



Recommended program 

eCheckup To Go



Evidence ratings:



This resource is supported by multiple published studies. See our Help/Q&A section for more details.

Year: Year 9–10, Year 11–12

Targeted Drugs: Alcohol, Cannabis

Tags: personalised feedback

Time Allocated: 1 lesson

Links to National Curriculum:

ACPPS092 (Yr 9–10), ACPPS097 (Yr 9–10)

Origin: International

Cost:

Costs Involved

Available

eCHECKUP TO GO is managed by the San Diego State University Research Foundation.
Click below to be directed to their website and for more information on accessing the program.

[Access eCHECKUP TO GO](#)

Developers

San Diego State University Research Foundation.

Format

The check-up is a **single 30-minute session** involving assessment of current use, followed by personalised feedback. The intervention is based on Social Norms Theory (Perkins & Berkowitz, 1986) and motivation enhancement models. No teacher involvement is required.

Summary

The eCHECKUP TO GO is based on social norming theory and motivation enhancement models. The online tool provides assessment and personalised feedback about patterns of alcohol/cannabis use and level of risk. The intervention was originally designed for and evaluated with university students, but has been adapted for high school students. Physical performance, and financial costs are illustrated with engaging graphics. For example, the number of alcohol-related calories consumed in the last month is illustrated by the equivalent number of cheeseburgers. Graphs provide an overview of use in comparison with other teenagers of the same age. This helps to correct students' tendency to overestimate use of alcohol and cannabis by their peers. After receiving feedback, students have the opportunity to select strategies to reduce their drinking. The eCheck-up tool is best suited for high-risk students already experimenting with alcohol/cannabis.

Training & Costs

No training is required.

For a yearly subscription fee plus customisation costs, schools are provided with unlimited access to the alcohol or cannabis intervention programme which is tailored for their school and community. The subscription fee includes unlimited access to on-line administrative reports and real-time tracking and documentation of those who have completed the programme. See eCheck-up website for more information and costs.

Benefits

- Reduced pro-alcohol beliefs
- Reduced drinking frequency
- Reduced alcohol-related harms.

Note: Benefits of the cannabis version of eCheckup have not yet been evaluated.

Evidence Base

Benefits of the eCheckup To Go program have not been evaluated in an Australian sample. Benefits of the program in US high-school samples have been demonstrated in four studies as listed below.

Sources

Doumas, D.M., Esp, S., Flay, B. and Bond, L. (2017). A Randomized Controlled Trial Testing the Efficacy of a Brief Online Alcohol Intervention for High School Seniors. *Journal of studies on alcohol and drugs*, 78(5), 706-715.

Doumas, D. M., Esp, S., Johnson, J., Trull, R., Shearer, K. (2017). The eCHECKUP TO GO for High School: Impact on risk factors and protective behavioral strategies for alcohol use. *Addictive Behaviors*, 64, 93-100.

Doumas, D. M., Hausheer, R., Esp, S. (2016). Age of drinking initiation as a moderator of the efficacy of a brief, web-based personalized feedback alcohol intervention. *Journal of Child & Adolescent Substance Abuse*, 25, 591-597.

Doumas, D. M., Esp, S., Turrisi, R., Hausheer, R., & Cuffee, C. (2014). A test of the efficacy of a brief, web-based personalized feedback intervention to reduce drinking among 9th grade students. *Addictive Behaviors*, 39(1), 231-238.

Several published studies have demonstrated the benefits of the eCheck-up program in US university students. For more information see eCheck-up Research.