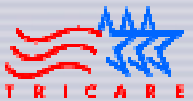


Development and Behavioral Effects of a Web-Based Alcohol Intervention in the Military

Presented at

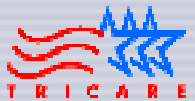
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November 5, 2007
Washington, DC



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Acknowledgements

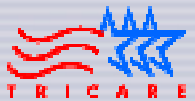
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 - Robert Bray, Mindy Herman-Stahl, Jason Williams, Sara Lawrence Calvin, Michael Bradshaw, Kristine Rae Olmsted, Todd Heinrich
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- ISA Associates
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 - CDR Marcia Britt, USPHS
- Disclaimer: The views expressed are those of the author and do not reflect the official policy or position of the Department of Defense or the United States Government



Program for Alcohol Training, Research, and Online Learning (PATROL)

Purpose of PATROL

- Develop an alcohol abuse prevention and education program for active duty military personnel to be delivered using the Web
- Conduct a pilot study to assess the effectiveness of PATROL in reducing alcohol abuse among active duty personnel
- PATROL was aimed at all active duty personnel, across the age range



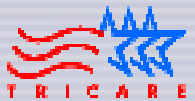
Why a Web-Based Approach?

- Engage participants in a creative, interactive manner
- Self-paced
- Available 24-7
- Completed in private
 - Avoid potential stigma from seeking help
 - Increase honesty of responses
- Can personalize the program to meet the needs of the individual
- Cost-effective



Web-Based Alcohol Programs

- Two programs designed for civilians were adapted for the military
- **Alcohol Savvy (ISA Associates)**
 - Universal prevention program
- **Drinker's Check-Up (Behavior Therapy Associates)**
 - Brief intervention primarily aimed at high risk drinkers



Presentations

- *Prevalence and Correlates of Alcohol Use in the Military*
 - Dr. Robert Bray, RTI International
- *Alcohol Savvy: Development and Military Modifications*
 - Dr. Rebekah Hersch, ISA Associates
- *Drinker's Check-Up: Development and Military Modifications*
 - Dr. Reid Hester, Behavior Therapy Associates
- *PATROL Pilot Study: Findings and Future Plans*
 - Dr. Michael Pemberton, RTI International

