Student factors: Understanding individual variation in college drinking. (review).
Objective: Research on individual differences in drinking rates and associated problems among college students is reviewed. Method: Studies are included if completed within U.S., college and university samples and found in published scientific literature as identified by several searches of national databases. Results. The resulting review suggests first that the extant literature is large and varied in quality, as most studies use questionnaire responses from samples of convenience in cross-sectional designs. Evidence from studies of college samples does consistently suggest that alcohol is consumed for several different purposes for different psychological effects in different contexts. A pattern of impulsivity sensation seeking is strongly related to increased drinking among students. This pattern is supported by research into personality, drinking motives, alcohol expectancies anti drinking contexts. A second pattern of drinking associated with negative emotional states is also documented. Some long-term consequences of this second pattern have been described. Social processes appear especially important for drinking in many college venues and may contribute to individual differences in drinking more than enduring personality differences,
Conclusions. Future research efforts should test interactive and mediating models of multiple risk factors and address developmental processes. Copyright 2002, Alcohol Research Documentation, Inc. Used with permission.
Location: Dana Library

Correlates of college student marijuana use: Results of a national survey.
Bell R; Wechsler H; Johnsnton LD. *Addiction* 92(5): 571-581, 1997. (33 refs.)
This study examines which personal student background and college characteristics are associated with marijuana use. A self-administered survey was mailed to a national representative sample of 17592 students at 140 American colleges. One of four (24.8%) students reported using marijuana within the past year. Rates of use among the colleges ranged from zero per cent at the lowest use schools to 54% at the highest use schools. Multiple regression models, constructed to determine the college and student characteristics predicting marijuana use, suggest that use was higher among students at non-commuter colleges and at colleges with pubs on campus. Student characteristics associated with marijuana use included being single, white, spending more time at parties and socializing with friends, and less time studying.
Marijuana use was higher among students who participate in other high risk behaviors such as binge drinking, cigarette smoking and having multiple sexual partners, and among students who perceived parties as important, and religion and community service as not important. The study points to the social nature of drug use in college, and demonstrates that this behavior is of continuing concern for public health.

The effects of role-taking and embarrassability on undergraduate drinking: Some unanticipated findings.
This paper focuses on the relationship between role-taking, affect, and alcohol use among college undergraduates. Role-taking is the process through which people anticipate the perspectives- expectations, evaluations, and behaviors-of others (Mead, 1934). Reflexive role-taking (i.e., viewing oneself through the eyes of others) was significantly related to four distinct types of embarrassament. However, in opposition to our hypotheses, embarrassament resulting from becoming the center of others' attentions was the only form of embarrassability significantly related to undergraduate drinking. Moreover, it was those students least susceptible to this type of embarrassament who were the most likely to be drinkers. While role-taking, in general, was unrelated to the amount of alcohol consumed, individuals who rarely engaged in empathic role-taking (i.e., rarely anticipated the feelings of others) were more likely to be drinkers and drank more heavily than other students. Copyright 2000, Select Press.

Students at risk: College students who binge drink and use other substances. (meeting abstract).
Foote J; Wilkens C; Vavagiakis P; Rotgers F. Drug and Alcohol Dependence 66(Supplement): S57, 2002. (0 refs.)
This study tested a hypothesis that undergraduates who use additional substances will drink more as well as suffer greater drinking-related consequences than non-substance using binge drinkers. Subjects were randomly assigned to 1 of 3 brief interventions (12-step, Motivational, and CBT). Data collected at baseline, 1, 6 and 12 months, include: Time-Line Follow-Back, Alcohol Dependency Scale (ADS), Rutgers Alcohol Problem Index (RAPI), Beck Depression Inventory (BDI) and Brief Symptom Inventory (BSI).: The sample (N=206) included: 59 percent freshmen, 63 percent female, 86 percent Caucasian, and 95 percent living on campus. At baseline, 36 percent reported using drugs (predominantly marijuana) in addition to alcohol over the last 30 days. They were more likely to be male. They also reported significantly more drinking in the
previous 30 days as measured by total drinks, drinking days, binge episodes, and time spent drinking. These subjects also scored significantly higher on the ADS, RAPI, BDI, and BSI. Of the subjects assigned to the Motivational and CBT interventions who attended at least 1 group session subjects reporting other drug use were more likely to attend College binge drinkers who use additional substances are at risk for heavier drinking, as well as its concomitant problems. A protective factor for this group may be that they are more likely to attend interventions offered for their drinking than their non-drug using peers. Copyright 2002, Elsevier Scientific Publishers Ireland, Ltd.

Alcohol and other drug use by Ontario university students: The roles of gender, age, year of study, academic grades, place of residence and programme of study.


One of the more critical transitions that occurs for many young people is that of leaving high school and entering university and college environments. For most students this means an opportunity to leave home for the first time and enter an environment that is reputed to provide numerous opportunities to party. The absence of parental restraints, and the opportunity to use alcohol and other drugs in a milieu that is conducive, if not supportive, of these activities, may prove highly tempting for some students. The present study investigated the relationship of gender, age, year of study, academic grades, place of residence and programme of study to student alcohol and other drug use in a sample of universities within the province of Ontario, Canada. By regressing alcohol and other drug use measures onto these factors, we have been able to assess the effects of each of them. Overall, the most consistent, influential factors across all substances, in terms of the number of significant effects, appear to be place of residence, academic grades, programme of study, gender, age and year of study. For example, with respect to students reporting consuming more than 15 alcoholic drinks per week, the analyses revealed the following adjusted effects: males were almost three times more likely than females to have consumed these amounts; students aged 23-25 years and students aged 26 years or older were less likely (0.5 times and 0.3 times, respectively) to consume these amounts compared with students between 17 and 19 years of age; students with D, C, or B averages were 3.2, 2.0 and 1.5 times as likely, respectively, to have consumed these amounts; students living in campus residences were 2.7 times more likely to have consumed these amounts than students living with their parents, and students living off-campus were twice as likely to have done so; students enrolled in arts and social sciences, respectively, were 1.5 and 1.6 times as likely to have consumed these amounts than students enrolled in a science programme. Similar findings with respect to other drugs are also reported. The
implications of these findings for programming opportunities that the universities may wish to consider are discussed. Copyright 1997, Carfax Publishing Co.
Location: Dartmouth e-journal

Racial differences in eating disorder attitudes, cigarette, and alcohol use.
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.
Location: Dartmouth e-journal

Cognitive-behavioral profiles of college risk-takers with Type II and psychopathic personality traits.
Prevention efforts would be enhanced by identification of factors that increase the greater relative risk of some college students for dangerous activities such as heavy drinking, illicit drug use, and unsafe sex. Students with Cloninger's [Science 236 (1987) 410.] "Type II" personality characteristics or with psychopathic traits were compared on indices of drinking and risk-taking, and potential mechanisms of unique behavioral patterns were explored. Freshmen (N=331, 50% male) completed self-report measures from which students with Type II and psychopathic traits were identified and compared with the remaining sample. Students with Type II traits reported heavy drinking and frequent intoxicated risk-taking, whereas students with psychopathic traits reported frequent sober risk-taking. Both groups held strong positive outcome expectancies, yet only those with Type II traits reported weak negative outcome expectancies. Moreover, negative outcome expectancies mediated the relation between Type II traits and intoxicated risk-taking. The collective findings suggest that Type II and psychopathic traits underlie differing behavioral profiles, and that students with Type II traits may take risks when intoxicated due to limited recognition of potential negative behavioral consequences. Copyright 2003, Elsevier Science Ltd.
Location: Dana Library. Dartmouth e-journal

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.

Location: Dana Library. Dartmouth e-journal


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.
Location: Dana Library. Dartmouth e-journal

**Coping, drinking motives, goal attainment expectancies, and family models in relation to alcohol-use among college students.**
Associations between coping responses, drinking motivations, expectations of meeting social and academic goals, and family of origin problem drinking and measures of college students' quantity/frequency of alcohol use and social complications of alcohol use were investigated in a sample of 218 college students. Positive associations were found between "emotion-focused" forms of coping such as detachment and the criterion measures, whereas "problem-focused coping" was not significantly associated with quantity/frequency of alcohol use or drinking complications. Positive correlations were also found between drinking motives, goal attainment expectancies and family models measures and the criterion measures. Regression models constructed for alcohol quantity/frequency and drinking complications implicated the total number of drinking motives, family models of problem drinking and the coping strategy of self-blame as strongly related to criterion measures. Positive social drinking motives and coping by seeking social support were implicated as possible protective factors.
Copyright 1996, Baywood Publishing Co., Inc.
Location: Cork Journal Shelf

**Generalized expectancies for negative mood regulation and problem drinking among college students.**
Objective: Motivational models of alcohol use often invoke constructs derived from social-learning theory, including coping styles, drinking motives and affective distress. To date, no study has assessed the potential role of negative mood regulation (NMR) expectancies (the extent to which one holds positive expectations of one's ability to cope with negative affect) in promoting problematic drinking behavior. This study evaluated the relationship between NMR expectancies and problem-related drinking while controlling for the influence of alcohol consumption, coping behaviors, drinking motives, demographic variables and affective distress. Method: Participants (N = 136, 80% female) were college undergraduates who completed a battery of serf-report questionnaires on two occasions that were separated by 8 weeks. Results: Initial correlational analyses indicated a strong (negative) association between NMR expectancies and problem drinking behavior. Findings from separate hierarchical regression analyses demonstrated that NMR expectancies add significantly to the
variance in predicting problem drinking, even when accounting for age and gender, alcohol consumption and, in respective analyses, coping styles, affective distress and drinking motives. Finally, simultaneous regression analyses showed that when all variables were considered together, only NMR expectancies, alcohol consumption and drinking-to-cope emerged as significant predictors of problem drinking. Conclusions: These findings highlight the potential importance of NMR expectancies as a risk factor for problem drinking; above and beyond the risk posed by traditionally studied variables (e.g., depression and anxiety, coping repertoire and drinking motives). Results are interpreted within a self-regulation framework of alcohol consumption. Copyright 2000, Alcohol Research Documentation, Inc. Used with permission.

Effects of outcome expectancies and personality on young adults' illicit drug use, heavy drinking, and risky sexual behavior.
To explain risk-taking behavior personality theorists typically focus on biologically based predispositions, whereas cognitive psychologists often focus on beliefs and environmental contingencies. The current longitudinal study examined both personality traits and outcome expectancies as explanations for heavy drinking, drug use, and unsafe sexual behavior among 162 college students. Results indicated that (1) personality and past experience contribute to outcome expectancies, (2) outcome expectancies and personality independently predict substance use at 6-month follow-up, and (3) only past experience predicts subsequent risky sexual behavior. The approach taken in this research offers a bridge between personality theorists and cognitive psychologists who seek to understand why people endanger their lives in pursuit of risky activities. Copyright 2000, Plenum Press.

Location: Baker Library. Dartmouth e-journal

Alcohol expectancies and social deficits relating to problem drinking among college students.
Lewis BA; O'Neill HK. Addictive Behaviors 25(2): 295-299, 2000. (18 refs.)
Standardized questionnaires were administered to 116 male and female undergraduates to examine how social deficits and alcohol expectancies relate to alcohol use. Participants were classified as either problem or nonproblem drinkers based on the Rutgers Collegiate Substance Abuse Screening Test. Problem drinkers reported experiencing social anxiety, shyness, and lower self-esteem to a greater extent than nonproblem drinkers. Problem drinkers also held more positive alcohol expectancies than nonproblem drinkers. Contrary to our hypotheses, however, particular types of alcohol expectancies did not interact with specific areas of social
functioning to influence problem drinking. Overall, these findings suggest that problem drinkers have positive expectations about the immediate effects of alcohol consumption even though drinking is linked to long-term impairment in social functioning. Copyright 2000, Elsevier Science Ltd.

Description and prediction of change in risk-taking behavior between adolescence and young adulthood.
This study uses a sample of middle class (primarily White) respondents in southwestern Michigan to examine changes in four risk-taking behaviors (alcohol use, marijuana use, antisocial behavior, and thrill-seeking) between adolescence and young adulthood. In documenting the change in risk-taking behavior, alcohol and marijuana use increased and antisocial behavior and thrill-seeking decreased. Males reported a greater increase in alcohol use than females. Adult roles (college/work status and romantic relationship role) and their qualities (e.g., partner affection and respect) were then examined as predictors of change for the four risk-taking behaviors. Higher satisfaction with college/work role and higher discrimination predicted less of an increase in marijuana use. A greater decrease in alcohol use was related to being in a committed relationship rather than just steady or casual dating. Casual dating predicted less of a decrease in thrill-seeking than being in a committed relationship or steady dating. This study also investigated the moderating effect of gender on the relationship between committed relationship and change in risk-taking behavior. Committed males had a greater decrease in antisocial behavior than the uncommitted males and all females. For thrill-seeking, committed males also had a greater decrease than uncommitted males and females. New avenues of research are discussed concerning data collection and analyses. Public Domain.

Illicit use of psychostimulants among college students: A preliminary study.
PACE (Pacing and Clinical Electrophysiology); Low KG; Gendaszek AE. Psychology, Health & Medicine 7(3): 283-287, 2002. (11 refs.)
This report summarizes pilot data on the illicit use of both legal and illegal stimulants at a small, eastern US college, and explores the contributions of perfectionism and sensation seeking to abuse. It was hypothesized that sensation seeking would be correlated with abuse of both legal and illegal stimulants; and that those high in perfectionism and high in sensation seeking would be most likely to use prescription amphetamines illicitly. In a convenience sample of 150 undergraduates, 35.5 percent of undergraduates had used prescription amphetamines without a prescription, with
men reporting more use than women. Motivations were primarily academic, but 19.3 percent of students reported using prescription stimulants in combination with alcohol for recreational reasons. In addition, 34 percent reported using either cocaine or MDMA (Ecstasy, 3,4 methylene dioxy N-methyl-amphetamine) in the previous year. Motivations for use of illegal stimulants were primarily recreational. Sensation seeking appears to be a correlate of both types of stimulant use; for abuse of prescription drugs, being both high in sensation seeking and more perfectionistic is associated with greater use. Apparently, prescription and illegal stimulant abuse is widespread in this college sample. Copyright 2002, Taylor & Francis Group. Location: Not at Dartmouth. Request via ILL

**Predictors of college students' alcohol consumption: Implications for student education.**
Reis J; Riley W. *Journal of Genetic Psychology* 161(3): 282-291, 2000. (35 refs.) Understanding why young adults consume alcohol the way they do can lead to more effective educational programming for promotion of students' personal health and safety. The authors examined the predictive role of expectations about alcohol, perceived peer norms of consumption, awareness of rules, and individual self-efficacy in conjunction with demographic variables for male and female college students' weekly alcohol consumption. The sample of 4,960 students analyzed here is 10 to 20 times larger and more nationally representative than the samples used in similar studies. The authors used a general linear model; 41% of the men's variance and 33% of the women's variance in self-reported weekly alcohol consumption were explained by the set of predictors. In descending order of variance accounted for in male and female students' self-reported weekly alcohol consumption, perceived gender-specific norms of consumption, expectations about the effects of alcohol, and the importance of drinking in high school were significant predictors for both men and women. The salience of psychological variables for young adults' consumption of alcohol underscores the importance of recognizing individual predictors of behavior in the broader ecological context in which those behaviors are performed. Copyright 2000, Heldref Publications. Location: Baker Library. Dartmouth e-journal

**Interactive effects of low self-control and commitment to school on substance abuse among college students.**
Tibbetts SG; Whittimore JN. *Psychological Reports* 90(1): 327-337, 2002. (34 refs.) This study examined the combined influence of two predicting factors - low self-control and commitment to schooling - that research has shown have independent effects on substance abuse. In a sample of 598 college students, this study tested the interactive effects of these factors while controlling for other established predictors of
binge drinking and drug use. Analysis showed that participants who had both low self-control and low schooling commitment had significantly higher scores on substance abuse than would be expected from the independent influences of the component factors, which suggests that the combined effects of these predictors on substance abuse had a greater influence than their direct influences. Copyright 2002, Psychological Reports, Inc.

Personality, living arrangements, and alcohol use by first year university students.
Valliant PM; Scanlan P. Social Behavior and Personality 24(2): 151-156, 1996. (12 refs.)
The purpose of this study was to investigate the interaction of personality, living arrangements, and alcohol consumption amongst first year university students. The Minnesota Multiphasic Personality Inventory Coopersmith Self-Esteem Inventory and the Ontario Life Styles Survey were administered to 94 Laurentian University Students. The subjects resided in one of three living arrangements; on campus, off campus, or with their parents. There was a significant difference between gender on the total weekly consumption scores and on risk for alcohol addiction. Male students living off campus and in residence showed greater risk for alcohol addiction than did students living with their parents. Those students who were at risk for alcohol addiction showed higher mean scores on clinical scales of the Minnesota Multiphasic Personality Inventory including psychopathic deviance and mania. A significance was also noted in self-esteem and living arrangements with the students living off campus having higher self-esteem than those students living with parents or in residence. Copyright 1996, Society for Personality Research Inc.

Alcohol use in high school: Predicting students' alcohol use and alcohol problems in four-year colleges.
This research examined the effect of students' drinking behaviors in high school on their alcohol use and alcohol problems in college. Five colleges in New York State were randomly selected for the study. The telephone interview method was employed to survey college students during the spring semester of 1998. Within each participating college, students were randomly selected through the use of complete student telephone directories provided by the college administration. A total of 813 students were interviewed. Alcohol problems were measured with items from DSM-IV. Results indicate that both frequency and quantity of alcohol use in high school significantly
affect students' alcohol consumption in college. Furthermore, the impact of alcohol use in high school on alcohol problems in college tends to be composed of a moderate direct effect and a relatively strong indirect effect via its impact on current alcohol consumption in college. Prevention efforts for drinking in college may need to start in high school to reduce or delay alcohol use by high school students. Additional assessment services and more readily available treatment services may be required to address potential alcohol problems among college students. Future research should examine the effect and longevity of students' alcohol problem symptoms after they graduate from college. Copyright 2001, Marcel Dekker, Inc. Used with permission. Location: Baker Library