



# Program Abstract

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*Title*      **Alcohol Skills Training Program**

*Summary*      Guided by the belief that college students can learn to moderate their drinking behavior, this intervention is designed for young people who have experienced negative consequences of alcohol use. The intervention spans eight sessions and is led by clinical psychologists with special training in alcohol education. The curriculum incorporates basic information and exercises in the areas of addiction, individual drinking cues, skills for resisting alcohol offers, and strategies for relaxation and stress management. Participants are asked to monitor and record their consumption of alcohol for the duration of the program.

A field study of the intervention was conducted with 43 volunteers recruited at the University of Washington in Seattle. The sample was 91% White, along with 1 Hispanic, 1 Black, and 1 Asian participant. Following recruitment, participants were randomly assigned to one of three conditions: (1) the skills-based training program; (2) an information-based alcohol education program; or (3) a no-intervention control group. At the 12-month follow-up assessment, all members of the three groups continued to report occasional episodes of heavy drinking. However, the reduction in daily drinking was significantly greater for skills-training participants than for the control groups. Additionally, skills-training participants reduced their self-monitored drinks per week, peak Blood Alcohol Level, and retrospective reports of typical drinks per week by more than 50%.

*Focus*       Alcohol prevention       Tobacco prevention       Other drug prevention

*Original Site*       Middle school or high school       College or University       Community-Based

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## Program Abstract (continued)

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<i>Suitable for Use In</i>	In addition to university settings, the <i>Alcohol Skills Training Program</i> is equally suitable for use in social service or community-based organizations.
<i>Approach</i>	<input type="checkbox"/> Abstinence <input checked="" type="checkbox"/> Behavioral Skills Development <input type="checkbox"/> Community Involvement <input type="checkbox"/> Life Option Enhancement <input type="checkbox"/> Media Pressure Education <input type="checkbox"/> Normative Education <input type="checkbox"/> Peer Instruction <input type="checkbox"/> Self-Efficacy/Self-Esteem <input checked="" type="checkbox"/> Social Influences Education <input checked="" type="checkbox"/> Stress Management
<i>Original Intervention Sample</i>	Age, Gender      The original sample included 43 participants, of whom 58% were male. They ranged in age from 18 to 35 years (avg.=23.1).  Race/ Ethnicity      The original sample was 91% White, 1% Hispanic, 1% Black, 1% Asian, and 6% "other".
<i>Program Components</i>	<input type="checkbox"/> Adult Involvement <input type="checkbox"/> Case Management <input checked="" type="checkbox"/> Group Discussion <input checked="" type="checkbox"/> Lectures <input type="checkbox"/> Public Service Announcements <input checked="" type="checkbox"/> Role Play <input type="checkbox"/> Video <input type="checkbox"/> Other
<i>Program Length</i>	This program was originally presented in eight 90-minute sessions. However, the schedule is flexible and can be adjusted to suit your particular site. For example, the original developers have also taught the curriculum as a six-session intervention.
<i>Staffing Requirements/ Training</i>	The program should preferably be led by skilled alcohol educators. In the original field study, the leaders were Ph.D.-level clinical psychologists or advanced graduate students in clinical psychology who had undergone specialized training in alcohol education.

## *Program Abstract (continued)*

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*Program Materials* The program package contains everything you will need to implement the program (such as Facilitator's Guide, ASTP Curriculum Manual etc.). Each program package also consists of a User's Guide that provides a detailed review of the program and its materials, as well as its original evaluation. Also included is a CD-ROM that offers general tips and guidelines for implementing the program. It is strongly recommended that users review the User's Guide and the CD-ROM (Sections 1 and 2) before implementing the program.

*Notes about Evaluation* The program package also contains materials for conducting a full-scale evaluation. These materials can be found in the evaluation binder titled *The Alcohol Skills Training Program: Evaluation Materials* and are included as a starting point for evaluating your program, should you choose to do so. A general tutorial on the basic concepts and methods in evaluation research is provided in the CD-ROM *Setting Up, Implementing, and Evaluating The Alcohol Skills Training Program*. Before conducting an evaluation, users should refer to the tutorial in the CD-ROM (Section 3) along with the materials in the evaluation binder.

Evaluation materials in the binder include the instruments used by the original program developers in demonstrating the effectiveness of this program (*Drinking Habits Questionnaire, Daily Drinking Dairy, Alcohol Knowledge Test*), as well as a generic questionnaire developed by Sociometrics (*SAPCEQ*) that could be used to evaluate a variety of teen drug prevention programs including *The Alcohol Skills Training Program*. Before using these or any survey instruments, it is very important that consent and approval be received from the appropriate people (e.g., university review boards, department head). Most programs can benefit from outside help in designing and carrying out an evaluation. Your university may be able to provide help. For further information, call Sociometrics staff (see Contact Information below).

### *Program Acquisition & Implementation Cost*

The program package includes one complete set of all materials needed to implement this program, evaluation materials, a CD-ROM with implementation and evaluation guidelines, as well as telephone technical support on program implementation and evaluation for one year (call Sociometrics staff: see Contact Information below).

The staff costs you will incur in implementing this program will depend on the total number of participants (refer to Staffing Requirements, above).

## *Program Abstract (continued)*

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*Contact  
Information*

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*Bibliography*

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