Short-term outcomes for indicated prevention in a DUI population: Comparison of PRIME For Life with another non-confrontational program

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INTRODUCTION
- Alcohol-impaired driving remains a major cause of death, injuries, and suffering, despite decreases in occurrence in the past few decades.
- Mandated indicated prevention programs can strengthen effectiveness of legal sanctions.
- Programs designed to increase risk awareness and enhance internal motivation may lead to better outcomes.
- PRIME For Life (PFL), a program built on these evidence-based practices, shows promise, including reduction in recidivism.

PURPOSE
- Compare PRIME For Life (PFL) vs. Intervention as Usual (IAU) for pre- to post-intervention changes on key cognitive variables

DESIGN
- Both: 16 hours in length.
- PFL: Standardized curriculum focusing on relationship and content. Practitioners served in only one condition
- IAU: included a manual and facilitators chose content to use. Practitioners were encouraged but not trained/supervised to use motivational interviewing concepts

MEASURES
- Pencil and paper assessments
- Completed before and immediately after the intervention

FINDINGS
- PFL showed greater improvement than IAU on three sets of items (all \( p < .001 \)):
  - General beliefs about substance use
  - Risk perceptions
  - Self-assessments of drug/alcohol problems
- PFL and IAU both showed improvement on two sets of items (both \( p < .001 \)):
  - Motivation for change
  - Future substance use intentions
- IAU showed greater improvement than PFL on one individual risk perception item (\( p < .05 \))

Satisfaction at Post-intervention
- PFL participants rated their intervention more positively than IAU participants (\( p < .001 \))

SUMMARY AND IMPLICATIONS
- Main finding: PFL combined greater participant satisfaction with superior changes in thinking about drug and alcohol use.
- Of note: IAU participants showed some favorable change, but in many instances less than PFL, and on only one item better than PFL.
- Findings support PFL as having efficacy in producing short-term changes in risk-related thinking; future research should evaluate longer-term outcomes