University of Wisconsin-Madison
Brief Alcohol Screening and Intervention for College Students (BASICS) Assessment
2015-2016

BASICS Demographics and Information

Number of students referred: 253 students (7% decrease from 2014-15)
Number of students completing program: 241 (including prior year referrals; 3.4% increase)
Number of participants completing pre- and post-assessments: 244 (including CASICS Plus participants)
Connections: 142 (57%) Tellurian: 107 (43%)

Sex: 29.7% female, 70.3% male
Race/ethnicity:
- 90.65% White
- 2.44% Latin@
- 3.25% Asian
- 0.82% Native American/Pacific Islander
- 1.22% Black
- 1.63% Multiracial

Average age: 19.1 years old
Year in school:
- 51.8% first year
- 29.7% sophomores
- 12.8% juniors
- 3.6% seniors
- 1.6% graduate students/alumni

Drinker Profile and Readiness to Change

<table>
<thead>
<tr>
<th>BASICS</th>
<th># of students</th>
<th>Typical Drinking Week</th>
<th>Heaviest Drinking Week</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Drinks per sitting</td>
<td>Drinks per hour</td>
</tr>
<tr>
<td>Low risk drinkers</td>
<td>56 (22.5%)</td>
<td>2.33</td>
<td>0.79</td>
</tr>
<tr>
<td>Moderate risk drinkers</td>
<td>36 (14.5%)</td>
<td>3.08</td>
<td>1.19</td>
</tr>
<tr>
<td>High risk drinkers</td>
<td>116 (46.6%)</td>
<td>5.46</td>
<td>1.57</td>
</tr>
<tr>
<td>Problem drinkers</td>
<td>41 (16.5%)</td>
<td>9.31</td>
<td>2.19</td>
</tr>
<tr>
<td>High risk drinkers, including problem drinkers</td>
<td>157 (63%)</td>
<td>6.47</td>
<td>1.73</td>
</tr>
</tbody>
</table>

Definitions:
Low risk drinkers: 4 or fewer per sitting in 30 days prior to first BASICS session
Moderate risk drinkers: Typically low risk drinkers who averaged between 4 and 8 during their heaviest drinking week in 30 days prior to first session
High risk drinkers: Typically 5 or more, but fewer than 8; or 4 or fewer typically and 8+ per sitting in heaviest week
Problem drinkers: Typically consuming 8 or more per sitting in 30 days prior to first session

Precontemplation 44 3 9
Contemplation 12 10 12
Action 25 9 123

Horizontal bars represent the students in that stage of change at post-assessment. Colored sections represent the students’ pre-assessment attitude about change. In other words, 123 students who were taking action about their drinking before the class, still were taking action at the end.
67% of students, across all risk levels, were already making or considering changes with regard to their drinking when they started the BASICS program (denoted by orange and gray bars), though high risk drinkers were more reluctant to consider change.

More than 77% of participants were considering additional changes or actively making changes, regardless of risk level at the start of the program (orange and gray bars).

Students who no longer considered changes after the program (blue bars in above graph) tended to reflect indifferent attitudes about changing their drinking at the start of the program. Contemplative students at pre-assessment tended not to revert back to precontemplation. An area for improvement is motivating high risk drinkers to consider changes to their alcohol use prior to the start of BASICS. Greater receptivity to the program is consistent with contemplation and action outcomes.
2015-16: 11 Items Measured, N=244
- Average pre-assessment knowledge of 8.68 correct items.
- Knowledge gains of only 1.03 items correct, however this was statistically significant at p < .001 for a post-assessment knowledge average of 9.71.

Post assessment knowledge scores concentrate near the average or higher, versus the pre-assessment distribution.
Scores range from 0 (strongly disagree) to 4 (strongly agree).

N=232 students

All nine of significant (one-tailed, paired t-test) changes in direction anticipated.

Three of four Action items significant.

Three of four Contemplation items significant.

BASICS participants indicate greater agreement and less ambivalence about need for or value of changes.
Student evaluations reflect a very favorable view of the program. Most are referred after a transport or significant & repeated alcohol misuse, so it makes sense that the one-on-one experience would be positive. Participants are more definitive about risk reduction and behavior changes resulting from the program, and more frequently support first year student participation in the program, compared to Choices participants.