University of Wisconsin-Madison
Choices about Alcohol Assessment
2014-2015

Choices about Alcohol Demographics and Information
Number of students referred: 889 students (56% increase from 2013-14)
Number of students completing program: 946 (including prior year referrals)
Number of groups held: 118 (8 students per group average)
Number of participants completing pre- and post-assessments: 926 (all students not completing the full pre- or post-test were dropped from the analysis)

Sex: 31.2% female, 68.4% male
Average age: 18.8 years old
Year in school:
- 70.5% first year
- 20.7% sophomores
- 6.9% juniors
- 1.6% seniors
- .11% graduate students/alumni

Race/ethnicity:
- 88.5% White
- 2.37% Latin@
- 3.45% Asian
- .54% Native American/Pacific Islander
- 1.62% Black
- 2.7% Multiracial

Drinker Profile and Readiness to Change

<table>
<thead>
<tr>
<th>Choices</th>
<th># of students</th>
<th>Typical Drinking Week</th>
<th>Heaviest Drinking Week</th>
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</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>208 (22%)</td>
<td>2.30</td>
<td>.91</td>
</tr>
<tr>
<td>Moderate risk drinkers</td>
<td>165 (17.4%)</td>
<td>3.11</td>
<td>1.06</td>
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<tr>
<td>High risk drinkers</td>
<td>431 (45.6%)</td>
<td>5.53</td>
<td>1.56</td>
</tr>
<tr>
<td>Problem drinkers</td>
<td>140 (14.8%)</td>
<td>9.96</td>
<td>2.32</td>
</tr>
<tr>
<td>High risk drinkers, including problem drinkers</td>
<td>571 (60.4%)</td>
<td>6.62</td>
<td>1.75</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

365 students began the program precontemplative and were unchanged. It appears that the programs are not having the desired impact on precontemplative students by shifting them to contemplation or taking action, though the subscales do shift in the desired direction with statistical significance.
56.7% of students begin the program with little consideration for changing their drinking (precontemplation). Investigating officers can reduce this rate through MI and brief intervention during the investigation process.

Only 51.5% of students complete the program contemplative or in action. The outcomes are very polar with only 7.8% of students contemplative about changing at post-assessment.

Across all drinking styles, 70% to 80% of students who were contemplating changes or taking action at the time of preassessment were still doing so at the postassessment. Contrasted with the outcomes for precontemplators at the end of the program (above), it is evident that students who are ready to consider changes, at a minimum, are likely to have a better outcome from Choices about Alcohol.

71% of high risk drinkers remained precontemplative. 61% of problem drinkers remained precontemplative. In contrast, students who began the program contemplative or in action, tended to remain in one of those stages of change. 79.3% of high risk drinkers and 67% of problem drinkers who were contemplative stayed contemplative or moved to action. 84% of high risk drinkers and 97% of problem drinkers who began the program in action remained in action or contemplative about changes.
Choices about Alcohol Knowledge Comparison

Knowledge Increase by Groups

* p<.05, ** p<.001

- 2014-15:11 Items Measured, N=913
- Average pre-assessment knowledge of 6.02 correct items.
- Knowledge gains of 3.11 items correct, however this was statistically significant at p < .001 for a post-assessment knowledge average of 9.14.
- 39 students scored lower on post assessment than on pre assessment.

Post assessment knowledge scores concentrate near the average or higher, versus the pre-assessment distribution, which more closely resembles a shifted normal curve.

Knowledge Total Frequency
Choices about Alcohol Change in Attitudes

• Scores range from 1 (strongly disagree) to 4 (strongly agree).
• N=911 students
• All of significant changes in direction anticipated.
• All four Action items significant.
• Three of four Contemplation items significant.
• Participants indicate slightly less ambivalence about changing, however, averages hover near the response “Unsure.”

Scores range from 1 (strongly disagree) to 4 (strongly agree).
N=918 students
One-tailed paired t-tests indicate significant differences between pre- and post-assessment attitudes for five of eight items.
Students indicate greater agreement with the statements on the right.
At post assessment Choices participants’ attitudes are similar to pre-assessment averages for BASICS participants.
Student evaluations reflect a general agreement that they have increased knowledge or developed skills that will reduce their risk from drinking or that they will likely change behaviors associated with their drinking habits. What is unclear which behaviors they may change, whether to avoid detection or lower other negative personal consequences. It remains consistent that while the program is viewed favorably overall, fewer students would recommend it definitively, and are disinclined to take a firm position on how it might lead to changes.