Alcohol Literacy Challenge™ Research Findings

Peter DeBenedittis, Ph.D. 2011

The Alcohol Literacy Challenge™ has been shown to reduce positive alcohol expectancies across all grade levels, reduce alcohol consumption among high school and college students, and reduce episodes of binge drinking among college students.

The following list shows the specific studies preformed that documented these findings.

**Reduced positive alcohol expectancies**
- Elementary School (Cruz, I. Y. & Dunn, M. E. 2003)
- High School (Cruz, I. Y. 2006 & Sivasithamparam, J., Dunn, M. E. 2011)

**Reduced alcohol consumption**
- High school students
  - Reduced drinking found for high risk males: Cruz, I. Y. (2006).
  - Reduced drinking found across general population: Sivasithamparam, J., Dunn, M.E. (2011)
- College students: Reduced overall consumption (Sivasithamparam, J., Hall, T.V., Dunn, M.E. June, 2008 & Schreiner, A., Fried, A., Sivasithamparam, J., & Dunn, M.E. August, 2009)

**Reduced binge drinking episodes**
- College students—Reduced episodes of binge drinking: (Sivasithamparam, J., Hall, T.V., Dunn, M.E. June, 2008)
Full Citations of Studies


Sivasithamparam, J. Evaluation of the Effectiveness of the Expectancy Challenge Alcohol Literacy Curriculum (ECALC) in Reducing Alcohol Use Among High School Students. Dissertation. Department of Psychology in the College of Sciences at the University of Central Florida.