College students' high-risk sexual behavior following alcohol consumption.
Anderson PB; Mathieu DA. *Journal of Sex & Marital Therapy* 22(2): 259-264, 1996. (23 refs.)
This study is a follow-up to a previous study assessing the relationship of alcohol consumption as a disinhibitor to high-risk sexual behavior. Results are based on survey data from 1,902 students attending 12 colleges. Sexual behaviors occurring after people had "let themselves drink more than normal in order to make it easier for them to have sex with someone" were assessed. At least once in the past year, 33.2% of the men and 17.4% of the women had met this criterion. In those instances, 76.3% of the men and 77.1% of the women initiated condom use for vaginal intercourse. Results are discussed in relation to partners' compliance following condom initiation and preventing the spread of HIV disease. Copyright 1996, Brunner/Mazel, Inc.
Location: Cork Reprint

HIV-risk behaviours of American spring break vacationers: A case of situational disinhibition?
Young adults are at high risk for acquiring STDs/HIV due primarily to multiple sex partners, unprotected sex, and substance use combined with sexual activity. Contranormative settings—such as the annual spring break vacation—provide ideal conditions for the potentially lethal interaction between alcohol, drugs, and sexual risk-taking. As a steadily growing form of youth travel and characterized by binge drinking, illicit drug use, and unsafe sexual practices, spring break has become a North American institution involving large numbers of travellers. In this study, the theory of interpersonal behaviour was used to explain college students' health-risk behaviours in the context of spring break and pre- and post-spring break surveys were used to examine casual sex and condom use behaviours. Multivariate analyses revealed peer influences, prior experiences with casual sex, alcohol consumption prior to sex, and impulsivity to be significant predictors of casual sex, while impulsivity and condom availability were significant predictors of students' use of condoms during casual sex. Copyright 2002, Royal Society of Medicine Services, Ltd.
Location: Not at Dartmouth. Request via ILL

Correlates of college student marijuana use: Results of a national survey.
Bell R; Wechsler H; Johsntron 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. Copyright 1997, Society for the Study of Addiction to Alcohol and Other Drugs.
Location: Cork Reprint; Dana Library

**Normative perceptions in relation to substance use and HIV-risky sexual behaviors of college students.**
In this study, 410 college students completed a survey assessing their personal substance use patterns and sexual behavior and their perceptions of other students’ substance use and sexual behavior. Two parallel sets of questions were presented to reflect the two contextual conditions of being drunk or high versus being not drunk or high. Results indicated that number of recent sexual partners and normative perceptions of HIV-risky sexual behavior were the strongest predictors of personal HIV-risky behavior when not drunk or high. HIV-risky behavior when drunk or high was predicted by personal substance use as well as by number of recent partners and normative perceptions of peer sexual behavior. These findings suggest that HIV-prevention programs for college students should aim to correct overinflated perceptions of other students' high-risk sexual behavior. Copyright 2001, Helen Dwight Reid Educational Foundation.
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**Relationships between body modification and very high-risk behavior in a college population.**
Burger TD; Finkel D. *College Student Journal* 36(2): 203-213, 2002. (44 refs.)
Previous studies have revealed a positive correlation between risky behaviors (such as the use of drugs, cigarettes, and alcohol) and participation in body modification (e.g., tattoos and body piercings). There is a shortage of available research, however, investigating the relationship between body modification and behaviors of higher-risk such as driving while intoxicated and unsafe sexual practices. The current study attempted to bridge this gap in the literature by examining body modification participation and involvement in very high-risk behaviors common to a college student population. Two hypotheses were examined. First, it was hypothesized that a positive relationship between participation in body modification and very high-risk activities would be found. Secondly, it was hypothesized that self-esteem would mediate the relationship between body modification and very high-risk behaviors. The Cognitive Appraisal of Risky Events-Revised and the Coopersmith Inventory were administered to 117 undergraduate students at a small Midwestern university. Only the first hypothesis was supported by the regression analyses. Results suggested different levels of high-risk behavior. Copyright 2002, College Student Journal, Inc.

Location: Not at Dartmouth. Request via ILL.

This essay considers that given the myriad negative consequences "why" do college men drink? The short answer is that male college students are being "men" in college. Writing from a men's health studies perspective, the author discusses the connections between alcohol, men, and the cultural definition of masculinity. Drinking is posited as a male domain and several stresses that can result from this are discussed. The second section considers the cultural and developmental aspects of men in a college setting: college as adventure, infused with the themes of Eros and Potestas (power); but also a period of vulnerability, and concerns about loss of power and autonomy at the prospect of joining the workforce and entering heterosexual long-term relationships; engagement by the permissiveness, real or imagined that is associated with alcohol. The essay concludes with a discussion of initiatives that might have a positive impact and reduce high-risk drinking. Those considered include gender awareness initiatives that attend to friendship, health, life/work/family, and sexual ethics; education that extends beyond the perfunctory first year and addressed social norms, interventions, educational programs and public information initiatives, is broad-based and fully integrated; encouraging other mans of meeting power orientation needs in less destructive ways; refuting the notion of college as adventure or acceptance of "boys will be boys." Some of the conceptual issues that this raised are tied to the gender-based nature of heavy drinking and that such drinking may benefit men as a group.
while harming them individually. Copyright 2000, Helen Dwight Reid Educational Foundation.
Location: Dana Library. Dartmouth e-journal

Binge drinking initiation and problems among incoming residential college students.
Carlson JM; Werch CE; Pappas DM; Chally PS. American Journal of Health Behavior 25(3): 324, 2001. (0 refs.)
The prevalence of and problems associated with binge drinking initiation were studied in 634 residential first-year college students. The students completed a standardized questionnaire during the 1998 fall semester. The following results of the study were seen: (1) stages of binge drinking initiation revealing 4 percent of students maintaining binge drinking for longer than 6 months, 24 percent preparing/initiating binge drinking, 3 percent thinking of drinking heavily in the near future, and 69 percent not thinking of drinking heavily, (2) findings that 49 percent of incoming freshmen residential students had occasionally gotten drunk, (3) findings that 47 percent had not received any alcohol or drug education during the past year, (4) problems associated with binge drinking with 33 percent experiencing a hangover within the past three months, 22 percent doing something they regretted and 13 percent having unplanned sex after drinking, and (5) problems associated with others' binge drinking including 39 percent of students taking care of friends who drank too much, 27 percent experiencing sleep/study interruptions and 13 percent reporting experiencing unwanted sexual advances. It is concluded that binge drinking initiation and the problems associated with heavy alcohol use are fairly common even among students on campus for only a short period. Copyright 2001, CB Slack, Inc.
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Alcohol use and risky sexual behavior among college students and youth: Evaluating the evidence.
Objective, To evaluate the empirical associations between alcohol use and risky sex at two levels of analysis. Global associations test whether individuals who engage in one behavior are more likely to engage in the other, whereas event-specific associations test whether the likelihood of engaging in one behavior on a given occasion varies as a function of engaging in the other on that same occasion. Method: Studies examining the association between drinking and risky sex in samples of college students and youth were reviewed. Those published in the past 10 years and using event-level methodology or random sampling were emphasized. Result: Findings were generally consistent across levels of analysis, but differed across types of risky behaviors. Drinking was strongly related to the decision to have sex and to indiscriminate forms of
risky sex (e.g., having multiple or casual sex partners), but was in consistently related to protective behaviors (e.g., condom use). Moreover, the links among alcohol use, the decision to have sex and indiscriminate behaviors were found in both between-persons and within-persons analyses, suggesting that these relationships cannot be adequately explained by stable individual differences between people who do and do not drink. Analysis of event characteristics showed that drinking was more strongly associated with decreased protective behaviors among younger individuals, on first intercourse experiences and for events that occurred on average longer ago. Conclusions. Future efforts aimed at reducing alcohol use in potentially sexual situations may decrease some forms of risky sex, but are less likely to affect protective behaviors directly.

The relevance of sexual orientation to substance abuse and psychological distress among college students.
Substance use patterns of 39 gay, lesbian, or bisexual (GLB) students and a matched control of 156 heterosexual students were followed for 4 years upon college matriculation. Participants were primarily Caucasian (95%), male (62%), and of traditional age (mean age = 18.5). GLB students were more alcohol involved than heterosexual students, but not more drug involved or psychologically distressed (as measured by the Brief Symptom Inventory; BSI). The relationship between BSI scores and alcohol dependence was stronger for GLB students. Copyright 1998, American College Personnel Association.
Location: Cork Reprint; Baker Library

Inhibition conflict and alcohol expectancy as moderators of alcohol's relationship to condom use.
Dermen KH; Cooper ML. Experimental and Clinical Psychopharmacology 8(2): 198-206, 2000. (21 refs.)
Inhibition conflict theory predicts that alcohol will decrease condom use only among individuals who are highly conflicted about using a condom, whereas expectancy theory predicts such an effect only among individuals who hold strong beliefs about alcohol's effects on sexual risk taking. In Study 1, the first of these two theories was tested using a newly developed measure of conflict. Data from 308 college students who reported on the first time they had sexual intercourse with their most recent partner (FMRP) supported the utility of this measure and showed that quantity of alcohol consumed was negatively associated with condom use only among high-conflict individuals. In Study 2, 17- to 25-year-old respondents reported on their first sexual
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.
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High risk behaviors in a sample of Mexican-American college students.
This study explored different types of high risk behaviors of Mexican-American college students attending a small university in south Texas. High risk behaviors for contracting HIV/AIDS examined in this study included unprotected sex, drug use, and alcohol abuse. In 1995 in the United States, HIV/AIDS is the leading cause of death in the people between the ages of 25 and 44. Because use of alcohol and certain recreational drugs lowers inhibitions, their use could increase the possibility of having unprotected and unplanned sex with multiple partners. Thus, it was expected that Mexican-American college students who use drugs and alcohol would be more likely to engage in unprotected sex. Data were from 105 men and 211 women between the
ages of 18 and 30 years. Drug use and alcohol abuse were significantly associated with high risk sexual behavior. Individuals in monogamous relationships were more likely to not use condoms than those involved in casual relationships. Self-reported religiosity was not correlated with high risk behaviors, although there were implications that stronger religious affiliation did alter sexual beliefs and practices. Lastly, parental communication was not significantly associated with high risk behaviors, but family unity did seem related to some risky sexual practices. Copyright 2002, Psychological Reports, Inc.

Preventing adolescent patients for college. (review).
Goldstein MA. Current Opinion in Pediatrics 14(4): 384-388, 2002. (42 refs.) Adolescents making the transition to college should have a thorough medical evaluation during the year prior to matriculation. In addition to required and recommended immunizations and tests, a comprehensive history and physical examination is important. Screening for substance abuse, sexual activity, depression, and suicidality is needed with appropriate anticipatory guidance, examinations, and treatment, if indicated. The teen should also be counseled on stress, sleep, and self-care, with information on when to seek medical care. The adolescent should be encouraged to continue communications with the primary care clinician during college. While respecting the adolescent's confidentiality, it is important that the physician communicate all significant medical and psychiatric health information to the college health center before the adolescent arrives on campus. Copyright 2002, Lippincott, Williams & Wilkins.

A longitudinal study of eating disorders among college women: Factors that influence recovery.
Hesse-Biber S; Marino M; Watts-Roy D. Gender & Society 13(3): 385-408, 1999. (94 refs.) This study provides insight into factors that determine whether women in the college population who exhibit eating-disordered behavior during their college years recover during their postcollege years. The study assessed changes in the eating patterns of 21 women across a six-year time period, from sophomore year in college to two years postcollege. Eleven of the women get better during their postcollege year, whereas 10 of the women continue to struggle with disordered eating. The major differences between the two groups revolve around the relationship between autonomy and relatedness and are more likely to have higher self-esteem based on a more positive self-concept; this, in turn, leads to healthier relationships with food and body image.
Two factors that appear to influence this negotiation include (1) one's history of chronic physical or sexual abuse and (2) the quality of familial messages about food, body image, relationship, and autonomy. Copyright 1999, Sociologists for Women in Society.
Location: Cork Reprint; Baker Library

Pluralistic ignorance and health risk behaviors: Do college students misperceive social approval for risky behaviors on campus and in media?
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. Copyright 2002, V.H. Winston & Sons, Inc.
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Comprehensive community interventions to promote health: Implications for college-age drinking problems.
Objective. This article reviews comprehensive community interventions that sought to reduce (1) cardiovascular disease risks: (2) smoking: (3) alcohol use disorders, alcohol-related injury and illicit drug use: or (4) sexual risk taking that could lead to HIV infection, sexually transmitted disease and pregnancy. Method. Comprehensive community programs typically involve multiple city government agencies as well as private citizens and organizations and use multiple intervention strategies such as school-based and public education programs. media advocacy. community organizing, environmental policy changes and heightened enforcement of existing policies. This
review focused on English-language papers published over the past several decades. Results: Some programs in each of the four problem areas achieved their behavioral and health goals. The most consistent benefits were found in programs targeting behaviors with immediate health consequences such as alcohol misuse or sexual risk taking. Results were less consistent when consequences of targeted behaviors were more distant in time such as cardiovascular risks and smoking. Also, programs that targeted youth to prevent them from starting new health-compromising behaviors tended to be more successful than programs aimed at modifying preexisting habits among adults. Programs that combined environmental and institutional policy change with theory-based education programs were the most likely to be successful. Finally, programs tailored to local conditions by the communities themselves tended to achieve more behavior change than programs imported from the outside. Conclusions: Comprehensive community intervention approaches may have considerable potential to reduce college-age drinking problems, especially given the success of these programs in reducing alcohol-related problems and in presenting health-compromising behaviors among youth. Copyright 2002, Alcohol Research Documentation, Inc. Used with permission.
Location: Dana Library

Social anxiety, alcohol expectancies, and drinking-game participation.
Johnson TJ; Wendel J; Hamilton S. Addictive Behaviors 23(1): 65-79, 1998. (27 refs.) Few studies have investigated factors contributing to college student participation in drinking games. The extent to which drinking games contribute to negative alcohol-related consequences is uncertain. The current study attempted to (a) clarify the risks posed by drinking-game participation, (b) identify characteristics of heavy drinkers who play frequently and those who seldom play, and (c) determine if students participated in drinking games to reduce anxiety in social situations. Tension reduction alcohol expectancies were examined as a potential moderator variable for the relationship between social anxiety and frequency of play. Drinking games accounted for high proportions of all negative alcohol-related consequences and appeared to be strongly associated with instances of sexual victimization. Contrary to predictions based on the tension reduction hypothesis, greater frequency of play was associated with lower social anxiety, and no moderating effect was found for tension reduction expectancies. Frequent players also had more environmental exposure to drinking games. In men, heavy-drinking players may resemble Cloninger's Type 1 alcoholic, whereas heavy-drinking nonplayers resemble the Type 2 pattern. A full understanding of college student drinking behavior may not be possible without greater understanding of drinking games. Copyright 1998, Elsevier Science Ltd. Location: Cork Reprint; Dana Library
An analysis of the sexual, alcohol and drug related behavioural patterns of students on spring break.
Little information is available regarding the consensual sexual activity of young adults on holiday. Both academic and popular press coverage of sex and travel has tended to focus on commercial sex. This study examines the sexual activity, alcohol and drug use of US college students during 'Spring Break' at a popular Florida beach destination. The results suggest that students engaged in more sexual activity and had more new sexual partners during their holiday than in the previous month. Students were also found to engage in heavy alcohol consumption and some drug abuse, placing them at higher risk for contracting sexually transmitted diseases (STDs). Those motivated to visit this destination by its 'party reputation' consumed significantly more alcohol, compared to those with other motivations. The results suggest implications for health education, tourism marketing, and public policy decisions. Copyright 1998, Elsevier Science, Ltd.
Location: Cork Reprint

The influence of traits of disinhibition on the association between alcohol use and risky sexual behavior.
Justus AN; Finn PR; Steinmetz JE. *Alcoholism: Clinical and Experimental Research* 24(7): 1028-1035, 2000. (50 refs.)
Background: Past research has demonstrated a link between alcohol use and risky sexual behavior; the processes that may underlie this association remain largely unexplored, however. Recent studies suggest that personality traits such as excitement seeking, impulsivity, and social deviance proneness may play an important role in both behaviors. Methods: A structural model of the association between disinhibited personality traits, alcohol use, and risky sexual behavior (sex with strangers/one-night stands) was restet. We recruited a sample of 410 college students that reported a wide range of scores on self-reported measures of disinhibition. We hypothesized that disinhibited personality characteristics would be primarily responsible for the association between risky sexual behavior and alcohol problems. A third-variable model was proposed to demonstrate this association. Results: The results suggested that the relationship between alcohol use and risky sexual behavior is best explained by their common association with excitement seeking. There was a significant correlation between alcohol use and risky sexual behavior when considered alone. However, when controlling for the effects of personality, the correlation was nonsignificant. In a final model, both excitement seeking and social deviance proneness were found to be significantly associated with alcohol use, and excitement seeking was significantly related to risky sexual behavior.
Conclusions: Results suggest the relationship between alcohol use and risky sexual behavior is best characterized by a common association with excitement seeking. Copyright 2000, Research Society on Alcoholism. Used with permission. Location: Dartmouth e-journal


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

Relationship of alcohol-use to other health behaviors among college students. Kim EL; Larimer ME; Walker DD; Marlatt GA. *Psychology of Addictive Behaviors* 11(3): 166-173, 1997. (25 refs.)

The present study examined whether high levels of drinking are negatively associated with the likelihood of engaging in health-enhancing behaviors and positively associated with the likelihood of engaging in health-compromising behaviors. It was hypothesized that higher levels of drinking would be associated with more negative indicators of psychological health. Health behaviors of 183 college freshmen were assessed with the Computerized Lifestyles Assessment and the Brief Symptom Inventory. Consistent with prior research, results indicated a significant positive linear trend across abstainers, light-moderate drinkers, episodic drinkers, and heavy drinkers in reports of cigarette use, other drug use, and sexual activity. However, a comparison of other health areas, including psychological health, indicated no significant trends. Implications for substance abuse prevention programs and directions for future research are discussed. Copyright 1997, American Psychological Association. Location: Cork Journal Shelf; Baker Library
Alcohol consumption and sexually transmitted disease risk behavior: Partner mix among male Korean university students.
Background: This study examined alcohol consumption and sexually transmitted disease risk behavior as related to prostitute visits and sex partner mix among male Korean university students in 1993 to 1994. Methods: Questionnaires were completed by a representative sample of 1103 university students in Seoul. Lifetime sexually transmitted disease risk behavior was categorized as none, only one, and multiple sexual experiences with prostitutes, whereas risk according to partner mix was classified as no sexual experience with prostitutes, sexual experience with prostitutes only, and with both prostitutes and girlfriends. The proportional odds model was applied to the data. Results: A total of 25.8% of the university students had visited prostitutes-17.6% visited twice or more, and 12.9% had sexual experiences with both prostitutes and girlfriends. Heavier alcohol consumption was significantly related to multiple visits to prostitutes (odds ratio = 1.71) and to sexual experiences with both prostitutes and girlfriends (odds ratio = 2.30). Conclusions: In this first systematic study of the association between alcohol consumption and sexual experiences among Korean male university students, alcohol use was associated with risky sexual behaviors, and with first and most recent sexual experience with prostitutes, supporting our hypotheses. Copyright 1998, Research Society on Alcoholism. Used with permission.
Location: Cork Journal Shelf

Pluralistic ignorance and hooking up.
"Hooking up" -- when two people agree to engage in sexual behavior for which there is no future commitment -- has become popular on college campuses. In this study we examined the extent to which pluralistic ignorance affects hooking up. One hundred thirty-six female and 128 male college students answered questions regarding their own comfort and their perceived peers' comfort in engaging in a variety of sexual behaviors while hooking up. We hypothesized and found that both women and men rated their peers as being more comfortable engaging in these behaviors than they rated themselves. Men expressed more comfort than did women in engaging in these behaviors, and both sexes overestimated the other gender's comfort with hooking up behaviors. Pluralistic ignorance appears to apply to hooking up on college campuses, and we explore some potential consequences of pluralistic ignorance in this context. 2003, Society for the Scientific Study of Sex.
Location: Baker Library. Dartmouth e-journal.
Alcohol expectancies: Effects of gender, age, and family history of alcoholism.
Lundahl LH; Davis TM; Adesso VJ; Lukas SE. Addictive Behaviors 22(1): 115-125, 1997. (21 refs.)
To explore the effects of gender, age, and positive (FH+) and negative (FH-) family history of alcoholism on alcohol-related expectancies, the Alcohol Expectancy Questionnaire (AEQ) was administered to 627 college students (female n = 430). In an attempt to control for consumption effects, only individuals who described themselves as heavy drinkers were included in the study. A 2 (Family History) times 2 (Gender) times 2 (Age Range) multivariate analysis of variance (MANOVA) was conducted on the six scales of the AEQ. Results indicated that FH+ females under the age of 20 years reported stronger expectancies of social and physical pleasure than did FH- females. Results also suggested that females over the age of 20 reported significantly lower expectancies of global, positive effects compared to all other subjects, regardless of family history of alcoholism. Finally, both male and female subjects under the age of 20 reported greater expectancies of global, positive effects, sexual enhancement, feelings of increased power and aggression, and social assertion compared to individuals over the age of 20. These results indicate that alcohol-related expectancies vary as a function of age, gender, and family history of alcoholism. Copyright 1997, Elsevier Science Ltd.
Location: Cork Reprint; Dana Library

Drug use and lifestyle among college students in Austria and the United States.
Mangweth B; Pope HGJr; Ionescu-Pioggia M; Kinzl J; Biebl W. Substance Use & Misuse 32(4): 461-473, 1997. (24 refs.)
Using an anonymous questionnaire, we assessed the prevalence of alcohol use and illicit drug use among 545 college students in Innsbruck, Austria in 1995. The questionnaire also assessed various aspects of students' lifestyles, including academic performance, college activities, career plans, visits to a psychiatrist, and sexual activity. We compared these results with those obtained using the same questionnaire at a similar American college in 1989. We found that the prevalence of virtually all forms of illicit substance use was much higher among the American students. In both Austria and the United States, however, we found few differences between drug users and nonusers on most measures of lifestyle, with the exception of heterosexual activity. Copyright 1997, Marcel Dekker, Inc.
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Self-esteem, gender, and alcohol use: Relationships with HIV risk perception and behaviors in college students.
McNair LD; Carter JA; Williams MK. *Journal of Sex & Marital Therapy* 24(1): 29-36, 1998
The present study examined the confluence of alcohol use and self-esteem on risky sexual behavior and perceptions of risk for female and male college students. It was predicted that higher levels of self-esteem, female gender, and lower alcohol consumption would be associated with greater condom use and lower perceptions of risk for self and partner. Results indicated that for low drinking students, those with high self-esteem reported greater condom use. In addition, low rates of alcohol use were associated with greater frequency of past condom use. Women and students low in self-esteem indicated greater perceptions of risk for themselves and their partners. These findings care discussed in terms of their implications for developing interventions aimed at reducing risky sexual behavior. Copyright 1998, Brunner/Mazel, Inc.
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Communicating with new sex partners: College women and questions that make a difference.
(40 refs.)
Despite efforts of sexuality educators, many college women are uninfluenced by information about risks of contracting a sexually transmitted disease or initiating an unintentional pregnancy. This study used an anonymous questionnaire administered to 438 never-married undergraduate women to investigate the failure of college women to ask new sex partners about sexual histories prior to sexual intercourse. Significant differences were found between the three subsample group; those who "almost always" (AA), "sometimes" (S), or "rarely" (R) asked their sex partners about sexual histories. At first sexual intercourse, AA group women were significantly more likely to have been in a committed relationship, to have been contracepted, and to have been older; and they were less likely to have been under the influence of alcohol or other mind-altering substances. Furthermore, AA group women also reported fewer sex partners than other respondents. They also were more likely to discuss sexually related topics with their partners, to reach sexual decisions by their own thought, and to set personal goals. Copyright 2000, Brunner/Mazel, Inc.
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An alcohol expectancy-challenge prevention program for at risk college women.
Alcohol expectancy-challenge programs are effective in changing expectancies and reducing drinking in college men (J. Darker & M. S. Goldman. 1993. 1998); however, recent evidence suggests this protocol might not be effective for women (M. E. Dunn, C. Lau, & I. Y. Cruz, 2000). This study was designed to reevaluate the effectiveness of a social/sexual expectancy-challenge intervention in college women reporting moderate to heavy alcohol use. Forty-six undergraduate women were randomly assigned to the prevention or control condition. Participants reported alcohol expectancies at pre- and posttest and monitored their drinking patterns daily for 6 weeks. The program was effective in changing some expectancies but did not reduce drinking. This further confirms differences in the mechanisms by which expectancy-challenge programs function for men and women. 2003, American Psychological Association.

Lifestyles and health risks of collegiate athletes: A multi-center study.
Nattiv A; Puffer JC; Green GA. Clinical Journal of Sport Medicine 7(4): 262-272, 1997. (48 refs.)
Objective: To determine whether college athletes are at greater risk for maladaptive lifestyle and health-risk behaviors than their nonathletic peers and to identify high risk taking groups by gender, sport, and other identifiers. Design: Multicenter, cross-sectional study. Setting: Seven major geographically represented collegiate institutions in the United States. Participants: A total of 2,298 college athletes and 683 randomized nonathlete controls completed a confidential survey questionnaire between the summer of 1993 and winter of 1994, assessing lifestyle and health-risk behaviors over the previous 12 months. Main outcome measures: Self-reports of lifestyle behaviors and health risks in the following areas: motor-vehicle safety, substance abuse, sexually transmitted diseases and contraception, mental health, cancer prevention, nutrition, exercise and general preventive health issues. Results: Athletes demonstrated significantly higher risk-taking behaviors (p < 0.05) than their nonathlete peers in the following areas: less likely always to use seatbelts; less likely always to use helmets with motorcycles, mopeds, and bicycles; more often drive as a passenger with a driver under the influence of alcohol or drugs; greater quantity and frequency of alcoholic beverages; greater frequency of smokeless tobacco and anabolic steroid use; less-safe sex; greater number of sexual partners; less contraceptive use; and more involvement in physical fights. Female athletes reported a higher prevalence of irregular menses, amenorrhea, and stress fractures compared with female nonathletes. Male athletes had more risk-taking behaviors than did female athletes (p < 0.05), and athletes in contact sports demonstrated more risk-taking behaviors than did athletes in noncontact sports (p < 0.05). Athletes with one risk-taking behavior
were likely to have multiple risk-taking behaviors ($p < 0.05$). Conclusions: College athletes appear to be at higher risk than their nonathletic peers for certain maladaptive lifestyle behaviors. Athlete subgroups at highest risk include male athletes and athletes participating in contact sports. Athletes at risk for one high-risk behavior demonstrated an increased risk for multiple risk-taking behaviors. Preventive health interventions deserve further study to determine strategies for risk reduction in high-risk groups. Copyright 1997, Lippincott-Raven Publishers.

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


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.

**Drinking and risky sexual behavior in young women and men: A covalidation study.**

O'Hare T. *Journal of Alcohol and Drug Education* 43(3): 66-77, 1998. (22 refs.)

Data collected over two years from two consecutive samples of young persons cited their first time for breaking university drinking rules were examined to covalidate the relationship between risky sexual beliefs and behaviors with problem drinking. Respondents completed a questionnaire which included items concerning sex-related alcohol expectancies, excessive drinking before sex, and engaging in unplanned and unprotected sex as a consequence of drinking. Logistic regression was used to estimate predictive likelihood ratios for both samples with standardized problem drinking screens. a modified Michigan Alcoholism Screening Test (with sample #1), and the Alcohol Use Disorders Identification Test (with sample #2). Results indicated a significant relationship among risky sexual beliefs, behaviors, and problem drinking in both samples, and some notable similarities and differences by gender. Implications for
assessment and intervention with problem drinking college students are suggested. Copyright 1998, Alcohol and Drug Problems Association of North America. Location: Not at Dartmouth. Request via ILL

The relationship between college females' drinking and their sexual behaviors.
Piombo M; Piles M. Women's Health Issues 64(4): 221-228, 1996. (16 refs.) Despite the fact that men compose the majority of alcoholics or problem drinkers on campus, the number of women who abuse alcohol is on the rise, being estimated to constitute one-third of problem drinkers. This is a report of a study to explore the influence of gender upon alcohol consumption. Data analysis endeavors to identify differences between the sexes in their sexual behaviors, communication skills, self-efficacy, and perception potential barriers. It examines the effect that alcohol use, particularly binge drinking has on sexual behavior, prior to sexual encounters, and its role as a barrier to safe sex practices. Copyright 1996, Project Cork Institute. Location: Matthews Fuller Library. Dartmouth e-journal

Alcohol consumption, strength of religious beliefs, and risky sexual behavior in college students.
Poulson RL; Eppler MA; Satterwhite TN; Wuensch KL; Bass LA. Journal of American College Health 46(5): 227-232, 1998. (26 refs.) Relationships among alcohol use, strength of religious convictions, and unsafe sexual practices of 210 students at a large public university in the "bible belt" were examined. The women with strong religious beliefs consumed less alcohol and were less likely to engage in risky sexual behavior than were female participants with weaker religious convictions. Among the men, religious conviction was not significantly correlated with alcohol consumption or risky sexual behavior, but alcohol consumption and inconsistent use of condoms and multiple sexual partners were significantly correlated. Men had higher rates of alcohol consumption and unprotected sexual activity than women did, yet the two groups did not differ in overall frequency of sexual activity. Future research is needed to (a) provide greater understanding of gender differences in alcohol use, risky sexual behavior, and religious beliefs of college students in the region and (b) determine whether similar correlations exist in other areas of the country. Copyright 1998, Helen Dwight Reid Educational Foundation. Location: Dana Library

Health trends among college freshmen.
nationwide are described. Trends in the following areas are covered: (1) alcohol and drugs, (2) physical health, (3) psychological health, and (4) sexual attitudes. Gender and institutional differences in health behaviors and attitudes among the 1995 class of college freshmen are also considered. Major trends include declines in beer drinking and in physical and emotional self-confidence and an increase in stress and cigarette smoking. "Unhealthy" behaviors and attitudes are reported most often by freshmen at public 2-year institutions. Copyright 1997, Helen Dwight Reid Educational Foundation. Location: Dana Library

**Perceptions of college life, emotional well-being and patterns of drug and alcohol use among Oxford undergraduates.**
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: Dartmouth e-journal

**Sex, alcohol and drugs? Young people's experience of Schoolies Week.**
The 'Schoolies Week' phenomenon attracts more than 10,000 school leavers to Surfers Paradise in November and December each year. In a survey of these young people (N = 1796), from Queensland, New South Wales (NSW), and Victoria, about two-thirds of the young men and one-third of the young women expected to have sexual intercourse while in Surfers Paradise. Of these, about 80 per cent expected to
use condoms. Most expected to be drunk most nights or every night of their holidays and 27 per cent of young men and 17 per cent of young women expected to be 'stoned' most nights or every night. Most young men and a significant proportion of young women achieved these expectations, with respondents from NSW and Victoria being more likely to do so than Queensland residents. Over one-third of the sample had engaged in sexual intercourse prior to interview, and of these, two-thirds of young men and over half the young women always used condoms with casual partners. The rates for sexual intercourse with regular partners were slightly lower. Those who were inconsistent condom users on holiday were likely to have a history of inconsistent condom use and to have multiple casual partners and/or regular partners in addition to casual partners. It is recommended that the NSW and Victorian governments accept some responsibility for the behaviour of young people attending Schoolies Week. A coordinated intervention strategy is required because there are significant prior indicators of young people’s risk practices in Surfers Paradise during Schoolies Week. Copyright 1997, Public Health Association of Australia.

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High risk sexual behaviors have been documented among college students and have been shown to be associated with an increase in other risk-taking behaviors. In particular, alcohol use has been found to be correlated with increased risky sexual behaviors among adolescent and adult populations, The present study examined the relation between sexual risk-taking and alcohol use among college students. Results indicated that individuals reporting an increase in risky sexual behaviors had greater alcohol involvement as demonstrated by an increased number of days drinking, a larger typical amount consumed on drinking days, and a greater number of binge drinking days. The implications of these findings support a model of prevention that includes an emphasis on protective factors (i.e., celibacy, condom use) as well as interventions to reduce alcohol use. Copyright 1998, Alcohol and Drug Problems Association of North America.

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High-risk drinking in college, with a focus on what is known and what is yet to be learned, is discussed in this report. Section headings and topics discussed include: (1)
an entrenched problem, including the multiple influences on student alcohol consumption and negative consequences; (2) the college scene; (3) recommendations for colleges and universities, for the research community, and for the National Institute on Alcohol Abuse and Alcoholism (NIAAA); (4) task force on college drinking; (5) panel on contexts and consequences with an overview of college student drinking, glossary of alcohol terminology, barriers to reducing alcohol misuse; (6) epidemiology of alcohol use among college students, including drinking trends among college students and strategies for filling gaps in knowledge; (7) consequences of college student alcohol consumption, including damage to self and to others, damage to the institution, alcohol use and driving by college students, alcohol and high-risk sexual behavior, alcohol and physical and sexual aggression, differences in consequences among population subgroups; (8) understanding college drinking from a multidimensional perspective, including developmental factors, individual student factors, environmental factors, strategies for filling gaps in knowledge; (9) issues for college administrators, including federal, state, and local laws; policy development; changing the culture of drinking on campus; and (10) research considerations and opportunities for intervention. Public Domain.

Location: Available online. <www.collegedrinkingprevention.gov/Reports/Panel01/Panel01_TOC.aspx>

Behavioral characteristics related to substance abuse and risk-taking, sensation-seeking, anxiety sensitivity, and self-reinforcement.


Given the multitude of negative outcomes associated with substance abuse and other risk-taking behaviors, the current study sought to investigate sensation seeking, anxiety sensitivity, and self-reinforcement as they relate to participation in high-risk behaviors with 155 undergraduate students. The measures were the Reckless Behavior Questionnaire, Sensation Seeking Scale, Anxiety Sensitivity index, Heiby Self-Reinforcement Questionnaire, and a sample of items from the treatment factor of the Substance Abuse Attitude Survey. Significant multivariate effects were attributable to sensation seeking and anxiety sensitivity. Sensation seeking and anxiety sensitivity were significant predictors of substance abuse. The model significantly predicted risky sexual behavior with a positive relationship between sensation seeking and risky sexual behavior. High anxiety-sensitivity scores were associated with a greater reported incidence of high-risk sexual practices. Participants highest in sensation seeking were most likely to engage in reckless driving, with male incidence being greater than for females. An unexpected finding was that anxiety sensitivity negatively correlated with substance abuse. Copyright 2001, Elsevier Science Ltd.

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Alcohol outcome expectancies, attitudes toward drinking and the theory of planned behavior.
Wall AM; Hinson RE; McKee SA. Journal of Studies on Alcohol 59(4): 409-419, 1998. (91 refs.)
Objective: The present study investigated whether alcohol outcome expectancies are empirically distinguishable from attitudes toward drinking. Specifically, the contribution of expectancies and attitudes to the Theory of Planned Behavior was assessed.
Method: Undergraduates (N = 316; 170 male), of legal drinking age, who drank at least once a month participated. Intentions to drink "too much" and self-report excessive consumption episodes served as criterion measures, and attitudes, subjective norm, perceived behavioral control and alcohol outcome expectancies were employed as predictor variables. Stepwise regression analyses were performed separately for men and women.
Results: The Theory of Planned Behavior appeared to be a valid framework for predicting excessive alcohol consumption among undergraduates. The predictive power of the model, however, was enhanced through the inclusion of gender-specific alcohol outcome expectancies. Specifically, in addition to attitudes and perceived behavioral control, women's expectancies for sociability enhanced the prediction of intentions to drink "too much." Expectancies for sexual functioning (male) and assertiveness (female) improved the prediction of excessive consumption, over and above intentions and perceived behavioral control.
Conclusions: Alcohol outcome expectancies, unlike attitudes, are proximal predictors of excessive alcohol consumption among undergraduates. Copyright 1998, Alcohol Research Documentation, Inc. Used with permission.
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Prevalence and correlates of alcohol-induced blackouts among college students: Results of an e-mail survey.
The authors conducted an e-mail survey of 772 college students to learn more about their experiences with blackouts. Approximately half (51%) of those who had ever consumed alcohol reported they had experienced a blackout at some point in their lives, and 40% had experienced 1 in the year before the survey. Among those who drank in the 2 weeks before the survey, nearly 1 in 10 (9.4%) had experienced a blackout during that period. Many later learned that, during the blackout, they had vandalized property, driven an automobile, had sexual intercourse, or engaged in other risky behaviors. Experiencing 3 or more blackouts was associated with a variety of other experiences, including heavier drinking, lower grades, an earlier age of drinking onset, and having others express concerns about their drinking. The female students
who reported blackouts during the 2 weeks before the survey drank far less than male students did during this time period, supporting the use of gender-specific definitions of risky drinking. Copyright 2002, Helen Dwight Reid Educational Foundation.
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Alcohol consumption and expectancies among sexually coercive college men.
Wilson AE; Calhoun KS; McNair LD. Journal of Interpersonal Violence 17(11): 1145-1159, 2002. (44 refs.)
This study investigated the relationship between college men's self-reported histories of coercive sexual behavior, alcohol consumption, and alcohol expectancies regarding sexual behaviors. Hypotheses were (a) history of sexually coercive behavior would be associated with more alcohol consumption, (b) sexually coercive men would hold greater alcohol expectancies for sexual behaviors, and (c) alcohol expectancies would moderate the relationship between alcohol consumption and sexual coercion. In addition, the authors hypothesized that alcohol expectancies would vary as a function of the method of sexual coercion used, such that men reporting that they had sexually coerced a woman by giving her alcohol would hold greater alcohol expectancies than would coercive men who used other methods. Results supported the first three hypotheses. However, men who used alcohol as a means of coercion did not hold significantly greater alcohol expectancies than did coercive men who used other means. Copyright 2002, Sage Publications, Inc.
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