

### **Correlation between modes of drinking and modes of driving as reported by students at two American universities.**

Clapp JD; Shillington AM; Lange JE; Voas RB. *Accident Analysis and Prevention* 35(2): 161-166, 2003. (16 refs.)

This paper examines the correlates and predictors of driving under the influence behaviors (DUIBs) during the past month by college students. Measures of heavy episodic drinking, monthly drinking frequency, monthly drinking variance, monthly drinks per occasion and reported marijuana use are compared as predictors net of other predictive factors. A cross-sectional telephone survey was conducted with college students by a university social science research laboratory. Respondents attended two large public universities located in the southwestern part of the US. Participants included 803 randomly selected college students. The interview schedule included items from the Core Alcohol and Drug Survey and the College Alcohol Risk Assessment Guide. Several additional last-drinking-event items were also developed for the interview. Bivariate analyses indicate that marijuana use (past year), heavy episodic drinking, reports of DUIBs (driving under the influence or riding with a driver who is under the influence) in the past year, monthly frequency of drinking, the average number of drinks consumed when drinking and age are correlates of DUIBs during the past month. Multivariate analyses indicate past year DUIBs, monthly frequency of drinking and monthly marijuana use predicted recent DUIB. Copyright 2003, Elsevier Science Ltd.

### **Weight concerns, problem eating behaviors, and problem drinking behaviors in female collegiate athletes.**

Gutgesell ME; Moreau KL; Thompson DL. *Journal of Athletic Training* 38(1): 62-66, 2003. (30 refs.)  
Objective: To compare eating behaviors and alcohol drinking habits between 2 groups of female college students: varsity athletes and controls (nonathletes). Design and Setting: We obtained descriptive data using an anonymous, self-report survey instrument. The instrument assessed eating habits and behaviors as well as alcohol consumption and drinking behaviors. Subjects: One hundred forty-nine female varsity athletes and 209 female controls (nonathletes) from 2 National Collegiate Athletic Association Division I universities.

Measurements: Data collected included weight and desired weight, meal patterns, methods of gaining or losing weight, details of past or current eating problem, 2-week alcohol consumption quantity and frequency (binge drinking) and problem alcohol behaviors. Results: Compared to athletes, nonathletes ate fewer meals, more reported feeling that they were too heavy and lied about their weight-control practices. Neither group reported high rates of pathologic behaviors such as vomiting. Nearly 18% of athletes and 26% of controls reported a past or current eating disorder. Athletes did not differ from controls in reported 2-week alcohol consumption, including binge drinking (nearly 50% of both groups). Conclusions: Self-reported problem drinking and eating behaviors exist in both athletes and controls but not at different rates. This finding may be a result of coach, athletic trainer, and peer-group counseling at these 2 schools or a general trend for lower rates of unhealthy behaviors among female athletes.

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### **Pluralistic ignorance and health risk behaviors: Do college students misperceive social approval for risky behaviors on campus and in media?**

Hines D; Saris RN; Throckmorton-Belzer L.

*Journal of Applied Social Psychology* 32(12): 2621-2640, 2002. (26 refs.)

Pluralistic ignorance is a psychological state in which individuals believe that their own beliefs and feelings differ from others' in a group despite the fact that they all behave similarly (Miller & McFarland, 1991). For example, college students reported that they were less comfortable with campus drinking than were other students on their campus (Prentice & Miller, 1993). We replicated this finding and investigated whether college students would show this pluralistic ignorance effect for other health-related risk behaviors (smoking, sexual behavior, and illegal drug use). In addition, we tested whether media portrayals of these behaviors also might result in pluralistic ignorance. The results show that a significant effect of pluralistic ignorance occurred for all 4 health-related risk behaviors, both in ratings of campus behaviors and in ratings of media portrayals of these behaviors. Participants indicated that other students on their campus would have higher comfort ratings with campus patterns of smoking, drinking, illegal drug use, and sexual behaviors than their own comfort ratings. Participants also indicated that other

students would have higher comfort ratings with the same 4 behaviors as they are portrayed in the media than their own comfort ratings.

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### **Age of first intoxication, heavy drinking, driving after drinking and risk of unintentional injury among US college students.**

Hingson R; Heeren T; Zakocs R; Winter M; Wechsler H. *Journal of Studies on Alcohol* 64(1): 23-31, 2003. (30 refs.)

Objectives: This study explored whether college students who were first intoxicated by alcohol at ages younger than 19 are more likely to become alcohol dependent and frequent heavy drinkers, drive after drinking, ride with intoxicated drivers and be injured after drinking. It also investigated whether these results occur because these students believe they can drink more and still drive legally and safely. Method: In 1999, 14,138 of 23,751 full-time 4-year students from a random sample of 119 college and universities nationwide completed self-administered questionnaires (response rate: 60%). This analysis focused on 12,550 who were aged 19 or older. Respondents were asked the age at which they first got drunk, as well as questions about recent alcohol-related behaviors and consequences. Results: Compared with respondents first drunk at age 19 or older, those first drunk prior to age 19 were significantly more likely to be alcohol dependent and frequent heavy drinkers, to report driving after any drinking, driving after five or more drinks, riding with a driver who was high or drunk and, after drinking, sustaining injuries that required medical attention. Respondents first intoxicated at younger ages believed they could consume more drinks and still drive safely and legally; this contributed to their greater likelihood of driving after drinking and riding with high or drunk drivers. Conclusions: Educational, clinical, environmental and legal interventions are needed to delay age of first intoxication and to correct misperceptions among adolescents first drunk at an early age about how much they can drink and still drive safely & legally. Copyright 2003, Alcohol Research Documentation

### **College attendance and risk-related driving behavior in a national sample of young adults.**

Paschall MJ. *Journal of Studies on Alcohol* 64(1): 43-49, 2003. (14 refs.)

Objective: This study examined and sought to explain the relationship between college attendance and indicators of risk-related driving (drinking and driving, seatbelt use) among young adults who participated in the 1999 National Household Survey on Drug Abuse (NHSDA). Method: In-home interview data collected

from 11,549 18-25 year olds were analyzed to examine the relationship between full- or part-time college status, drinking and driving and seatbelt use. Logistic regression analyses were conducted to determine whether full- or part-time college attendance would be associated with drinking and driving and seatbelt use when adjusting for demographics and age of onset of alcohol use, and whether these relationships would be explained by place of residence (e.g., dormitory), psychosocial factors (e.g., propensity for risk taking, disapproval of driving after drinking) and past-month heavy drinking. Results: The prevalence of drinking and driving in the past year was highest for full-time college students (34.2%), followed by part-time students (32.8%) and other young adults (27.9%). Full-time students were also more likely to report always wearing a seatbelt as a driver (76.1%) or passenger (70.1%) than were part-time students (71.8%, 68.6%) and other young adults (62.7%, 56.7%). These relationships persisted when adjusting for demographic characteristics and age of onset of alcohol use. The higher level of drinking and driving among full-time students was partially explained by psychosocial factors and past-month heavy drinking, but the higher level of drinking and driving among part-time students was not explained by these variables. The higher levels of seatbelt use among full- and part-time college students were also not explained by place of residence, psychosocial factors or heavy drinking. Conclusions: College students are more likely than other young adults to drink and drive, but are also more likely to wear a seatbelt as a driver or passenger. This pattern of drinking and driving behavior may help to explain similar rates of fatal alcohol-related traffic crashes among college students and other young adults. Additional research is needed to better understand why college students are more likely to drink and drive and wear seatbelts than other young adults in the same age group.

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### **Considerations for more effective social norms based alcohol education on campus: An analysis of different theoretical conceptualizations in predicting drinking among fraternity men.**

Trockel M; Williams SS; Reis J. *Journal of Studies on Alcohol* 64(1): 50-59, 2003. (36 refs.)

Objective: Recent alcohol education campaigns targeting college students have focused on correcting the erroneous perception students have of the amount of alcohol their peers consume. This strategy is based on

assumptions that college students overestimate the amount of alcohol their peers consume and that correcting that misperception will lessen the pressure they feel to consume heavily. However, other theoretical constructs of normative influence may be as or more valuable in improving effectiveness of social norms based education for high-risk college students. This study evaluates the effects of three social normative influence factors on alcohol consumption among fraternity men. Method: Participants were 379 members of randomly selected chapters from two large student fraternity organizations. We used hierarchical linear models to analyze the predictive value of normative influence variables in explaining alcohol consumption differences, both across individuals within chapters and across chapters. Results: Perceived consumption norms and perceived subjective norms were significant predictors of alcohol consumption levels. Both normative influence variables are significant in predicting differences in consumption within chapters and across chapters of fraternity men. General approval of alcohol use did not account for significant variance within chapters in consumption or any unique variance in consumption between chapters. Conclusions: Perceived subjective norms as defined by long-standing behavior theory may provide an alternative and potentially more promising intervention target for this high-risk student population than does the current focus on correcting students' errors in estimating the amount of alcohol their peers consume. Copyright 2003, Alcohol Research Documentation, Inc

### **Measuring impaired driving behaviors of college students: Development and reliability of the impaired driving assessment.**

Usdan SL; Schumacher JE; McNamara C; Bellis JM. *American Journal of Health Studies* 18(1): 10-18, 2002. (39 refs.)

This study evaluated the test-retest reliability (n = 41) and the interrater reliability (n = 40) of data obtained using the Impaired Driver Assessment (IDA) with a sample of college students. Based on a modified version of the Timeline Followback method, which has been validated for obtaining retrospective estimates of alcohol consumption, the IDA attempts to enhance recall and retrospectively reconstruct data on impaired driving episodes and amount of alcohol consumed during a specific time interval. Subjects had reported drinking and driving at least twice during the previous month on a screening questionnaire. Application of the IDA involves recall-enhancing techniques such as "anchoring" (marking salient events on a calendar) and identifying specific elements of impaired driving

episodes. Factors recorded include drinking location, amount of alcohol consumed, time frame, and estimated blood alcohol content. Students who met the eligibility criteria were predominantly male and Caucasian. Results show good test-retest reliability and good interrater reliability for the IDA. Tabular data are included. Copyright 2002, University of Alabama.

### **Are relations between parental history of alcohol problems and changes in drinking moderated by positive expectancies?**

VanVoorst WA; Quirk SW. *Alcoholism: Clinical and Experimental Research* 27(1): 25-30, 2003. (25 refs.)

Background: Risk factors of alcohol abuse generally have been examined for their additive or direct effects on the development of alcohol-related problems. This study was designed to assess the interaction between two important predictors: parental history of alcohol problems and positive expectancies regarding alcohol consumption. Methods: The positive expectancies, reported parental alcohol problems, and alcohol use and problems of 169 first-year college students were assessed at their entrance to college, and their alcohol use and problems were assessed again approximately 3 months later. The main effects of positive family history and expectancies as well as their interaction in predicting changes in alcohol use and problems were examined in hierarchical regression analyses. Results: A parental history of alcohol-related problems was related to greater alcohol problems at the two assessment times, and positive expectancies for the effects of alcohol were related to both alcohol problems and alcohol use. The parental history x positive expectancies term significantly added to the prediction of changes in alcohol problems (8% incremental increase in explained variance) even after baseline problems were entered in a prior step in the equation. Follow-up exploration revealed that the interaction was accounted for by high levels of alcohol problems at time 2 being reported by those high in positive expectancies and reporting high parental alcohol problems. The parental history x positive expectancies interaction term also added slightly to the prediction of changes in alcohol use amounts but accounted for a modest 1% incremental variance. Conclusions: Reported parental history and positive alcohol expectancies interacted to predict increases in alcohol problems over the course of the first semester of college. These results suggest that risk factors for alcohol problems may conjointly interact to confer heightened risk. Such interactive models may further assist in identifying at risk young adults. Limitations

such as the reliance on self-report measures and the predominantly female sample are discussed. Copyright 2003, Research Society on Alcoholism.

### **Natural reduction of binge drinking among college students.**

Vik PW; Cellucci T; Ivers H. *Addictive Behaviors* 28(4): 643-655, 2003. (50 refs.)

Considerable evidence indicates that alcohol problems can resolve without formal treatment [Addiction 95 (2000) Clin. Psychol.: Sci. Pract. 5 (1998) 1]. Such changes, called "natural recovery," are not infrequent in the general population [Institute of Medicine. (1990). Broadening the base of treatment for alcohol problems. Washington, DC: National Academy Press]. The goal of this study was to determine if some college students with a history of binge drinking during high school reduced their bingeing without intervention while in college. A second goal was to identify individual characteristics that differentiate between current and reduced bingers. Ninety-one college students with a history of bingeing in high school and no prior drug treatment completed questionnaires about prior and current drinking. Results revealed that 22% of the students with a history of adolescent bingeing had reduced their alcohol consumption while still in college and without treatment. Key factors that differentiated between groups included marital status, church attendance, and outcome and efficacy expectancies. Copyright 2003, Elsevier Science

### ***Are There Differential Effects of Price and Policy on College Students' Drinking Intensity.***

Williams J; Chaloupka FJ; Wechsler H. National Bureau of Economic Research Working Paper No. w8702. Cambridge MA: National Bureau of Economic Research, 2002. (54 refs.)

This paper investigates whether college students' response to alcohol price and policies differ according to their drinking intensity. Individual level data on drinking behavior, price paid per drink, and college alcohol policies come from the student and administrator components of the 1997 and 1999 waves of the Harvard College Alcohol Study (CAS). Students drinking behavior is classified on the basis of the number of drinks they typically consume on a drinking occasion, and the number of times they have been drunk during the 30 days prior to survey. A generalized ordered logit model is used to determine whether key variables impact differentially the odds of drinking and the odds of heavy drinking. We find that students who faced a higher money price for alcohol are less likely to make the transition from abstainer to moderate drinker and moderate drinker to heavy drinker, and this effect is

equal across thresholds. Campus bans on the use of alcohol are a greater deterrent to moving from abstainer to moderate drinker than moderate drinker to heavy drinker. Available online [www.nber.org/papers/w8702](http://www.nber.org/papers/w8702)

### **Heavy drinking on Canadian campuses.**

Gliksman L; Adlaf EM; Demers A; Newton-Taylor B. *Canadian Journal of Public Health* 94(1): 17-21, 2003. (18 refs.)

Objective: To describe the prevalence and frequency of heavy drinking episodes among Canadian undergraduates. Methods: Data are drawn from the Canadian Campus Survey, a national mail survey, conducted in the fall of 1998, with a random sample of 7,800 students from 16 universities. Results: Overall, 62.7% and 34.8% of students reported consuming 5 or more drinks and 8 or more drinks, respectively, on a single occasion at least once during the fall semester. On average, drinkers reported having 5 or more drinks almost 5 times during the fall semester, and having 8 or more drinks almost twice during the same period. The groups reporting the highest rates of heavy drinking were males, those living in university residences, those with low academic orientation and those with high recreational orientation. Interpretation: Generally, this study has shown that heavy drinking is highly engrained in Canadian undergraduates' drinking patterns, and is related to a number of factors. These factors can be used to develop targeted prevention efforts. Copyright 2003, Canadian Public Health Association.

### **The relationship of alcohol outlet density to heavy and frequent drinking and drinking-related problems among college students at eight universities.**

Weitzman ER; Folkman A; Folkman KL; Wechsler H. *Health & Place* 9: 1-6, 2003. (14 refs.)

To determine whether alcohol outlet density was correlated with heavy and frequent drinking and drinking-related problems, we compared ecological measures of outlet density with survey measures of drinking using a geographic information system and the Harvard School of Public Health College Alcohol Survey (n=3,421, site n=8). We identified 966 outlets within 8 2-mile study areas. Densities/site ranged from 32 to 185. Density was correlated with heavy drinking (r=0.82, p=0.01), frequent drinking (r=0.73, p=0.04) and drinking-related problems (r=0.79, p=0.02). Women, underage students and students who picked up binge drinking in college were affected. Implication for prevention and research are discussed.

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