

Library Watch on colleges

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High-risk drinking among young adults: The influence of race and college enrollment.

Siebert DC; Wilke DJ. *American Journal of Drug and Alcohol Abuse* 33(6): 843-850, 2007. (10 refs.)

This secondary data analysis of the 2001 National Household Survey on Drug Abuse examines the influence of individual, interpersonal, and contextual social risk and protective factors on high risk drinking, focusing on the influence of minority status and college enrollment among 5,895 young adults. Hierarchical regression predicted 39.4% of the variance in high-risk drinking. Being male, increased risk-taking behavior, being older, and higher numbers of friends getting drunk all positively influenced high-risk drinking, and disapproval of daily drinking reduced high-risk drinking. Interaction effects showed all significant variables to be more influential for Whites than Blacks, including college attendance. Copyright 2007, Taylor & Francis.

College students' drinking patterns: Trajectories of AUDIT scores during the first four years at University.

Johnsson KO; Leifman A; Berglund M. *European Addiction Research* 14(1): 11-18, 2008. (53 refs.)

Aims: Changes in AUDIT score trajectories were examined in a student population during their first 4 years at a university, including high-risk consumers and a subsample of low-risk consumers. Method: 359 students were selected for the present study, comprising all high-risk consumers (the 27% with highest scores, i.e. 11 for males and 7 for females) and a randomized sample of low-risk consumers (n = 177 and 182, respectively). The Alcohol Use Disorder Identification Test (AUDIT) was used as screening instrument. Trajectory analyses were made using a semiparametric group-based model. Results: In the low-AUDIT group, five distinct trajectories were identified: three stable non-risky consumption groups (83%) and two increasing groups (17%; from non-risky to risky). In the high-AUDIT group, three groups were identified: two stable high groups (58%) and one decreasing group (from risky to non-risky consumption; 41%). In the integrated model, stable risky consumption comprised 16% of the total sample, decreasing consumption 11%, increasing consumption

comprised 13% and stable non-risky consumption 60% of the sample. Gender influenced the trajectories. Conclusion: The pattern of changes in risk consumption is similar to that found in corresponding US studies. Copyright 2008, Karger.

Staying safe while consuming alcohol: A qualitative study of the protective strategies and informational needs of college freshmen.

Howard DE; Griffin M; Boekeloo B; Lake K; Bellows D. *Journal of American College Health* 56(3): 247-254, 2007. (32 refs.)

Objective: In this qualitative study, the authors examined how students attempt to minimize harm to themselves and others when drinking. Participants: The authors recruited freshmen at a large, mid-Atlantic US public university during the fall semester of 2005 to participate in 8 focus groups. Methods: The moderator's guide was developed through an iterative process that included input from experts and pilot testing. The researchers audiotaped focus group conversations, transcribed them, and subjected them to an interrater reliability check. Analysis was based on the framework of Information-Motivation-Behavioral Skills Model and a phenomenological approach. Results: College students have a repertoire of coping strategies they use in an attempt to safeguard themselves and their friends from harm when drinking. Strategies encompass planning a safe context for drinking, using safety measures to minimize harm when drinking, and taking care of someone who has consumed too much alcohol. Conclusions: A harm-reduction focus that acknowledges and builds on existing protective strategies may be a promising avenue for alcohol interventions. Copyright 2007, Heldref Publications.

The impact of a tailgating policy on students' drinking behavior and perceptions.

Oster-Aaland LK; Neighbors C. *Journal of American College Health* 56(3): 281-284, 2007. (15 refs.)

In the fall of 2004, a midwestern public university changed its tailgating policy from one that did not allow alcohol consumption to one that did. Objective, Participants, and Methods: The authors surveyed students before and after the policy change to measure

consumption, problems, perceptions of peer consumption, and reported game attendance. Results: Results showed no change in drinking quantities or prevalence of problems after the policy change; however, there was an increase in students' misperceptions, with students overestimating drinking quantities and the number of students who drank while tailgating. Last, students' predictions about their game attendance if alcohol was allowed were higher than their reported attendance after the policy change. Conclusions: Conclusions suggest that although drinking quantities may not be influenced by policies at tailgating events, misperceptions may be influenced. Administrators should note that the policy did not affect students' self-reported game attendance. Copyright 2007, Heldref Publications.

Ping-pong, endurance, card, and other types of drinking games: Are these games of the same feather?

Zamboanga BL; Calvert BD; O'Riordan SS; McCollum EC. *Journal of Alcohol and Drug Education* 51(2): 26-39, 2007. (10 refs.)

The goal of this study was to investigate the structural heterogeneity of drinking games with respect to beverage type consumed, competitiveness, intoxication level and game duration, as well as the motives for participation in different games and their relevance to intoxication level while playing. Participants were female students (N = 162; M age = 20.3; 18-24 years) attending an all-women's college in the Northeastern U.S. Descriptive analyses revealed variations across the different types of drinking games with respect to popularity, type of alcoholic beverage consumed, competitiveness, intoxication level and game duration. Motivations for playing drinking games were also differentially associated with intoxication level across the different game categories. Implications for programming and intervention efforts and future research directions are discussed. Copyright 2007, Alcohol and Drug Problems Association of North America.

Perceived norms and alcohol consumption: Differences between college students from rural and urban high schools.

Schultz CG; Neighbors C. *Journal of American College Health* 56(3): 261-265, 2007. (32 refs.)

Objective: The authors examined perceived norms and drinking among college students who attended high schools in rural and urban communities. Participants and Methods: Undergraduates (99 men and 85 women) who attended high schools in communities with populations ranging from less than 100 to more than 400,000 completed surveys assessing perceived norms

and alcohol consumption. Results: Analyses revealed that students from smaller towns and in smaller high school graduating classes reported heavier drinking and that perceived norms were positively associated with drinking. Perceived norms were unrelated to population variables, and the relationship between perceived norms and drinking did not vary as a function of population variables. Results suggest that differences in drinking as a function of coming from more rural areas contribute to drinking behavior in college independently of perceived norms. Conclusions: College students may adjust to campus drinking norms relatively quickly, and longitudinal research would be useful in understanding this transition. Copyright 2007, Heldref Publications.

Unplanned sexual activity as a consequence of alcohol use: A prospective study of risk perceptions and alcohol use among college freshmen.

Klein W; Geaghan T; MacDonald T. *Journal of American College Health* 56(3): 317-323, 2007. (31 refs.)

Objective: The authors' goal was to show how risk perceptions regarding unplanned sexual activity following alcohol use are prospectively related to subsequent alcohol consumption. Participants: Undergraduate students (N=380) completed questionnaires at 2 time points during their freshman year. Methods: In the middle of the academic year (T1), students estimated their risk of engaging in unplanned sex and reported their alcohol use during the previous term. Four months later (T2), they again reported alcohol use and indicated whether they had engaged in unplanned sex since T1. Results: Students who consumed more alcohol at T1 rated their risk of unplanned sex more highly, suggesting relative accuracy. Those with higher risk perceptions consumed more alcohol at T2 (controlling for T1 use), suggesting that they maintained the high-risk behavior. Last, those who were unrealistically optimistic (ie, estimated low risk at T1 yet had unplanned sex by T2) reported greater alcohol use at T2. Conclusions: These findings highlight the role that risk perceptions regarding sexual activity may play in college students' alcohol use. Copyright 2007, Heldref Publications.

Alcohol-related fan behavior on college football game day.

Glassman T; Werch CE; Jobli E; Bian H. *Journal of American College Health* 56(3): 255-260, 2007. (24 refs.)

High-risk drinking on game day represents a unique public health challenge. Objective: The authors examined the drinking behavior of college football

fans and assessed the support for related interventions. Participants: The authors randomly selected 762 football fans, including college students, alumni, and other college football fans, to complete an anonymous online game-day survey. Methods: The authors collected data on participants' drinking behaviors and support for specific game-day interventions. Results: Analysis revealed that, overall, fans drank significantly more on game day than they did the last time they partied or socialized. Nondrinkers were the most supportive of game-day interventions, followed by moderate drinkers, whereas heavy drinkers offered the least support. Conclusions: With the exception of limiting tailgating hours on game day, fans support game-day interventions, including alcohol-free alternatives, designating tailgating areas where open containers are permitted, and increasing law enforcement efforts. Copyright 2007, Heldref Publications.

High-risk drinking characteristics in collegiate athletes.

Brenner J; Swanik K. *Journal of American College Health* 56(3): 267-272, 2007. (27 refs.)

Objective: The authors aimed to further describe the relationship of alcohol use by college athletes to variables, such as sport participation, time of year, and level of competition. Participants: There were 720 participants from Divisions I, II and III who participated in either a team sport or an individual sport. Methods: The authors measured characteristics of alcohol use by college athletes at 9 colleges and universities. Results: Participants reported a high rate of consuming 5 or more drinks per occasion in the past 2 weeks. There were greater percentages of team sport athletes reporting this behavior than athletes of individual sports, and there were significant differences according to level of competition. Conclusions: The college athletes in this study reported high-risk alcohol use at percentages much higher than previously reported. The findings and practical application of the results are discussed. Copyright 2007, Heldref Publications.

College freshman stress and weight change: Differences by gender.

Economos CD; Hildebrandt L; Hyatt RR. *American Journal of Health Behavior* 32(1): 16-25, 2008. (35 refs.)

Objectives: To examine how stress and health-related behaviors affect freshman weight change by gender. Methods: Three hundred ninety-six freshmen completed a 40-item health behavior survey and height and weight were collected at baseline and follow-up. Results: Average weight change was 5.04 lbs for

males, 5.49 lbs for females. Weight gain was related to increased alcohol consumption ($P=0.014$) in men and increased workload ($P<0.001$) in women. Weight loss was associated with lower academic confidence at baseline ($P=0.009$) and peer pressure modified by alcohol increase ($P=0.025$) in men, and fruit/vegetable consumption at baseline ($P=0.015$) in women. Conclusions: Gender-specific approaches to weight management in this population are needed. Copyright 2008, PNG Publications.

Drinking patterns, problems, and motivations among collegiate bisexual women.

Bostwick WB; McCabe SE; Horn S; Hughes T; Johnson T; Valles JR. *Journal of American College Health* 56(3): 285-292, 2007. (38 refs.)

Objective and Participants: The authors compared the drinking behaviors, motivations, and problems of collegiate bisexual women with those of heterosexual women ($N=2,788$; $n=86$ bisexual women). Methods: Data came from the 2003 Student Life Survey, a random population-based survey at a large midwestern university. The authors explored the hypothesis that bisexual women would be more likely than heterosexual women to report drinking motivations related to stress and coping as a result of sexual identity stigma. Results: They found that bisexual women drank significantly less than did heterosexual women. There were few differences between the 2 groups in drinking motivations and problems. Bisexual women reported a comparable number of problems related to their drinking but were significantly more likely to report contemplating suicide after drinking than were heterosexual women. Conclusions: More research is needed to understand the finding that despite lower levels of alcohol consumption, bisexual women reported a comparable number of drinking problems. College health educators and health care providers need to be aware of findings related to heightened suicidal risk among bisexual women. Copyright 2007, Heldref Publications.

Using theory-based constructs to explore the impact of Greek membership on alcohol-related beliefs and behaviors: A systematic literature review.

Barry AE. *Journal of American College Health* 56(3): 307-315, 2007. (47 refs.)

By charter, national Greek organizations (ie, fraternities and sororities) place an emphasis on upholding personal integrity, academic scholarship, and development of campus leaders. Recent concerns, however, assert that the drinking behaviors of members of Greek organizations are antithetical to the

mission of their universities. Objective: The author's purpose in this review was to systematically examine scientific literature addressing the effect of Greek affiliation on alcohol-related beliefs and behaviors. The internal and external influences affecting Greek members' alcohol-related beliefs and behaviors are organized into a framework of various health behavior theories, based on the ecological perspective's levels of influence. Results: Results provide a broad perspective into the individual characteristics, social peer network, and environmental aspects influencing alcohol-related behavior among Greek members. Findings suggest that Greek members comprise a subgroup that consumes alcohol in greater quantities, underscores and misperceives the risks of alcohol abuse, and emulates a social environment and culture in which drinking alcohol is a key part of life. Copyright 2007, Heldref Publications.

Stability of heavy episodic drinking in Chinese- and Korean-American college students: Effects of ALDH2 gene status and behavioral undercontrol.

Doran N; Myers MG; Luczak SE; Carr LG; Wall TL. *Journal of Studies on Alcohol and Drugs* 68(6): 789-797, 2007. (65 refs.)

Objective: A previous cross-sectional study showed that, among individuals of Chinese and Korean descent, possession of ALDH2*2 alleles was associated with protection against alcohol dependence, whereas conduct disorder was associated with increased vulnerability to dependence. The purpose of this longitudinal study was to examine the roles of ALDH2 and behavioral undercontrol (a temperamental trait that is associated with conduct disorder) in stability of heavy episodic drinking. Method: Chinese- and Korean-American college students (N= 336; 51% female), who had initiated alcohol use before study enrollment, provided information on drinking habits during their freshman and sophomore years. Participants were classified as (1) stable nonheavy drinkers, (2) regressors, (3) progressors, or (4) stable heavy drinkers. Results: Participants with ALDH2 *2 alleles were more likely to be classified as stable nonheavy drinkers than as progressors ($z = -2.49, p = .013$). Higher levels of behavioral undercontrol were associated with a greater probability of being classified as a stable heavy drinker relative to a stable nonheavy drinker ($z = 2.26, p = .024$). Stable heavy drinkers reported the most alcohol-related problems, whereas progressors reported more problems than either regressors or stable nonheavy drinkers, particularly at Year 2. Conclusions: Elevated behavioral undercontrol appears to predispose Asian-American college

students to increased frequency of heavy drinking, whereas ALDH2*2 may act as a protective factor. The degree of alcohol consumption observed among participants with ALDH2*2 alleles is consistent with previous findings showing that, although their presence may be protective, it does not preclude heavy drinking episodes. Copyright 2007, Alcohol Research Documentation Inc.

A dangerous transition: Women's drinking and related victimization from high school to the first year at college.

Parks KA; Romosz AM; Bradizza CM; Hsieh YP.

Journal of Studies on Alcohol and Drugs 69(1): 65-74, 2008. (61 refs.)

Objective: The current study assessed women's risk for victimization during the first year at college, based on changes in drinking during the transition from high school to college. We were specifically interested in differential risk for victimization based on women's change in drinking status over the transition to college. We compared continued abstainers with women who began drinking ("new" drinkers) and women who continued drinking but either decreased, increased, or did not change their level of weekly drinking. Method: Data were collected using a Web-based survey each fall for the first 2 years at college with one cohort (N = 886) of incoming freshmen women at a large state university in New York. Women reported on their alcohol and other drug use, psychological symptoms, number of sexual partners, and experiences with physical and sexual victimization for the year before entering college (Year 1 survey) and for the first year at college (Year 2 survey). Results: Abstainers were significantly less likely to experience physical or sexual victimization during the first year at college, compared with drinkers. Logistic regression indicated that there were differences in the predictors of physical and sexual victimization during the first year at college. These differences included history of victimization, psychological symptoms, and number of sexual partners, as well as the type of change in drinking over the transition. Conclusions: In comparison with abstainers, having a history of physical victimization, greater psychological symptoms, and being a "new" drinker increased the odds of physical victimization, whereas having a greater number of current psychological symptoms, sexual partners, and increasing weekly drinking increased the odds of sexual victimization during the first year at college. These findings have implications for prevention efforts targeting young women entering college. Copyright 2008, Alcohol Research Documentation Inc.