, or provided a decisional balance exercise appeared to be most effective. Interventions targeting heavy drinkers or another at-risk group were less successful. Female participants reported improved alcohol outcomes over male participants for this population.