

## Bibliography. Nicotine, Smoking, and the College Population

44 citations  
1996-present

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### **Patterns of cigarette smoking, alcohol use and other substance, use among Chinese university students in Hong Kong.**

Abdullah ASM; Fielding R; Hedley AJ. *American Journal on Addictions* 11(3): 235-246, 2002. (51 refs.)

The pattern of tobacco, alcohol, and other substance use was assessed among 1,197 Chinese undergraduates in Hong Kong. Students reported their current and past use of tobacco (13%), alcohol (61%), marijuana (2%), and other illicit drugs (0.4%).

Perceptions of risk from the use of different substances were low among those who use substances and among senior students. The rate of substance use was higher among males, residents of university hall, senior students, and among those who possessed a positive attitude towards substance use. There were significant associations between different substance uses among the respondents. Copyright 2002, American Academy of Psychiatrists in Alcoholism and Addictions.

Location: Dartmouth e-journal

### **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.

Location: Dartmouth e-journal

**The aura of tobacco smoke: Cigars and cigarettes as image makers.**

Callison C; Karrh JA; Zillmann D. *Journal of Applied Social Psychology* 32(7): 1329-1343, 2002

Male and female college undergraduates evaluated the character traits of men and women who were seen smoking cigars, smoking cigarettes, or not smoking. The evaluated adults were about 10 years older than the students. Irrespective of the evaluated persons' gender, ratings of appeal were specific to the gender of the evaluator. Men and women agreed in their perception of cigarette smokers as being less appealing than nonsmokers. However, whereas men ascribed markedly less appeal to cigar smokers than to cigarette smokers, women perceived cigar smokers as being as appealing as nonsmokers. This pattern was observed for all positive aspects of appeal; the inverse pattern was apparent for all negative aspects of appeal. In contrast, men and women concurred in judging cigar smokers as being more confident and secure than either nonsmokers or cigarette smokers. Copyright 2002, V.H. Winston & Sons, Inc.

Location: Baker Library

**The impact of prices and control policies on cigarette smoking among college students.**

Czart D; Pacula RL; Chapoupka FJ; Wechsler H. *Contemporary Economic Policy* 19(2): 135-149, 2001. (17 refs.)

Smoking among youths and young adults rose throughout the 1990s. Numerous policies were enacted to try to reverse this trend. However, little is known about the impact these policies have on the smoking behavior of young adults. This article uses a dichotomous indicator of daily smoking participation in the past 30 days, an ordered measure representing the frequency of cigarette consumption, and a quasi-continuous measure of the number of cigarettes smoked per day on average to examine the impact of smoking behaviors of a 1997 cross section of college students. The results of the analysis indicate that higher cigarette prices are associated with lower smoking participation and lower levels of use among college student smokers. Local- and state-level clean indoor air restrictions have a cumulative impact on the level of smoking by current smokers. Complete smoking bans on college campuses are associated with lower levels of smoking among current smokers but have no significant impact on smoking participation. Bans on cigarette advertising on campus as well as bans on the sale of cigarettes on campus have no significant effect on the smoking behavior of college students. Copyright 2001, Western Economic Association International.

Location: Baker Library. Dartmouth e-journal

**An e-mail assessment of undergraduates' attitudes toward smoking.**

DeBernardo RL; Aldinger CE; Dawood OR; Hanson RE; Lee SJ; Rinaldi SR. *Journal of American College Health* 48(2): 61-66, 1999. (21 refs.)

Responses from 513 of 1,000 randomly selected undergraduate students who were sent an e-mail questionnaire, about cigarette smoking were analyzed. Thirteen percent of the respondents identified themselves as smokers. No statistically significant differences were observed between smokers and nonsmokers and year in college, sex, age, race, or having attended public or private high schools. Ninety-eight percent of the respondents considered themselves knowledgeable about adverse health consequences of smoking, yet 39.1% of current smokers seriously considered stopping smoking, and 11.5% of current nonsmokers intended to start smoking. The preferred quitting method of smokers and ex-smokers was stopping all at once ("cold turkey"). Fifty-two percent of the smokers did not want professional assistance to stop smoking; 40% of the nonsmokers wanted information on second-hand smoke. Copyright 1999, Helen Dwight Reid Educational Foundation.

Location: Dana Library

**Predictors of smoking among US college students.**

Emmons KM; Wechsler H; Dowdall G; Abraham M. *American Journal of Public Health* 88(1): 104-107, 1998. (19 refs.)

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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**Smoking initiation and smoking patterns among US college students.**

Everett SA; Husten CG; Kann L; Warren CW; Sharp D; Crossett L. *Journal of American College Health* 48(2): 55-60, 1999. (22 refs.)

The ages at which 18- to 24-year-old college students started smoking and its relationship to subsequent smoking were explored, using data from the 1995 National

College Health Risk Behavior Survey. Most students (70%) had tried smoking; among those who had tried, 42% were current smokers, 19% were current frequent smokers, and 13% were current daily smokers. The majority (81%) who had ever smoked daily began doing so at age 18 years or younger, and 19% began smoking daily at age 19 years or older. Women were as likely as men to report ever having smoked a whole cigarette or ever having smoked daily. Most students (82%) who had ever smoked daily had tried to quit, but 3 in 4 were still smokers. Policies and programs designed to prevent the initiation of smoking and to help smokers quit are needed at both the high school and the college levels to reduce the proportion of young adults who smoke cigarettes. Copyright 1999, Helen Dwight Reid Educational Foundation.

Location: Dana Library

**Unsafe motor vehicle practices among substance-using college students.**

Everett SA; Lowry R; Cohen LR; Dellinger AM. *Accident Analysis and Prevention* 31(6): 667-673, 1999. (50 refs.)

This study examines the relationship between substance use and behaviors that increase the risk for motor vehicle crashes and crash-related injuries. The investigation uses National College Health Risk Behavior Survey data collected in 1995 by the Centers for Disease Control and Prevention. These data are representative of 2- and 4-year undergraduate college students in private and public colleges and universities in the United States. Smokers, episodic heavy drinkers, marijuana users and users of illegal drugs in combination with alcohol were significantly more likely to drive after drinking alcohol and ride with a driver who had been drinking alcohol and significantly less likely to wear safety belts while driving or while riding in a car as a passenger. This study indicates that college students who are substance users are more likely to behave in a manner which increases their risk for motor vehicle crashes and motor vehicle crash injuries. Copyright 1999, Elsevier Science Ltd.

Location: Dartmouth-journal

**Defensive evaluation of antismoking messages among college-age smokers: The role of possible selves.**

Freeman MA; Hennessy EV; Marzullo DM. *Health Psychology* 20(6): 424-433, 2001. (61 refs.)

This study hypothesized that individuals respond to antismoking messages in a biased or defensive manner to the degree that smoking is a personally relevant activity for them. The authors operationalized the personal relevance of smoking variously as smoking behavior (smoking status, rate, duration, and recent attempts to quit), endorsement of the smoker stereotype, and importance of smoking behavior as an identity within the self-concept (current self and possible selves). In the experiment, smokers (n = 82) and nonsmokers (n = 105) privately viewed several antismoking

video segments. smoking status, current smoking identity, and long-term future smoking identity were significantly associated with a defensive evaluation of antismoking messages. The study concludes that the concept of possible selves (H. Markus & P. Nurius, 1986) is critical in understanding college-age smoking and in the design of effective antismoking campaigns. Copyright 2001, American Psychological Association, Inc. and Division of Health Psychology.

Location: Dana Library

**Special series: Empirically based prevention and treatment approaches for adolescent and young adult substance use. Introduction.**

Fromme K; Brown SA. *Cognitive and Behavioral Practice* 7(1): 61-64, 2000. (10 refs.)

This is the lead article in a special series of papers on the prevention and treatment of adolescent and young-adult substance use. We introduce three studies that provide preliminary evidence for successful approaches to (a) smoking cessation or reduction among adolescent substance abusers (Myers, Brown, & Kelly, 2000), (b) reducing alcohol use among high-risk college students (Dimeff & McNeely, 2000) and (c) reducing or preventing drug use, drinking, and driving after drinking among high school students (D'Amico & Fromme, 2000). All three approaches are brief (one to six sessions), share a cognitive-behavioral theoretical basis, and have been examined in controlled trials. This article addresses commonalities among the three programs and describes future directions for prevention efforts among these age groups. Copyright 2000, Association of Advances in Behavior Therapy.

Location: Dartmouth e-journal

**Smoking among female college students: A time for change.**

Gaffney KF; Wichaikhum OA; Dawson EM. *Journal of Obstetric, Gynecologic and Neonatal Nursing* 31(5): 502-507, 2002

The transition from high school to college begins a time of personal growth accompanied by normal developmental stressors. Some young women use smoking as a coping mechanism. The immediate danger for these students is nicotine dependence, with subsequent maternal and child morbidities. College provides an optimal time to break this devastating trajectory. With an understanding of psychosocial development, nurses who care for college-age women can effect changes in smoking behavior.

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Location: Dartmouth e-journal

**Weight loss behaviors and smoking in college students of diverse ethnicity.**

George VA; Johnson P. *American Journal of Health Behavior* 25(2): 115-124, 2001. (42 refs.)

Objective: To evaluate weight concerns, weight-loss practices (including smoking) in an ethnically diverse group of university students (58% Hispanic). Methods: Students (n =1,852) completed a survey addressing lifestyle behaviors and weight-control practices. Results: A greater percentage of females than males practiced weight-loss behaviors. More Hispanic and non-Hispanic white students reported dieting, exercising, and using weight loss pills to lose weight. Only 4 of the females reported their primary reason for smoking was to control their weight. Conclusion: Gender as well as ethnicity was a dominant factor influencing weight-loss behaviors/concerns of these young adults. Copyright 2001, CB Slack, Inc.

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#### **Data quality in evaluation of an alcohol-related harm prevention program.**

Graham JW; Roberts MM; Tatterson JW; Johnston SE. *Evaluation Review* 26(4): 147-189, 2002. (54 refs.)

The authors report the reliability and convergent validity in a sample of college students for 27 composite scales and two items covering alcohol use, cigarette smoking, marijuana use, and other drug use; beliefs relating to alcohol use; perceived norms for alcohol-related behavior; harm prevention skills; intentions to take prevention action; harm prevention action taken; risk taken; experienced harm; and other health-related behaviors and person characteristics. Data quality assessment strategies and missing data procedures were illustrated for large, multivariate, longitudinal data sets. Results indicate 23 of the 27 composite scales had at least acceptable reliability, and the remaining 4 composite scales had at least marginally acceptable reliability. At least moderate construct validity was demonstrated for 25 scales. Copyright 2002, Sage Publications, Inc.

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#### **Racial differences in eating disorder attitudes, cigarette, and alcohol use.**

Granner ML; Abood DA; Black DR. *American Journal of Health Behavior* 25(2): 83-99, 2001. (80 refs.)

Objective: To compare eating disorder attitudes, cigarette, and alcohol use between black and white college women. Method: Four validated, self-report questionnaires were administered. Results: Black women reported significantly less substance use. However, substance use, regardless of race, was significantly related to eating disorder symptoms, and women at highest risk for an eating disorder reported the highest levels of substance use. Also significantly related to eating disorder symptoms were negative affect reduction and weight control as reasons for substance use.

Conclusions: Black and white women at highest risk for an eating disorder also exhibit the greatest potential for substance use. Copyright 2001, CB Slack, Inc.

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### **US public universities' compliance with recommended tobacco-control policies.**

Halperin AC; Rigotti NA. *Journal of American College Health* 51(5): 181-188, 2003. (26 refs.)

To address the rise in tobacco use among college students, several national health organizations, including the American College Health Association, recommend that colleges enact smoking bans in and around all campus buildings, including student housing, and prohibit the sale, advertisement, and promotion of tobacco products on campus. Key informants at 50 US public universities, one from each state, were interviewed during the 2001/2002 academic year to assess the prevalence of these recommended policies. More than half (54%) of the colleges banned smoking in all campus buildings and student residences, 68% had no tobacco sales on campus, and 32% of the schools' newspapers did not accept tobacco advertising. Regional differences in adoption of these campus tobacco-control policies were present. Although this national sample of public universities had implemented some of the recommended policies, they must take further actions to comply fully with campus tobacco-control guidelines. 2003, Helen Dwight Reid Educational Foundation.

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### **Smoking habits of students in College Of Applied Medical Science, Saudi Arabia.**

Hashim TJ. *Saudi Medical Journal* 21(1): 76-80, 2000. (32 refs.)

Objective: To establish a baseline data on the smoking habits of health science students in a Saudi Arabian university environment. Methods: The participating subjects were students of the College of Applied Medical Sciences within the age range of 18 to 26. An experimental design with pre-structured questionnaires, and simple random sampling was administered to 712 participants by a panel of experts in behavioral health sciences. Results: Out of 647 respondents, 186 (29%) were current smokers. Of those that indicated that they were currently smokers, 127 (20%) were male and 59 (9%) were female. The 20-24 year old age group exhibited the highest prevalence of smoking ( $P < 0.000$ ). Major factors influencing the smoking prevalence were the smoking habits of peers, siblings, and parents ( $P < 0.005$ ). Most of the respondents appeared to be "Light Smokers", consuming less than 10 cigarettes per day. When asked of their awareness of the health hazards of smoking, 73% of the respondents answered that they were aware of the hazards. Of those that smoked, 70% expressed a desire to cease cigarette smoking. Media influence was considered to

be the major source of information on the health consequences of cigarette smoking. Conclusion: Cigarette smoking is prevalent among students of health care professionals. Author advocates a collaborative effort in order to alleviate the consequences of cigarette smoking among health professionals. This effort must embody a multidisciplinary approach that includes legislators, mass media, public education and health professionals at all levels. Copyright 2000, Riyadh Al-Kharj Hospital Programme.

Location: Dartmouth e-journal

**Diet, activity, and other health-related behaviors in college-age women. (review).**

Hendricks KM; Herbold NH. *Nutrition Reviews* 56(3): 65-75, 1998. (97 refs.)

Morbidity and mortality data for young women in the United States reflect several health risk behaviors for both acute and chronic disease development. Available data suggest that young women's diets are high in total and saturated fat and low in fiber, fruits, vegetables, and dairy products. As a result, diets of young women are frequently low in iron, folate, and calcium. Prevalence of overweight continues to increase significantly in this population, but inappropriate body image concerns and disordered eating patterns are also common. Inactivity, smoking, and weight cycling are patterns that appear to begin early in women's lives. Some data suggest that young women value nutrition quality and are more likely to attempt positive changes than are young men. Copyright 1998, Springer-Verlag.

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**Trial and lifetime smoking risks among African American college students.**

Hestick H; Perrino SC; Rhodes WA; Sydnor KD. *Journal of American College Health* 49(5): 213-219, 2001. (31 refs.)

The authors surveyed 614 African American university students to determine the magnitude of cigarette use, identify risk factors, and develop models to predict smoking. More than half (58.3%) of the participants had smoked at least once, and 9.3% of that group were lifetime smokers. Among the lifetime smokers, 71.3% had smoked during the 30 days preceding the survey. More women (66.8%) than men (56.1%) had tried smoking and were classed as lifetime smokers. Residence, parental, and peer smoking (current and childhood) were associated with trying smoking; age, race/ethnicity, and marital status were additional factors for becoming a lifetime smoker. The risk of being a lifetime smoker was reduced when neither friends nor parents of the student smoked and the student viewed spirituality as important. The results of this study add to the growing understanding of health risk behaviors among African Americans and can be useful in reducing smoking. Copyright 2001, Helen Dwight Reid Educational Foundation.

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**Pluralistic ignorance and health risk behaviors: Do college students misperceive social approval for risky behaviors on campus and in media?**

Hines D; Saris RN; Throckmorton-Belzer L. *Journal of Applied Social Psychology* 32(12): 2621-2640, 2002. (26 refs.)

Pluralistic ignorance is a psychological state in which individuals believe that their own beliefs and feelings differ from others' in a group despite the fact that they all behave similarly (Miller & McFarland, 1991). For example, college students reported that they were less comfortable with campus drinking than were other students on their campus (Prentice & Miller, 1993). We replicated this finding and investigated whether college students would show this pluralistic ignorance effect for other health-related risk behaviors (smoking, sexual behavior, and illegal drug use). In addition, we tested whether media portrayals of these behaviors also might result in pluralistic ignorance. The results show that a significant effect of pluralistic ignorance occurred for all 4 health-related risk behaviors, both in ratings of campus behaviors and in ratings of media portrayals of these behaviors. Participants indicated that other students on their campus would have higher comfort ratings with campus patterns of smoking, drinking, illegal drug use, and sexual behaviors than their own comfort ratings. Participants also indicated that other students would have higher comfort ratings with the same 4 behaviors as they are portrayed in the media than their own comfort ratings.

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**Cigar smoking among college students: Prevalence and correlates.**

Jamner MS. *Preventive Medicine* 29(3): 187-194, 1999. (18 refs.)

Background. Cigar smoking is deleterious to health and point prevalence estimates suggest that rates of cigar smoking among young adults may be high. Little is known, however, about the reasons for the popularity of cigar smoking among young adults or the relationship of cigar smoking to cigarette smoking. This study documents the prevalence of cigar smoking in two samples of college students, examines the association between cigar and cigarette smoking, and investigates the hypothesis that cigar smoking is associated with a positive image of the typical cigar smoker. Methods. Two cross-sectional surveys of college students were conducted (sample sizes = 745 and 167). Results. Current cigar smoking was reported by 7 and 19% of the respondents in Studies One and Two, respectively. In both studies, cigar smoking was far more likely among men and among either former or current cigarette smokers. In Study Two, cigar smoking was associated with a positive image of the typical cigar smoker. Conclusions. The results suggest that the popularity of cigar smoking among college students is of sufficient magnitude to be a public health concern and may be

related to a positive image of the typical cigar smoker. Copyright 1999, Academic Press, Inc.

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**Smoking among students: New pathways to prevention. (editorial).**

Keeling RP. *Journal of American College Health* 48(2): 51-54, 1999. (8 refs.)

Location: Dana Library

**The relationship of depression to health risk behaviors and health perceptions in Korean college students.**

Kim O. *Adolescence* 37(147): 575-583, 2002. (30 refs.)

The purpose of this study was to investigate the relationship of depression to health risk behaviors and health perceptions in Korean college students. The sample consisted of 434 students, ranging in age from 18 to 28 years, who were attending four universities in Korea. Data were collected using the Beck Depression Inventory, the Symptom Pattern Scale, and the Short Form Health Survey. Results indicate that the students were mildly depressed. The prevalence of alcohol consumption during the previous month was 84.6% and for smoking it was 33.6%. The majority of the students reported a low occurrence of symptoms of psychological distress and evaluated their health as either very good or good. The level of depression predicted alcohol consumption, symptom pattern, and physical health. Students who were more depressed reported more symptoms and perceived their health as worse compared with those who were less depressed. The students who were less depressed drank more alcohol. Depression did not predict smoking. Copyright 2002, Libra Publishers. Used with permission.

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**Biological knowledge of tobacco and alcohol among college students.**

Krupka LR; Vener AM; Engelmann MD. *American Biology Teacher* 58(2): 71-77, 1996. (24 refs.)

This article reports the results of a study to ascertain the level of knowledge of college students in respect to nicotine and alcohol. All questions were biologically based and developed from sources readily available to the public. The results indicated a significant level of accurate information, e.g. with 91% of respondents recognizing that one drink per day is unsafe for the fetus. In other instances there was significant lapses in knowledge, e.g. with only 54% understanding the relationship of proof to percentage of alcohol. In general, students were better informed about alcohol than tobacco. Copyright 1996, National Association of Biology Teachers.

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**The relationship between attitudinal ambivalence and desire to quit smoking among college smokers.**

Lipkus IM; Green JD; Feaganes JR; Sedikides C. *Journal of Applied Social Psychology* 31(1): 113-133, 2001. (50 refs.)

Growing evidence shows that attitudes can exist on a bivariate rather than a bipolar plane. This conceptualization provides a more dynamic approach to studying how attitudinal ambivalence (i.e., evaluating an attitude object as both positive and negative) affects smoking-related behaviors. Based on a sample of 157 college smokers, we obtained preliminary validation support for a smoking-specific felt attitudinal ambivalence scale. Felt attitudinal ambivalence correlated positively with potential for ambivalence, negative attitudes, and negative as well as positive outcome expectancies related to smoking. Smokers who felt more ambivalent reported a greater desire to quit and were more likely to be contemplators, as defined by the transtheoretical model of behavioral change. In multivariate analyses, felt ambivalence toward smoking predicted desire to quit after controlling for positive and negative attitudes and negative smoking consequences. These results provide promising support for the smoking-specific felt-ambivalence scale, and suggest that attitudinal ambivalence should be investigated further as a motivational mechanism to affect smoking cessation. Copyright 2001, V.H. Winston & Sons, Inc.

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**An explanatory model of variables influencing health promotion behaviors in smoking and nonsmoking college students.**

Martinelli AM. *Public Health Nursing* 16(4): 263-269, 1999. (41 refs.)

College students can establish healthy lifestyle practices that can have lifelong implications. Many students, however, continue to engage in risky behaviors such as active and passive smoking. The purpose of this study was to test an explanatory model of variables which can influence health promotion behaviors in smoking and nonsmoking college students. Fender's Health Promotion Model provided the framework for the study. Health promotion behaviors were found to be most effective when students: had an increased self-efficacy, avoided environmental tobacco smoke (ETS), perceived themselves as healthy, were female, and had a powerful external and internal health locus of control. College students may benefit from health promotion interventions designed to influence the avoidance of ETS and alter perceptions of self-efficacy, control of health, and health status. Such interventions may result in a decrease in both active and passive smoking. Copyright 1999, Blackwell Scientific Publications, Ltd.

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**Drug use and cognitions about drug use amongst students: Changes over the university career.**

McMillan B; Conner M. *Journal of Youth and Adolescence* 31(3): 221-229, 2002. (22 refs.)

This study examined the hypothesis that students would exhibit changes in their levels of, and cognitions about, drug use throughout their university career. Three hundred and eighty undergraduates from Years 1, 2, and 3 (174 male, 206 female) initially participated in the study (response rate 63%). Questionnaires were distributed at 6-month intervals over a period of 2 years, resulting in 4 time points. The questionnaires contained items relating to the use of, and cognitions about the use of, alcohol, amphetamine, cannabis, ecstasy, LSD, and tobacco. No evidence was found to suggest an increase in the percentage of respondents using drugs over their university career. However, a significant increase in the frequency of ecstasy use between Years 1 and 2 was found. Various cognitive measures also exhibited changes between Years 1 and 2, associated with increasingly "liberal" views toward drug use. No evidence was found to suggest that drug use tailed off toward the end of the university career. The findings point to the need for increased drugs education for students, and the need for more research to aid in the understanding of how university life affects drug use levels.

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**Facilitating student use of campus smoking cessation services. (letter).**

Mooney DK. *Journal of American College Health* 50(3): 141-142, 2001. (17 refs.)

Location: Dana Library

**Personality, academic attribution, and substance use as predictors of academic achievement in college students.**

Musgrave-Marquart D; Bromley SP; Dalley MB. *Journal of Social Behavior and Personality* 12(2): 501-511, 1997. (14 refs.)

We explored the relationships among personality, substance use, and academic achievement in 161 undergraduates. Students completed three questionnaires: the Revised NEO Personality Inventory (NEO PI-R; Costa & McCrae, 1992), the Academic Attributional Style Questionnaire (AASQ; Peterson & Barrett, 1987), and a modified Substance Use Questionnaire (Carmody, Brischetto, Matarazzo, O'Donnell, & Conner, 1985). Significant positive relationships ( $p < .01$ ) were obtained between grade point average (GPA) representing academic achievement and the NEO PI-R personality factors of neuroticism, conscientiousness, agreeableness, and openness. Significant negative correlations were found between GPA and use of alcohol and nicotine.

Conscientiousness, neuroticism, openness, and lack of nicotine use best predicted GPA. Copyright 1997, Select Press.

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**College students' smoking behavior, perceived stress, and coping styles.**

Naquin M; Gilbert G. *Journal of Drug Education* 26(4): 367-376, 1996. (26 refs.)

The purpose of this study was to examine college students' smoking behavior as well as their current smoking status and its effects on perceived levels of stress and coping styles. Students from four universities completed the Perceived Stress Scale, the Coping Inventory for Stressful Situations and a smoking questionnaire. Of the 1330 students who participated in the study, 19 percent were current smokers. On the Perceived Stress Scale, current smokers' mean score was significantly higher than that of the students who had never smoked. In addition, the current smokers' mean score for Emotion-oriented Coping was significantly higher than that of the students who had never smoked or formerly smoked. The former smokers' mean score on Avoidance-oriented Coping was significantly lower than the never and the current smokers. Ten percent of the students smoked their first cigarette after high school, while 11 percent started to smoke on a daily basis after high school. Based on the findings, programs that focus on smoking prevention and cessation for college students are recommended. Copyright 1996, Baywood Publishing Co., Inc.

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**Prevalence of substance use among students in a Kenyan university: A preliminary report.**

Odek-Ogunde M; Pande-Leak D. *East African Medical Journal* 76(6): 301-306, 1999. (49 refs.)

Objective: To investigate the prevalence and pattern of substance use among an undergraduate population in a Kenyan university. Design: Cross-sectional survey, cluster sampling of classrooms, self-administered questionnaires. Setting: Private international university in Nairobi province, Kenya, Participants: Five hundred fifty eight undergraduate students of both sexes, age range 16-50 and mean age (S.E) of 21.1 +/- 0.2. Main outcome measures: Self-reported use of psychoactive substances. Results: Percentages of lifetime prevalence rates of commonly used substances were tobacco, 54.7%; alcohol, 84.2%; cannabis, 19.7% and inhalants, 7.2%. The corresponding "past use" and "current use" rates were relatively lower but followed the same pattern. The percentage rates were significantly higher in males than females ( $p < 0.005$ ), Rates for regular use ( $> 20$  days/month) were higher for tobacco (24.7%) than alcohol (11.5%). The lifetime prevalence rates of other drugs (heroin, cocaine, mandrax, amphetamines and LSD) were low ( $< 5\%$ ), while modest rates were recorded for tranquilizers (10.8%), local brews (13.6%) and cough mixtures (35.1%). Less than 20% of respondents initiated substance use in lower primary school, while more than 50% started using in upper primary and secondary school and 11% to 25%

started using substances at university. Conclusion: Substances most commonly used by respondents studied were of the licit variety (alcohol and tobacco). The rate of use of the two substances is rather high. The use of illicit drugs seems to be growing and may soon escalate to alarming levels. The findings suggest an urgent need to gather more data, which can be used to guide formulation of health promotion and prevention programmes. Copyright 1999, Medical Association of East Africa.

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### **Associations between number of lifetime partners and other health behaviors.**

Ogletree RJ; Dinger MK; Vesely S. *American Journal of Health Behavior* 25(6): 537-544, 2001. (27 refs.)

Objective: To examine associations between health behaviors and lifetime sexual partners among college students. Methods: Data from the 1995 National College Health Risk Behavior Survey were analyzed. Results: After adjusting for age, sex, and race, having 2 or more lifetime sexual partners was associated with infrequently using seat belts, driving after drinking, having a physical fight, considering suicide, and using chewing tobacco and marijuana. Significant sex interactions occurred with cigarette smoking and fruit and vegetable consumption, and significant age interactions occurred with binge drinking. Conclusions: Having multiple lifetime sexual partners (greater than or equal to 2) was associated with several negative health behaviors. Copyright 2001, CB Slack, Inc.

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### **Smoking addiction among university students in Istanbul.**

Onal AE; Tumerdem Y; Ozel S. *Addiction Biology* 7(4): 397-402, 2002. (35 refs.)

In this study, we investigated smoking addiction and some risk factors among university students in Istanbul. A questionnaire survey of 236 university students studying in Istanbul Medical Faculty (n: 148) and other faculties (n: 88) was performed with cross-sectional and responding-under-observation methods in March-May 1999. Thirty-six per cent of the university students with mean age 24.0 (2.9 were addicted to smoking (n: 85): 41.3% males and 26.7% females; 67.5% were using imported and 32.5% were using local product cigarettes. Of the subjects, 18.1% were smoking 1-10 cigarettes a day, 61.4% 11-20 cigarettes a day and 20.5% more than 20 cigarettes a day. When alcohol and smoking addiction were compared with logistic regression analysis, with respect to gender, age, school, parents' educational levels, living style and the sources of income, the risk factor for alcohol addicts was found to be more 2.54 times than smoking addicts (OR = 2.54, 95% CI = 1.38-4.67; p = 0.003). The study has emphasized the association of alcohol and smoking addiction in university

students and the prevalence of smoking addiction among adolescent females.

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**Physical activity and health of college men: Longitudinal observations.**

Paffenbarger RS Jr; Kampert JB; Lee IM. *International Journal of Sports Medicine* 18(Supplement): S200-S203, 1997. (12 refs.)

The College Alumni Health Study has examined host and environmental characteristics in youth and adult life as they relate to subsequent development of specific chronic diseases. Campus archives have provided physical, psychological, and social data on some 57,500 men and women who were born between 1896 and 1934, and who entered Harvard College or the University of Pennsylvania between 1916 and 1950, generally at age 17-20 years. These college data have been studied subsequently to assess whether characteristics in youth predisposed students to chronic diseases (nonfatal and fatal) later in life. Follow-up questionnaires, mailed to alumni, generally aged 35-85 years, in the 1960s, 1970s, 1980s, and 1990s have provided mid- life information on the health status and health habits of survivors, and official death certificates have provided data on decedents. This information has been studied, in fashion similar to the college data, for personal characteristics and ways of living that influenced health and longevity of these middle-aged and elderly men. Longitudinal observations continue today, in search of causes of specific chronic diseases.

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**Psychological correlates of substance use among South African university students.**

Peltzer K; Malaka D; Phaswana N. *Social Behavior and Personality* 29(8): 799-806, 2001. (21 refs.)

The present study sought to investigate the relationships between substance use and psychological variables among 799 first-year South African university students chosen by random sampling. Psychological correlates (in terms of minor psychiatric morbidity, perceived stress, sensation-seeking, self-esteem, subjective health, and anomia) of substance use were found to be associated with the use of specific substances. Sensation-seeking was associated with the use of cannabis, alcohol and tobacco; minor psychiatric morbidity with cannabis and alcohol use; and anomia with cannabis use. Logistic regression on cannabis use identified male gender and sensation- seeking as independent predictors for current cannabis use. Copyright 2001, Society for Personality Research Inc.

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### **Modeling effects in student drinking and smoking: Revisited after 24 years.**

Standing LG. *Social Behavior and Personality* 30(5): 435-442, 2002. (11 refs.)

A systematic replication is reported of a campus survey carried out in 1978. The present data (N = 100) indicate increased peer modeling effects for drinking, in which a respondent's intake of alcohol and drunkenness are both best predicted from the drinking of his/her friends. Smoking, however, today shows no correlation with the smoking of either friends or parents, unlike the previous survey. Alcohol consumption, measured as drinks per week, has remained constant over 24 years for female students, but has doubled for males, reaching four times the female level. The frequency of drinking "to excess" also increased greatly over this interval. Smoking has decreased to minimal levels, and now shows no sign of modeling effects, but self-serving bias now occurs, since respondents today report themselves as smoking fewer cigarettes than their friends. Copyright 2002, Society for Personality Research Inc.

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### **Trends in smoking, diet, physical exercise, and attitudes toward health in European university students from 13 countries, 1990-2000.**

Steptoe A; Wardle J; Cui WW; Bellisle F; Zotti AM; Baranyai R et al. *Preventive Medicine* 35(2): 97-104, 2002. (31 refs.)

Background. Smoking, diet, and physical exercise are key determinants of health. This study assessed changes over 10 years and their relationship to changes in health beliefs and risk awareness. Method. A survey was carried out of university students from 13 European countries (Belgium, England, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, The Netherlands, Poland, Portugal, and Spain) in 1990 (4,701 men, 5,729 women) and repeated in 2000 (4,604 men, 5,732 women). We assessed smoking, exercise, fruit and fat intake, beliefs in the importance of behaviors for health, and awareness of the influence of behaviors on heart disease risk. Results. Smoking prevalence increased and fruit consumption decreased between 1990 and 2000, while physical exercise and fat intake were more stable. There were large variations between country samples. Health beliefs weakened, with marked decreases in beliefs about smoking and diet. Across country samples, changes in beliefs correlated with changes in the prevalence of behaviors. Awareness of the effects of smoking and exercise was stable, but knowledge of the role of fat intake increased over the decade. Conclusions. The differences in health behaviors, beliefs, and risk awareness between the two surveys were disappointing in this educated sector of young adult Europeans. The association between changes in beliefs and prevalence of behavior emphasizes the importance of enhancing positive attitudes to healthier lifestyles. Copyright 2002, Academic Press, Inc.

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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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### **Comparison of tobacco use knowledge, attitude and practice among college students in China and the United States.**

Torabi MR; Yang JZ; Li JJ. *Health Promotion International* 17(3): 247-253, 2002. (24 refs.)

The purpose of this study was to compare the knowledge, attitudes and practice regarding tobacco use of college students in China and the United States (US). A modified existing questionnaire originally developed for use in the US was adopted. A Chinese version of the final questionnaire was approved by a bilingual panel of scholars, American participants were students at a large Midwestern University, while Chinese participants were selected from a large south-east China university. A total of 2131 usable surveys were collected, Both descriptive and inferential statistical tests were employed in data analysis. Compared with Chinese college students, American students scored higher in knowledge but lower on the attitude scale of the questionnaire. American respondents also were more likely to smoke cigarettes and use other tobacco products. Chinese students, on the other hand, had a higher rate of starting smoking at age 13 years or younger and were less likely to have tried to quit. The

findings should provide exploratory information for health educators in understanding tobacco use and its prevention. Copyright 2002, Oxford University Press.

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**Health behaviors, self-rated health, and quality of life: A study among first-year Swedish university students.**

Vaez M; Laflamme L. *Journal of American College Health* 51(4): 156-162, 2003. (30 refs.)

The authors conducted a baseline investigation of male and female university students' health behaviors and self-rated health and quality of life (QOL). The study population consisted of all full-time, first-year students registered in a comprehensive study program offered at a Swedish university in autumn 1998. In spring 1999, the researchers sent self-administered questionnaires dealing with health status, lifestyle, and living conditions to the students at their home addresses. Male respondents used tobacco, were frequent drinkers, and engaged in binge drinking in larger proportions than expected by chance. A majority of the respondents rated their physical and psychological health as very good or good, but male students' ratings were higher than those of female students, whereas the males' average scores on self-perceived QOL were lower than those of females. Both male and female students' self-perceived QOL was more strongly associated with self-rated psychological than with physical health. 2003, Helen Dwight Reid Educational Foundation.

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**Patterns of alcohol consumption, smoking and illicit drug use in British university students: Interfaculty comparisons.**

Webb E; Ashton H; Kelly P; Kamali F. *Drug and Alcohol Dependence* 47(2): 145-153, 1997. (20 refs.)

The use of tobacco, alcohol and illicit drugs was investigated by questionnaire in 3699 second year students in ten UK universities. Patterns of use varied considerably between different faculty groups. Tobacco use was most prevalent in arts, social science and biological science students, among whom 36-39% of men and nearly one third of women were regular smokers, and least in female veterinary students (5%). Alcohol consumption was greatest in biological science students: 23% of those who drank exceeded 'hazardous' levels compared with 10-16% in all other faculties. Prevalence of cannabis use was highest in arts and social science students of whom 27% reported regular weekly use compared with 9-22% in other faculties. Experience with other illicit drugs was greatest among arts, social science and physical science students, of whom 64-71% reported experience at least once or twice, and least among veterinary students (42%). Identification of different lifestyles may help to

direct appropriate health information to particular student groups. Copyright 1997, Elsevier Scientific Publishers Ireland, Ltd.  
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**Binge drinking, tobacco, and illicit drug use and involvement in college athletics: A survey of students at 140 American colleges.**

Wechsler H; Davenport AE; Dowdall GW; Grossman SJ; Zanakos SI. *Journal of American College Health* 45(5): 195-200, 1997. (19 refs.)

Binge drinking (heavy, episodic alcohol consumption), tobacco, and illicit drug use among a random sample of college students at a nationally representative sample of 140 American colleges were examined by means of a mail survey. Students were divided into three groups on the basis of their involvement in athletics: whether they were involved, partly involved, or not involved. In addition, individual correlates of binge drinking among athletically involved students were studied. The survey results indicated that students involved in college athletics engaged in binge drinking and chewed tobacco more often than students not involved in athletics, but were less likely to be cigarette smokers or marijuana users. The strongest predictors of binge drinking among students involved in athletics were residence in a fraternity or a sorority, a party lifestyle, engagement in other risky behaviors, and previous bingeing in high school. Coaches may play an important role in discouraging substance use and need to be part of campus prevention efforts. Copyright 1997, Helen Dwight Reid Educational Foundation.

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**Cigarette use by college students in smoke-free housing: Results of a national study.**

Wechsler H; Lee JE; Rigotti NA. *American Journal of Preventive Medicine* 20(3): 202-207, 2001. (17 refs.)

Background: Cigarette-smoking rates have increased in recent years among college students. Smoke-free residences offer a possible means of reducing or preventing smoking. However, their use has as yet not been evaluated. This paper examines whether students residing in smoke-free residences are less likely to smoke cigarettes than students in other campus residences, and if such lower rates apply to all types of students and colleges. Methods: The Harvard School of Public Health College Alcohol Study surveyed a nationally representative sample of college students at 128 U.S. 4-year colleges regarding tobacco use and related behaviors in the spring of 1999. The responses of students living in smoke-free and unrestricted residences at 101 campuses were compared. Results: Current smoking prevalence was significantly lower among residents of smoke-free housing (21.0%) as compared with residents of unrestricted housing (30.6%,  $p < 0.0001$ ). The lower rate of current cigarette use was

consistent with all types of student and college characteristics with few exceptions. Current cigarette use was significantly lower for those living in smoke-free housing than for residents of unrestricted housing among students who were not regular smokers before age 19 (10% vs 16.9%,  $p < 0.0001$ ), but not among students who smoked regularly before age 19. Conclusions: Smoke-free residences may help protect those students who were not regular smokers in high school from smoking in college. However, the difference in smoking rates may be due to self-selection of students into smoke-free residences. Since smoke-free options also protect students from secondhand smoke and dormitory fires, colleges should provide these types of residences for all students who request them, and should also encourage others to choose them. Copyright 2001, American College of Preventive Medicine. Location: Dana Library. Dartmouth e-journal

### **Increased levels of cigarette use among college students: A cause for national concern.**

Wechsler H; Rigotti NA; Gledhill-Hoyt J; Lee H. *Journal of the American Medical Association* 280(19): 1673-1678, 1998. (29 refs.)

Context.-Adolescent smoking prevalence is tracked annually and has increased since 1991. In contrast, little is known about trends in smoking among college students, a group that has previously been more resistant to tobacco use than other young adults. Objective.-To examine changes in cigarette smoking among college students between 1993 and 1997 and among different types of students and colleges. Design.-Self-administered survey (Harvard School of Public Health College Alcohol Study). Setting.-One hundred sixteen nationally representative 4-year colleges. Subjects.-A total of 15 103 randomly selected students in 1993 (70% response rate) and 14 251 students in 1997 (60% response rate). Main Outcome Measures.-Self-reports of cigarette smoking in the past 30 days and in the past year, age at smoking first cigarette, and number of attempts to quit. Results.-Over 4 years, the prevalence of current (30-day) cigarette smoking rose by 27.8%, from 22.3% to 28.5% ( $P < .001$ ). The increase was observed in 99 of 116 colleges and was statistically significant ( $P < .05$ ) in 27 (23%) of them. Current smoking increased across all student subgroups (defined by sex, race/ethnicity, and year in school) and in all types of colleges. Smoking is rising faster in public schools (from 22.0% to 29.3%) than in private schools (from 22.9% to 26.8%). Eleven percent of college smokers had their first cigarette and 28% began to smoke regularly at or after age 19 years, by which time most were already in college. Half of current smokers tried to quit in the previous year; 18% had made 5 or more attempts to quit. Conclusions.-Cigarette use is increasing on campuses nationwide in all subgroups and types of colleges. Substantial numbers of college students are both starting to smoke regularly and trying to stop. National efforts to reduce smoking

should be extended to college students. Copyright 1998, American Medical Association.

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**Smoking in college women: The role of thinness pressures, media exposure, and critical consciousness.**

Zucker AN; Harrell ZA; Miner-Rubino K; Stewart AJ; Pomerleau CS; Boyd CJ. *Psychology of Women Quarterly* 25(3): 233-241, 2001. (59 refs.)

There are strong social pressures for U.S. females, particularly those of European heritage, to achieve and maintain an extremely low body weight. These pressures are reflected in a variety of media sources, including advertising. We argue that valuing thinness, exposure to thinness-depicting media, and lacking skepticism about tobacco advertisements have adverse effects on young women's decisions about smoking, particularly smoking for weight control. We tested these hypotheses in a study of 188 female undergraduates, both never-smokers and daily smokers. Believing that smoking controls weight, exposure to thinness-depicting media, and low levels of skepticism about tobacco advertising were associated with being a smoker. Among smokers, believing that smoking controls weight, internalizing thinness pressures, and low levels of feminist consciousness were associated with smoking for weight control. Results are discussed with the aim of encouraging public health anti-smoking campaigns targeted at women, and smoking cessation programs that are responsive to the needs of weight-concerned female smokers. Copyright 2001, Cambridge University Press.

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