eCheckup To Go

Evidence ratings: ★★
This resource is supported by one published study. 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

Developers
San Diego State University Research Foundation.

Available
Access eCHECKUP TO GO

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
Benefits of the program have not been evaluated in an Australian sample. Benefits of the program in US high-school samples have been demonstrated in three studies:
Several published studies have demonstrated the benefits of the eCheck-up program in US university students. For more information see eCheck-up Research.