

# Mental Health Matters

Counseling and Psychological Services (CAPS)

Fall 2008

## E-Chug at IUPUI

### What is the e-CHUG?

The e-CHUG is an evidence-based, dynamic, on-line 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* feedback theories (Haines & Spear, 1996), the e-CHUG is designed to motivate individuals to reduce their consumption using personalized information about their own drinking and risk factors. The e-CHUG was designed, and is updated with the most current and reliable research available. The e-CHUG is currently in use on **nearly 400 universities and colleges across 45 states and in Canada and Australia**. "With six (6) controlled studies on five (5) campuses all showing significant reductions in destructive alcohol use among college students completing the e-CHUG online intervention, NASPA recognizes the e-CHUG as a true evidence-based approach that is showing significant promise." (Kevin Kruger, associate Director of NASPA).

**In collaboration with Housing and Residence Life, Campus and Community Life, and the Office of Student Rights, Responsibilities and Conduct, IUPUI Counseling and Psychological Services contracted this unique e-CHUG program for the exclusive use of, and tailored to, the IUPUI community.**

**To alert all students of e-CHUG, consider placing the following few sentences in your course syllabus:**

The electronic **Check-Up to Go (e-CHUG)** is a brief self-assessment that provides you with **confidential, accurate, detailed, and personalized feedback on your use of alcohol**. It is now in use on nearly 400 universities and colleges in 45 states across the United States. The e-CHUG also provides simple functions to print a feedback summary, or an input summary on drinking profile, level of intoxication, risk factors, comparisons, tobacco use, and making changes. To access e-CHUG, go to: <https://interwork.sdsu.edu/echug2/?id=IUPUI&hfs=true>

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***"Decisions about alcohol consumption are not just individual; they can affect the common life of the university."***

—REV. EDWARD A. MALLOY, PRESIDENT EMERITUS, UNIVERSITY OF NOTRE DAME

## Defining Binge Drinking

*A "binge" is a pattern of drinking alcohol that brings blood alcohol concentration (BAC) to 0.08 gram-percent or above. For a typical adult, this pattern corresponds to consuming 5 or more drinks (male), or 4 or more drinks (female), in about 2 hours.*

(NIAAA National Advisory Council)

31 percent of college students meet the criteria for alcohol abuse and 6 percent meet the criteria for dependence.

Nondependent, high-risk drinkers account for the majority of alcohol-related problems.

(Knight et al, 2002)

## Completing the e-CHUG

The **basic intervention** takes students **20-30 minutes** to complete and review their personalized feedback report. The program is self-guided, and requires no face-to-face contact time with a counselor or administrator.

Should a campus administrator, counselor or faculty member want the student to spend more time reflecting on and responding to their e-CHUG feedback, the student can be asked to complete the companion "Personal Reflections" program.

The [Personal Reflections](#) program takes students an **additional 15-20 minutes** and requires students to respond to questions designed to deepen their thoughtful examination of their personal choices and the social norms surrounding and influencing their use of alcohol. **The specific questions the student is required to answer are determined by each individual student's unique e-CHUG profile.**

Because it is offered online, the e-CHUG can provide quick, confidential feedback in multiple settings. **It can also be utilized as a class assignment; students can print out their individual profiles and bring in for a class discussion.** By default, students can print a simple "certificate" verifying their completion of the e-CHUG. However, in order to protect confidentiality, the student's name and/or student's number CANNOT appear on the certificate. The e-CHUG will allow students to complete a personal 'check-up' on multiple occasions to track changes in use and risk behavior.

The *personal feedback*, used in conjunction with counseling, or as a stand-alone intervention, includes information which has been shown to be particularly motivating to college drinkers:

- Quantity and Frequency of Drinking, Caloric Intake
- Amount Consumed and Peak BAC
- Norm Comparisons
- Amount and Percent of Income Spent on Alcohol
- Tolerance Level
- Negative Consequences of Alcohol Use
- Personal Family Risk Score
- Explanation, advice, and local referral information for treatment

## Online submission of CAPS Presentation Request and Presentation Evaluation Forms

Request for a CAPS' presentation can now be filled out and submitted online. CAPS' Outreach Coordinator will contact to confirm your request approximately 7-10 days from the date the request has been submitted.

To request a presentation, please submit a [Presentation Request Form](#) at least two weeks prior to the anticipated presentation date.

After your presentation, please take a moment to complete our [Presentation Evaluation Form](#). We value your input and look to continuously improve our outreach and prevention programs.

## CAPS Online Self-Assessment Tools

CAPS offers online self-assessment tools for:

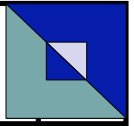
- Depression
- Generalized Anxiety Disorder
- Bipolar Disorder
- Post-Traumatic Stress Disorder
- Eating Disorder
- Alcohol Use

Visit CAPS Website at <http://life.iupui.edu/caps/self-assessment.html>

## CAPS e-Brochures

CAPS offers brochures on relevant topics such as Stress Management, First Generation College Students, Tips for Terrific Test Taking, and more...

Visit CAPS website at <http://life.iupui.edu/caps/brochures.html>



## A Snapshot of Annual High-Risk College Drinking Consequences

The consequences of excessive and underage drinking affect virtually all college campuses, college communities, and college students, whether they choose to drink or not.

- **Death:** 1,700 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes ([Hingson et al., 2005](#)).
- **Injury:** 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol ([Hingson et al., 2005](#)).
- **Assault:** More than 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking ([Hingson et al., 2005](#)).
- **Sexual Abuse:** More than 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape ([Hingson et al., 2005](#)).
- **Unsafe Sex:** 400,000 students between the ages of 18 and 24 had unprotected sex and more than 100,000 students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex ([Hingson et al., 2002](#)).
- **Academic Problems:** About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall ([Engs et al., 1996](#); [Presley et al., 1996a, 1996b](#); [Wechsler et al., 2002](#)).
- **Health Problems/Suicide Attempts:** More than 150,000 students develop an alcohol-related health problem ([Hingson et al., 2002](#)) and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use ([Presley et al., 1998](#)).
- **Drunk Driving:** 2.1 million students between the ages of 18 and 24 drove under the influence of alcohol last year ([Hingson et al., 2002](#)).
- **Vandalism:** About 11 percent of college student drinkers report that they have damaged property while under the influence of alcohol ([Wechsler et al., 2002](#)).
- **Property Damage:** More than 25 percent of administrators from schools with relatively low drinking levels and over 50 percent from schools with high drinking levels say their campuses have a "moderate" or "major" problem with alcohol-related property damage ([Wechsler et al., 1995](#)).
- **Police Involvement:** About 5 percent of 4-year college students are involved with the police or campus security as a result of their drinking ([Wechsler et al., 2002](#)) and an estimated 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence ([Hingson et al., 2002](#)).
- **Alcohol Abuse and Dependence:** 31 percent of college students met criteria for a diagnosis of alcohol abuse and 6 percent for a diagnosis of alcohol dependence in the past 12 months, according to questionnaire-based self-reports about their drinking ([Knight et al., 2002](#)).

(National Institutes on Alcohol Abuse and Alcoholism, College Drinking Prevention. 2007)

**CAPS Upcoming Events:**

**Alcohol Screening**

Thursday, September 4, 2008

10:00AM – 4:00PM

Campus Center 148

**Depression Screening**

Thursday, October 2, 2008

10:00AM – 4:00PM

Campus Center 148

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*The Division of  
Student Life*

*Empowering student learning, inclusion and success  
through engagement*