

# Library Watch on colleges

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## **Patterns of ephedra and other stimulant use in collegiate hockey athletes.**

Bents RT; Marsh E. *International Journal of Sport Nutrition and Exercise Metabolism* 16(6): 636-643, 2006. (16 refs.)

This study examined trends in stimulant use and attitudes toward use among American collegiate hockey athletes. All 139 players in one college hockey conference completed a comprehensive questionnaire. Over half of the athletes (51.8%) confirmed stimulant use before a hockey game or practice. About half of the respondents (48.5%) reported having used ephedra at least one time to improve athletic performance. Additionally, 17.4% reported using pseudoephedrine to improve performance in the 30 days prior to survey administration. Over half (55.4%) were aware of the recent national ban on ephedra. Fifty-nine percent stated the national ban made them less likely to use ephedra products. The majority of athletes began use prior to college. Coaches, athletic trainers, and team physicians should be aware of athletes' patterns of stimulant use. Improved educational efforts directed at younger athletes are necessary to deter abuse of metabolic stimulants. Copyright 2006, Human Kinetics Publishing.

## **Help seeking for alcohol problems in a college population.**

Cellucci T; Krogh J; Vik P. *Journal of General Psychology* 133(4): 421-433, 2006. (30 refs.)

Despite the availability of effective treatments for problem drinkers, only a minority seek professional assistance. The authors investigated the influences on help seeking for alcohol-related difficulties in two separate studies. In Study 1, 59 men and 74 women completed questionnaires regarding their alcohol use, related problems, readiness to change, and help-seeking interest. The authors also developed a measure of stigma related to alcohol help seeking. Problem recognition, anxiety symptoms, and stigma predicted a global rating of help-seeking. Students (22 men and 60 women) participated in Study 2, which incorporated a multi-item measure of help-seeking intentions as well as attitude and personality measures. Positive attitudes, less perceived stigma, and greater self-efficacy increased help seeking. The findings highlight the importance of both approach and avoidance factors

that affect help-seeking decisions, and the authors suggest directions for further research. Copyright 2006, Heldref Publications.

## **Are drinking games sports? College athlete participation in drinking games and alcohol-related problems.**

Grossbard J; Geisner IM; Neighbors C; Kilmer JR; Larimer ME. *Journal of Studies on Alcohol* 68(1): 97-105, 2007. (31 refs.)

Objective: Studies indicate greater heavy episodic drinking and related consequences for college student-athletes compared with nonathletes. Surprisingly, little research has examined college athletes' participation in drinking games, a context associated with excessive alcohol consumption and negative alcohol-related consequences in college students. Method: We examined how drinking game participation contributes to alcohol consumption and alcohol-related consequences among college-level intramural and intercollegiate athletes compared with nonathletes in two independent samples. Study 1 consisted of 1,395 randomly selected students (61% women) at a West Coast college campus, including 335 students who reported intramural athletic participation. Study 2 consisted of 6,055 randomly selected college students (63% women) from three college campuses, including 1,439 intramural athletes and 317 intercollegiate athletes. Results: Results of Study 1 indicated that intramural athletes consumed significantly more drinks per week, had significantly higher typical and peak blood alcohol concentration levels, and reported more negative consequences than nonathletes. Drinking game participation mediated the relationship between intramural athlete status and measures of consumption and consequences. Results of Study 2, including both intramural and intercollegiate athletes, were consistent with those of Study 1, revealing drinking game participation as a mediator of the relationships between athlete status and alcohol consumption and consequences. Conclusions: Drinking games represent contexts for college athletes to engage in heavy episodic drinking, and participation in drinking games mediates the relationship between alcohol consumption and negative consequences in athletes. Interventions targeted at college athletes should

consider the impact of drinking game participation. Copyright 2007, Alcohol Research Documentation.

**An intervention program for university students who have parents with alcohol problems: A randomized controlled trial.**

Hansson H; Rundberg J; Zetterlind U; Johnsson KO; Berglund M. *Alcohol and Alcoholism* 41(6): 655-663, 2006. (78 refs.)

**Aim:** To study the effects of alcohol and coping intervention among University students who have parents with alcohol problems. **Methods:** A total of 82 university students (56 women and 22 men, average age 25) with at least one parent with alcohol problems were included. The students were randomly assigned to one of three programs: (i) alcohol intervention program, (ii) coping intervention program, and (iii) combination program. All programs were manual based and individually implemented during two 2-h sessions, 4 weeks apart. This assessment contained both a face-to-face interview and six self-completion questionnaires; AUDIT, SIP, EBAC, coping with parents' abuse questionnaire, SCL-90 and ISSI. **Follow-up interviews** were conducted after 1 year. **Results:** All participants finished the baseline assessment, accepted and completed the intervention, while 95% of the students completed the 12-month follow-up assessment. The two groups that received alcohol intervention improved their drinking pattern significantly more than the group that did not receive alcohol intervention [change of standardized scores - 0.27 (CI -0.53 to -0.03)]. The groups receiving coping intervention did not differ from the group not receiving coping intervention concerning their ability to cope with their parents' alcohol problems. Nor did they differ regarding changes in their own mental health or in their social interaction capacity. **Conclusion:** The intervention improved drinking patterns in adult children of alcoholics. Copyright 2006, Medical Council on Alcohol.

**Screening and brief intervention online for college students: The ihealth study.**

Saitz R; Palfai TP; Freedner N; Winter MR; MacDonald A; Lu J et al. *Alcohol and Alcoholism* 42(1): 28-36, 2007. (51 refs.)

**Aims:** To test the feasibility of online alcohol screening and brief intervention by comparing (i) two approaches to inviting all students to be screened, and (ii) a minimal versus a more extensive brief intervention. **Methods:** Freshmen students at one university were randomized to receive one of two types of email invitations to an online anonymous: (i) general health assessment, or (ii) alcohol-specific

assessment. All were linked to the same alcohol screening survey. Those with unhealthy alcohol use (AUDIT  $\geq 8$ ) were randomly assigned to minimal or more extensive online alcohol brief intervention. **Results:** In both invitation groups (4008 students), 55% of students completed the online screening. Overall, 37% of men and 26% of women had unhealthy alcohol use. Compared to minimal brief intervention, more extensive brief intervention was associated with intention to seek help among men and with a greater increase in readiness to change among women. One month after brief intervention, 75% of students completed another assessment, 33% of women and 15% of men with unhealthy alcohol use at baseline no longer had unhealthy alcohol use. There were no significant differences on drinking measures by brief intervention randomization group. **Conclusions:** Over half of an entire freshman class of college students were reached by email and completed alcohol screening and brief intervention. Even an alcohol-specific invitation did not deter students. Although brief interventions that differed had some gender specific effects on readiness to change and intention, in general, unhealthy alcohol use decreased after brief intervention. Web screening and brief intervention show promise for addressing unhealthy alcohol use by college students. Copyright 2007, Oxford University Press.

**Classifying risky-drinking college students: Another look at the two-week drinker-type categorization.**

LaBrie JW; Pedersen ER; Tawalbeh S. *Journal of Studies on Alcohol* 68(1): 86-90, 2007. (26 refs.)

**Objective:** The present study examined the effectiveness of the 2-week period currently used in the categorization of heavy episodic drinking among college students. Two-week drinker-type labels included the following: nonbinge drinker, binge drinker, and frequent binge drinker. **Method:** Three samples of college student drinkers (104 volunteers, 283 adjudicated students, and 238 freshmen male students) completed the 3-month Timeline Followback assessment of drinking. Drinking behavior during the last 2 weeks of the month before the study was compared with drinking behavior during the first 2 weeks of the same month to compare behavior and resulting labels during both 2-week periods. **Results:** Inconsistencies existed in drinker-type labels during the first 2 weeks of the month and the last 2 weeks of the month for all three samples. Between 40% and 50% of participants in the three samples were classified as a different drinker type across the month. Nonbinge drinkers experienced a wide range of

alcohol-related problems, and much variation existed among the frequent-binge-drinker label. Conclusions: The results suggest that the current definition needs to be modified to accurately identify risky-drinking college students. Expanding the assessment window past 2 weeks of behavior, as well as developing different classification schemes, might categorize risky drinkers more accurately. Copyright 2007, Alcohol Research Documentation.

**Healthy research perspectives: Incorporating college student experiences with alcohol.**

Casper MF; Child JT; Gilmour D; McIntyre KA; Pearson JC. *Health Communication* 20(3): 289-298, 2006. (36 refs.)

College student alcohol consumption is pervasive and problematic at most U.S. college and university campuses. This study focuses on understanding college students who consume high levels of alcohol, providing healthy insight into what have been perceived by researchers as unhealthy behaviors. Researchers conducted 6 mediated focus group discussions. Five strategies are warranted: normalize alcohol consumption, consider alcohol socialization practices used in other cultures, educate parents about the importance of their role, modify current high school alcohol education strategies, and provide student responsibility through peer interaction. Copyright 2006, Lawrence Erlbaum Associates.

**High-risk drinking among college fraternity members: A national perspective.**

Caudill BD; Crosse SB; Campbell B; Howard J; Luckey B; Blane HT. *Journal of American College Health* 55(3): 141-155, 2006. (51 refs.)

This survey, with its 85% response rate, provides an extensive profile of drinking behaviors and predictors of drinking among 3406 members of one national college fraternity, distributed across 98 chapters in 32 states. Multiple indexes of alcohol consumption measured frequency, quantity, estimated blood alcohol concentration levels (BACs), and related problems. Among all members, 97% were drinkers, 86% binge drinkers, and 64% frequent binge drinkers. On the basis of self-reports concerning the 4 weeks preceding the time of survey, the authors found that members drank on an average of 10.5 days and consumed an average of 81 drinks. Drinkers had an average BAC of 0.10, reaching at least 0.08 on an average of 6 days. These fraternity members appear to be heavier drinkers than previously studied fraternity samples, perhaps because they were more representative and forthright. All 6 preselected demographic attributes of members and 2 chapter characteristics were

significantly related to the drinking behaviors and levels of risk, identifying possible targets for preventive interventions. Copyright 2006, Heldref Publications.

**Risk factors and consequences of unwanted sex among university students: Hooking up, alcohol, and stress response.**

Flack WF; Daubman KA; Caron ML; Asadorian JA; D'Aureli NR; Gigliotti SN et al. *Journal of Interpersonal Violence* 22(2): 139-157, 2007. (24 refs.)

This is the first study of unwanted sexual experiences in the collegiate "hooking-up" culture. In a representative sample of 178 students at a small liberal arts university. Twenty-three percent of women and 7% of men surveyed reported one or more experiences of unwanted sexual intercourse. Seventy-eight percent of unwanted vaginal, anal, and oral incidents took place while- "hooking up," - whereas 78% of unwanted fondling incidents occurred at parties or bars. The most frequently endorsed reason for unwanted sexual intercourse was impaired judgment due to alcohol. The most frequently endorsed reason for unwanted fondling was that it happened before the perpetrator could be stopped. Of those affected by unwanted sexual intercourse or unwanted fondling, 46.7% and 19.2% reported unwanted memories, 50% and 32.7% reported avoidance and numbing responses, and 30% and 26.9% reported hyperarousal responses, respectively. A preliminary model of unwanted sex and collegiate social dynamics is proposed to provide a heuristic for further research. Copyright 2007, Sage Publications.

**Effective message design targeting college students for the prevention of binge-drinking: Basing design on rebellious risk-taking tendency.**

Lee MJ; Bichard SL. *Health Communication* 20(3): 299-308, 2006. (46 refs.)

This study examined the responses of college students who were exposed to different types of episodic stories related to drinking (gender-consistent vs. gender-inconsistent condition) and their intention to modify risky behavior (binge drinking) based on their rebellious risk-taking tendency. Self-report measures, such as intention to modify drinking behavior and reaction to the message were measured. Eighty-two college students between the ages of 19 and 23 years participated in a posttest-only group design experiment. Results suggested that rebellious participants were less afraid of the dangers of binge drinking than those who were low in rebelliousness for the gender-consistent condition. Regardless of the

level of rebelliousness, the participants who were in the gender-consistent (increased relevance) condition produced higher recognition scores than those who were in the gender-inconsistent condition. However, the rebellious participants who were in the gender-inconsistent condition exhibited a higher level of intention to change their drinking behavior than did those in the gender-consistent condition. Copyright 2006, Lawrence Erlbaum Associates.

### **Impaired control and undergraduate problem drinking.**

Leeman RF; Fenton M; Volpicelli JR. *Alcohol and Alcoholism* 42(1): 42-48, 2007. (38 refs.)

Aims: Impaired control, one of the hallmarks of addiction, is also one of the earliest dependence symptoms to develop. Thus impaired control is particularly relevant to undergraduates and other young adults with relatively brief drinking histories. The main goal of this study was to determine whether impaired control predicted heavy episodic drinking and alcohol-related problems cross-sectionally in an undergraduate sample after controlling for gender, family history of alcohol and drug problems, and several other established predictor variables from the undergraduate alcohol literature. Methods: A sample of first-year undergraduates (n = 312) completed Part 2 of the Impaired Control Scale (ICS) and other measures related to alcohol use as part of a larger study on problem drinking in undergraduates. Results: Scores on Part 2 of the ICS predicted heavy episodic drinking and alcohol-related problems cross-sectionally even after controlling for all other predictor variables. Notably, impaired control was a stronger predictor of alcohol-related problems than overall weekly alcohol consumption. Part 2 of the ICS was found to be a reliable and valid measure for use with undergraduates. Conclusions: These findings support the notion that impaired control is one of the earliest dependence symptoms to develop. The ICS is an effective tool for identifying young adults at risk for problem drinking. Copyright 2007, Oxford University Press.

### **An exploratory study of socio-cultural factors contributing to prescription drug misuse among college students.**

Quintero G; Peterson J; Young B. *Journal of Drug Issues* 36(4): 903-931, 2006. (56 refs.)

Although recent increases in collegiate prescription drug misuse have generated a great deal of concern, there are few analyses available that examine the sociocultural factors influencing these trends. This article attempts to address this gap in knowledge by providing an analysis of several socio-cultural factors

influencing pharmaceutical misuse by college students. Prescription drugs are put to a number of different purposes in the collegiate setting, including self-medication, socio-recreation, and academic functioning. Such misuse is acceptable in a social context where individuals deliberately attempt to experiment with drugs. Widespread knowledge regarding effects, dosages, and compatibilities with other drugs, coupled with the extensive availability of pharmaceuticals in collegiate social circles, makes this class of drugs an attractive alternative to other psychoactive substances. These factors underscore several implications for substance abuse prevention efforts on college campuses and suggest a number of important issues for further research. Copyright 2006, Journal of Drug Issues, Inc.

### **Life events and peer substance use and their relation to substance use problems in college students.**

Taylor J. *Journal of Drug Education* 36(2): 179-191, 2006. (29 refs.)

Substance use disorders among college students are not well understood, and the present study examined the relationship of two environmental factors to alcohol and drug use problems in 616 (316 women) college students. Participants completed measures assessing substance use problems, life events, and substance use among peers. Alcohol use problems were significantly associated with higher drug use problems and regular use of illicit drugs among friends. Drug use problems were significantly associated with male gender, higher alcohol use problems, regular use of alcohol and drugs among friends, illicit drug use among romantic partners, and higher numbers of negative life events. Results extend previous research and suggest that college students who experience multiple negative life events and/or affiliate with substance using friends and romantic partners may be at risk for developing a substance use problem. Copyright 2006, Baywood Publishing.

### **Heavy drinking in college students: Who is at risk and what is being done about it? (review).**

Turrisi R; Mallett KA; Mastroleo NR; Larimer ME. *Journal of General Psychology* 133(4): 401-420, 2006. (101 refs.)

Problem drinking and related consequences are a major social issue plaguing college campuses across the United States. Each year, alcohol is responsible for fatalities, assaults, serious injuries, and arrests that occur among college students. The authors review and discuss the risk factors, drinking patterns, and consequences that are relevant to the general student

population. In addition, the authors highlight individuals at an increased risk of experiencing alcohol-related problems, such as Greek-letter social organization members and student athletes. The authors also discuss the interventions that attempt to reduce risky drinking and related problems in these subgroups as well as the future directions for research. Copyright 2006, Heldref Publications.

**From the eyes of the beholder: Alcohol expectancies and valuations as predictors of hazardous drinking behaviors among female college students.**

Zamboanga BL. *American Journal of Drug and Alcohol Abuse* 32(4): 599-605, 2006. (10 refs.) Research has shown that drinking expectancies are associated with alcohol use among college students; however, the bulk of these studies have focused exclusively on researcher-labeled “positive” or “negative” expectancies rather than on the student's valuation (i.e., rating of desirability) of these expectancies. The present study examined the utility of expectancies and valuations in predicting hazardous alcohol use in a sample of 330 female college students (mean age = 20.0; 18-25). Hierarchical regression analyses revealed that negative expectancies and favorable valuations of negative and positive expectancies were predictive of elevated hazardous use (controlling for age, athletic membership, and peer use). Expectancy valuations accounted for additional variance in the model beyond that of expectancies. The present findings shed light on the utility of expectancies and valuations of expectancies in predicting hazardous alcohol use among female college students. Future research directions and potential implications for prevention efforts are discussed. Copyright 2006, Marcel Dekker, Inc.

**Comparing off-season with in-season alcohol consumption among intercollegiate athletes.**

Martens MP; Dams-O'Connor K; Duffy-Paiement C. *Journal of Sport & Exercise Psychology* 28(4): 502-510, 2006. (17 refs.)

Intercollegiate athletes have been identified as an at-risk group for heavy alcohol consumption. The purpose of the present study was to use a longitudinal design to assess for off-season versus in-season differences in alcohol consumption within a sample of intercollegiate athletes. Previous research suggests athletes drink less during their competitive seasons, but conclusions from this body of research have been

tempered by methodological limitations. Results from 160 athletes competing at the NCAA Division I level indicated that alcohol use and negative alcohol-related consequences decreased during the athletes' competitive seasons. These results are interpreted in terms of the theory of planned behavior and social norms theory. Implications for alcohol prevention programs among college athletes are also addressed. Copyright 2006, Human Kinetics Publishing.

**Alcohol consumption behaviors among athletic training students at accredited athletic training education programs in the Mid-America Athletic Trainers' Association.**

Unruh S; Long D; Rudy J. *Journal of Athletic Training* 41(4): 435-440, 2006. (25 refs.)

Context: Alcohol consumption among college students has been evaluated at many levels, but assessment of alcohol consumption among collegiate athletic training students has not been substantially reviewed. Understanding the alcohol use of this college-age group adds to the overall literature on alcohol consumption of the college student population. Objective: To assess the prevalence of hazardous and harmful alcohol consumption behaviors in collegiate athletic training students using the Alcohol Use Disorders Identification Test (AUDIT). Design: A cross-sectional survey using the AUDIT. Setting: The AUDIT questionnaire was sent to the program directors of all Commission on Accreditation of Allied Health Education Programs-accredited athletic training education programs in the Mid-America Athletic Trainers' Association. Patients or Other Participants: Fourteen of the 35 athletic training education programs agreed to take part in the study, yielding a 40% response rate. Three hundred and forty-eight of the 946 athletic training students (36%) solicited agreed to participate. Main Outcome Measure(s): Maximum score on the AUDIT out of a possible score of 40. Results: The mean AUDIT score for the sample was 7.47, with an SD of 5.69. Thirty-seven percent of participants demonstrated an AUDIT score of 9 or above. Nearly 18% of participants reported having 6 or more drinks at one sitting on a weekly basis. Conclusions: It is difficult to compare athletic training students' alcohol consumption with that of other student groups. The greater percentage of athletic training students does not drink in excess on a frequent basis. Copyright 2006, National Athletic Trainers Association,.