Current substance abuse among Iranian university students.
Ahmadi J; Yazdanfar F. Addictive Disorders & Their Treatment 1(2): 61-64, 2002. (8 refs.)
The prevalence of substance use among Iranian university students was assessed in a randomly selected sample of Shiraz University students in different departments and all years of study. The students (N = 501; 172 women, mean age 22.1 years, and 329 men, mean age 24.3 years) received and completed a confidential questionnaire in 2000. The percentages of students who reported substance use one or more times in their lives were as follows: cigarettes (54.9 percent), alcohol (34.7 percent), opium (21.2 percent), hashish (12.6 percent), marijuana (2 percent), heroin (1.6 percent), psychedelics (2.1 percent), cocaine (2.2 percent), and morphine (2 percent).
Substances used by students reporting current substance use were as follows: cigarettes (36.1 percent), heroin (0.8 percent), morphine (0.6 percent), alcohol (21.4 percent), opium (6.2 percent), psychedelics (2 percent), cocaine (0.2 percent), hashish (2.4 percent), and marijuana (0.6 percent). Some had used or were using more than one substance. Substance use was significantly higher among males than among females. Cigarettes, alcohol, and opium were the most prevalent forms of substance use. The most common reasons given for initial substance use were pleasure seeking and modeling, but pleasure seeking and tension release were the most common reasons for current use. Cultural attitudes toward drug use likely affect the type of use. These results can be considered when planning programs to decrease substance use. Copyright 2002, Lippincott, Williams & Wilkins.
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Substance use among Iranian university students.
Little is known about the epidemiology of substance use in the Iranian population in general or among university students in particular. A recent study showed that 26% of Iranian men and 3.8% of women were cigarette smokers. Other studies have found that the opium dependency rate was 0.07 per capita, and the rate of registered opium addicts was 0.01 per capita in a rural population of the northern part of Iran. In Iran, there is a centuries-old tradition of opium use for treating mental disorders as well as for pleasure and social purposes. Studies among students have shown that 24% of
college students used substance at some time in their lives, with hashish the most frequently used substance (Merchant, Pournadeali, Zimmer and Ronaghy, 1976). A more recent study assessing substance dependency among senior high school students, found that 14% of boys reported currently using tobacco, and that 5.7% reported current use of other substances (Moosavi, 2000). Considering drug policy in Iran, it should be noted that individuals may be arrested for having or using illegal substances, including alcohol, cannabis, opioids, cocaine and hallucinogens. Methods: Five hundred and fifty university students were selected by cluster random sampling (each cluster included 50 students) from a total of 10000 students in different faculties and also all years of study at Shiraz University which is a large university in the south of Iran. Five hundred and one multi-choice questionnaires, based on a prior study (McKay, Hawthorne and McCartney, 1973), were completed (response rate was 90.1%). The mean age of respondents was 23 years (range 18-44). Data analysis was carried out using . Results: Of the 501 students, 172 (34.3%) were women and 329 (65.7%) were men. Table 1 shows reported `ever' and Table 2 `current' (last 30 days) substance use. As can be seen, tobacco use was found to be the most prevalent from of substance use among Iranian students, in comparison to alcohol which was the most widely used substance among Western students. Opium was also found to be widely used -- with 21% of the sample reporting ever use and 11% reporting current use -- though the use of heroin was rarely reported. Approximately a third of the sample reported ever use of alcohol and approximately a quarter current use. 13% of students report having used hashish with 7% reporting current use. Copyright 2002, Elsevier Science BV.
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Prevalence of alcohol-use disorders and alcohol-related problems in a college student sample.
Most studies of alcohol consumption patterns and alcohol-related problems among college students have failed to include a diagnostic measure based on Diagnostic and Statistical Manual of Mental Disorders-IV (DSM-IV) criteria. Applying the DSM-IV standards would facilitate an analysis of the prevalence of alcohol-use disorders and individual symptoms of those disorders. A structured diagnostic interview based on DSM-IV criteria (the alcohol section of the Substance Abuse Module) and several alcohol screening instruments were administered to 306 undergraduate students at an urban commuter campus. The prevalence of current and lifetime alcohol-use disorders, individual symptoms of those disorders, and other alcohol-related problems are reported, as well as data regarding alcohol consumption patterns and binge drinking. The data are analyzed in terms of demographic variables, including sex, ethnicity, year
Casino use by college students.
College students' gambling behavior (N = 238) at the Foxwoods Resort Casino in Mashantucket, Connecticut was investigated using the South Oaks Gambling Screen. Of the 730 randomly sampled students, 238 returned usable questionnaires, a return rate of 32.5%. Only 35 (14.8%) of the students indicated having visited Foxwoods, of these, 26 (11% of the total) reported having gambled. Rates of problem were relatively low (6 students; 2.5%) and few underage students (3 students; 1.9%) reported using Foxwoods in the fall of 1994. As in other studies of casino gambling by students, slot machines and blackjack were the most frequent activities. Copyright 1997, Psychological Reports, Inc.

Results from the 1995 National College Health Risk Behavior Survey.
Douglas KA; Collins JL; Warren C; Kann L; Gold R; Clayton S; Ross JG; Kolbe LJ. *Journal of American College Health* 46(2): 55-66, 1997. (23 refs.)
Results from the 1995 National College Health Risk Behavior Survey, which monitored health risk behaviors among US college and university undergraduates, suggest that many students' behaviors increase their likelihood of adverse health outcomes. During the 30 days preceding the survey, 34% of the participants had consumed five or more alcoholic drinks on at least one occasion, and 27% had drunk alcohol and driven a car. Thirty-one percent had smoked cigarettes regularly during their lifetimes, 49% had ever used marijuana, 30% had used a condom during their last sexual intercourse, 21% were overweight, and 38% had participated in vigorous physical activity on 3 or more of the 7 days preceding the survey. These data were analyzed by gender, age group, race and ethnicity, and institution type. They can be used by those responsible for the health and education of college students to reduce risks associated with the leading causes of mortality and morbidity. Copyright 1997, Helen Dwight Reid Educational Foundation.

Alcohol and other drug use assessment at a university counseling center.
Data were collected on 190 students who presented with drug and alcohol use concerns at a large Midwestern university counseling center over 3 academic years. Based on DSM-III-R criteria, 51% of all subjects met the criteria for Alcohol Abuse; 35%, for Alcohol Dependence; 3%, for Cannabis Dependence; and 3% for Polysubstance Dependence. The findings are discussed in relationship to a counseling center's practice of clinical assessment of drug and alcohol use, as well as to the center's integration of the findings with outreach programming efforts conducted by practitioners. Copyright 1996, American College Personnel Association.

Predictors of smoking among US college students.
Objectives. This study explored predictors of smoking among a large, representative national sample of students enrolled in American 4-year colleges. Methods. A sample of undergraduate students, randomly selected from 140 colleges, was sent a detailed questionnaire that included questions about smoking status. Results. The 30-day smoking prevalence was 22.3%; 25% of the participants were former smokers. Multivariate analyses suggested that, among college students, men are less likely to smoke than women. In addition, high-risk behaviors (e.g., marijuana use) and lifestyle choices (e.g., nonparticipation in athletics) increased the likelihood of being a smoker. Conclusions. This study's findings have important implications for health education and promotion among college populations. Copyright 1998, American Public Health Association. Used with permission.
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Drinking patterns and problems of a national sample of college students, 1994.
Engs RC; Diebold BA; Hanson DJ. Journal of Alcohol and Drug Education 41(3): 13-33, 1996. (54 refs.)
Over 12,000 university students from every state were administered the Student Alcohol Questionnaire during the academic year. Of all student 72.0 percent consumed alcohol at least once a year and 20.6 percent were heavy drinkers (consuming 5 or more drinks per occasion once a week or more). A mean of 9.6 drinks per week was consumed by all students in the sample, 31 percent of males consumed over 21 drinks per week and 19.2 percent of females consumed over 14 drinks a week. Of the drinkers, 28.4 percent were heavy and percent were light to moderate drinkers and they consumed a mean of 10.9 drinks per week. A significantly higher proportion of men, whites, under 21 years old, Roman Catholics, individuals to whom religion was not important, individuals with low grade point averages, fraternity/sorority members,
students attending college in the North East part of the United States, in small communities, private schools and colleges under 10,000 students exhibited heavier drinking and a higher incidence of problems related to drinking. These results are similar to other studies which have been accomplished over the past two decades. The results do not support dramatic changes in the demography of heavier drinkers within most demographic categories. Copyright 1996, Alcohol and Drug Problems Association of North America.

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Drug use among Croatian students.
Hotujac A; Sagud M; Hotujac L. *Collegium Antropologicum* 24(1): 61-68, 2000. (15 refs.)
The subject of this study was to determine the frequency of drug use and attitudes toward drug use in Croatian high school students. The study was carried out in a middle-class high school in Zagreb. Out of 273 students who participated in an anonymous, self-report, 23-item questionnaire, 69 reported that they had at least once used drugs. The most frequently used drug was cannabis. While one third of students have been offered drugs, even 41% of the students would have take the drug if it becomes available. It can be concluded that the drugs appear to be highly available among Croatian students. According to our results, even more stronger increase in the number of drug users in Croatia could be expected. Copyright 2000, School of Biological Anthropology.

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Out of harmony: Health problems and young native American men.
Studies of the current health status of healthy young Native American men (American Indians and Alaska Natives) are rare compared with the attention researchers have given the many problems that plague the lives of these young men. Native American men are frequently not included in other studies focusing on men, and information on college-aged, healthy young Native American men is generally not readily available. Despite those drawbacks, this article brings together what is written or known about the health status of young Native American men. The emphasis, based on available information, is placed on some of the major health problems confronting this population. Copyright 2001, Helen Dwight Reid Educational Foundation.

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Use and abuse of licit and illicit substances: Prevalence and risk factors among students in Lebanon.
Karam E; Melhem N; Mansour C; Maalouf W; Saliba S; Chami A. *European Addiction Research* 6(4): 189-197, 2000. (46 refs.)

Objective: This study aims at examining the patterns of 'substance' use in Lebanon among an 'at risk' population, the university students. Method: A stratified cluster sample of 1,851 students from two major universities was included in the study and the Diagnostic Interview Schedule (version 3) was administered. Results: The prevalence of nicotine users in the sample was 18.3% and of ever consuming alcohol 49.4%, 2.1% of the sample were alcohol abusers and 2.4% alcohol dependents according to DSM-III criteria. For the remaining substances, tranquilizers were found to have the highest rate of ever use (10.2%), whereas heroin had the lowest rate (0.4%); the rates of abuse and dependence in these categories (other than alcohol and nicotine) following DSM-III criteria ranged from 0.1 to 0.8%. Conclusion: University students in Lebanon in this study have relatively low rates of use and abuse of substances but this might be changing. Copyright 2000, S. Karger Publishers.

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**Alcohol abuse and dependence among US college students.**

Knight JR; Wechsler H; Kuo MC; Seibring M; Weitzman ER; Schuckit MA. *Journal of Studies on Alcohol* 63(3): 263-270, 2002. (27 refs.)

Objective: To estimate the prevalence of alcohol abuse and dependence among U.S. college students, and to identify characteristics associated with these diagnoses. Method: More than 14,000 Students at 1194-year U.S. colleges completed a questionnaire that included items corresponding to DSM-IV diagnostic criteria for alcohol abuse and dependence. Frequencies were computed, and correlations used to identify demographic, drinking and other variables associated with these diagnoses. Results: 31% percent of students endorsed criteria for an alcohol abuse diagnosis and 6% for a dependence diagnosis in the past 12 months. More than two of every five students reported at least one symptom of abuse or dependence. Students who were heavy episodic drinkers were more likely than those who were not to have an alcohol disorder. Students who were frequent heavy episodic drinkers had 13 times greater odds for abuse and 19 times greater odds for dependence. One of every five heavy episodic drinkers was classified with dependence. Few reported seeking treatment since coming to college. Students from heavy drinking college environments were more likely to have abuse and dependence diagnoses. Conclusions: Many college students report behaviors and symptoms that meet the diagnostic standard for alcohol abuse or dependence. In addition to strengthening prevention programs, colleges should implement new strategies for screening and early identification of high risk student drinkers and ensure that treatment is readily available for those with alcohol disorders. Copyright 2002, Alcohol Research Documentation, Inc. Used with permission.

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**Epidemiological aspects of the use of cannabis among university students in Greece.**

Marselos M; Boutsouris K; Liapi H; Malamas M; Kateri M; Papaioannou T. *European Addiction Research* 3(4): 184-191, 1997. (29 refs.)

A survey was conducted among 1,057 students of the University of Ioannina, Greece, investigating the prevalence of cannabis use, the attitude to and the knowledge on cannabis, as well as the intention of students to experiment with other illicit drugs. Students who had tried cannabis amounted to 17.9%, but regular users were 8.7% of the sample. There was an obvious predominance of 'male users' (14.4% of the male sample) over 'female users' (5.1% of the female sample). Age was also correlated with cannabis use, since students older than 24 years predominated over the younger ones among regular users (20.8 vs. 6.5%, respectively). Heavy daily tobacco smoking (20 cigarettes or more) and use of psychotropic drugs were also among the factors strongly correlated with cannabis use. The students who admitted a regular use of cannabis expressed their doubt on the harmfulness of the drug and its dependence liability. As a rule, they held strong views on issues pertaining to the properties of cannabis, whereas most of the other respondents often admitted ignorance on the same issues. In addition, regular users declared their willingness to experiment with other illicit drugs, such as cocaine and heroin, if they were available. As for the general attitude towards illicit drugs, cocaine seems to hold a more acceptable place than heroin for all students included in our epidemiological sample. Copyright 1997, S. Karger Publishers.

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**Epidemiology of alcohol and other drug use among American college students.**


Objective: This article provides information on the extent of alcohol use and other drug use among American college students. Method: Five different sources of data are examined for estimating recent levels of alcohol (and other drug) use among college students: Harvard School of Public Health College Alcohol Study (CAS), the Core Institute (CORE), Monitoring the Future (MTF), National College Health Risk Behavior Survey (NCHRBS) and National Household Survey on Drug Abuse (NHSDA). Results: Alcohol use rates are very high among college students. Approximately two of five American college students were heavy drinkers, defined as having had five or more drinks in a row in the past 2 weeks. Alcohol use is higher among male than female students. White students are highest in heavy drinking, black students are lowest and Hispanic students are intermediate. Use of alcohol -- but not cigarettes, marijuana and
cocaine -- is higher among college students than among noncollege age-mates. Longitudinal data show that, while in high school, students who go on to attend college have lower rates of heavy drinking than do those who will not attend college. Both groups increase their heavy drinking after high school graduation, but the college students increase distinctly more and actually surpass their nonstudent age-mates. Trend data from 1980 to 1999 show some slight improvement in recent years. Conclusions: Despite improvements in the past 20 years, colleges need to do more to reduce heavy alcohol use among students. Copyright 2002, Alcohol Research Documentation, Inc. Used with permission. Location: Dana Library

Sociodemographic factors, religiosity, academic performance, and substance use among first-year university students in South Africa. Peltzer K; Malaka DW; Phaswana N. Psychological Reports 91(1): 105-113, 2002. (23 refs.) The purpose of this study was to identify the relationships among sociodemographic variables, family background, religiosity, course of study, academic performance, and substance use. The sample included 799 first-year students in the age range of 16 to 49 years (M age 20 1 yr., SD=32) chosen at random from the University of the North in South Africa. A Model Core Questionnaire from the WHO on substance use was administered. Analysis indicated that women smoked tobacco or cannabis and drank less than men, while women took more stimulants and other opiate type drugs than men. Low scores on religiosity was a predictor for past-month tobacco use, alcohol use, binge drinking, cannabis use, and having a drinking or drug problem now. Being a member of a Protestant denominational church or a Roman Catholic was a predictor for past-month tobacco and alcohol use. A family history of drinking or drug problems and being a social science or humanities student were predictive for a current alcohol or drug problem. Economic status, education of parents, living arrangement, and rural-urban differences were not associated with substance use. Findings have implications for prevention programmes. Copyright 2002, Psychological Reports, Inc. Location: Baker Library

Presley CA; Leichliter JS; Meilman PW. Alcohol and Drugs on American College Campuses: A Report to College Presidents. Third in a series. Carbondale IL: Southern Illinois University, 1998. (0 refs.) This report, prepared through a grant from the Fund for the Improvement of Postsecondary Education (FIPSE) of the US Department of Education, summarizes the findings of a study of college students' alcohol and drug use. Originally restricted to FIPSE-funded colleges and universities, it is based on a questionnaire that has been widely adopted and moved beyond the initial FIPSE-funded target group. The data is
presented in 15 tables that include information on patterns of use, use of different types of drugs, negative consequences of use, the relationship of drinks per week and grade point average, the relationship between alcohol and drug use and violence on campus, and beliefs about alcohol use. The data covers the years from 1996-1997. Copyright 1999, Project Cork.
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This report, the fourth in a series, summarizes the findings of a survey of college students' alcohol and drug use. It was conducted on campuses that received prevention grants from the Department of Education. Following a description of the methodology and instruments used, the report provides survey results for two year institutions, four year institutions, by region, legal versus illegal use of alcohol, ethnic patterns and differences, and pre- and post-test findings. ['Pre' and 'post' refers to the initiation of FIPSE-funded grants.] There is also data presented on the students' perception of the campus environment in respect to factors that relate to alcohol and drug use. Appendices include a copy of the survey, discussion of issues of reliability and validity, alcohol consumption patterns of students, and trends in alcohol and other drug use. Copyright 1998, Project Cork.
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This report, the third in a series, summarizes the findings of a survey of college students' alcohol and drug use. It was conducted on campuses that received prevention grants from the Department of Education. Following a description of the methodology and instruments used, the report provides survey results for two year institutions, four year institutions, by region, legal versus illegal use of alcohol, ethnic patterns and differences, and pre- and post-test findings. ['Pre' and 'post' refers to the initiation of FIPSE-funded grants.] There is also data presented on the students' perception of the campus environment in respect to factors that relate to alcohol and drug use. Appendices include a copy of the survey, discussion of issues of reliability and validity, alcohol consumption patterns of students, and trends in alcohol and other drug use. Copyright 1996, Project Cork Institute.
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An anonymous questionnaire was sent to all the undergraduates in a single College within Oxford University in order to explore perceptions of university life, levels of stress and emotional well-being, attitudes and beliefs about alcohol and drugs, and the pattern of use of these substances. The response rate was 76%. There was a high level of contentment with College life, but a third of students had felt rejected on grounds of social class, and a third of the women reported sexual discrimination or harassment. Average self esteem of the women equated to a control population, but that of the men was abnormally high. Promiscuous sexual behaviour was unusual. A third of the women reported at least one episode of problematic binge-eating or dieting. Correlational analysis suggested the existence of a small minority of vulnerable, unhappy students. Drug and alcohol use among Oxford undergraduates approximates to that of a similar age group in the general population. A third of students consume more than accepted levels of safe drinking. Drug use was largely confined to drugs other than heroin and cocaine, and 56% of the respondents had tried cannabis. The illegality of drugs had little influence on levels of consumption. Drug or alcohol use did not correlate with physical or emotional problems. Students with problems were most likely to turn to other students for help, suggesting that properly-supported student counsellors would be a useful resource. Copyright 1998, Oxford Review of Education. Location: Not at Dartmouth. Request via ILL.

Drugs and alcohol use by Canadian University athletes: A national survey.
To gauge the extent of drug and alcohol use in Canadian university athletes, the authors estimated the proportion of Canadian university athletes using social and/or ergogenic drugs through survey methods. A secondary purpose was to examine athlete's perceptions of the value of drug testing and drug education programs. Using a stratified random sampling procedure, 754 student athletes were surveyed in eight different sports from eight universities across Canada. Results showed that 17.7 percent of athletes have used major pain medications over the past twelve months, 3 percent reported use of weight loss products, 0.9 percent reported anabolic steroid use, 16.6 percent reported use of smokeless tobacco products, 94.1 percent reported use of alcohol, 65.2 percent reported use of caffeine products, 0.7 percent reported use of amphetamines, 1.0 percent reported use of barbiturates, 19.8 percent reported use of marijuana or hashish, 5.9 percent reported use of psychedelics and 0.8 percent reported use of cocaine/crack. Copyright 1996, Baywood Publishing Co., Inc. Location: Not at Dartmouth. Request via ILL.
Increasing MDMA use among college students: Results of a national survey.
Purpose: To examine the prevalence and changing patterns of ecstasy use among college students, and to determine characteristics, associated behaviors, and interests of ecstasy users. Methods: The study analyzes data regarding ecstasy use and related behaviors from the 1997 and 1999 Harvard School of Public Health College Alcohol Study. This is a survey of a nationally representative sample of over 14,000 college students at 119 U.S. four-year colleges. Changes in self-reported annual ecstasy use were examined, and lifestyle and high-risk behaviors associated with Ecstasy use were identified. Data were analyzed using 2 x 2 Chi-square tests and multiple logistic regression fitted by the generalized estimating equations (GEE). Results: The prevalence of past year ecstasy use rose from 2.8% to 4.7% between 1997 and 1999, an increase of 69%. This increase was observed across nearly all subgroups of student and college type. A smaller sample of ten colleges revealed that the increase continued in 2000. Ecstasy users were more likely to use marijuana, engage in binge drinking, smoke cigarettes, have multiple sexual partners, consider arts and parties as important, religion as less important, spend more times socializing with friends, and spend less times studying. Unlike other illicit drug users, ecstasy users were not academic underachievers and their satisfaction with education was not different from that of non-ecstasy users. Conclusion: Ecstasy use is a high-risk behavior among college students which has increased rapidly in the past decade. Copyright 2002, Society for Adolescent Medicine.
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Tobacco use by university students, Lebanon, 2001.
Tamim H; Terro A; Kassem H; Ghazi A; Abou Khamis T; Hay MMA et al. Addiction 98(7): 933-939, 2003. (24 refs.)
Aims: The objective was to determine the prevalence of smoking [cigarettes and/or narghile (i.e. water-pipe)] among university students and to examine multiple correlates. Design: Cross-sectional. Setting: Beirut, Lebanon. Participants: A proportionate random sample of 1964 students from public and private universities in Beirut, Lebanon. Measurements Participants completed a self-administered anonymous questionnaire that included demographic and scholastic items and health behavioral aspects, including smoking, alcohol, physical activity, weight control measures and seat belt use. Findings: The overall prevalence of smoking was 40% (21.1%, 7.6% and 11.3% of the students were smoking only narghile, only cigarettes and both cigarettes and narghile, respectively). Regression analyses showed that males, those of non-Lebanese origin, pursuing undergraduate degrees, performing risky weight control
measures and drinking excessive amounts of alcohol had increased odds of smoking cigarettes. Also, age, high level of paternal education and field of study were significant predictors. Narghile smoking was significantly higher among males who drank excessive alcohol. Conclusions The authors advocate a collaborative effort to alleviate the consequences of smoking among university students. 2003, Society for the Study of Addiction to Alcohol and Other Drugs.
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**Prevalence and risk factors of problem gambling among college students.**

College students from 2 Minnesota universities were surveyed about their gambling involvement. Gambling was reported to be a common experience, with 87% having participated at least once in the previous year. Most students reported gambling at fairly infrequent levels, and few identified financial, social, or personal consequences as a result of gambling. The odds of being identified as a probable pathological gambler was high for men, those indicating a positive parental history for gambling problems, regular (weekly plus) users of illicit drugs, and those with poor grades. Copyright 1998, American Psychological Association.
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