

Funding: Past & Present

National Institute on Drug Abuse (NIDA)

A Selective Program for High School Seniors
2004-2009

Brief Positive Image Communications for Adolescents
2004-2008

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Brief Integrative Interventions for Adolescents
2007-2012

Randomized Trial of Stage-Based Primary Care Program
2000-2006

Staging High Potency Alcohol Beverage Consumption
2001-2005

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The AHB Research Institute is part of the College of Health & Human Performance's Department of Health Education & Behavior.



Addictive & Health Behaviors Research Institute



Developing efficacious strategies for preventing harm and promoting health among youth



UF UNIVERSITY of FLORIDA
The Foundation for The Gator Nation

About the Institute

Founded in 2004, the University of Florida's Addictive & Health Behaviors (AHB) Research Institute is located in Jacksonville, Florida, and is affiliated with the Department of Health Education & Behavior, College of Health & Human Performance. The AHB Research Institute is home to a range of health behavior researchers and practitioners, including Research Coordinators and Assistants, Research Communications Specialists, Trained Health Behavior Interventionists, and Collaborating Research Scientists.

The AHB Research Institute has been awarded over \$7 million in National Institutes of Health (NIH) funding to conduct research examining strategies to prevent harm and promote health among adolescents and young adults. This funding has led to studies that evaluate strategies found to significantly reduce alcohol, tobacco, and drug use problems, while increasing physical activity, nutritious eating, sleep, stress management, self-control, personal goal setting, and health-related quality of life among participating adolescents and young adults.



Project Highlights

The primary purpose of this National Institute on Drug Abuse (NIDA)



funded project is to test the feasibility and efficacy of innovative drug abuse prevention strategies using positive personal development messages for young people who are transitioning into adulthood. Preliminary results from this study indicate that brief image-based positive youth development interventions are feasible and have the potential to significantly impact problem and positive behaviors among high risk adolescents.



The primary aim of the National Institute on Alcohol Abuse and Alcoholism (NIAAA) funded project is to test the efficacy of innovative, brief alcohol abuse prevention strategies in the form of an interpersonal consultation, parent and youth communication materials, and a combined strategy, which integrate positive youth development messages and health risk messages for adolescents in diverse high school settings.

The primary purpose of this NIDA funded project is to test the efficacy of brief, innovative screening and preventive interventions using fitness and positive image communications for high-risk young adults in a university primary health care setting. Results indicate that brief interventions are acceptable to college students and have the potential to significantly impact multiple health promoting and risk habits of college-age youth.



Recent Publications

1. Moore, Michele J., & Werch, Chudley (2008). Relationship between vigorous exercise frequency and substance use among first year drinking college students. *Journal of American College Health*, 56(6), 686-690.
2. Price, Anna E., Werch, Chudley E., & Bian, Hui. (2007). An impact evaluation of two versions of a brief intervention targeting alcohol use and physical activity among adolescents. *Journal of Drug Education*, 37(4), 401-416.
3. Werch, Chudley, Bian, Hui, Moore, Michele J., Ames, Steve, DiClemente, Carlo C., & Weiler, Robert M. (2007). Brief multiple behavior interventions in a college student health care clinic. *Journal of Adolescent Health*, 41, 577-585.
4. Werch, Chudley (2007). The Behavior-Image Model: A paradigm for integrating prevention and health promotion in brief interventions. *Health Education Research*, 22(5), 677-690.
5. Moore, Michele J., & Werch, Chudley E. (2007). Results of a two-year longitudinal study of beverage-specific alcohol use among adolescents. *Journal of Drug Education*, 37(2), 107-122.
6. Glassman, Tavis J., Werch, Chudley E., & Jobli, Edessa (2007). Alcohol self-control behaviors of adolescents. *Addictive Behaviors*, 32(3), 590-597.
7. Werch, Chudley E., Jobli, Edessa, Moore, Michele J., DiClemente, Carlo C., Dore, Heather, & Brown, C. Hendricks. (2006). Do alcohol consumption patterns of adolescents differ by beverage type? *Journal of Child & Adolescent Substance Abuse*, 15(3), 45-62.
8. Werch, Chudley E., Grenard, Jerry L., Burnett, Jean-paul, Watkins, Julia A., Ames, Steve, & Jobli, Edessa (2006). Translation as a function of modality: The potential of brief interventions. *Evaluation & the Health Professions*, 29(1), 89-125.
9. Jobli, Edessa, Dore, Heather S., Werch, Chudley E., & Moore, Michele J. (2005). High potency and other alcoholic beverage consumption among adolescents. *Journal of Alcohol and Drug Education*, 49(4), 45-67.
10. Werch, Chudley E., Moore, Michele J., DiClemente, Carlo C., Bledsoe, Rhonda, & Jobli, Edessa (2005). A multi-health behavior intervention integrating physical activity and substance use prevention for adolescents. *Prevention Science*, 6(3), 213-226.