ALCOHOL SCREENING AND BRIEF INTERVENTIONS FOR COLLEGE STUDENTS

James F. Schaus, M.D.
Associate Director for Clinical Services
University of Central Florida Health Services
Assistant Professor of Family Medicine
University of Central Florida College of Medicine
“Look children, this is all I’m going to say about drugs and alcohol...Stay away from them... There’s a time and a place for everything...and it’s called college.”

Chef, South Park
PREVENTION

Disease Onset

No Disease

Primary
Remove Risk Factors

Secondary
Early Detection and Treatment

Critical screening point

Clinical Diagnosis

Asymptomatic Disease

Tertiary
Reduce Complications

Symptoms - Illness
Universal Screening

- Attempt to reach all patients
- Routine
- Simple to implement, brief
- Relatively inexpensive
- Employs test with high specificity and sensitivity
- Detects disease of sufficient importance at an early enough stage to prompt available treatment that significantly improves health outcomes.

Recommendations to do SBIRT

• USPSTF
• NIAAA
• SAMHSA
• IOM
• WHO
• ASAM
• CDC
The Guide to Clinical Preventive Services

65 evidenced-based recommendations from the U.S. Preventive Services Task Force intended to improve health outcomes in the US

Agency for Healthcare Research and Quality

800 358-9295
www.ahrq.gov
Healthy Knight’s Checklist

PRINT CLEARLY: (First Name) (Last Name)  PID: 
Date: ____________  B/P: ____________  BMI: ____________

1. List all current medications (prescription and non-prescription):

2. Please record if you have been hospitalized or had surgeries in the past (and year occurred):
- Appendectomy
- Orthopedic Surgery
- Tonsillectomy
- Other:

3. Please record any personal or family history of illnesses:

<table>
<thead>
<tr>
<th></th>
<th>Self</th>
<th>Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Heart Disease/Heart Attack</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Cancer</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Kidney or Liver Disease</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Depression or Anxiety</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Lung Condition (i.e. Asthma)</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Other:</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

Cholesterol screening is advised for persons 20 years of age and older who have diabetes, heart disease, high blood pressure, obesity (BMI >30), who smoke, have a family history of cardiovascular disease in male relatives younger than 50 or female relatives younger than 60.

If this applies to you, would you like your cholesterol checked? ☐ Yes ☐ No

4. Do you have any known allergies? ____________

5. If your B/P is greater than 135/80 you are at increased risk of Diabetes.
   If this is your blood pressure would you like to be screened for Diabetes? ☐ Yes ☐ No

6. Have you smoked at least one cigarette in the past 30 days?
   If yes above, are you interested in quitting? ☐ Yes ☐ No

7. Over the past two weeks, have you felt down, depressed or hopeless?
   Over the past two weeks, have you felt little interest or pleasure in doing things?
   ☐ Yes ☐ No

8. During the past two weeks have you had five or more (for men) or four drinks or more (for women) containing alcohol (beer, wine or liquor) in a row, on at least one occasion?
   In a typical week, do you drink on 3 or more occasions?
   ☐ Yes ☐ No

9. The CDC recommends all persons who have been sexually active to be tested for HIV.
   Would you like an appointment for STI testing? ☐ Yes ☐ No

10. Women 21 and older are recommended to have annual PAP smears.
    Women 25 and younger are recommended to be tested for Gonorrhea and Chlamydia.
    Would you like a Women’s Health referral? ☐ Yes ☐ No

Patient Signature ____________  Date ____________

Please do not write below this line.

ACTION
- ☐ Discussed Screening Results  ☐ Recommend Follow-Up Provider Visit
- ☐ Lipid Handout  ☐ CHAMP Plus Referral
- ☐ Nutrition Consult  ☐ DASH Diet
- ☐ Quit Smoking Guide  ☐ AOD “QuitSmart” Referral
- ☐ Referral to Counseling Services  ☐ Referral to Psychiatry
- ☐ “Drinking: What’s Normal, What’s Not”  ☐ AOD “REAL Assistance”
- ☐ Wellness HIV Testing  ☐ Sexual Wellness Referral
- ☐ Referral to Women’s Health

PROVIDER/NURSE ____________  DATE ____________
Prompts to Assess Alcohol History

• Routine examinations
• Before prescribing any medications
• Problems that might be alcohol induced or related
  – Insomnia
  – GI, liver disease
  – Arrhythmia
  – Trauma
  – STI
ALCOHOL MISUSE

USPSTF Grade B Recommendation: Recommends screening and behavioral counseling interventions to reduce alcohol misuse by adults in primary care settings.

- “5/4” High-risk drinking
- Drinking above recommended limits
  - > 7 drinks/week women
  - > 14 drinks/week men
- Alcohol Abuse
- Alcohol Dependence

*Ann Intern Med. 2004;140:555-557*
What’s a Standard Drink? (page 24)

- In the U.S., a standard drink is any drink that contains about 14 grams of pure alcohol (about 0.6 fluid ounces or 1.2 tablespoons).

### Standard Drink Sizes

<table>
<thead>
<tr>
<th>12 oz. of beer or cooler</th>
<th>8–9 oz. of malt liquor</th>
<th>5 oz. of table wine</th>
<th>3–4 oz. of fortified wine (such as sherry or port)</th>
<th>2–3 oz. of cordial, liqueur, or aperitif</th>
<th>1.5 oz. of brandy (a single jigger)</th>
<th>1.5 oz. of spirits (a single jigger of 80-proof gin, vodka, whiskey, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 oz.</td>
<td>8.5 oz.</td>
<td>5 oz.</td>
<td>3.5 oz.</td>
<td>2.5 oz.</td>
<td>1.5 oz.</td>
<td>1.5 oz.</td>
</tr>
</tbody>
</table>

Note: The exact amount of alcohol in a standard drink may vary slightly depending on the specific beverage.
Alcohol Use Disorders - DSM

• 20% prevalence in college
• Alcohol Abuse
  – One or more of 4 R’s: risk of harm; relationship trouble; role failure; run-ins law
• Alcohol Dependence (4-6% prevalence)
  – 3 or more criteria: withdrawal; tolerance; unable to stick to limits; unable to cut down or stop; continued despite problems; drinking consumes much time; neglecting other important or pleasurable activities
HIGH RISK DRINKING - COLLEGE STUDENTS

• “5/4” past 2 weeks: 44% (CAS x 4, 1993 - 2001)
• “5/4” frequently: 23% (CAS 2001)

• Death: 1,825 college students ages 18 -24
• Injury: 600,000 injured due to drinking
  696,000 hit/assaulted by drinker
• DUI: 28.9% (SAMHSA 2005)
• Sexual violence: 97,000 victims alcohol related sexual assault or date rape
• Academic impairment

Hingson et al. J. Stud. Alcohol Drugs, Supplement No.16: 12-20, 2009
Routine Alcohol Screening in College Population


- 249 HC surveyed
- 32% screen, only 12% used standardized instrument, mostly CAGE.
- Only 28% offered access to campus programs

Winters, K., et al. Screening for Alcohol Problems Among 4-Year Colleges and Universities. JACH. 2011;59(5):350-357

- 333 HC surveyed
- 56% screen, 44% used standardized instrument, mostly CAGE, then AUDIT.
- Only 20% used author’s recommended AUDIT, CAPS, CUGE, RAPS
Hingson, R., et al. Young adults at risk for excess alcohol consumption are often not asked or counseled about drinking alcohol. J Gen Intern Med 2012;27:179-84

- 66% of adults 18-39 saw a provider in past year but only 14% who exceeded alcohol limits remembered being asked about drinking and advised.

CDC:

- Adult drinkers all ages only 17% had ever talked with provider about alcohol use and only 9% in past year
- Adult drinkers 18-24 only 28% had ever talked with provider about alcohol use and only 16% in past year
- Only 35% of those who reported binge drinking 10 or more times in past month had this dialogue
**Brief Evidence-based Screening**

- **CAGE.** Developed 1972. Appropriate only to screen for AUD. Poor sensitivity to detect drinking, and failed to detect 69% problem drinkers.

- **CUGE.** Uses DUI, validated in large college sample.
  

- Single question screen, “5/4” or “5 or more”
  


# Alcohol Use Disorders Identification Test (AUDIT)

Please circle the answer that is correct for you.

1. How often do you have a drink containing alcohol?
   - Never
   - Monthly or less
   - Two to four times a month
   - Two to three times per week
   - Four or more times a week

2. How many drinks containing alcohol do you have on a typical day when you are drinking?
   - 1 or 2
   - 3 or 4
   - 5 or 6
   - 7 to 9
   - 10 or more

3. How often do you have six or more drinks on one occasion?
   - Never
   - Less than monthly
   - Monthly
   - Two to three times per week
   - Four or more times a week

4. How often during the last year have you found that you were not able to stop drinking once you had started?
   - Never
   - Less than monthly
   - Monthly
   - Two to three times per week
   - Four or more times a week

5. How often during the last year have you failed to do what was normally expected from you because of drinking?
   - Never
   - Less than monthly
   - Monthly
   - Two to three times per week
   - Four or more times a week

6. How often during the last year have you needed a first drink in the morning to get yourself going after a heavy drinking session?
   - Never
   - Less than monthly
   - Monthly
   - Two to three times per week
   - Four or more times a week

7. How often during the last year have you had a feeling of guilt or remorse after drinking?
   - Never
   - Less than monthly
   - Monthly
   - Two to three times per week
   - Four or more times a week

8. How often during the last year have you been unable to remember what happened the night before because you had been drinking?
   - Never
   - Less than monthly
   - Monthly
   - Two to three times per week
   - Four or more times a week

9. Have you or someone else been injured as a result of your drinking?
   - No
   - Yes, but not in the last year
   - Yes, during the last year

10. Has a relative or friend, or a doctor or other health worker, been concerned about your drinking or suggested you cut down?
    - No
    - Yes, but not in the last year
    - Yes, during the last year

---

**Cutoff score**

4> women
8> men
AUDIT-C

1. How often do you have a drink containing alcohol? 0-4
2. How many drinks containing alcohol do you have on a typical day when you drink? 0-4
3. How often do you have 5 or more drinks on one occasion? 0-4

Cutoff score 3> for women and 4> for men
ALCOHOL SCREENING & INTERVENTION IN A COLLEGE CLINIC

James F. Schaus, M.D., Principal Investigator, UCF
Natalie Mullett, M. Ed., Project Coordinator, UCF
Mary Lou Sole, Ph.D., UCF
Thomas P. McCoy, M.S., Wake Forest University
Mary Claire O’Brien, M.D., Wake Forest University

NIAAA Grant Number: 1 U18 AA015673-01
“5/4” SCREENING FOR HIGH-RISK DRINKING

• “5/4” “During the past two weeks have you had 5 or more (for men) or 4 or more (for women) drinks containing alcohol in a row on at least one occasion?”

• Brief quantity, frequency, and binge drinking questions are best to detect high-risk college drinking as first line inquiry (NIAAA)

• Asking about alcohol use in the context of other health behaviors (smoking, exercise, nutrition, depression) more accurate
Categories based on Presley, C., Pimentel, E. Journal of Studies on Alcohol. 2006;67(2), 324-331
HEAVY & FREQUENT GROUP HARMS

Error Bars show 95.0% CI of Mean

20% SAMPLE, 31% HARMS
2 QUESTION SCREEN FOR HIGH-RISK DRINKING

1. “5/4” question
2. “In a typical week do you drink on 3 or more occasions?”

Conclusion: “5/4” screen accurately identified students experiencing significant alcohol-related harms, and the addition of the frequency question identified students at highest risk and in greatest need of intervention.
SCREEN
Two question alcohol screen

ACTION
Brochure “Drinking: What’s Normal, What’s Not”
Provider delivered BI
Schedule follow-up BI, “Healthy Lifestyle” visit
Offer referral to AOD “REAL Project”
“We ask everyone about drinking, we want you safe”
“Tell me about this “5/4” response”
“Typically drink what, how much, how often?”
“As your clinician, I am concerned about your drinking”
Then elicit change talk from patient...

- What do **you** think about your...drinking, blackouts, broken wrist, GPA?
- What do **you** like about drinking?...Not like?
- What are **your** goals (re career, health, alcohol)?
- What is a realistic plan for **you** regarding future drinking?
- Who are people in **your** life who will support **you** in **your** efforts to drink less or not at all, etc.
- On 1-10 scale, how ready are **you** to make any changes?
### Men after 1 Hour of Drinking

<table>
<thead>
<tr>
<th>Body Weight (lbs)</th>
<th>100</th>
<th>120</th>
<th>140</th>
<th>160</th>
<th>180</th>
<th>200</th>
<th>220</th>
<th>240</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>.02</td>
<td>.02</td>
<td>.01</td>
<td>.01</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>2</td>
<td>.06</td>
<td>.05</td>
<td>.04</td>
<td>.03</td>
<td>.02</td>
<td>.01</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>3</td>
<td>.10</td>
<td>.08</td>
<td>.06</td>
<td>.05</td>
<td>.04</td>
<td>.03</td>
<td>.02</td>
<td>.01</td>
</tr>
<tr>
<td>4</td>
<td>.13</td>
<td>.11</td>
<td>.09</td>
<td>.08</td>
<td>.07</td>
<td>.06</td>
<td>.05</td>
<td>.04</td>
</tr>
<tr>
<td>5</td>
<td>.17</td>
<td>.14</td>
<td>.12</td>
<td>.11</td>
<td>.10</td>
<td>.09</td>
<td>.08</td>
<td>.07</td>
</tr>
<tr>
<td>6</td>
<td>.21</td>
<td>.17</td>
<td>.14</td>
<td>.12</td>
<td>.11</td>
<td>.10</td>
<td>.09</td>
<td>.08</td>
</tr>
<tr>
<td>7</td>
<td>.25</td>
<td>.20</td>
<td>.17</td>
<td>.15</td>
<td>.13</td>
<td>.12</td>
<td>.11</td>
<td>.10</td>
</tr>
<tr>
<td>8</td>
<td>.28</td>
<td>.23</td>
<td>.20</td>
<td>.17</td>
<td>.15</td>
<td>.13</td>
<td>.12</td>
<td>.11</td>
</tr>
<tr>
<td>9</td>
<td>.32</td>
<td>.27</td>
<td>.23</td>
<td>.19</td>
<td>.17</td>
<td>.15</td>
<td>.14</td>
<td>.12</td>
</tr>
<tr>
<td>10</td>
<td>.36</td>
<td>.30</td>
<td>.25</td>
<td>.22</td>
<td>.19</td>
<td>.17</td>
<td>.15</td>
<td>.14</td>
</tr>
</tbody>
</table>

### Men after 3 Hours of Drinking

<table>
<thead>
<tr>
<th>Body Weight (lbs)</th>
<th>100</th>
<th>120</th>
<th>140</th>
<th>160</th>
<th>180</th>
<th>200</th>
<th>220</th>
<th>240</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>2</td>
<td>.03</td>
<td>.01</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>3</td>
<td>.06</td>
<td>.03</td>
<td>.02</td>
<td>.01</td>
<td>.01</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>4</td>
<td>.10</td>
<td>.08</td>
<td>.06</td>
<td>.05</td>
<td>.04</td>
<td>.03</td>
<td>.02</td>
<td>.01</td>
</tr>
<tr>
<td>5</td>
<td>.14</td>
<td>.11</td>
<td>.09</td>
<td>.08</td>
<td>.07</td>
<td>.06</td>
<td>.05</td>
<td>.04</td>
</tr>
<tr>
<td>6</td>
<td>.18</td>
<td>.14</td>
<td>.12</td>
<td>.10</td>
<td>.09</td>
<td>.08</td>
<td>.07</td>
<td>.06</td>
</tr>
<tr>
<td>7</td>
<td>.21</td>
<td>.17</td>
<td>.15</td>
<td>.13</td>
<td>.12</td>
<td>.11</td>
<td>.10</td>
<td>.09</td>
</tr>
<tr>
<td>8</td>
<td>.25</td>
<td>.20</td>
<td>.17</td>
<td>.15</td>
<td>.13</td>
<td>.12</td>
<td>.11</td>
<td>.10</td>
</tr>
<tr>
<td>9</td>
<td>.29</td>
<td>.23</td>
<td>.19</td>
<td>.17</td>
<td>.15</td>
<td>.14</td>
<td>.12</td>
<td>.11</td>
</tr>
</tbody>
</table>

### Men after 5 Hours of Drinking

<table>
<thead>
<tr>
<th>Body Weight (lbs)</th>
<th>100</th>
<th>120</th>
<th>140</th>
<th>160</th>
<th>180</th>
<th>200</th>
<th>220</th>
<th>240</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>2</td>
<td>.02</td>
<td>.01</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>3</td>
<td>.03</td>
<td>.01</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>4</td>
<td>.07</td>
<td>.05</td>
<td>.03</td>
<td>.02</td>
<td>.01</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>5</td>
<td>.11</td>
<td>.08</td>
<td>.06</td>
<td>.05</td>
<td>.04</td>
<td>.03</td>
<td>.02</td>
<td>.01</td>
</tr>
<tr>
<td>6</td>
<td>.15</td>
<td>.11</td>
<td>.08</td>
<td>.06</td>
<td>.05</td>
<td>.04</td>
<td>.03</td>
<td>.02</td>
</tr>
<tr>
<td>7</td>
<td>.18</td>
<td>.14</td>
<td>.11</td>
<td>.08</td>
<td>.07</td>
<td>.05</td>
<td>.04</td>
<td>.03</td>
</tr>
<tr>
<td>8</td>
<td>.22</td>
<td>.17</td>
<td>.13</td>
<td>.11</td>
<td>.09</td>
<td>.07</td>
<td>.06</td>
<td>.05</td>
</tr>
<tr>
<td>9</td>
<td>.26</td>
<td>.20</td>
<td>.16</td>
<td>.13</td>
<td>.11</td>
<td>.09</td>
<td>.07</td>
<td>.06</td>
</tr>
<tr>
<td>10</td>
<td>.30</td>
<td>.23</td>
<td>.19</td>
<td>.15</td>
<td>.13</td>
<td>.11</td>
<td>.09</td>
<td>.08</td>
</tr>
</tbody>
</table>

### Women after 1 Hour of Drinking

<table>
<thead>
<tr>
<th>Body Weight (lbs)</th>
<th>90</th>
<th>100</th>
<th>120</th>
<th>140</th>
<th>160</th>
<th>180</th>
<th>200</th>
<th>220</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>.03</td>
<td>.03</td>
<td>.02</td>
<td>.01</td>
<td>.01</td>
<td>.01</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>2</td>
<td>.08</td>
<td>.07</td>
<td>.06</td>
<td>.05</td>
<td>.04</td>
<td>.03</td>
<td>.02</td>
<td>.01</td>
</tr>
<tr>
<td>3</td>
<td>.13</td>
<td>.12</td>
<td>.10</td>
<td>.08</td>
<td>.07</td>
<td>.06</td>
<td>.05</td>
<td>.04</td>
</tr>
<tr>
<td>4</td>
<td>.18</td>
<td>.16</td>
<td>.14</td>
<td>.12</td>
<td>.11</td>
<td>.10</td>
<td>.09</td>
<td>.08</td>
</tr>
<tr>
<td>5</td>
<td>.23</td>
<td>.21</td>
<td>.19</td>
<td>.17</td>
<td>.16</td>
<td>.15</td>
<td>.14</td>
<td>.13</td>
</tr>
<tr>
<td>6</td>
<td>.28</td>
<td>.25</td>
<td>.23</td>
<td>.21</td>
<td>.20</td>
<td>.19</td>
<td>.18</td>
<td>.17</td>
</tr>
<tr>
<td>7</td>
<td>.33</td>
<td>.30</td>
<td>.28</td>
<td>.26</td>
<td>.25</td>
<td>.24</td>
<td>.23</td>
<td>.22</td>
</tr>
<tr>
<td>8</td>
<td>.38</td>
<td>.34</td>
<td>.32</td>
<td>.30</td>
<td>.29</td>
<td>.28</td>
<td>.27</td>
<td>.26</td>
</tr>
<tr>
<td>9</td>
<td>.43</td>
<td>.39</td>
<td>.37</td>
<td>.35</td>
<td>.33</td>
<td>.32</td>
<td>.31</td>
<td>.30</td>
</tr>
<tr>
<td>10</td>
<td>.48</td>
<td>.43</td>
<td>.39</td>
<td>.36</td>
<td>.34</td>
<td>.32</td>
<td>.31</td>
<td>.30</td>
</tr>
</tbody>
</table>

### Women after 3 Hours of Drinking

<table>
<thead>
<tr>
<th>Body Weight (lbs)</th>
<th>90</th>
<th>100</th>
<th>120</th>
<th>140</th>
<th>160</th>
<th>180</th>
<th>200</th>
<th>220</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>2</td>
<td>.05</td>
<td>.04</td>
<td>.03</td>
<td>.02</td>
<td>.01</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>3</td>
<td>.10</td>
<td>.09</td>
<td>.08</td>
<td>.07</td>
<td>.06</td>
<td>.05</td>
<td>.04</td>
<td>.03</td>
</tr>
<tr>
<td>4</td>
<td>.15</td>
<td>.14</td>
<td>.13</td>
<td>.12</td>
<td>.11</td>
<td>.10</td>
<td>.09</td>
<td>.08</td>
</tr>
<tr>
<td>5</td>
<td>.20</td>
<td>.18</td>
<td>.17</td>
<td>.16</td>
<td>.15</td>
<td>.14</td>
<td>.13</td>
<td>.12</td>
</tr>
<tr>
<td>6</td>
<td>.25</td>
<td>.23</td>
<td>.22</td>
<td>.21</td>
<td>.20</td>
<td>.19</td>
<td>.18</td>
<td>.17</td>
</tr>
<tr>
<td>7</td>
<td>.30</td>
<td>.27</td>
<td>.26</td>
<td>.25</td>
<td>.24</td>
<td>.23</td>
<td>.22</td>
<td>.21</td>
</tr>
<tr>
<td>8</td>
<td>.35</td>
<td>.31</td>
<td>.30</td>
<td>.29</td>
<td>.28</td>
<td>.27</td>
<td>.26</td>
<td>.25</td>
</tr>
<tr>
<td>9</td>
<td>.40</td>
<td>.36</td>
<td>.33</td>
<td>.32</td>
<td>.31</td>
<td>.30</td>
<td>.29</td>
<td>.28</td>
</tr>
<tr>
<td>10</td>
<td>.45</td>
<td>.40</td>
<td>.36</td>
<td>.33</td>
<td>.32</td>
<td>.31</td>
<td>.30</td>
<td>.29</td>
</tr>
</tbody>
</table>

### Women after 5 Hours of Drinking

<table>
<thead>
<tr>
<th>Body Weight (lbs)</th>
<th>90</th>
<th>100</th>
<th>120</th>
<th>140</th>
<th>160</th>
<th>180</th>
<th>200</th>
<th>220</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>2</td>
<td>.02</td>
<td>.01</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
<td>.00</td>
</tr>
<tr>
<td>3</td>
<td>.07</td>
<td>.06</td>
<td>.05</td>
<td>.04</td>
<td>.03</td>
<td>.02</td>
<td>.01</td>
<td>.00</td>
</tr>
<tr>
<td>4</td>
<td>.12</td>
<td>.10</td>
<td>.09</td>
<td>.08</td>
<td>.07</td>
<td>.06</td>
<td>.05</td>
<td>.04</td>
</tr>
<tr>
<td>5</td>
<td>.17</td>
<td>.15</td>
<td>.14</td>
<td>.13</td>
<td>.12</td>
<td>.11</td>
<td>.10</td>
<td>.09</td>
</tr>
<tr>
<td>7</td>
<td>.27</td>
<td>.24</td>
<td>.22</td>
<td>.21</td>
<td>.20</td>
<td>.19</td>
<td>.18</td>
<td>.17</td>
</tr>
<tr>
<td>8</td>
<td>.32</td>
<td>.28</td>
<td>.26</td>
<td>.25</td>
<td>.24</td>
<td>.23</td>
<td>.22</td>
<td>.21</td>
</tr>
<tr>
<td>9</td>
<td>.37</td>
<td>.33</td>
<td>.31</td>
<td>.30</td>
<td>.29</td>
<td>.28</td>
<td>.27</td>
<td>.26</td>
</tr>
<tr>
<td>10</td>
<td>.42</td>
<td>.37</td>
<td>.34</td>
<td>.33</td>
<td>.32</td>
<td>.31</td>
<td>.30</td>
<td>.29</td>
</tr>
</tbody>
</table>
RCT - 2 Brief (20 minute) Interventions

- 4 P.C. providers (ARNP, PA, 2 MD) trained in MI
- “Gateway” HL issues (weight, nutrition, sleep, stress, depression, smoking, other drug use)
- BASICS in MI framework
  - Student-centered imperative
  - Connect imperative
- Focus on harm reduction, protective factors
- Healthy Lifestyle Questionnaire
- Alcohol Use Calendar - TFB
- “Participant Feedback” document with goal
Provider Delivered Intervention

BASICS, non-confrontational, harm reduction
- Personalized Normative Feedback
- Expectancies/Discrepancy with consequences
- Absorption/Metabolism
- Tolerance
- BAC cards, BA Effects
- Biphasic Effect
- Risk Reduction, Protective Behaviors
- Readiness to change
TFB Alcohol Diary

• Student completes 30 day recall diary
  – #drinks over # hours each day
  – Gender, weight
• Calculate typical and peak BAC each day
• Alcohol quantity/frequency data
  – # drinking days
  – # drinks in 30 days
  – Peak # drinks on a drinking day
  – Average # drinks on drinking days
  – Average # drinks in a week
  – # days meeting 5/4 definition

“5/4” Baseline Drinking

No differences between Intervention and Control groups at baseline (total n=363)

<table>
<thead>
<tr>
<th></th>
<th>Control Mean (S.D.)</th>
<th>Treat Mean (S.D.)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>N=181</td>
<td>N=182</td>
</tr>
<tr>
<td>Typical BAC</td>
<td>.08 (.05)</td>
<td>.08 (.05)</td>
</tr>
<tr>
<td>Peak BAC</td>
<td>.16 (.09)</td>
<td>.15 (.08)</td>
</tr>
<tr>
<td>Ave Drinks Sitting</td>
<td>4.9 (2.4)</td>
<td>4.7 (2.3)</td>
</tr>
<tr>
<td># Days Drinking/Month</td>
<td>9.1 (6.1)</td>
<td>8.2 (5.5)</td>
</tr>
</tbody>
</table>
Reductions in treatment compared to control group at 3 and 6 months (p < .05 repeated measures analysis)

<table>
<thead>
<tr>
<th>Quantity/frequency</th>
<th>Harms</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Typical BAC</td>
<td>• RAPI 23-item score</td>
</tr>
<tr>
<td>• Peak BAC</td>
<td>• Times drunk typical week</td>
</tr>
<tr>
<td>• Peak drinks/sitting</td>
<td>• Times taking foolish risks when drinking</td>
</tr>
<tr>
<td>• Average drinks/week</td>
<td>• Driving after 3 &gt; drinks</td>
</tr>
</tbody>
</table>

Schaus et al. Alcohol Screening and Brief Intervention in a College Student Health Center: A Randomized Controlled Trial. J. Stud. Alcohol Drugs, Supplement No. 16, 34-44, 2009
U. Wisconsin

• RCT of clinician delivered SBI at 5 College Health Clinics, n=986
• BI: 2 x 15 minute visits and 2 phone calls
• MI based
• Results at 12 months, reductions in treatment group v. control (p<.05):
  – 28 day drinking totals
  – RAPI score

Top 5 components of BI

Motivating behavior change:
1. Normative feedback - summary of the patient’s drinking level
2. Discuss drinking likes and dislikes
3. Discuss life goals (discrepancy)
4. Encourage a risk-reduction agreement
5. Asking patients to track their drinking (cards)

AOD at UCF

- Located within Health Services
- Licensed substance prevention, intervention providers
- Referrals, voluntary, or mandated services
- Other substance use screening
- Assessment: Heavy episodic, abuse, dependence
  Acute health/safety concerns-  Immediate clinical assessment
  Academic or interpersonal harms-  Stress consequences of drinking
  Less acute- Emphasize harm reduction and use protective factors
- CBT strategies and Motivational Enhancement Therapy
- If serious abuse or dependence, may refer to community services
17.7% overall screen positive with PHQ-2

23% overall meet “5/4” HR drinking

33% of the depression group meet “5/4” HR
Using the NIAAA Clinician’s Guide

A note to Instructors:
This slide show is a companion to the NIAAA Clinician’s Guide. For best results, distribute copies of the Guide for students to review in conjunction with the presentation.

NIAAA introduces a new free online training resource:
Video Cases based on the Clinician’s Guide

• Free CME/CE credits offered by Medscape.com
• For details and links, visit www.niaaa.nih.gov/guide

To order free copies of the Guide, or to download the full text PDF, visit www.niaaa.nih.gov/guide.
NIAAA SBI Summary

• Screen with past year “5/4”
• Average days/week drinking x typical #drinks/day = weekly average #drinks (7/14)
• Assess for AUD - Abuse with 4 R’s (1 or more) and Dependence (3 or more of 7 elements)
• Advise and Assist for either AUD or At-risk
  – Clearly state conclusion and recommendation
  – Assess RTC and explore barriers to change
  – Set goal and plan, possible referral if severe AUD
  – Continue track drinking and follow-up
NIAAA also offers a condensed **Pocket Guide**. It features the same step-by-step format and includes the medications chart and other supporting materials.
To order free copies of the Guide, Pocket Guide, or the CD, contact NIAAA…

By mail
NIAAA Publications Distribution Center
P.O. Box 10686
Rockville, MD 20849-0686

By phone 301-443-3860

Online  www.niaaa.nih.gov/guide
Time and Money

• Studies with “Brief” interventions averaged 6-15 minutes
• Can be provided by
  – other health professionals on team
  – electronically (e.g. normative feedback on quantity and frequency via web portal)
• Build into EMR
• ACA requires insurance plans to cover SBI without copayment
• CPT codes 99408, 99409
PUTTING SBIRT INTO PRACTICE

- Use evidence-based routine brief screening
- Develop a rapid effective response to screening with further assessment and BI
- Overcome barriers to implementation
- Train staff in BASICS and MI
- Coordinate team of health services, counseling, wellness, academic and educational resources
- Champion alcohol prevention to sustain the effort
- Create a healthy campus - one patient at a time
AN OUNCE OF PREVENTION IS...

...A TON OF WORK