

Positive Psychological Interventions on Alcohol Outcomes: Pilot Study in Young Adults Using Cannabis

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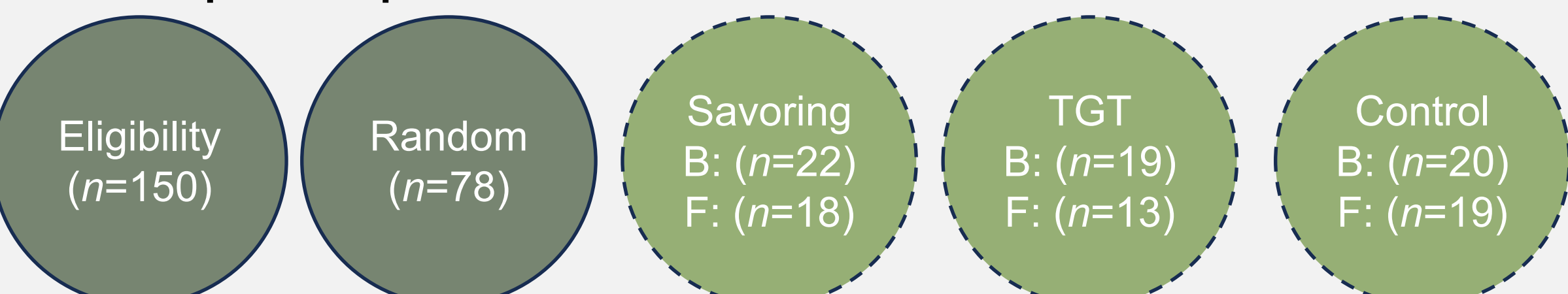
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INTRODUCTION

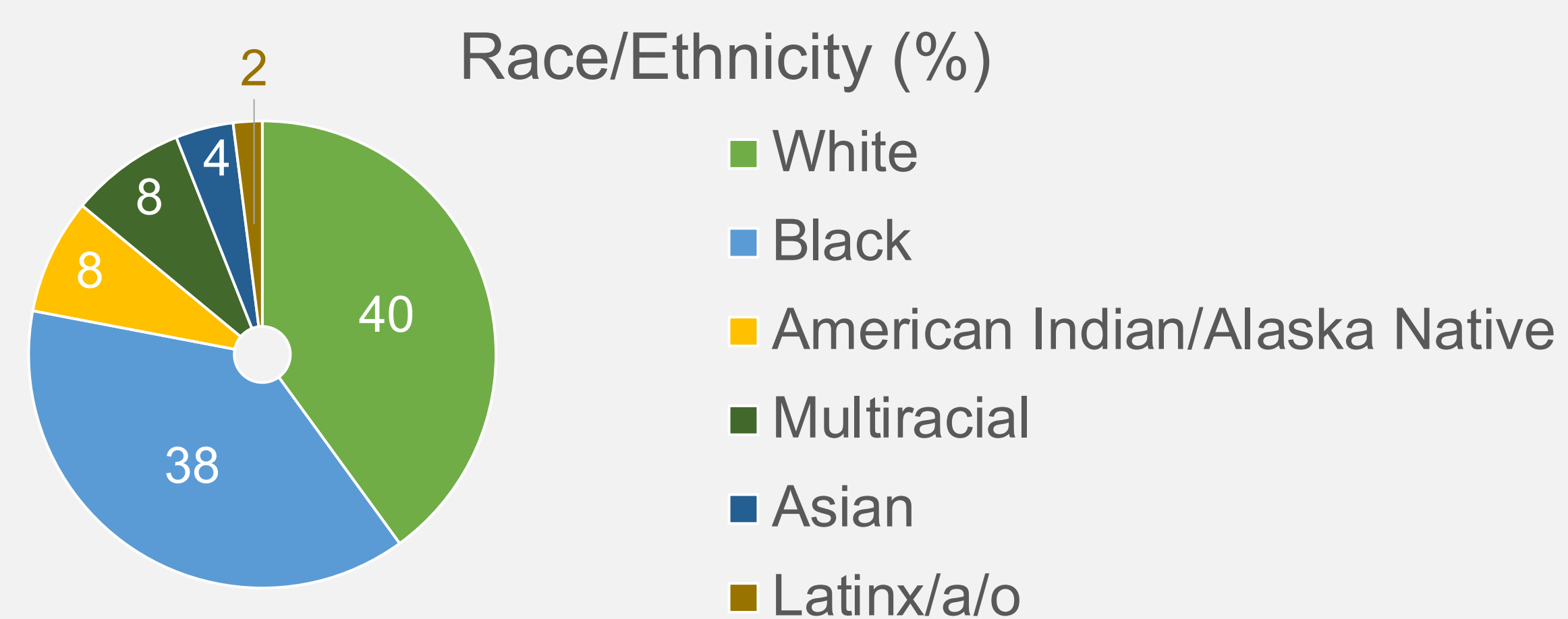
- Young adults exhibit high rates of concurrent alcohol and cannabis use¹⁻²
- Concurrent use is associated with more negative alcohol-related consequences²
- Positive psychological interventions (PPIs) may function as a harm reduction approach to reduce alcohol-related consequences³⁻⁸
- **Aim:** To examine the effects of two PPIs, savoring^{6,9-12} and Three Good Things (TGT)^{8,9,13} on weekly alcohol use frequency and alcohol-related consequences

METHODS

- Secondary analysis of data from a pilot study of PPIs in young adults¹⁴ recruited in June 2021
- **Inclusion:** 18-25 years old, used cannabis/alcohol in the prior month, text messaging access
- At baseline (B), 61 participants were randomized: savoring, TGT, or control
 - Over 14 days, daily self-report surveys were sent
 - 15 days after B, follow-up surveys (F) were sent to 50 participants



Variables	Mean (SD) / % (n)
Age	22.72 years (1.63)
Women	28% (14)
Men	72% (36)
Students	74% (37)
Employed	78% (39)



Participants who savored showed a large decrease in their alcohol consequences

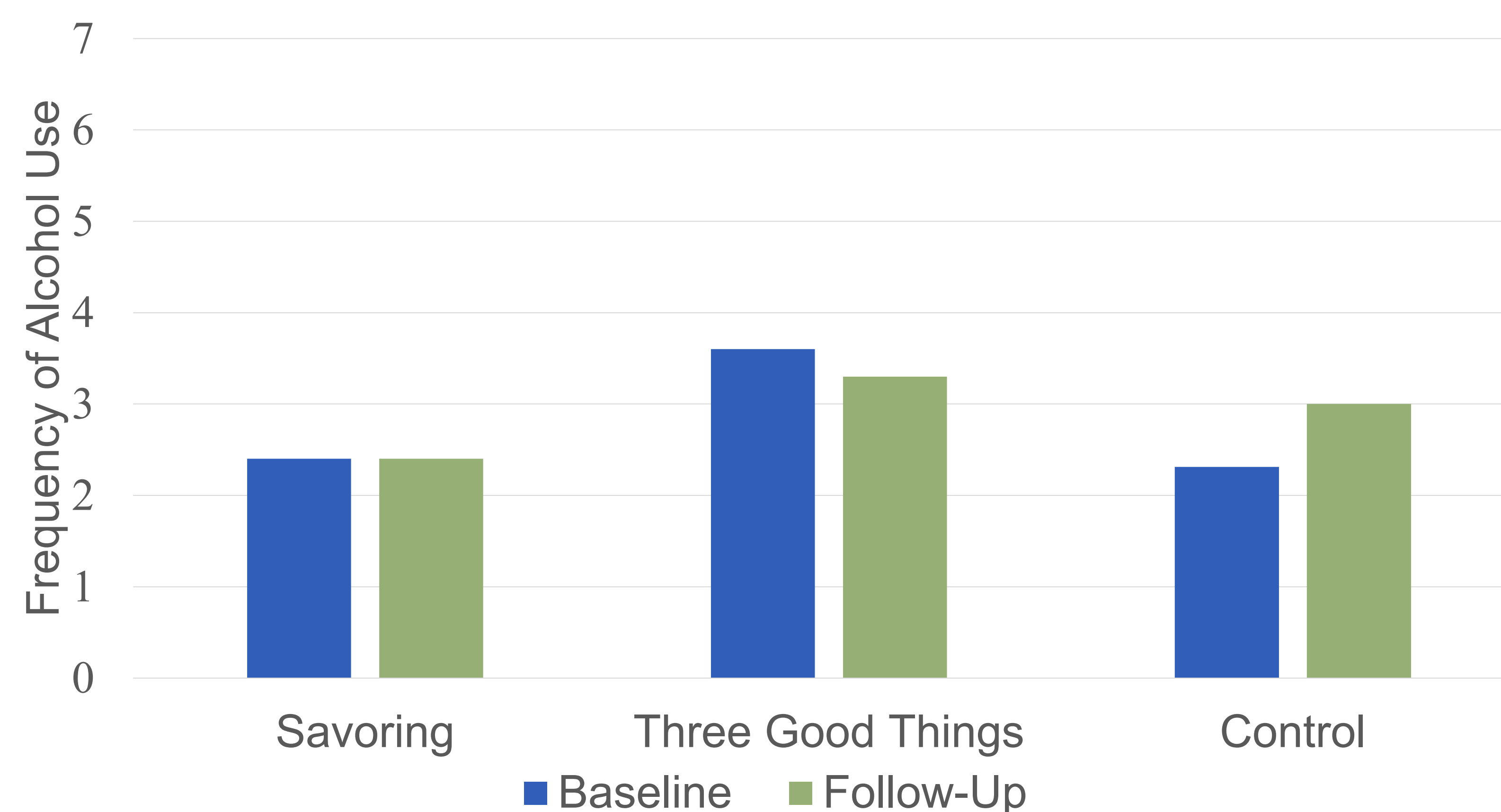


Figure 1. Changes in frequency of alcohol use by intervention condition

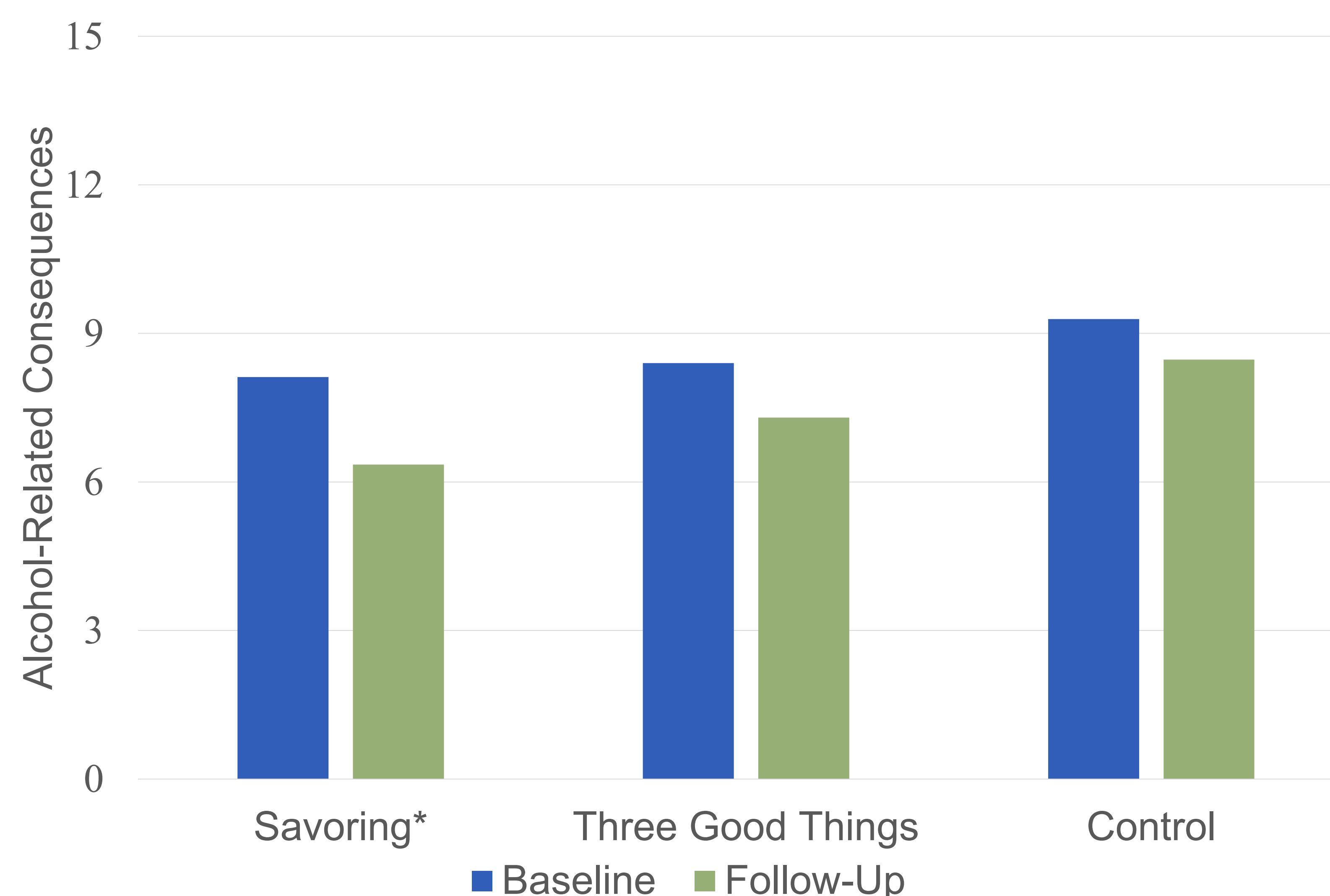


Figure 2. Changes in alcohol-related consequences by intervention condition

RESULTS

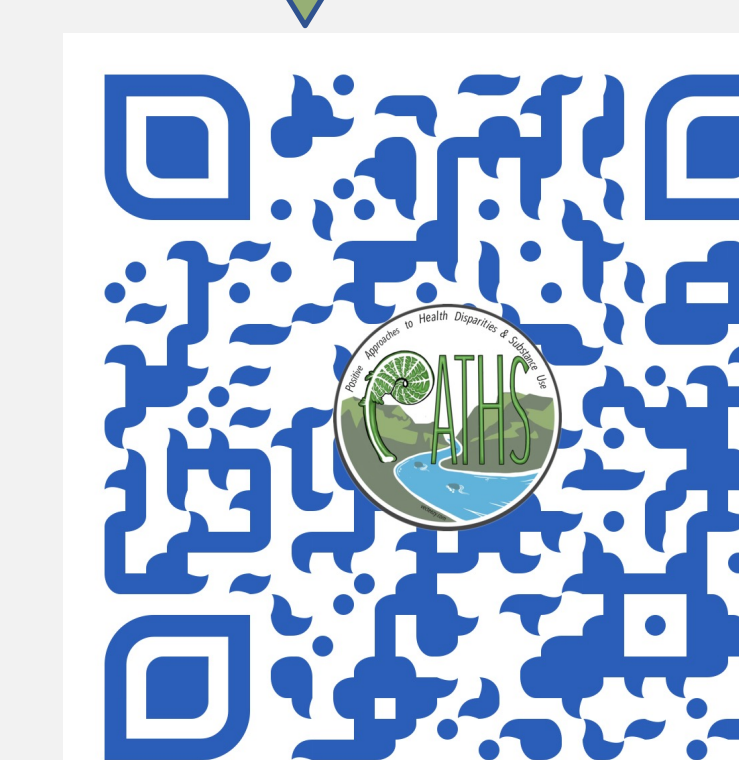
- **Savoring:** Large decrease in alcohol-related consequences ($f[16] = 2.28, p = .04, g_{av} = 0.54$); no change in alcohol use frequency
- **TGT:** Nonsignificant decreases in alcohol-related consequences and alcohol use frequency

Construct	Baseline survey		Follow-up survey		Change score		Paired samples t-test				Hedges g_{av}	
	M	SD	M	SD	M	SD	df	t	p	r		
Weekly Alcohol Use Frequency												
Savoring	2.40	1.18	2.40	1.40	0.00	1.00	14	0.00	1.00	.71	0.00	
TGT	3.60	1.78	3.30	2.50	-0.30	1.77	9	0.54	.60	.71	0.17	
Control	2.31	1.11	3.00	1.78	0.69	1.49	12	1.67	.12	.55	0.45	
Number of Alcohol-Related Consequences												
Savoring	8.12	4.89	6.35	5.96	-1.77	3.19	16	2.28	.04	.85	0.54	
TGT	8.40	6.57	7.30	7.18	-1.10	2.28	9	1.52	.16	.95	0.46	
Control	9.29	6.41	8.47	5.71	-0.82	4.42	16	0.77	.45	.74	0.18	

CONCLUSION

- Call for treatments to increase positive feelings⁵
- Savoring can be administered remotely to facilitate accessibility^{13,15} at minimal cost¹⁶
- Savoring may appeal to young adults whose goals may not include abstinence¹⁷
 - Participants may prefer savoring to a “typical harm reduction intervention”¹¹
- Initial support for a savoring intervention to target alcohol-related consequences
- **Limitations:** Two-week follow-up period, only alcohol and cannabis use
- **Future Directions:** Examine PPIs in larger trials and over an extended follow-up period

PATHS Lab website



PPI instructions & references