

### **Excessive drinking in college: Behavioral outcome, not binge, as a basis for prevention.**

Alexander EN; Bowen AM. *Addictive Behaviors* 29(6): 1199-1205, 2004. (13 refs.)

The dichotomous variable "binge drinking" and its associated outcomes may be insufficient for understanding the drinking phenomenon on college campuses. The current study examined the behavioral outcomes associated with different drinking nights (light, typical, and heavy) in an effort to more closely examine collegiate drinking behavior. Data were collected from 236 university students, including hourly drinking rate, estimated blood alcohol concentration (BAC) was computed, and outcomes for each drinking night. Students reported drinking behavior that ranged from weekly "light night" drinking (average: 2.85 drinks, 3.34 h, end of night BAC = 0.0401/0) to biweekly "heavy nights" (average: 9.91 drinks, 4.93 h, end of night BAC = 0.25%). Students report encountering the greatest number of negative outcomes during heavy drinking nights, while light nights were found to have the fewest associated negative outcomes. Positive outcomes were highest on "typical" nights, although effect sizes were small. These data suggest that prevention efforts may be more successful if types of drinking night and positive outcomes become a stronger focus. Limitations and directions for future programming and research are discussed. (C) 2004 Elsevier Ltd. All rights reserved. Copyright 2004, Elsevier Science Ltd.

### **Brief alcohol interventions with mandated or adjudicated college students.**

Barnett NP; Tevyaw TO; Fromme K; Borsari B; Carey KB; Corbin WR et al. *Alcoholism: Clinical and Experimental Research* 28(6): 966-975, 2004. (63 refs.)

This article summarizes the proceedings of a symposium presented at the 2003 RSA Meeting in Ft. Lauderdale, Florida, organized and chaired by Nancy Barnett. The purpose of the symposium was to present information and efficacy data about approaches to brief intervention with students who get into trouble on their campuses for alcohol and as a result are required to attend alcohol education or counseling. Presentations were (1) Differences Between Mandated College Students and Their Peers on Alcohol Use and Readiness to Change, by Tracy O'Leary Tevyaw; (2) An Effective Alcohol Prevention Program for Mandated College Students, by Kim Fromme; (3) Two Brief Alcohol Interventions for a Referred College Population, by Kate Carey; and (4)

Brief Motivational Intervention With College Students Following Medical Treatment or Discipline for Alcohol, by Nancy Barnett. The data presented in this symposium indicated that students who are evaluated or disciplined for alcohol use are on average heavy drinkers who drink more heavily than their closest peers. Brief intervention approaches described by the speakers included group classroom sessions, individual motivational intervention, individual alcohol education, and computerized alcohol education. Reductions in consumption and problems were noted across the various intervention groups. Brief motivational intervention as a general approach with mandated students shows promise in that it reduced alcohol problems in a group of mandated students who were screened for being at risk (in the Borsari and Carey study) and increased the likelihood that students would attend further counseling (in the Barnett study). Copyright 2004, Research Society on Alcoholism. Used with permission.

### **Sexual experiences associated with participation in drinking games.**

Johnson TJ; Stahl C. *Journal of General Psychology* 131(3): 304-320, 2004. (33 refs.)

The results of previous research suggest that participation in drinking games may be associated with sexual aggression, but the specific sexual behaviors involved have not been identified. In the present study, the authors attempted to identify specific sexual experiences associated with drinking games. Both men and women reported being taken advantage of sexually during or after play, including someone having sex with them when they were too drunk to give consent. Few women admitted to being perpetrators, but many men reported multiple instances of perpetration. Greater alcohol consumption predicted more sexual experiences in women. In men, sexual motives for playing drinking games were the best predictor of sexual behavior. Alcohol and sexual-assault prevention programs may need to consider the role of drinking games in sexual victimization. Copyright 2004, Heldref Publications.

### **Validity of the Alcohol Use Disorders Identification Test in college students.**

Kokotailo PK; Egan J; Gangnon R; Brown D; Mundt M; Fleming M. *Alcoholism: Clinical and Experimental Research* 28(6): 914-920, 2004. (27 refs.)

Background: High-risk alcohol use among college students is associated with accidents, partner violence,

unwanted sexual encounters, tobacco use, and performance issues. The identification and treatment of high-risk drinking students is a priority for many college campuses and college health centers. The goal of this study was to test the psychometric properties of the Alcohol Use Disorders Identification Test (AUDIT) in college students. Methods: A convenience sample of students coming into a college health clinic was asked to complete the 10-question AUDIT and then participate in a research interview. The interview focused on assessing students for alcohol abuse and dependence by using the Composite International Diagnostic Interview Substance Abuse Module and timeline follow-back procedures to assess a 28-day drinking history. Results: A total of 302 students met the eligibility criteria and agreed to participate in the study. The sample consisted of 185 females (61%) and 117 males (39%), with a mean age of 20.3 years. Forty students were abstinent, 88 were high-risk drinkers, and 103 met criteria for a 12-month history of dependence. Receiver operator curves demonstrated that the AUDIT had the highest area under the curve for detecting high-risk alcohol use (0.872) and the lowest for identifying persons with a lifetime history of alcohol abuse or dependence (0.775). An AUDIT cutoff score of 6 or greater demonstrated a sensitivity of 91.0% and a specificity of 60.0% in the detection of high-risk drinkers. Conclusions: The AUDIT has reasonable psychometric properties in sample of college students using student health services. This study supports the use of the AUDIT in this population. Copyright 2004, Research Society on Alcoholism. Used with permission.

**Targeting misperceptions of descriptive drinking norms: Efficacy of a computer-delivered personalized normative feedback intervention.**

Neighbors C; Larimer ME; Lewis MA. *Journal of Consulting and Clinical Psychology* 72(3): 434-447, 2004. (60 refs.)

The authors evaluated the efficacy of a computer-delivered personalized normative feedback intervention in reducing alcohol consumption among heavy-drinking college students. Participants included 252 students who were randomly assigned to an intervention or control group following a baseline assessment. Immediately after completing measures of reasons for drinking, perceived norms, and drinking behavior, participants in the intervention condition were provided with computerized information detailing their own drinking behavior, their perceptions of typical student drinking, and actual typical student drinking. Results indicated that normative feedback was effective in changing perceived norms and alcohol consumption at 3- and 6-month follow-up

assessments. In addition, the intervention was somewhat more effective at 3-month follow-up among participants who drank more for social reasons. Copyright 2004, American Psychological Association.

**Relationship of onset of cigarette smoking during college to alcohol use, dieting concerns, and depressed mood: Results from the Young Women's Health Survey.**

Saules KK; Pomerleau CS; Snedecor SM; Mehringer AM; Shadle MB; Kurth C et al. *Addictive Behaviors* 29(5): 893-899, 2004. (15 refs.)

To investigate the issue of smoking initiation during college, we administered a survey of women's health behavior to college women during freshman orientation, at the end of their freshman year and again during their senior year. Never smokers (NS; n=374), early-onset smokers (EOS; n=52), and late-onset smokers (LOS; n=64) were compared on dieting concerns, mood problems, alcohol-related problems, and frequency of binge drinking episodes. By the senior year of college, 55% (64/116) of those who had smoked in the past month had started smoking during college, although they were more likely than never smokers to have experimented with cigarettes prior to college. Escalating depression during the first year of college, dieting concerns, and alcohol-related problems were significant risk factors for smoking initiation during college, while binge drinking appeared to covary with cigarette smoking. Results suggest that prevention efforts should target nonsmokers with high dieting concerns and escalating depression early in college, while intervention efforts may need to target not only smoking but also problematic alcohol use among smoking college women. Copyright 2004, Elsevier Science Ltd.

**2003 Carolyn Sherif Award address: What college women do and do not experience as rape.**

Kahn AS. *Psychology of Women Quarterly* 28(1): 9-15, 2004. (19 refs.)

College women who did (n = 33) and did not (n = 56) label their sexual assault experience as rape provided written descriptions of their sexual assaults. From these descriptions we identified eight different sexual assault situations. Women who labeled their experience as rape were most likely to have been assaulted forcefully by an acquaintance, awakened to an acquaintance performing sexual acts on them, or experienced the assault as a child. Women were least likely to call their experience rape if they submitted to a whining, begging boyfriend, gave in to a man because of being emotionally needy, were assaulted by a boyfriend, were severely impaired by alcohol or drugs and unable to resist, or were forced to

engage in oral or digital sex. Observers who read these descriptions generally agreed with the victims regarding whether or not the experience constituted rape, although they could not agree on whether or not forced oral or digital intercourse or forced intercourse by a boyfriend constituted rape. Copyright 2004, Cambridge University Press.

#### **A national survey of alcohol screening and referral in college health centers.**

Foot J; Wilkens C; Vavagiakis P. *Journal of American College Health* 52(4): 149-157, 2004. (55 refs.)

To determine the extent and nature of alcohol screening and referral services provided by college health centers, the authors conducted a state-stratified, random sampling of 25% of 327 4-year accredited US colleges and universities with health centers. Of the 249 survey respondents, 32% routinely screened students for alcohol use. Urban, public, and large institutions were most likely to screen routinely. Only 11.7% of the sample reported they used standardized instruments, predominantly the CAGE. The health centers used an average of 3.4 referral options, but only 27.5% offered students access to campus programs specifically designed for students who are substance abusers. Findings suggest that the majority of college health centers are not providing routine alcohol screening for students or using standardized screening instruments. In addition, students are often referred to services that may be inappropriate or ineffective in addressing the needs of college drinkers. Copyright 2004, Heldref Publications.

#### **Heavy episodic drinking and college entrance.**

Hartzler B; Fromme K. *Journal of Drug Education* 33(3): 259-274, 2003. (25 refs.)

The college environment appears to encourage heavy drinking. Consequently, correlates of student drinking were assessed at college entrance. First-semester freshmen (N = 520, 54 percent women) completed self-report measures of social affiliation and self/peer drinking for high school and college. Analyses indicated that: 1) increased drinking at college entrance mirrored perceived increases by peers, 2) perceptions of peer drinking were robustly overestimated with women displaying the larger overestimation bias; and 3) social affiliation was associated with men's drinking and moderated its relation to perceived peer drinking at college entrance. These results advance understanding of the manner in which heavy drinking patterns emerge as men and women enter college, and campus programs that consider these factors may better promote health and reduce the harms associated with heavy drinking among college students. Copyright 2003, Baywood Publishing Co. Inc.

#### **Relationships among alcohol consumption, drug use, and goal orientation among college students in the southeastern.**

Ginn SR. *Psychological Reports* 94(2): 411-421, 2004. (24 refs.)

Students attending 2 different universities completed a Goals Inventory as well as a self-report survey designed to address their use of alcohol and other drugs. University 1 was a large, public state-supported school that did not restrict alcohol use. From this university were 30 male and 77 female students who ranged in age from 18-25 years (M = 20 yr.). University 2 was a small, private church-affiliated school that enforced a no-alcohol-on-campus policy. This sample included 41 male and 50 female students, whose ages ranged from 18-24 years (M = 19 yr.). More than half of the sample at each school had consumed alcohol at some time. While men drank more than women at University 1, the sex-ratio at University 2 was not different. Students at University 2 had higher learning and performance goal scores, alcohol-use scores, and drug-abuse scores than those at University 1. Students at University 2 had higher alcohol-abuse scores. Learning goal orientation was inversely related to alcohol-abuse behaviors but only at University 1. General alcohol use was inversely related to learning goal orientation at University 2. Students at both universities reported drinking to relieve tension. Those with a learning goal orientation were reportedly not drinking excessive amounts of alcohol. However, the relationship between alcohol use and abuse and performance is unclear because students had high performance scores at both universities along with high alcohol-use scores. Copyright 22004, Psychological Reports Inc.

#### **Up close and personal: Temporal variability in the drinking of individual college students during their first year.**

Del Boca FK; Darkes J; Greenbaum PE; Goldman MS. *Journal of Consulting and Clinical Psychology* 72(2): 155-164, 2004. (29 refs.)

Surveys have documented excessive drinking among college students and tracked annual changes in consumption over time. This study extended previous work by examining drinking changes during the freshman year, using latent growth curve (LGC) analysis to model individual change, and relating risk factors for heavy drinking to growth factors in the model. Retrospective monthly assessments of daily drinking were used to generate weekly estimates. Drinking varied considerably by week, apparently as a function of academic requirements and holidays. A 4-factor LGC model adequately fit the data. In univariate analyses, gender, race/ethnicity, alcohol expectancies, sensation seeking,

residence, and data completeness predicted growth factors ( $ps < .05$ ); gender, expectancies, residence, and data completeness remained significant when covariates were tested simultaneously. Substantive, methodological, and policy implications are discussed. Copyright 2004, American Psychological Association, Inc.

### **Why drink less? Diffidence, self-presentation styles, and alcohol use among university students.**

Korn ME; Maggs JL. *Journal of Youth and Adolescence* 33(3): 201-211, 2004. (49 refs.)

Through the theoretical lens of the self-presentation model, this paper addresses conflicting results from past research on the links between the components of diffidence (i.e., high levels of introversion and loneliness, and low levels of self-esteem) and alcohol use among undergraduate college students ( $N = 548$ ). Correlational and multiple regression analyses were used to examine whether protective and acquisitive self-presentation expectancies about the effects of alcohol act as suppressing variables in the relationship between diffidence and alcohol use. Results supported the suppression hypothesis. A negative relationship between diffidence and alcohol use was revealed when self-presentation expectancies about the effects of alcohol were controlled statistically. The self-presentation model may provide new theoretical insights into the links between alcohol expectancies and alcohol use. Implications for campus-based intervention programs are discussed. Copyright 2004, Kluwer Academic.

### **Change in diet, physical activity, and body weight in female college freshman.**

Butler SM; Black DR; Blue CL; Gretebeck RJ. *American Journal of Health Behavior* 28(1): 24-32, 2004. (33 refs.)

Objective: To examine diet, physical activity, and body-weight changes associated with relocation from home to university. Methods: Diet, fitness/physical activity, body-weight parameters and self-efficacy were assessed among 54 freshman women upon college entry and 5 months later. Results: Although caloric intake significantly decreased, a significant increase occurred in body-weight parameters that may be attributed to significant decreases in total physical activity. Conclusions: Interventions are needed aimed at increasing physical activity; improving diet quality related to consumption of vegetables, fruits, breads and pasta, and meats; and decreasing alcohol consumption. Copyright 2004, PNG Publications.

### **Colleges respond to student binge drinking: Reducing student demand or limiting access.**

Wechsler H; Seibring M; Liu IC; Ahl M. *Journal of American College Health* 52(4): 159-168, 2004. (22 refs.) Administrators at 68% of 4-year colleges nationwide ( $N = 747$ ) responded to a survey concerning the types of programs and policies they used in response to students' heavy drinking. Most schools conducted targeted alcohol education and invested in institutional prevention efforts; half conducted social norms campaigns; a sizeable minority restricted alcohol on campus. Schools that focused on demand reduction were less likely to ban alcohol use. One in 3 schools received funding for these programs from governmental agencies, and 1 in 5 from the alcohol industry. Such schools were more likely to conduct targeted alcohol education and social norms programs and were less likely to restrict alcohol use on campus or at college events. Colleges may want to reconsider prevention initiatives that focus exclusively on demand or supply. They may also want to examine the extent to which funding is the driving force shaping the direction of their alcohol initiatives. Copyright 2004, Heldref Publications.

### **Profiling the druggie lifestyle: Characteristics related to southern college students' use of illicit drugs.**

Mustaine EE; Tewksbury R. *Sociological Spectrum* 24(2): 157-189, 2004. (67 refs.)

Drawing on self-report survey data from a sample of 1,218 Southern college/university students collected in 1998, this study examines the relationship of demographics, family and background statuses, peer influences, experiences of alcohol and tobacco use, and academic activities as they influence the use of illicit drugs. Separate examinations are conducted to construct the profile of individuals who use marijuana only and those who use harder (i.e., cocaine, stimulants, LSD, opiates, ecstasy) drugs. Results reveal that marijuana-only users received little/inconsistent supervision as children, are members of fewer social clubs/organizations, are more likely to skip class, smoke, party with friends, get drunk often, and get drunk in public. Harder drug users report little/inconsistent supervision as children, getting drunk frequently and in public, are less far along in their schooling, spend their leisure time partying at friends' homes or bars where they are regulars, and/or going to concerts, and/or attending club functions, and are tobacco smokers. Copyright 2004, Taylor and Francis, Inc.