



# Intervention Beyond Education

## The *eCHECKUP TO GO* ...at the population level with all first-year students

Seven (7) *independent* controlled trials, working with **first-year student populations** (not just heavy drinkers or students mandated for judicial sanctions) demonstrate the program's efficacy and support campus AOD policies requiring all first-year students and/or athletes to complete the *eCHECKUP TO GO* (Hustad, Barnett, Borsari, & Jackson, 2010; Doumas, Kane, Navarro, & Roman, 2011; Doumas & Anderson, 2009; Lane & Schmidt, 2007; Wilson, Henry & Lange, 2005; Steiner, Woodall & Yeagley, 2005; Henry, Lange & Wilson, 2004). Recent research concludes:

"This study also provides additional evidence for the efficacy of e-CHUG\* in particular and is the first study to demonstrate the efficacy of e-CHUG\* administered as part of the 1st-year seminar curriculum in reducing alcohol-related problems for high-risk students," (Doumas & Anderson, 2009).

## The *eCHECKUP TO GO* ...integrated into Alcohol Education

Two (2) *independent* controlled trials demonstrate the efficacy of the integration of the *eCHECKUP TO GO* with *3rd Millennium Classrooms'* strong alcohol education program. The integration of these two programs resulted in reductions in alcohol use and related harms, and improvement in retention rates and GPA (Lane & Schmidt, 2007; Salafsky, Moll & Glider, 2007).

## The *eCHECKUP TO GO* ...added to Alcohol Education

Three (3) studies demonstrate significant improvements in outcomes when the *eCHECKUP TO GO* is added to existing alcohol education programs (*viz.*, Alcohol 101, CHOICES and BASICS style small group education; Lane & Schmidt, 2007; Wilson, Henry & Lange, 2005; Henry, Lange & Wilson, 2004).

## The *eCHECKUP TO GO* ...with Athletes

One (1) study shows the *eCHECKUP TO GO*'s efficacy reducing heavy drinking in first year intercollegiate athletes (Doumas, Haustveit & Coll, 2010).

## The *eCHECKUP TO GO* ... as a Judicial Mandate

Four (4) studies demonstrate the efficacy of the *eCHECKUP TO GO* as a part of a judicial mandate (Doumas, Workman, Navarro & Smith, 2011; Doumas, Workman, Smith & Navarro, 2011; Alfonso, Hall & Dunn, 2012; Salafsky, Moll & Glider, 2007).

The drinking cultures of freshmen and athletes require  
*Intervention Beyond Education*

### Works Quoted

Doumas, D. M., & Anderson, L. (2009). Reducing alcohol use in first-year university students: Evaluation of a web-based personalized feedback program. *Journal of College Counseling*, 18, 18-32.

\* "e-CHUG" is the acronym for the program's full and formal title: *eCHECKUP TO GO*. See [www.echeckuptogo.com](http://www.echeckuptogo.com) for full references.