Methods:

- A comprehensive literature review identified 30 eligible samples, average subject age 17
  - 7 brief interventions for alcohol only
  - 23 targeted both alcohol and drugs
- Most were U.S. randomized trials with low attrition and 6-month follow-up
- Most used motivational interview (motivational enhancement therapy), lasting 50-60 minutes
Tanner-Smith et al. (cont.)

**Results**

- Alcohol only interventions produced
  - Reductions in drinking
  - Little variability across studies
  - No effects on drug use
- Drug and alcohol interventions produced
  - Reductions in use of marijuana, other hard drugs, alcohol
- Alcohol reductions were comparable in both alcohol only interventions and in alcohol and drug interventions
  - The greatest reductions were for drugs other than marijuana
School Based Programs

- Programs that rely primarily on increasing knowledge about consequences of drinking **are not effective**.
- School only program effects are generally small
- Most Effective Programs:
  - Address social pressures to drink and teach resistance skills
  - Include developmentally appropriate information
  - Include peer-led components
  - Provide teacher training
  - Are interactive
  - Include community and family components (e.g. Pentz, 1989; Perry et al., 1996, 2002; Spoth et al., 2001, 2004)

Sources: NIAAA, Alcohol and Development in Youth: A Multidisciplinary Overview, 2005; Spoth et al., Pediatrics, 2008
Family Interventions

Iowa Strengthening Families Program

Goals:

- Improve parent/child relations
- Strengthen family communication skills
- Increase child coping skills

Implementation:

- 7 sessions at school
- 13 hours total
- Parent and child separately and together

Family Interventions

A randomized controlled trial with families of 6th graders:

- Iowa Strengthening Families Program (ISFP) (206 families)
- Preparing for Drug Free Years Program (PDFYP) (221 families)
- Control (221 families)

Lifetime Drunkenness Through 6 Years Past Baseline:

Logistic Growth Curve

- Trajectory for ISFP Condition
- Trajectory for Control Condition

Results Persist at age 21 (Spoth, 2009)

Parent-Based Intervention on Drinking Behavior among College Freshmen

- **Parent-Based Intervention (PBI)**
  - Mid-July – August: Parents of 327 students, before starting college, mailed a parent handbook for students about alcohol developed by Turrisi (see *Psych. Addict. Behav.*, 2001)
  - Parents asked to evaluate and rate the handbook (72%) compliance

- **Comparison parents sent 2 brochures**
  - College alcohol policies and violation penalties
  - Statistics regarding college drinking

Parent Based Intervention (PBI) (cont.)

- Results
  - PBI students
    - Less likely to transition from non-drinker to drinker
    - Drinkers less growth in drinking during freshman year

Environmental Policy Interventions

- Legislation to reduce drinking & driving
  - Criminal per se laws
  - Administrative license revocation laws
  - Mandatory assessment & treatment laws
  - Primary safety belt laws
  - Ignition interlock for first offenders
  - Lower legal blood alcohol limits for convicted offenders
  - 0.08% criminal per se BAC level laws
  - Zero tolerance laws
  - Use/lose laws
  - Graduated licensing

- Enhanced enforcement- publicized sobriety checkpoints
Environmental Policy Interventions

- Legislation to reduce availability of alcohol
  - Minimum legal drinking age
  - Reduce alcohol outlet density
  - Increase price
- Legislation to reduce drinking and driving