



Middle East and in the United States. It poses a potential threat to public health, with evidence of dependence and high smoke intake. Copyright 2008, BioMed Central.

### **Credit card debt, stress and key health risk behaviors among college students.**

Nelson MC; Lust K; Story M; Ehlinger E. *American Journal of Health Promotion* 22(6): 400-407, 2008. (34 refs.)

Purpose. To examine cross-sectional associations between credit card debt, stress, and health risk behaviors among college students, focusing particularly on weight-related behaviors. Design. Random-sample, mailed survey. Subjects/Setting. Undergraduate and graduate students (n = 3206) attending a large public university. Measures. Self-reported health indicators (e.g., weight, height, physical activity, diet, weight control, stress, credit card debt). Results. More than 23 % of students reported credit card debt  $\geq$  \$1000. Using Poisson regression to predict relative risks (RR) of health behaviors, debt of at least \$1000 was associated with nearly every risk indicator tested, including overweight/obesity, insufficient physical activity, excess television viewing, infrequent breakfast consumption, fast food consumption, unhealthy weight control, body dissatisfaction, binge drinking, substance use, and violence. For example, adjusted RR [ARR] ranged from 1.09 (95 % Confidence interval [CI]: 1.02-1.17) for insufficient vigorous activity to 2.17 (CI: 0.68-2.82) for using drugs other than marijuana in the past 30 days. Poor stress management was also a robust indicator of health risk. Conclusion. University student lifestyles may be characterized by a variety of coexisting risk factors. These findings indicate that both debt and stress were associated with wide-ranging adverse health indicators. Intervention strategies targeting at-risk student populations need to be tailored to work within the context of the many challenges of college life, which may serve as barriers to healthy lifestyles. Increased health promotion efforts targeting stress, financial management, and weight-related health behaviors may be needed to enhance wellness among young adults. Copyright 2008, American Journal of Health Promotion Inc.

### **Evidence against alcohol as a proximal cause of sexual risk taking among college students.**

Velez-Blasini CJ. *Journal of Sex Research* 45(2): 118-128, 2008. (47 refs.)

Studies have suggested that drinking leads to promiscuity and sexual risk taking. This claim, however, has not remained unchallenged, and several

investigations have suggested this relationship may be at best limited to a narrow band of sexual behavior or at worst entirely spurious. An on-line survey about two discrete sexual events: one with intercourse, one without college students (a smaller subsample was used to examine crucial hypotheses) completed by 216 (148 female). Within-subjects analyses yielded no evidence indicating that condom use was less prevalent when alcohol was consumed regardless of relationship status (casual or romantic partners). Alcohol was consumed more often during noncoital events. Among females, intercourse events showed higher levels of arousal and perceived benefits and lower perceived costs and internal conflict than noncoital events, suggesting a rather rational decision-making process even when under the influence. Stable personality and behavioral dimensions (sociosexuality, impulsivity/sensation seeking, sociability, and usual drinking) provided a better explanation for sexual risk taking than acute alcohol effects. Copyright 2008, Society for the Scientific Study of Sexuality.

### **Misperceptions of non-medical prescription drug use: A web survey of college students.**

McCabe SE. *Addictive Behaviors* 33(5): 713-724, 2008. (35 refs.)

Objectives: This study compared undergraduate students' perceived versus actual prevalence rates of non-medical use of marijuana, prescription opioids and prescription stimulants. Methods: In 2005, a randomly selected sample of 3639 college students self-administered a Web survey regarding their substance use behaviors and attitudes (68% response rate). Results: The majority of undergraduate students overestimated the prevalence of non-medical use of prescription stimulants (70.2%) and prescription opioids (69.9%) and marijuana use (50.5%) among peers on their campus. The mean difference between perceived versus actual past-year use was considerably greater for non-medical use of prescription stimulants (mean difference=12.2, 95% CI=11.7-12.7) and prescription opioids (mean difference=8.8, 95% CI=8.3-9.2) than marijuana (mean difference=2.9, 95% CI=2.2-3.6). Multivariate regression analysis revealed overestimation of non-medical use of prescription drugs was significantly associated with gender and medical use of prescription drugs. Conclusions: The findings provided strong evidence of misperception of non-medical prescription drug use among college students. Future research and prevention efforts should assess the impact of correcting misperceived norms on reducing non-medical prescription drug use. Copyright 2008, Elsevier Science.

**Licit and illicit use of medications for Attention-Deficit Hyperactivity Disorder in undergraduate college students.**

Advokat CD; Guidry D; Martino L. *Journal of American College Health* 56(6): 601-606, 2008. (22 refs.)

Objective: The authors studied the relationship between a diagnosis of Attention-Deficit Hyperactivity Disorder (ADHD), grade point average (GPA), and licit and illicit drug use. Participants and Methods: They obtained survey data from a convenience sample of undergraduates in a large southern public university. Results: Among 1,550 respondents, 163 (10.5%) reported an ADHD diagnosis (ADHD Group). Of those without an ADHD diagnosis, 591 (43%) reported using prescription stimulants illicitly (No ADHD, Illicit Use group), and 794 (57%) reported not using prescription drugs illicitly (No ADHD, No Illicit Use group). The GPA of the ADHD group was significantly lower than the GPA of the other 2 groups. The ADHD group and the No ADHD, Illicit Use group reported significantly greater use of all other drugs than did the No ADHD, No Illicit Use group. Conclusions: Drug use was associated with a lower GPA in ADHD-diagnosed students than in students without ADHD. Copyright 2008, American College Health Association.

**Prepartying promotes heightened risk in the college environment: An event-level report.**

LaBrie JW; Pedersen ER. *Addictive Behaviors* 33(7): 955-959, 2008. (9 refs.)

Due to the emergence of research literature examining the prepartying behavior of college students, the present study examines students' varying drinking rates, blood alcohol levels (BALs), and alcohol-related consequences during two drinking events - one involving prepartying and one devoid of prepartying. Two-hundred and thirty-eight student drinkers completed an online drinking assessment detailing their two most recent drinking occasions involving and not involving prepartying. Participants responded to a series of questions regarding quantities consumed on the drinking day and occurrence of alcohol-related consequences. While men did not differ in drinking or estimated BALs, between the two drinking days, female participants drank significantly more drinks and reached higher BALs on the prepartying drinking day. Both males and females reported increased experience of alcohol-related consequences on the prepartying drinking day. In analyzing the prepartying drinking day specifically, we found that while men drink more alcohol during prepartying, but both men and women reached similar BALs during the event.

Also, amount consumed during prepartying related to further drinking throughout the evening. It appears that prepartying may influence women to reach comparable levels of intoxication and alcohol-related consequences as their male peers. Quick drinking during prepartying may raise BALs and lead to alcohol-related consequences particularly for female students. Copyright 2008, Elsevier Science.

**The occurrence of cannabis use disorders and other cannabis-related problems among first-year college students.**

Caldeira KM; Arria AM; O'Grady KE; Vincent KB; Wish ED. *Addictive Behaviors* 33(3): 397-411, 2008. (38 refs.)

This study reports the prevalence of cannabis use disorders (CUD) and other cannabis-related problems in a large cohort (n = 1253) of first-year college students, 17 to 20 years old, at one large public university in the mid-Atlantic region of the U.S. Interviewers assessed past-year cannabis use, other drug use, and cannabis-related problems (including DSM-IV criteria for CUD). The prevalence of CUD was 9.4%(wt) among all first-year students and 24.6% among past-year cannabis users (n = 739). Of those endorsing any CUD criteria, 33.8% could be classified as diagnostic orphans. Among 474 "at-risk" cannabis users ( $\geq 5$  times in the past year), concentration problems (40.1%), driving while high (18.6%) and missing class (13.9%) were among the most prevalent cannabis-related problems, even among those who endorsed no CUD criteria. Placing oneself at risk for physical injury was also commonly reported (24.3%). A significant proportion of cannabis-using college students meet diagnostic criteria for disorder. Even in the absence of disorder, users appear to be at risk for potentially serious cannabis-related problems. Implications for prevention, service delivery, and future research are discussed. Copyright 2008, Elsevier

**Trajectories of smoking among freshmen college students with prior smoking history and risk for future smoking: Data from the University Project Tobacco Etiology Research Network (UpTERN) Study.**

Colder CR; Flay BR; Segawa E; Hedeker D. *Addiction* 103(9): 1534-1543, 2008. (34 refs.) Aims: Little is known about smoking in the transition to college. The current study examined trajectories of smoking among college freshmen, how trajectories predicted later smoking and the social context of smoking. Design Weekly assessments of daily smoking were collected via the web during the first year of college for a large cohort with a previous

history of smoking. Participants and setting" A total of 193 college freshmen from a large public university with a previous history of smoking who smoked frequently enough to be included in trajectory analysis. Measurements: Measures included weekly reports of daily smoking, family smoking, perceived peer attitudes and smoking, social norms and social smoking environment. Findings: Seven trajectories were identified: one of low-level sporadic smoking, one of low-level smoking with a small increase during the year, two classes with a substantial decrease during the year, two classes with relatively small decreases and one class with a substantial increase in smoking. Trajectories of smoking in the freshman year predicted levels of sophomore year smoking, and some social context variables tended to change as smoking increased or decreased for a given trajectory class. Conclusions: The transition into college is marked by changes in smoking, with smoking escalating for some students and continuing into the sophomore year. Shifts in social context that support smoking were associated with trajectories of smoking. Despite the focus of developmental models on smoking in early adolescence, the transition into college warrants further investigation as a dynamic period for smoking. Copyright 2008, Society for the Study of Addiction .

#### **Alcohol outlet density and university student drinking: A national study.**

Kypri K; Bell ML; Hay GC; Baxter J. *Addiction* 103(7): 1131-1138, 2008. (36 refs.)

Aims: To examine the geographic density of alcohol outlets and associations with drinking levels and related problems among university students. Design: Cross-sectional survey study using geospatial data, with campus-level and individual-level analyses. Participants A total of 2550 students (mean age 20.2, 60% women) at six university campuses in New Zealand (63% response). Measurements Counts of alcohol outlets within 3 km of each campus were tested for their non-parametric correlation with aggregated campus drinking levels and related problems. Generalized estimating equations were used to model the relation between outlet counts within 1 km and 3 km of student residences and individual drinking levels/problems, with control for gender, age, ethnicity and high school binge drinking frequency, and adjustment for campus-level clustering. Findings Correlations for campus-level data were 0.77 ( $P = 0.07$ ) for drinking and personal problems, and 0.31 ( $P = 0.54$ ) for second-hand effects. There were consistent significant associations of both on- and off-licence outlet densities with all outcomes in student-level

adjusted models. Effects were largest for 1 km densities and off-licence outlets. Conclusions: There are positive associations between alcohol outlet density and individual drinking and related problems. Associations remain after controlling for demographic variables and pre-university drinking, i.e. the associations are unlikely to be due to self-selection effects. Increasing alcohol outlet density, and particularly off-licences, may increase alcohol-related harm among university students. Copyright 2008, Society for the Study of Addiction to Alcohol and Other Drugs.

#### **Characteristics and motives of college students who engage in nonmedical use of methylphenidate.**

DuPont RL; Coleman JJ; Bucher RH; Wilford BB.

*American Journal on Addictions* 17(3): 167-171, 2008. (24 refs.)

Methylphenidate (MPH) has a long history of being an effective medication for attention deficit/hyperactivity disorder (ADHD). Recently, the nonmedical use of MPH has increased, particularly among college students. To investigate this, we surveyed 2,087 students regarding MPH misuse. Of 2,087 respondents, 110 (5.3%) used MPH nonmedically at least once. Most obtained MPH free from a friend, acquaintance, or family member. Misuse of Ritalin (R) occurred four times more frequently than Concerta.(R) Among Ritalin abusers, intranasal use was reported more often than oral. Students reported using MPH nonmedically for recreational reasons as well as to improve academic performance. Copyright 2008, Taylor and Francis.

#### **Where do underage college students get alcohol?**

Fabian LEA; Toomey TL; Lenk KM; Erickson DJ. *Journal of Drug Education* 38(1): 15-26, 2008. (20 refs.)

Alcohol consumption and related problems are common among underage college students, yet qualitative, in-depth information on how/where these students obtain alcohol is limited. We conducted focus groups to access alcohol and related issues with 19 underage college students. They reported that alcohol is easy to obtain from a variety of sources, with friends/acquaintances who are of legal age or those with a false ID being the most common. Parties were also common sources, but "shoulder tapping" (i.e., asking a stranger to purchase alcohol) was not common. Disagreement arose over whether underage fraternity/sorority members have greater access to alcohol than non-Greeks. This provides up-dated information on the various sources of alcohol and associated issues among underage college students. Copyright 2008, Baywood Publishing.