Timeline Followback Method (Alcohol)

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| Acronym: | TLFB—Alcohol |
| Author/Developer : | Sobell, L.C., & Sobell, M.B., (1992). Timeline followback: A technique for assessing self-reported alcohol consumption. In R.Z. Litten & J. Allen (Eds.), *Measuring alcohol consumption: Psychosocial and biological methods* (pp. 41-72). New Jersey: Humana Press.  Sobell, L. C., & Sobell, M. B. (1995). Alcohol consumption measures. In J. P. Allen & M. Columbus (Ed.), *Assessing alcohol problems: A guide for clinicians and researchers.* (pp. 55-73). Rockville, MD: National Institute on Alcohol Abuse and Alcoholism.  Sobell, Linda C. & Sobell, Mark B.  Center for Psychological Studies  Nova Southeastern University  3301 College Ave.  Ft. Lauderdale, FL. 33314  sobelll@nova.edu |
| Publication dates: | 1992 and 1995 |
| Description / Type of Assessment: | The TLFB is a method for assessing recent drinking behavior. The TLFB can be administered by an interviewer, self-administered or administered by computer. It involves asking clients to retrospectively estimate their daily alcohol consumption over a time period ranging from 7 days to 24 months prior to the interview. |
| Primary use / Purpose: | Assessment (pre- and post-intervention) of alcohol use. |
| Domains measured / Life Areas / Problems Assessed: | Quantitative estimations of daily alcohol consumption. |
| Population: | Males and females 14 years of age and older in the general population and clinical samples. |
| Administration / Completion Time: | 10-30 minutes to complete, depending on the length of the interval being assessed. |
| Scoring Procedures: | TLFB provides a variety of variables and different estimations of individual consumption levels. |
| Scoring Time: | Not applicable. |
| Credentials/Training: | Minimum training is necessary. |
| Source of Psychometrics: | Sobell, Linda C. & Sobell, Mark B. (See address above). |
| Languages: | English, Spanish, French, Polish, Swedish |
| Availability /  **Inquiries:** | Linda C. Sobell (See address above). |

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| Price: | The paper-pencil version of the TLFB-Alcohol is copyrighted and there is no cost for its use. |
| Practicability / usefulness: | The TLFB can be used as a research tool to obtain a variety of quantitative estimates of alcohol use. It produces precise information on individual alcohol consumption.  These quantitative estimates and alcohol-consumption variables can be used to measure change in alcohol use levels in outcome monitoring and evaluation studies. In several studies, data obtained with a method like the TLFB have been sensitive to changes in alcohol consumption.  The TLFB can also be used in clinical settings as a motivational advice feedback tool to analyze clients’ alcohol use and to increase their motivation to change (e.g., feedback at assessment, comparative feedback such as before and during treatment). |
| Comments: | Over 100 articles have been published using the Alcohol TLFB as a clinical and research tool. References can be found in the literature reviews cited earlier. |