

## What is the eCHECKUP TO GO (e-CHUG)?

The Alcohol eCHECKUP TO GO (e-CHUG) is *not* a **static assessment** questionnaire. The e-CHUG is an evidence-based, online alcohol *intervention* and personalized *feedback* tool developed by counselors and psychologists at San Diego State University.

Drawing on Motivational Interviewing (Miller & Rollnick, 2002) and Social Norms Theory (Perkins & Berkowitz, 1986), the e-CHUG program is **designed to motivate individuals to reduce their consumption using personalized information about their own drinking and risk factors.**

A number of controlled studies\* show that by completing the e-CHUG and reading personalized feedback, students show significant reductions in levels of destructive drinking and associated risk behaviors (e.g., high-risk drinking and driving). \* <http://www.echeckuptogo.com/usa/>

## Free E-chug Self-assessment

The e-CHUG is a brief self-assessment that provides you with accurate and detailed information about:

- Quantity and Frequency of Use
- Amount Consumed
- Normative Comparisons
- Physical Health Information
- Amount and Percent of Income Spent
- Negative Consequences Feedback
- Explanation, Advice and Local Referral Information
- <http://www.mnsu.edu/shs/healtheducation/alcohol.html> - click on FREE e-chug maintenance.

## As a Class Assignment or Class Discussion

Be cautious what you ask students to share. Some students may not be willing to share personal information about their alcohol use. It is important to be non-judgmental and make no assumptions about anyone's alcohol use.

Class discussion points or assignments may include:

- Do you feel the personalized feedback correctly represents you? Why or why not?
- Was there anything in the feedback you disagree with, were shocked about or want more information about?
- Discuss "How does your drinking compare?" MSU stats are included in this part of the personalized feedback.
- Complete e-CHUG at beginning of semester and end of semester and compare outcomes.
- Use a Group Problem Solving example: You are at a party and see a friend passed out on the couch. This is the first time you've seen him tonight, so you're unsure how much he's had to drink. What do you do? (This scenario represents a situation common to the college experience and can be used as an icebreaker into the topic of alcohol.)

**VERIFICATION OF COMPLETION:** Students can print out a Certificate of Completion to verify they have completed the self-assessment. No one will see personal information about the student unless the student chooses to share it.

**What is MOTIVATIONAL INTERVIEWING?**

Client-centered, yet directive method of exploring and resolving a student's ambivalence about change by eliciting the student's own intrinsic motivation (paraphrase of a definition by William R. Miller) (aka help them come to their own conclusion about change)

**Example of MI conversation:**

PROFESSIONAL: Tell me a little bit about your drinking?

STUDENT: I don't drink that much, mainly just on the weekend.

PROFESSIONAL: Mostly on the weekend.

STUDENT: Yeah, when I get together with friends.

PROFESSIONAL: So mostly with friends on the weekend. It's mainly a social thing. What about during the week?

STUDENT: Maybe once or twice.

PROFESSIONAL: Okay, so on the weekend and a couple of times during the week. When you do drink on the weekend, about how many drinks do you have?

STUDENT: I don't know, some.

PROFESSIONAL: Some...like, 6-8 drinks, more than 10...?

STUDENT: Yeah, I guess probably like 8-10 drinks.

PROFESSIONAL: A typical night of drinking for you would be about 10 drinks. Is that right?

STUDENT: Yeah, that sounds right.

PROFESSIONAL: So, you probably drink for some positive reasons, what are some of the things you like about your drinking?

STUDENT: It helps me relax and meet new people, but the hangovers really suck. I hate puking.

PROFESSIONAL: You stated a few positive reasons, but you also mentioned hangovers...not so positive. It seems like alcohol is a mixed bag for you. On one hand, drinking helps you relax and meet new people, but on the other hand you have experienced some negative consequences with hangovers, like puking. Can you tell me about a recent time you had too much to drink that resulted in a hangover?

**Other MI example questions:**

- Tell me about the last time you got really drunk. What happened?
- Give me an example of a time when things were going really well...what was that like?
- How do you think your drinking will change in the long run?
- If you did decide to change, what would the change look like?
- On a scale of 1-10, how important is it for you to make a change in your drinking?
- On a scale of 1-10 how confident are you that you could cut down or quit, if you wanted to?
- Has anyone ever expressed concern about your drinking?
- If a student says "I'll just stop drinking"...ask them their game plan.
- If a student says "Some students on this campus have a real problem with alcohol"...ask how they are protecting their self.