<table>
<thead>
<tr>
<th>Department Name:</th>
<th>Health Promotion</th>
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<tbody>
<tr>
<td>Program or Service:</td>
<td>ADE-BASICS</td>
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**Brief description of program or service:**

BASICS (Brief Alcohol Screening and Intervention for College Students) has, as its primary goal, moving a student in the direction of reducing risky behaviors and harmful effects from drinking. BASICS is conducted over the course of three 1-hour interview sessions. In the first interview, the facilitator assesses the student's consumption pattern. During the second interview, the facilitator provides personalized feedback based on the assessment, including specific suggestions about ways to reduce future health risks associated with alcohol use. The third and final interview is a follow-up conversation about progress made towards the student's goals.

**Date:** 6/1/2016

1. **State the formal learning and/or operational outcomes for the program, service, or department:**
   - Students mandated through the University's Conduct System will complete the BASICS program
   - Students who participate in BASICS will have the opportunity to reflect on their alcohol use
   - Students will increase their utilization of low-risk drinking strategies/decrease participation in high-risk drinking behaviors
   - Students will demonstrate a decrease in their Typical BAC
   - Students will demonstrate a decrease in their Peak BAC
   - Students will report fewer negative consequences associated with high-risk drinking

2. **Where are these learning outcomes published? Be specific. (Where are the department’s learning expectations accessible to potential students: on the web or in your department’s handouts?):**
   - Alcohol and Drug Education website and reviewed in person during program implementation (mandated audience)

3. **What data/evidence is used to determine whether participants have achieved the stated outcomes? (What method did you use? What were you measuring?):**
   - 341 students completed BASICS during the 2011-2012 academic year and students were emailed to complete pre-post surveys on-line through Campus Labs.
   - 97 BASICS participants completed both the pre and the post-surveys and responses were matched

   The surveys measured the following:
   - Engagement in high-risk drinking behaviors (such as not setting a drinking limit, pre-gaming, consuming shots, playing drinking games)
   - Alcohol-related negative consequences (such as feeling guilt or remorse after drinking, blacking out, getting physically sick due to drinking, having a bad time, noticing personality changes, causing shame or embarrassment to someone)
   - Number of drinks (quantity) consumed on a typical or average occasion
4. Who collects and interprets the evidence? When and how often does this occur? Who assists in interpreting and analyzing the data?

- Data was collected though a pre and post survey administered online through Campus Labs. A doctoral student working in the VPSA office ran the analysis on the raw data. The Associate Director of Health Promotion reviewed the findings and made recommendations for improvement. This occurred during the summer of 2012.

- Nationally, the BASICS program is used on many campuses and is heavily supported by the research literature. This study supports the efficacy of the BASICS program with Boston College students who are mandated to participate through the conduct system. Therefore, the assessment has not been repeated.

5. Individuals with whom the data is shared (list primary and secondary stakeholders and narrative as to why):

- The data is used internally among Office of Health Promotion staff for program improvement and training of graduate and undergraduate student staff. It is also shared with key stakeholders who refer students to program (conduct officers in Residential Life and Dean of Students Office). We presented the data during a poster session at the Division of Student Affairs Annual Showcase.

6. What changes have been made as a result of using the data/evidence? (What was the change? What data led you to make that change?) If no change, indicate why:

- Nationally, the BASICS program is used on many campuses and is heavily supported by the research literature. This study supports the efficacy of the BASICS program with Boston College students who are mandated to participate through the conduct system.

- Given the positive outcomes of this study, we have made no major changes to the BASICS program.

- 341 students completed BASICS during the 2011-2012 academic year

- The following data includes responses from 97 BASICS participants who completed both the pre and the post-test:

- While it does not appear that students significantly increased their use of low-risk strategies, they decreased high-risk drinking behaviors such as not setting a drinking limit, pre-gaming, consuming shots, and participating in drinking games.

<table>
<thead>
<tr>
<th>Change</th>
<th>Pre (%)</th>
<th>Post (%)</th>
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<tbody>
<tr>
<td>Not setting a drinking limit near a BAC of .06</td>
<td>67</td>
<td>20</td>
</tr>
<tr>
<td>Pre-gaming</td>
<td>76</td>
<td>20</td>
</tr>
<tr>
<td>Consuming shots</td>
<td>80</td>
<td>38</td>
</tr>
<tr>
<td>Playing drinking games</td>
<td>73</td>
<td>15</td>
</tr>
<tr>
<td>Negative consequences changed significantly from pre to post</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Having a feeling of guilt or remorse after drinking</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Being unable to remember the night before due to drinking</td>
<td></td>
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- The greatest changes for participants from pre to post included:
  - Before participating in the BASICS program, 67% of students did not set a drinking limit near a BAC of .06, as compared to only 20% of students after participating in the program.
  - Before participating in the BASICS program, 76% of students engaged in pre-gaming, as compared to only 20% of students after participating in the program.
  - 80% of students consumed shots before participating in BASICS, as compared to 38% of students after BASICS.
  - 73% of students played drinking games before participating in BASICS, as compared to only 15% of students after BASICS.
  - Negative consequences changed significantly from pre to post.
  - A reduction in the following negative consequences was demonstrated from pre to post:
    - having a feeling of guilt or remorse after drinking
    - being unable to remember the night before due to drinking
• getting physically sick due to drinking
• having a bad time
• noticing a change in your personality due to drinking
• causing shame or embarrassment to someone
• Typical number of drinks (quantity) decreased significantly from pre to post.
• Typical BAC decreased significantly from pre to post-test (.09 - .07)
• Peak BAC changed significantly from pre to post-test (.22 - .13)

7. How do you know that the changes have resulted in improved learning outcomes? (continuous improvement evidence):

We have not reassessed the BASICS program since the 2011 - 2012 academic year and given the body of research on the efficacy of this intervention nationally and the results of this study at BC, we have no future plans to reassess the BASICS program unless we make significant changes in our implementation.