

Library Watch on colleges

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Campus involvement, perceived campus connection, and alcohol use in college athletes.

Brenner JW; Metz SM; Brenner CJ. *Journal of Drug Education* 39(3): 303-320, 2009. (39 refs.)

This research study examined the relationship of college athletes' levels of campus involvement and campus connection to their alcohol use. A survey measuring alcohol use, campus involvement and campus connection was administered to 720 athletes at nine institutions. Participants who reported having 5 or more drinks on one occasion in the past two weeks had higher levels of campus connection than those who did not report that level of alcohol consumption; but, conversely these college athletes also reported lower levels of campus involvement. It is suggested that increasing campus involvement of college athletes could be an effective strategy to reduce high-risk alcohol use by college athletes and possibly even college students as a whole. Copyright 2009, Baywood Publishing.

Disparity between the perceived alcohol-related attitudes of parents and peers increases alcohol risk in college students.

Cail J; LaBrie JW. *Addictive Behaviors* 35(2): 135-139, 2010. (43 refs.)

Although peer norms have been found to be a particularly strong correlate of alcohol consumption by college students, research suggests that parents also have a significant impact on the behaviors of their children, even after their child has departed for college. The current study investigated the effect of disparity between the perceived approval of alcohol (injunctive norms) of parents and closest friends on college Student drinking and consequences. and explored gender differences in this effect. It found that injunctive disparity was significantly correlated with individual drinking and related consequences over and above the strongest known predictor variables of gender, same-sex descriptive norms and drinks per week. Males experienced significantly greater disparity between the beliefs of their parents and their peers, which was related to increased drinking and a greater sense of connection to their same-sex peer group. Among females, greater perceived disparity

was associated with greater alcohol-related consequences. These results suggest that it may not be the individual attitudes of parents and peers, but rather the difference between them, that is impacting behavior. Interventions that reduce perceived disparity, either by correcting the over-estimation of peers drinking, or by encouraging parents to stay involved in their children's social lives by promoting socialization with peers whose attitudes more closely match their own, may be beneficial in reducing risky college drinking. Copyright 2010, Elsevier Science.

The motivational context for mandated alcohol interventions for college students by gender and family history.

Carey KB; DeMartini KS. *Addictive Behaviors* 35(3): 218-223, 2010. (32 refs.)

Objective: Alcohol interventions to reduce drinking for college students sanctioned for alcohol use reduce drinking and/or problems. However, intrinsic motivation to change cannot be assumed if students are mandated to receive interventions. The purpose of this study was to explore the influence of both gender and family history on motivational variables prior to a mandated intervention. Method: Participants were 677 students (63% male) who violated residence hall alcohol policy and were mandated to participate in an alcohol abuse prevention intervention. During a baseline assessment, students described their drinking patterns and completed an assessment of biological risk for alcohol problems; they also reported attitudes regarding the sanction event, perceived peer norms regarding sanctions, resistance to influences on their alcohol use, motivation to change alcohol use, and decisional balance regarding current alcohol use. Results: Many gender differences emerged on the motivational variables suggestive of more motivation to change among female students; family history was related only to drinking patterns and decisional balance. Conclusions: If motivational factors influence receptivity and response to mandated interventions, then these finding suggest that greater attention to enhancing motivation to change in male students is warranted. Copyright 2010, Elsevier Science.

Disinhibited characteristics and binge drinking among university student drinkers.

Carlson SR; Johnson SC; Jacobs PC. *Addictive Behaviors* 35(3): 242-251, 2010. (89 refs.)

Binge drinking is a major problem at North American universities. Disinhibited traits have provided insight on other patterns of alcohol involvement, but less is known about how they relate to bingeing. Drinkers at a large urban university (n=293) completed the Barratt Impulsiveness Scale 11 (BIS-11), the Aggression Questionnaire, and the Thrill and Adventure Seeking and Boredom Susceptibility scales. Binge drinking was assessed using the NIAAA recommendation for standardizing binge frequency. Hierarchical regression was used to evaluate relationships between disinhibited traits and bingeing. BIS-11 Motor Impulsiveness, Thrill and Adventure Seeking and Boredom Susceptibility predicted bingeing. As about 15% of the variability in bingeing was due to disinhibition facets, they should be considered in future models of student vulnerability to bingeing. Copyright 2010, Elsevier Science.

Waterpipe and cigarette smoking among college athletes in the United States.

Primack BA; Fertman CI; Rice KR; Adachi-Mejia AM; Fine MJ. *Journal of Adolescent Health* 46(1): 45-51, 2010. (30 refs.)

Purpose: Tobacco use using a waterpipe is an emerging trend among college students. Although cigarette smoking is low among college athletes, waterpipe tobacco smoking may appeal to this population. The purpose of this study was to compare cigarette and waterpipe tobacco smoking in terms of their associations with organized sport participation. Methods: In the spring of 2008, we conducted an online survey of 8,745 college students at eight institutions as part of the revised National College Health Assessment. We used multivariable regression models to assess the associations between tobacco use (cigarette and waterpipe) and organized sports participation. Results: Participants reported participation in varsity (5.2%), club (11.9%), and intramural (24.9%) athletics. Varsity athletes and individuals who were not varsity athletes had similar rates of waterpipe tobacco smoking (27.6% vs. 29.5%, $p = .41$). However, other types of athletes were more likely than their counterparts to have smoked waterpipe tobacco (35.1% vs. 28.7%, $p < .001$ for club sports and 34.8% vs. 27.7%, $p < .001$ for intramural sports). In fully-adjusted multivariable models, sports participants of any type had lower odds of having smoked cigarettes, whereas participants who played intramural sports (odds ratio = 1.15, 95% confidence

interval = 1.03, 1.29) or club sports (odds ratio = 1.15, 95% confidence interval = 1.001, 1.33) had significantly higher odds of having smoked waterpipe tobacco. Conclusions: College athletes are susceptible to waterpipe tobacco use. In fact, compared with their nonathletic counterparts, club sports participants and intramural sports participants generally had higher odds of waterpipe tobacco smoking. Allure for waterpipe tobacco smoking may exist even for individuals who are traditionally considered at low risk for tobacco use. Copyright 2010, Society for Adolescent Medicine.

Alcohol use by undergraduate students on their 21st birthday: Predictors of actual consumption, anticipated consumption, and normative beliefs.

Day-Cameron JM; Muse L; Hauenstein J; Simmons L; Correia CJ. *Psychology of Addictive Behaviors* 23(4): 695-701, 2009. (37 refs.)

Recent research has identified celebration of a 21st birthday as an environmental event during which many college students engage in risky levels of alcohol consumption. The current study examined the relationship between personality and different aspects of alcohol use during 21st birthday celebrations: actual amount consumed for those who had turned 21, anticipated amount consumed for those under the age of 21, and normative beliefs regarding the amount other students consume on their 21st birthdays. Sensation seeking and impulsivity both displayed significant bivariate relationships with all three aspects of 21st birthday drinking. Personality traits did not contribute unique variance to actual 21st birthday drinking after the effects of typical alcohol consumption were accounted for in the models. Impulsivity contributed unique variance to models accounting for anticipated drinking and normative beliefs. Additional research is necessary to better understand the role personality variables play on alcohol consumption during 21st birthday celebrations. Copyright 2009, Educational Publishing Foundation.

Brief physician advice for heavy drinking college students: A randomized controlled trial in college health clinics.

Fleming MF; Balousek SL; Grossberg PM; Mundt MP; Brown D; Wiegel JR et al. *Journal of Studies on Alcohol and Drugs* 71(1): 23-31, 2010. (36 refs.)

Objective: The aim of this study was to test the efficacy of brief physician advice in reducing alcohol use and related harm in college students. Method: The College Health Intervention Projects (CHIPs) is a randomized, controlled clinical trial with 12-month follow-up conducted in five college health clinics in

Wisconsin; Washington state; and Vancouver, Canada. Of the 12,900 students screened for high-risk drinking, 484 men and 502 women met inclusion criteria and were randomized into a control (n = 493) or intervention (n = 493) group. Ninety-six percent of students participated in the follow-up procedures. The intervention consisted of two 15-minute counseling visits and two follow-up phone calls, and used motivational interviewing, contracting, diary cards, and take-home exercises. Results: No significant differences were found between groups at baseline on alcohol use, age, socioeconomic or smoking status, rates of depression, or measures of alcohol-related harm. At 12 months, the experimental subjects reduced their 28-day drinking totals by 27.2%, and the control group reduced their totals by 21%. A mixed effects repeated measures model found a statistical difference in favor of the brief-intervention group (beta = 4.7, SE = 2.0, p = .018) in 28-day drinking totals. The total Rutgers Alcohol Problem Index score was also significantly different during the 12-month follow-up period (beta = 0.8, SE = 0.4, p = .033). There was no difference on the other outcome measures of interest, such as frequency of excessive heavy drinking, health care utilization, injuries, drunk driving, depression, or tobacco use. Conclusions: The study supports resource allocation and implementation of alcohol screening and brief physician advice in primary care-based college health clinics. Copyright 2010, Alcohol Research Documentation.

A dose-response perspective on college drinking and related problems.

Gruenewald PJ; Johnson FW; Ponicki WR; LaScala EA. *Addiction* 105(2): 257-269, 2010. (27 refs.)

Aims: In order to examine the degree to which heavy drinking contributes to risks for problems among college drinkers this paper develops and tests a dose-response model of alcohol use that relates frequencies of drinking specific quantities of alcohol to the incidence of drinking problems. Methods: A mathematical model was developed that enabled estimation of dose-response relationships between drinking quantities and drinking problems using self-report data from 8698 college drinkers across 14 campuses in California, USA. The model assumes that drinking risks are a direct monotone function of the amount consumed per day and additive across drinking days. Drinking problems accumulate across drinking occasions and are the basis for cumulative reports of drinking problems reported by college drinkers. Results: Statistical analyses using the model showed that drinking problems were related to every drinking level, but increased fivefold at three drinks and more

gradually thereafter. Problems were associated most strongly with occasions on which three drinks were consumed, and more than half of all reported problems were related to occasions on which four or fewer drinks were consumed. There were some important differences in dose-responsiveness between men and women and between different groups of 'light', 'moderate' and 'heavier' drinkers. Conclusion: Many problems among college students are associated with drinking relatively small amounts of alcohol (two to four drinks). Programs to reduce college drinking problems should emphasize risks associated with low drinking levels. Copyright 2010, Society for the Study of Addiction to Alcohol and Other Drugs.

Alcohol use and suicidal behavior among college students. (review).

Manza N. *International Journal on Disability and Human Development* 8(4): 341-347, 2009. (54 refs.)

The central point of this article is to review the evidence supporting a correlation between suicidal behavior and alcohol abuse/dependence among college students. Suicidal behavior often occurs in alcohol-abusing individuals with a history of one or more additional psychiatric disorders. Individuals with prior episodes of major depression are presumed to be at a much greater risk of suicide. Theory suggests that individuals with antisocial personality disorder and borderline personality disorder are more likely to attempt suicide than those without a personality disorder. Additionally, alcohol-dependent individuals show high rates of suicidal behavior, and an estimated 7% of alcoholics die by suicide. Therefore it is plausible to identify a clear relationship between alcohol misuse and suicide, risk among adolescents and adults. Copyright 2009, Freund Publishing.

Web-based alcohol prevention for incoming college students: A randomized controlled trial.

Hustad JTP; Barnett NP; Borsari B; Jackson KM.

Addictive Behaviors 35(3): 183-189, 2010. (36 refs.)

College students are an at-risk population. First-year students are at particular risk due to greater freedom and access to alcohol on campus. Web-based (electronic) interventions (e-interventions) are being rapidly adopted as a universal approach to prevent high-risk drinking, but have not been well evaluated. The objective of this study was to investigate the effectiveness of the two most widely adopted EIs, AlcoholEdu and The Alcohol eCHECKUP TO GO (e-Chug), in reducing both alcohol use and alcohol-related consequences in incoming college students. To do so, we conducted a 3-group randomized trial (N=82) comparing AlcoholEdu and e-Chug to an

assessment-only control group. Compared to the assessment-only control group, participants in the AlcoholEdu and e-Chug groups reported lower levels of alcohol use across multiple measures at 1-month follow-up. Participants who received AlcoholEdu showed significantly fewer lower alcohol-related consequences than assessment-only controls, while there was a trend for reduced consequences in participants who received e-Chug versus assessment-only. Findings indicate that e-intervention is a promising prevention approach to address the problem of college student alcohol consumption. Copyright 2010, Elsevier Science.

What makes group MET work? A randomized controlled trial of college student drinkers in mandated alcohol diversion.

LaChance H; Ewing SWF; Bryan AD; Hutchison KE. *Psychology of Addictive Behaviors* 23(4): 598-612, 2009. (92 refs.)

Nationally, college drinkers exhibit the highest rates of alcohol consumption and represent the largest percentage of problem drinkers. Group motivational enhancement therapy (GMET) has been found to catalyze problem drinking reductions among college student samples. Although research supporting the use of single-session GMET in college samples (general and mandated) is emergent, no studies have evaluated a comprehensive model of the potential active ingredients of this group intervention. College students (N = 206; 88% White; 63% men; M age = 18.6) mandated to a university alcohol diversion program were randomly assigned to 1 of 3 conditions: the standard-of-care 2-session "Focus on Alcohol Concerns" education group (FAC), a single GMET, or a single alcohol information-only control group (AI) to evaluate the role of 5 putative mediators: readiness to change, self-efficacy, perceived risk, norm estimates, and positive drinking expectancies. At 3- and 6-month follow-ups, GMET students demonstrated greater reductions in problem drinking outcomes (drinks per drinking day, hazardous drinking symptoms, and alcohol-related problems). Of the 5 mediators proposed, only self-efficacy emerged as a significant mediator. Copyright 2009, Educational Publishing Foundation.

Preliminary examination of spring break alcohol use and related consequences.

Lee CM; Lewis MA; Neighbors C. *Psychology of Addictive Behaviors* 23(4): 689-694, 2009. (27 refs.)
The authors examined the extent to which college student drinkers are at risk for experiencing negative

alcohol-related consequences during Spring Break. A sample of first-year college student drinkers (N = 726) participated by completing an online survey assessing typical drinking, as well as Spring Break drinking and related consequences. Findings suggest Spring Break drinking was positively associated with alcohol-related consequences. Furthermore, results indicated that typical drinking moderated the relationship between Spring Break drinking and expected zero-values (i.e., not reporting any Spring Break consequences), such that the association between Spring Break drinking and the likelihood of being a zero-score was less evident for those who are typically lighter drinkers. Identifying and examining temporal and contextually relevant events and associated drinking is critical for understanding and ultimately preventing extreme drinking and associated consequences associated with specific events like Spring Break, which place many students at high risk for experiencing acute harm. Copyright 2009, Educational Publishing Foundation.

The association between alcohol-related arrests and college football game days.

Merlo LJ; Hong JS. *Drug and Alcohol Dependence* 106(1): 69-71, 2010. (13 refs.)

Binge drinking has been tied to specific occasions, such as certain holidays and sporting events. However, previous research has relied almost exclusively upon self-reports of university students to document these associations. In order to address this limitation, the present study examined patterns of alcohol-related offenses occurring within the context of holidays and collegiate football games. Public arrest records from a university town with a successful NCAA Division I football program were examined for 30 days: 10 holidays, 10 college football "home game" days, and 10 control days. In total, 944 arrests were associated with the 30 study days. Results indicated football game days were associated with the highest number of arrests (F = 24.76, 2/27 df, p < .001). Specifically, on average there were 70.3 (SD = 35.4) arrests on each football game day, compared to 12.3 (SD = 8.8) arrests on non-game Saturdays, and 11.8 (SD = 6.3) arrests on holidays. Offenses committed occurred closer to the football stadium than crimes committed on control days (F = 165.05, 2/941 df, p < .001). Though efforts have been made to combat excessive drinking on holidays, more effort is needed to address the significant binge drinking among students and other spectators that is associated with high-profile collegiate sporting events. Copyright 2010 Elsevier Science