



**EVIDENCE
BASED**

**NASPA
RECOGNIZED**

CUSTOMIZED

**NOT FOR
PROFIT**

**\$975 ANNUAL
SUBSCRIPTION**

ALCOHOL

*Counseling & Psychological Services • San Diego State University
5500 Campanile Drive • San Diego, CA 92182-4730*

The Alcohol eCHECKUP TO GO (e-CHUG) is an evidence-based, personalized online alcohol **intervention** designed by university counseling center psychologists.

This **NASPA-recognized** program has demonstrated significant reductions in destructive alcohol use among college students in **fourteen (14) independent, controlled studies**.

Over **600 campuses** in the U.S., Canada, Australia and Ireland are using the Alcohol eCHECKUP TO GO.

The program is individually tailored to each campus & community and can be used with students at both the **individual and population-levels**.

Most campuses share their program among several campus departments and use it in multiple ways. For example, as a:

- **Required Prevention** program for first-year students and/or athletes
- **Clinical Tool** used by counseling, AOD and/or health professionals
- **Health & Wellness** programming component
- **First Year Experience** class assignment
- **Judicial Sanction**
- **Freshmen Orientation** alcohol awareness program
- **Residential Education** program
- **Greek Life** alcohol awareness program

San Diego State University Research Foundation's **not-for-profit** eCHECKUP TO GO programs provide institutions with cost-effective interventions shown to reduce destructive substance use. Annual subscriptions begin at just \$975 and provide unlimited use for all students.

A **free trial**, information and all published and presented outcome research can be found at **www.echeckuptogo.com**.

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 for full references.