Changes over one semester in drinking game playing and alcohol use and problems in a college student sample.
One-hundred ninety-five alcohol-using college students completed a questionnaire in early September, at the beginning of the fall semester, then completed a follow-up questionnaire in mid-November, near the end of the semester. The questionnaires included items on levels of alcohol use, the Eysenck 1.7 measure of impulsiveness and venturesomeness, alcohol expectancies, perceived norms for alcohol use, reasons for drinking, and aspects of drinking game playing. As predicted, those students who were 18 years of age and younger, nearly all of them 1st-year students, significantly increased their levels of alcohol use during their first semester in college. While increases in reasons for drinking were significantly predictive of increases in alcohol use and problems only for first-year students. The present results provide further evidence of the importance of drinking games in the socialization of college students into problematic alcohol use. Copyright 1999, Association for Medical Education & Research in Substance Abuse.
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Self-reported drinking-game participation of incoming college students.
Drinking games are associated with excess alcohol use and alcohol-related problems, yet it is unclear whether they are unique to the college environment or whether students come to college familiar with such games. The authors queried 1,252 students attending voluntary summer orientation programs about their experiences with drinking games. A majority (63%) indicated they had played drinking games and viewed them as a means to get drunk quickly and to socialize, control others, or get someone else drunk. Logistic regression analyses revealed that familiarity with drinking situations was associated with a greater likelihood of playing drinking games. Students who reported drinking more frequently and consuming greater quantities of alcohol than others, having lifetime marijuana use, and initiating alcohol consumption between the ages of 14 and 16 years were significantly more likely to have participated in drinking games. These findings demonstrate the importance of considering students' participation in drinking games when campus officials address alcohol use. 2003, Helen Dwight Reid Educational Foundation.
College students' self-reported reasons for why drinking games end.
Previous research has noted that drinking game participation is associated with increased risk of negative alcohol-related consequences. The current study examined the reasons that students give for how drinking games end and/or why students elect to quit playing. Both men and women identified other people quitting and deciding that they have had enough to drink as the most important single item reasons for quitting play. Principal components analysis using a list of 20 reasons identified six factors, four of which contained overlapping items: Conformity/Boredom; Interpersonal Competition; Sexual Contact; Excessive Consumption; Interpersonal Conflict; and External Circumstances. The factors correlated in a theoretically meaningful fashion with measures of alcohol consumption and consequences and personality. Conformity/Boredom reasons and External Circumstances reasons were least associated with negative alcohol-related consequences. Many students apparently play until they get too drunk or too sick to continue. Understanding how games end may offer clues to designing skills training or other prevention interventions to reduce harm associated with drinking games. Copyright 2002, Elsevier Science Ltd.

Sensation seeking and drinking game participation in heavy-drinking college students.
Previous research has identified differences between heavy-drinking students who play drinking games and those who do not. Johnson, Wendel, and Hamilton (1998) suggested that heavy-drinking players may correspond to Cloninger's (1987) Type II alcoholic and that heavy-drinking nonplayers resemble Type I. The current study predicted that (a) sensation seeking would be associated with greater frequency of play and greater frequency of negative consequences from play and that (b) heavy-drinking students who play drinking games would be higher in sensation seeking than heavy-drinking students who do not play. A sample of 172 female and 84 male college students completed the Sensation Seeking Scale Form V, questions about quantity and frequency of alcohol consumption, and questions regarding drinking game participation. Higher levels of sensation seeking predicted greater frequency of play even after controlling for overall quantity and frequency of consumption. Sensation seeking was also related to specific motives for play. Men who were higher in sensation seeking experienced more negative alcohol-related consequences as a result of play. In women, but not in men, heavy-drinking players were higher in sensation seeking than heavy-nondrinking nonplayers. The results of the current study do not clearly support
Cloninger's model, but they are consistent with other research concerning the role of sensation seeking and risk taking in contributing to negative alcohol-related consequences. Personality style likely interacts with social norms and contextual factors in influencing drinking game participation and consequences of play. Copyright 2000, Elsevier Science Ltd.

**College students' self-reported reasons for playing drinking games.**

Two samples of college students who engage in drinking games completed questions about their drinking behavior, a set of items concerning their reasons for playing drinking games, and various self-report measures of personality. Principal components analysis using the first sample yielded four factors: Relaxation & Disinhibition, Fun & Celebration, Conformity, and Sexual Manipulation. A similar factor structure was also obtained in the second sample. In both samples, Fun & Celebration and Sexual Manipulation reasons were most strongly predictive of frequency of play and quantity of alcohol consumed while playing, in men, Sexual Manipulation reasons for play predicted frequency of taking sexual advantage of others during play. Endorsement of Conformity and Relaxation & Disinhibition reasons were associated with high social anxiety and low assertiveness. Reasons for play predicted consumption, both in drinking-game situations and overall, even after removing variance due to general reasons for drinking. Psychometric properties of the current measure are less than ideal, but the constructs identified appear to have important implications for prevention. Assessment of self-reported reasons for drinking in specific situations may be a generally useful strategy. Copyright 1999, Elsevier Science Ltd.

**Social anxiety, alcohol expectancies, and drinking-game participation.**

Few studies have investigated factors contributing to college student participation in drinking games. The extent to which drinking games contribute to negative alcohol-related consequences is uncertain. The current study attempted to (a) clarify the risks posed by drinking-game participation, (b) identify characteristics of heavy drinkers who play frequently and those who seldom play, and (c) determine if students participated in drinking games to reduce anxiety in social situations. Tension reduction alcohol expectancies were examined as a potential moderator variable for the relationship between social anxiety and frequency of play. Drinking games accounted for high proportions of all negative alcohol-related consequences and appeared to be strongly associated with instances of sexual victimization. Contrary to predictions based on the
tension reduction hypothesis, greater frequency of play was associated with lower social anxiety, and no moderating effect was found for tension reduction expectancies. Frequent players also had more environmental exposure to drinking games. In men, heavy-drinking players may resemble Cloninger's Type 1 alcoholic, whereas heavy-drinking nonplayers resemble the Type 2 pattern. A full understanding of college student drinking behavior may not be possible without greater understanding of drinking games. Copyright 1998, Elsevier Science Ltd.
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