

Red Watch Band Bystander Intervention Training Health Promotion and Wellness (HPaW)



Learning Outcomes

Students who participate in the Red Watch Band training will be able to...

- accurately identify the signs of alcohol overdose (also known as alcohol poisoning)
- accurately identify basic 'alcohol 101' facts
- express a greater willingness to intervene in an alcohol-related emergency
- describe how they used the helping behaviors they learned to intervene effectively in high risk drinking situations

Curriculum Elements

- Barriers to Intervention Discussion
- "Alcohol 101"
- Signs and Symptoms
 - Highly Intoxicated Person vs. Life-threatening Alcohol Overdose
- Intervention Skills
- Facts vs. Myths
- Review of High Risk Situations
- NU Policy: Responsible Action Protocol
- Scenarios

Methodology

Pretest
(N = 328)

- A 92-question online instrument
- Measured knowledge and attitudes about alcohol overdose and collected information about student experiences in high risk environments
- Voluntary

Workshop Evaluation
(N = 899)

- A 16-question evaluation instrument required by Stony Brook University
- Collected student evaluation of workshop, including satisfaction
- Measured self-reported learning and attitudes

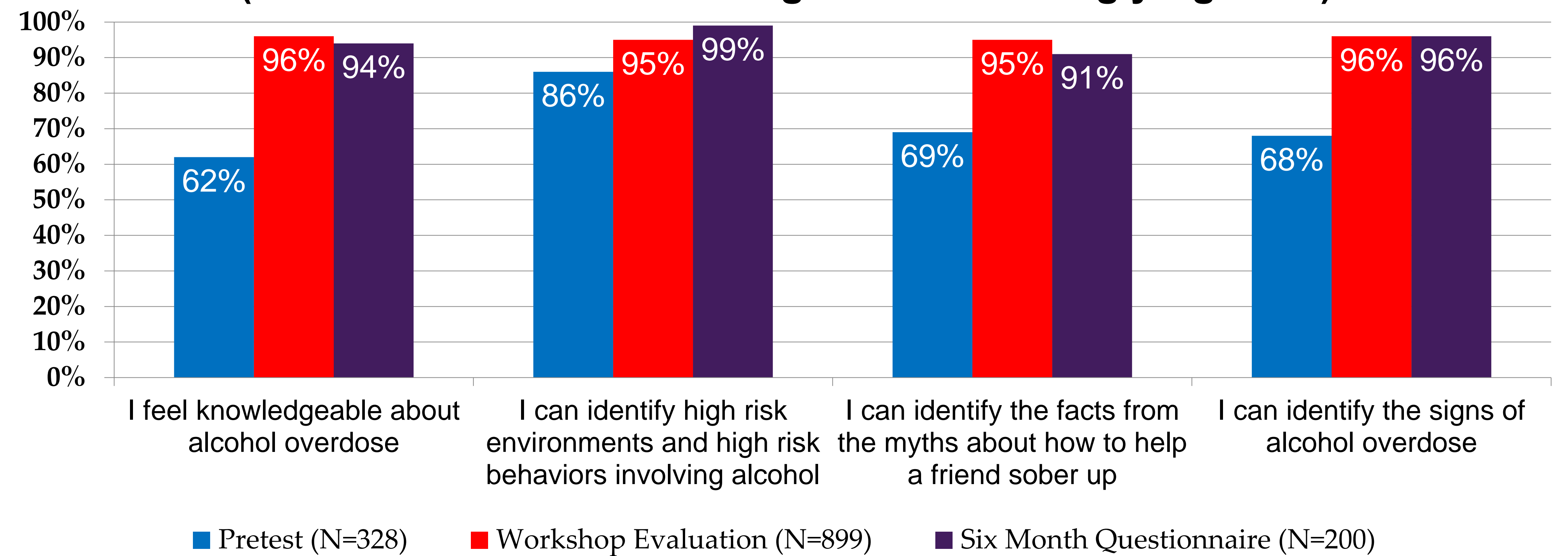
Six Month Questionnaire
(N = 200)

- An 87-question online instrument
- Re-measured knowledge and attitudes about alcohol overdoses and collected information about student experiences in high risk environments
- Voluntary

One Year Focus Groups
(N = 24)

- Eight interview questions explored how students used the training, how it affected their personal use of alcohol, and their level of commitment to intervene
- Voluntary

Self Reported Knowledge (Percent of Students who "Agreed" or "Strongly Agreed")



Results of Paired t-tests	Pretest Mean (SD)	Workshop Evaluation Mean (SD)	Difference	t	df	Sig. (2-tailed)
I feel knowledgeable about alcohol overdose	3.59 (0.88)	4.44 (0.55)	0.85	-12.721	192	.000
I can identify high risk environments and high risk behaviors involving alcohol	4.05 (0.74)	4.47 (0.58)	0.42	-6.804	192	.000
I can identify the facts from the myths about how to help a friend sober up	3.78 (0.87)	4.41 (0.57)	0.63	-8.585	192	.000
I can identify the signs of alcohol overdose	3.76 (0.85)	4.44 (0.538)	0.68	-10.418	192	.000

Response scale: 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, 5 = strongly agree

Signs of Alcohol Overdose Knowledge – Concern - Helped

Pretest (N = 328)			Signs	Six Month (N = 200)		
Knowledge	Concern	Helped		Knowledge	Concern	Helped
99%	4.90	32%	Cannot be roused/awakened	99%	4.99*	25%
97%	4.40	24%	Irregular breathing	99%	4.67*	18%
97%	3.91	82%	Vomiting	95%	3.86	87%
96%	4.49	19%	Low body temperature	97%	4.73*	14%
95%	4.30	66%	Passed out	96%	4.43	65%
93%	4.83	12%	Bluish skin color	97%*	4.95*	8%
90%	4.22	29%	Slow breathing	92%	4.47*	23%
79%	4.40	28%	Pale skin color	71%*	4.48	25%

Knowledge: % correctly identifying sign; Concern response scale: 1 = not at all concerned to 5 = extremely concerned; Helped: % helped one or more time; * P < .05

"There was a freshman boy throwing up at an after party for a show.. He passed out and his eyes were rolling back and he was unconscious on the floor. I made sure he wasn't just on his back so he wouldn't choke on, therefore I made sure he was on his side with his arm up. Then me and a few friends stayed with and called the police."