



Counseling & Psychological Services • San Diego State University
5500 Campanile Drive • San Diego, CA 92182-4730
www.echeckuptogo.com

The Alcohol eCHECKUP TO GO (e-CHUG) Effective in Reducing Alcohol Consumption

No Significant Outcome Differences Between AlcoholEdu and Alcohol eCHECKUP TO GO (e-CHUG)

Hustad, J. T. P., Barnett, N. P., Borsari, B., & Jackson, K. M. (2010). Web-based alcohol prevention for incoming college students: A randomized controlled trial. *Addictive Behaviors*, 35, 183-189. The complete article can be viewed online at ScienceDirect.com

Eighty-two (82) freshmen attending a liberal arts college in the Northeast were randomly given either the Alcohol eCHECKUP TO GO (e-CHUG) intervention, the AlcoholEdu educational program or assigned to a control group.

The Alcohol eCHECKUP TO GO (e-CHUG)

This new study adds to the body of research (now seven independent studies) supporting the efficacy of the Alcohol eCHECKUP TO GO in reducing alcohol consumption in the general freshman population.

Six post intervention follow-up measures showed significant reductions in alcohol use following the Alcohol eCHECKUP TO GO intervention compared to a control group. Participants reported significantly reduced alcohol use at follow up and remarkably, their peak BAC's reduced to .08 while participants in the control group increased to .15, nearly double the intervention group's. This important difference in BAC may mark the division between risky and moderate use.

Additionally, Alcohol eCHECKUP TO GO participants reported significantly fewer harms associated with interpersonal problems and significantly less difficulty controlling their alcohol use than the control group.

The authors conclude: "e-Chug (Alcohol eCHECKUP TO GO) was effective at reducing alcohol use behaviors and provided students with information that is typically delivered in a face-to-face brief motivational interview."

The Alcohol eCHECKUP TO GO Brief Personalized Intervention Versus AlcoholEdu's Alcohol Education Program

While both programs showed more positive and significantly stronger outcomes than did the control group, this study showed no significant differences in outcomes between the Alcohol eCHECKUP TO GO intervention and the AlcoholEdu education program across any of the 7 outcome measures, nor any of the 8 negative consequences sub-scales.

See the tables below, printed here by permission of the senior author, Dr. John Hustad.

Seven outcome measures:

Outcome measure	AlcoholEdu v. controls	e-CHUG v. controls	e-CHUG v. AlcoholEdu
Typical week drinking	Significant reduction	Significant reduction	No significant difference
Frequency of heavy episodic drinking	Significant reduction	Significant reduction	No significant difference
Number of drinks consumed on a typical day	Significant reduction	Significant reduction	No significant difference
Number of drinks on a peak day of drinking	Significant reduction	Significant reduction	No significant difference
Estimated typical BAC	Significant reduction	Significant reduction	No significant difference
Estimated Peak BAC	Significant reduction	Significant reduction	No significant difference
Negative alcohol-related consequences	Significant reduction	"Marginally significant" p = .09)	No significant difference

The eight (8) "Negative alcohol-related consequences" sub-scales:

Outcome measure	AlcoholEdu v. controls	e-CHUG v. controls	e-CHUG v. AlcoholEdu
Social-interpersonal	Significant reduction	Significant reduction	No significant difference
Impaired control	Significant reduction	Significant reduction	No significant difference
Self-perception	Significant reduction	No significant difference	No significant difference
Self-care	No significant difference	No significant difference	No significant difference
Risk Behaviors	No significant difference	No significant difference	No significant difference
Academic/occupational	No significant difference	No significant difference	No significant difference
Physical Dependence	No significant difference	No significant difference	No significant difference
Blackout Drinking	No significant difference	No significant difference	No significant difference

The authors conclude: "Given the results supporting the efficacy of (electronic interventions) EIs, and the low administrative burden to deliver EIs, web-based alcohol-education programs like AlcoholEdu and e-Chug (Alcohol eCHECKUP TO GO) appear to be a promising approach to reduce alcohol use in freshmen college students."

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