

MIT Systemic Alcohol Screening and Brief Intervention Model

The MIT Screening and Brief Intervention Model (MIT-SBI) represents the systemic application of a NIAAA Tier I strategy (Brief Alcohol Screening and Intervention for College Students-BASICS; Dimeff, Baer, Kivlahan, & Marlatt, 1999) to multiple high risk populations in a fluid, integrated manner. This systemic model includes participation by: (1) 1st year students, (2) student athletes, (3) students violating alcohol policies, and (4) students presenting at health services with alcohol related injury or overdose. Research has shown the MIT-SBI Systemic model effective, providing significant reductions in alcohol use, and associated negative consequences. The program provides early screening to 85% of 1st year students (either through online feedback or student participation in one on one interviews) each September and 95% of student athletes—nearly 50% of the undergraduate population is screened each year.

Results demonstrate the efficacy of the one-on-one individual BASICS intervention, as well as the impact and potential of online feedback as a mechanism for providing significant reductions in high risk drinking behaviors to target high risk groups as well as at the population level.

Data collected over a two year period was analyzed across three group conditions: the control group (no feedback, no interview), online feedback-only (comparison) group, and feedback with interview (participant) groups. Those in the participant group reported experiencing (1) lower rates of excessive alcohol consumption, (2) fewer consequences as a result of consumption, as well as (3) reports of engaging in fewer high risk behaviors while increasing the use of protective behavior.

Regarding Decreases in Heavy Episodic drinking (also known as Binge Drinking- 5 or more drinks for males/4 or more drinks for females consumed in a row at least once in the previous two weeks) and decreases in Frequent Heavy Episodic drinking- (respondents engaging in heavy episodic drinking- 5/4 measure- at least 3 or more times in the previous two weeks) revealed ($p < .01$):

Heavy Episodic drinking-

- Feedback with interview = 38% decrease in Heavy Episodic drinking
- Feedback alone (online) = 27% decrease in Heavy Episodic drinking

Frequent Heavy Episodic drinking-

- Feedback with interview = 21% decrease in Frequent Heavy Episodic drinking
- Feedback alone (online) = 12% decrease in Frequent Heavy Episodic drinking
- Control group- no online feedback, no one on one interview = 5% decrease in Frequent Heavy Episodic drinking