

### Clinical Summary: Screening and Behavioral Counseling Interventions to Reduce Unhealthy Alcohol Use in Adolescents and Adults

Population	Adults, including pregnant women	Adolescents
Recommendation	<b>Screen for unhealthy alcohol use and provide persons engaged in risky or hazardous drinking with brief behavioral counseling interventions.</b>  <b>Grade: B</b>	<b>No recommendation.</b>  <b>Grade: I (insufficient evidence)</b>

<b>Screening Tests</b>	Numerous brief screening instruments can detect unhealthy alcohol use with acceptable sensitivity and specificity in primary care settings. One- to 3-item screening instruments have the best accuracy for assessing unhealthy alcohol use in adults 18 years or older. These instruments include the AUDIT-C and the SASQ.
<b>Treatments and Interventions</b>	Brief behavioral counseling interventions were found to reduce unhealthy alcohol use in adults 18 years or older, including pregnant women. Effective behavioral counseling interventions vary in their specific components, administration, length, and number of interactions. The USPSTF was unable to identify specific intervention characteristics or components that were clearly associated with improved outcomes.
<b>Relevant USPSTF Recommendations</b>	The USPSTF has made recommendations on screening for and interventions to reduce the unhealthy use of other substances, including illicit drugs and tobacco.

For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents, please go to <https://www.uspreventiveservicestaskforce.org>.