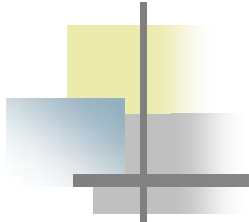


Prevention of high risk alcohol consumption in university students: a systematic literature search including meta-analyses



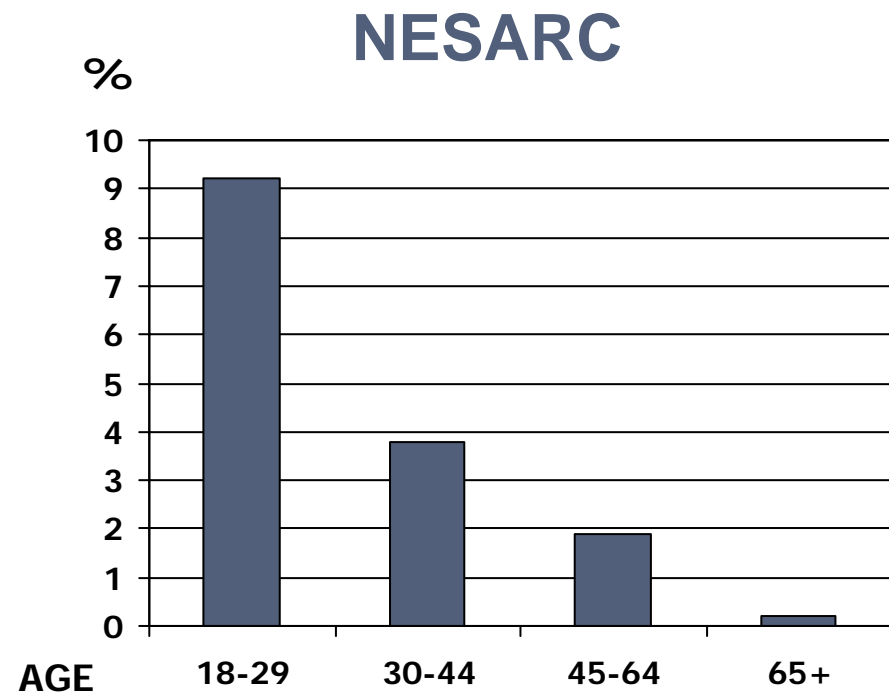
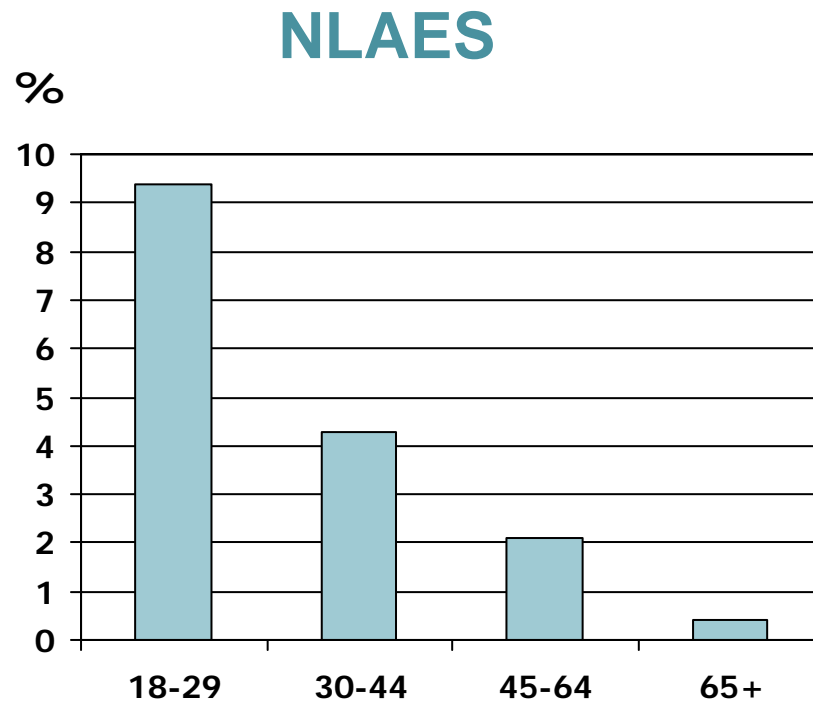
Mats Berglund

Clinical Alcohol Research

Lund University, Malmö, Sweden

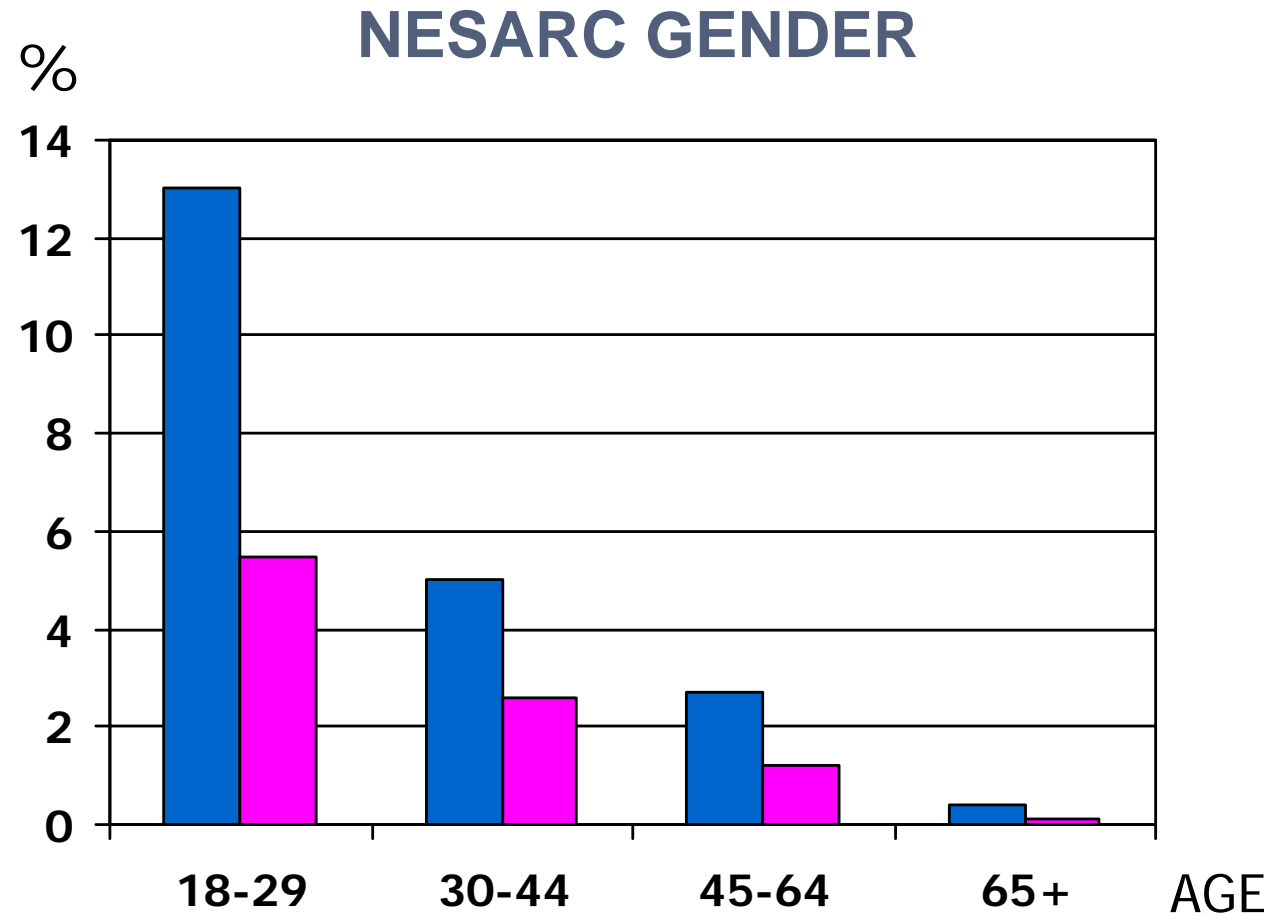
12-months prevalence in DSM-IV alcohol dependence: US

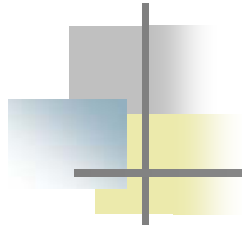
Grant et al. 2004



12-months prevalence in DSM-IV alcohol dependence: US

Grant et al. 2004





Alcohol use disorders
(including alcohol dependence)

Developmental disorders
towards adulthood
(Li, RSA 2004)



From high school to college

Baer et al. 1995

High school risk sample (25%)

	High school	College
1-2 times/week or more	29%	63%
7-8 drinks/one occasion last month	42%	62%

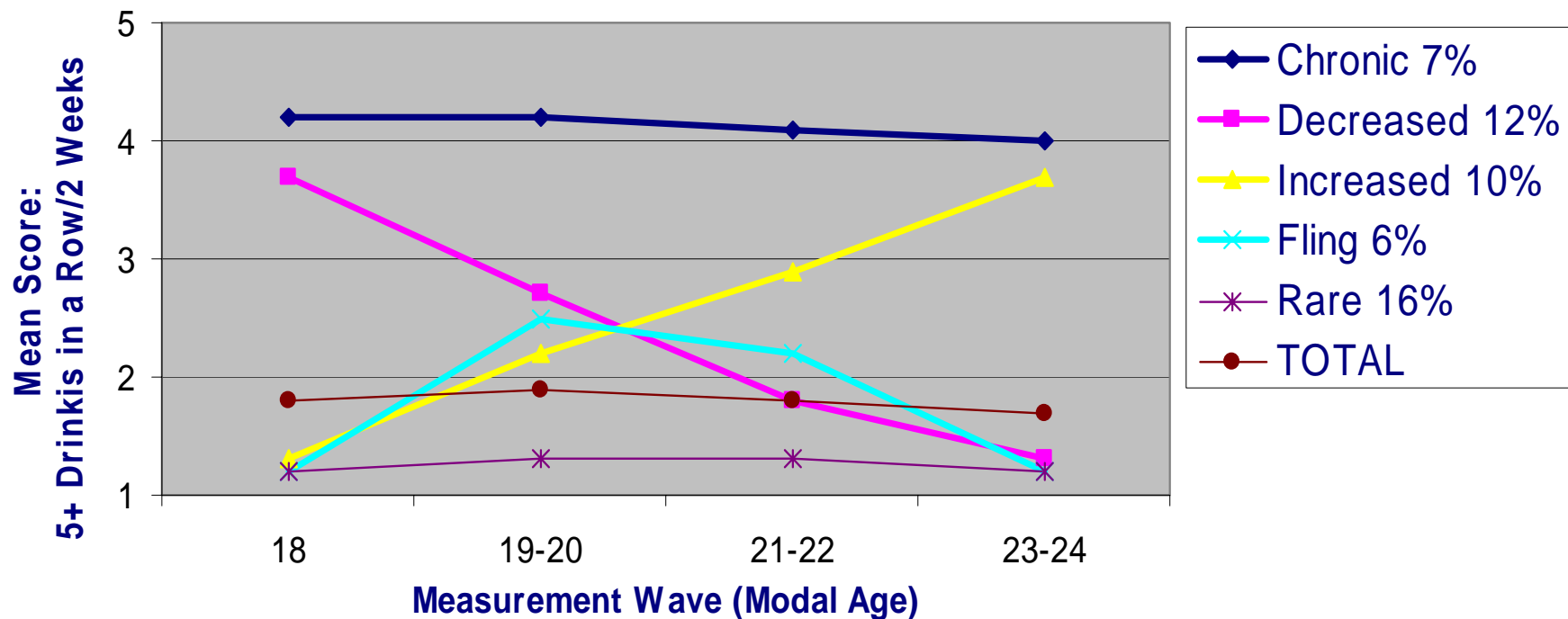
Risk factors

- Male gender
- Greek houses
- History conduct problems

Changes in drinking pattern 18-25 years

(Schulenberg et al. 1996)

Binge drinking (men)





Intervention models

- Alcohol Skills Training Program, ASTP
(6 → 2 sessions)
- Expectancy Challenge, EC
- Personalized Drinking Feedback, PDF



Personalized Drinking Feedback

Women

Party Alcohol Level

AUDIT

High	...1.24.. ‰	...7.. points
75%	X (1.12) (8) X
50% (0.73) (5)
25% (0.30) (3)

Low



Studies included in meta-analyses

- College students
- Randomized controlled trials
- Published in scientific journals
- Registered in **PubMed** (n = 15)



Meta-analysis

- Comprehensive Meta-analysis Software Program (*Borenstein et al. 1998*)
- Standardized effect sizes (d)

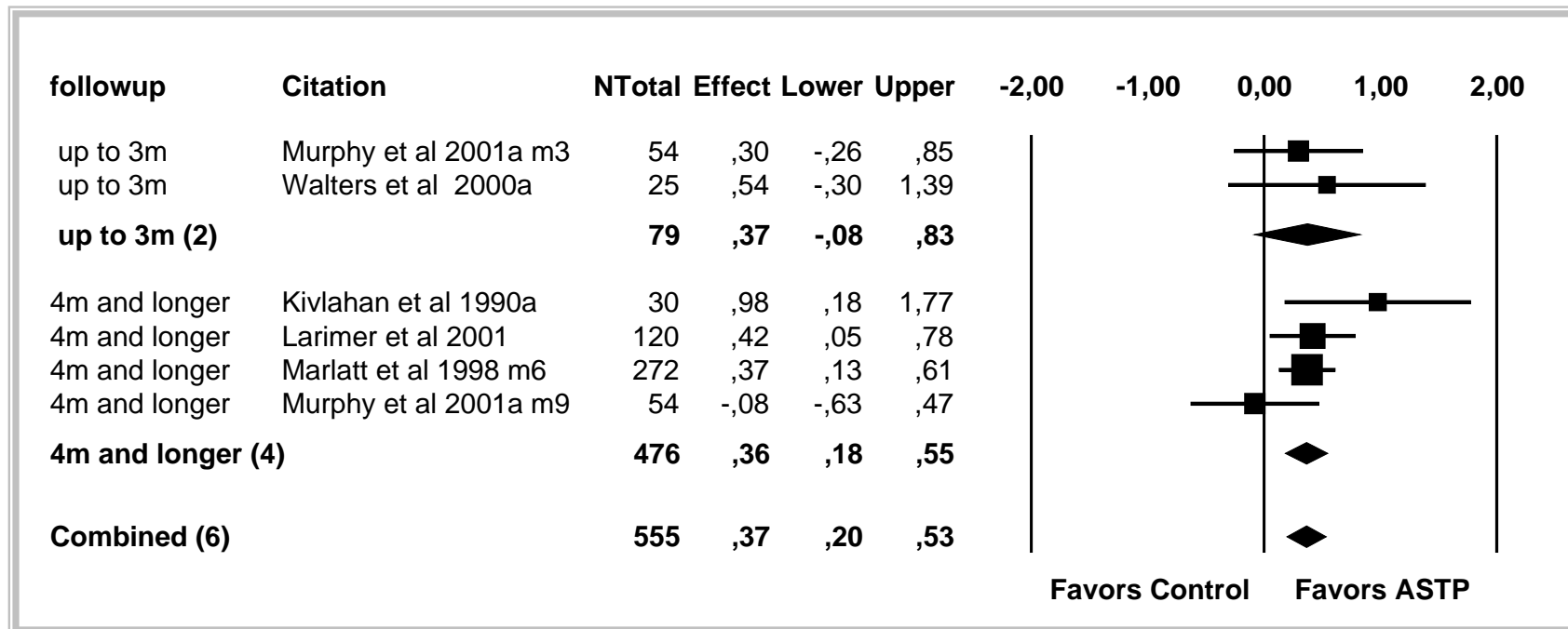
0.20 - 0.49	Small effect
0.50 - 0.79	Moderate effect
0.80 -	Strong effect

Intervention studies for risk alcohol consumption in college students

	Year	n	Comparision				
			ASTP-Ctr	EC-Ctr	PDF-Ctr	ASTP-PDF	Bri-Ctr
Kivlahan et al.	1990	30	X				
Bear et al.	1992	102	X				
Marlatt et al.	1998	272	X				
Borsari and Carey	2000	59	X				
Larimer et al.	2000	120	X				
Walters	2000	24	X		X	X	
Walters et al.	2000	25	X		X	X	
Murphy et al.	2001	54	X				
Darkes and Goldman	1993	50		X			
Darkes and Goldman	1998	51		X			
Agostinelli et al.	1995	23			X		
Collins et al.	2002	100			X		
Neighbors et al.	2004	252			X		
Johnsson and Berglund	2004	177				X	
Murphy et al.	2004	51				X	
Grossberg	2004	226					X
Total		1616					

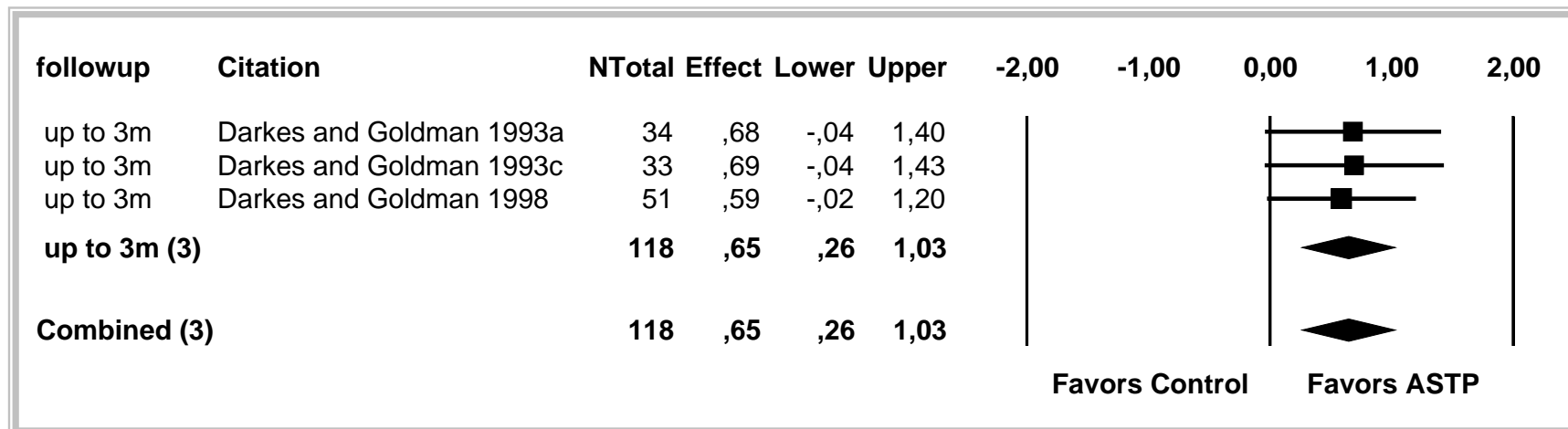
Alcohol consumption

ASTP vs control



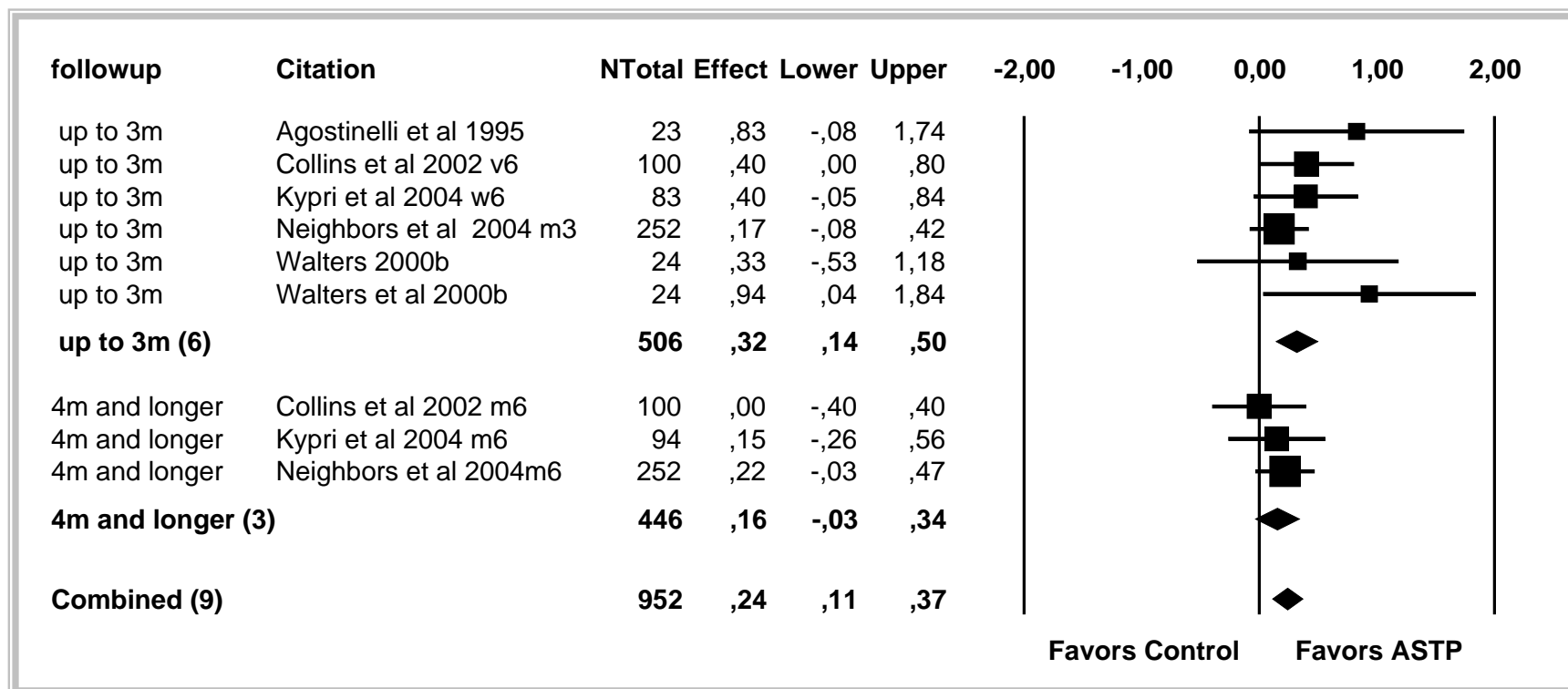
Alcohol consumption

Expectancy Challenge vs control



Alcohol consumption

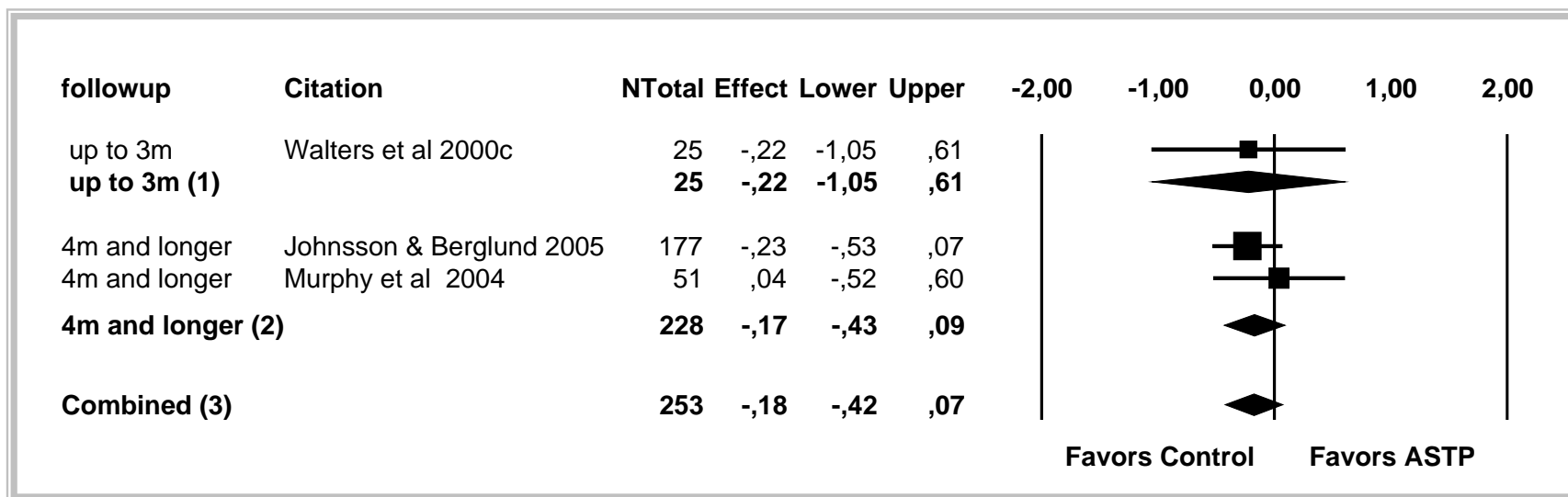
Personalized Drinking Feedback vs control



Drinking scores

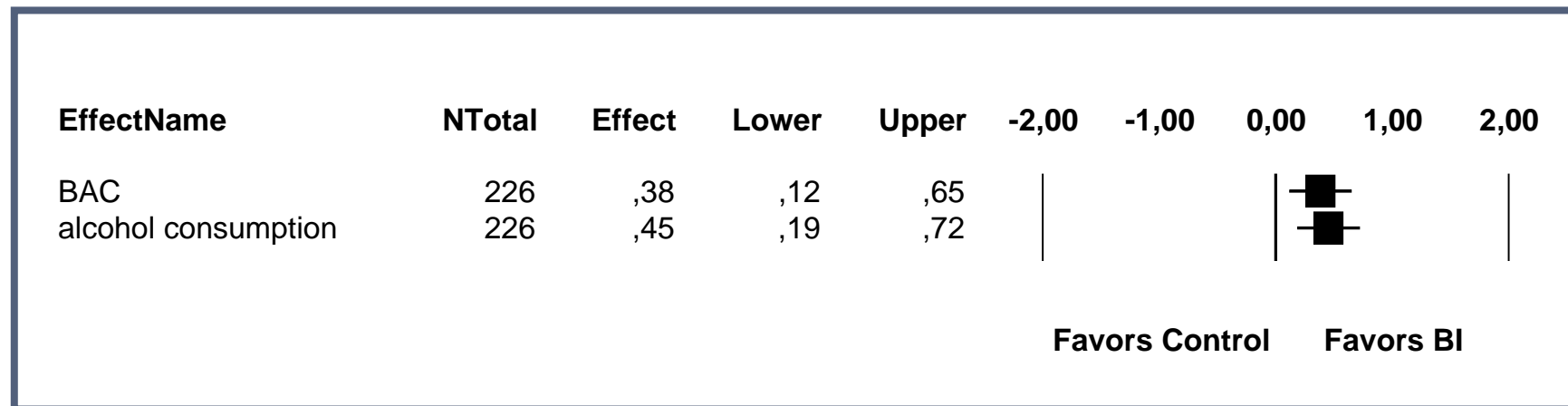
ASTP vs

Personalized Drinking Feedback



Brief Intervention versus controls in young adults

Grossberg et al., 2004



Interventions in college drinking

Meta-analyses, summary scores

	Alcohol consumption	BAC	Alcohol problem	Average score
ASTP vs control	0.37	0.31	0.18	-
Expectancy Challenge vs control	0.65	-	-	-
Personalized Drinking Feedback vs control	0.24	0.26	0.16	-
ASTP vs Personalized Drinking Feedback	-	-	-	-.18
Brief Interventions vs controls (GP-settings)	0.45	0.38	-	-



Conclusions

- Prevalence of alcohol dependence most frequent in the age group 18-25
- Large changes of drinking pattern during the age period 18-25



Conclusions

Meta-analyses

- ASTP > Control
- Expectancy Challenge > Control
- Personalized Drinking Feedback > Control
- ASTP = Personalized Drinking Feedback
- College Intervention = Brief Intervention in GP setting