

Case study for the treatment of high-risk alcohol use in a collegiate athlete using family behavior therapy

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Alcohol use among college student athletes is a highly prevalent concern. Collegiate athletes are at high risk for engaging in drinking behavior and are more likely to have negative consequences related to alcohol use when compared to non-athletes. This study examines the impact of Family Behavior Therapy (FBT) interventions as part of a treatment program designed specifically for the at-risk student-athlete population. The participant is a NCAA football player with a DSM-IV diagnosis of Alcohol Abuse by history who volunteered to engage in interventions that are designed to reduce alcohol/substance use, manage HIV/STD risk, address psychiatric symptoms, improve sport performance, and optimize relationships with teammates, coaches, peers, and family. Traditional FBT interventions such as behavioral goals, performance planning, self-control, financial management, environmental control, and positive-request have been modified to incorporate aspects of athlete culture, as well as, to reduce stigma associated with substance use services. Multiple supportive others were incorporated over the course of treatment, both in-person and over the phone. The participant was administered a comprehensive test battery (i.e., sport interference, relationships with others, psychiatric symptoms, alcohol/substance use). In addition to baseline results from the test battery, ongoing assessments of on alcohol use, sport interferences, and relationships with coaches were given at each intervention meeting and the data from all assessment periods will be reported. Interventions were implemented based on athletes prioritized ranking and will be plotted based on an A-B design. The outcomes of this case study will display behavioral interventions.

Biography

Emma Swarzman obtained her AA in Psychology from College of Southern Nevada (CSN) in 2011. She will graduate with a BA on July 15th 2013 from the University of Nevada Las Vegas (UNLV). She served as the President of the Sociology Club at CSN helping raise funds for the Haiti Relief Fund, Safe House, and Safe Nest. Emma is currently the Senior Specialist in Data Management for The Optimum Performance Program in Sports (TOPPS) at UNLV. Her primary research interests include sports psychology, especially performance enhancement, motivation, and goal setting. She hopes to attend a doctoral program starting in Fall 2014.

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