

Data Report

2017 New Hampshire Higher Education Alcohol, Tobacco, and Other Drug Survey

*Presented by the New Hampshire
Higher Education
Alcohol and Other Drug
Committee*



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Introduction

The New Hampshire Higher Education Alcohol and Other Drug (NHHEAOD) Committee is comprised of representatives from higher education institutions across the state of New Hampshire. Members meet monthly to discuss important issues and develop action plans related to alcohol, tobacco, and other drug use on college campuses in the state.

In the fall of 2000, the NHHEAOD committee collaborated with the University of New Hampshire's Student Affairs Research and Assessment Center to develop a survey that could be administered at the various membership schools in the spring of 2001. This survey was then revised and re-administered in the spring of 2003 and then further revised and re-administered biannually in spring of 2005 through 2017.

The purpose of this survey is to assess students' attitudes, behaviors, and perceptions of use regarding alcohol, tobacco, and other drug uses. Furthermore, this statewide survey allows individual schools and the NHHEAOD Committee to track and evaluate data consistently, to monitor trends and to provide assistance in the development of alcohol, tobacco and other drug programs and services.

In the spring of 2017, the survey was sent to more than 14,422 students at seven higher education institutions in the state. The total number of students responding to the survey was 2,847. With the placement of two validity questions, the valid number of responses decreased to 2,115 students. This report provides a summary of key aggregate data from this survey, with emphasis on data results that illustrate the gap that exists between actual and perceived normative behavior among New Hampshire college youths. Social norms theory, a concept receiving a lot of national attention, is based on the premise that students over-perceive harmful behaviors and under-perceive protective behaviors among their peers and that those misperceptions have an impact on decisions to use substances. As such, the aim of a social norms approach is the reduce misperceptions of substance use with a resulting decrease in use and consequences. For more information regarding social norms theory, please consult the National Social Norms Resource Center at www.socialnorm.org.

SUMMARY OF RESULTS

Quantity & Frequency of Alcohol when “Partying” (non-binge; See Graphs 1, 2, 3 & 4: Pages 9-12)

In 2017, the majority of students (62.9%) report that they “party, socialize, go out” without alcohol or limit their quantity to 4 or fewer drinks.

- In 2015, the percentage of students who reported that they “party, socialize, go out” without alcohol or consume 4 or fewer drinks was fifty-nine percent (59.6%).
- The gap between actual vs. perceived alcohol use when “partying” has decreased. While forty-four percent (44.3%) believed their peers consumed 7 or more drinks when they “partied” in 2015, this percent has decreased to thirty-eight percent in 2017 (38.1%). Students still increasingly overestimate the amount their peers are consuming in party situations.
- The majority (64.9%) of students who report “partying” with alcohol indicate that they limit this activity to 1 to 2 nights a week, very close to the 2015 number of 64.6%. Data suggests a decrease since 2013 when 67.1% of students report limiting their partying to 1 to 2 nights a week. This is still an increase from 2011 (61.9%) and 53% in 2009.
- Twenty-four (24.3%) of students report that they do not “party.” Students are either abstaining from alcohol completely or limiting their consumption to other types of settings (e.g. with a meal, among a small group of friends). This is an increase in students that report they do not “party” from 2013 (21%) and another increase from 2015 (23.1%).
- Students believe that only 1.1% of their peers do *not* party, which highlights one of many misperceptions. They also believe that 48.7% “party” 3 or more nights per week. The data indicates that only 10.8% “party” at this frequency. The data highlights students continued overestimation of the frequency with which their peers are “partying.”

Binge Drinking (See Graphs 5, 6, & 7: Pages 13-15)

- The overall rate of binge drinking/ high risk drinking, defined as five or more drinks in a sitting is 55.2% among college students in New Hampshire. The binge drinking incidence rate has remained relatively stable since 2013 (52.2%) and 2015 (52.4%) but has increased since 2011 (45.4%).
- Among students engaging in binge drinking (55.2%), data indicates that the frequency of binge drinking episodes was primarily limited to 1 or 2 times in a 14-day period (31.7%) with only a minority of students (23.7%) engaging in frequent binge drinking episodes. Frequent is defined as 3 or more episodes in a 14-day period. This has remained stable since 2013 but has increased from 2011 (18%).

Protective Behaviors (See Graphs 8 & 9: Page 16 & 17)

- Students are engaging in a number of protective behaviors when it comes to taking care of themselves or others in situations involving substance use.
- Listed below are some examples of protective behaviors that the majority of students attending New Hampshire institutions report employing either “Always,” “Usually,” or “Sometimes,” and “N/A, Don’t Drink”:
 - 96.9% **Party with Friends** and people they know
 - 96.5% **Eat a full Meal** before “partying”
 - 95.5% **Watch Out for Friends** who may have had too much to drink
 - 91.3% **Use DD-** a Designated Driver
 - 89.8% **Track Drinks**
 - 73.7% **Pre-set** –Staying within a set number of drinks decided prior to drinking

- 72.2% **Abstain due to RX-** Medication
- 68.7% **Alternate Drinks** with non-alcoholic beverages
- 67.1% **Pace Drinks** to one drink an hour
- 66.3% **Act as a DD-** a Designated Driver
- 57.7% **Chose Not to Drink**
- 51.7% **Avoid Drinking Games**

Negative Consequences- Academic Year (See Graph 10: Page 18)

- In 2017, a new question was added that asked, “During this academic year, have you had a negative experience due to your drinking or other drug use?” Thirty-six percent (36%) of students reported that the question was not applicable because they do not drink or use drugs. The remaining respondents answered “possible” (48.1%) or “yes” (15.8%). Only those students who answered “possible” or “yes” were then asked to respond to the 24 negative consequence questions. Due to this change in methodology, comparisons to the previous years’ data are not possible.
- For 17 of the 24 negative consequences, 70% of the respondents indicated that they have NOT experienced that consequence during the current Academic Year as a result of their substance use.
- For the remaining seven negative consequences, 68.8% did not have unprotected sex, 66.4% did not get into an argument or fight, 65.7% were *not* criticized for their drinking, 50.8% did *not* experience regret, 49% did *not* experience memory loss, 35.3% reported *not* feeling nauseous or vomiting, and 16.6% did *not* experience a hangover during the academic year due to their substance use.

Non–Use Abstaining: Actual v. Perceived (See Graph 11 & Table 3: Page 19 & 20)

- The majority of students attending colleges in New Hampshire DO NOT engage in tobacco or other drug use, with the exception of alcohol.
- In nine out of fifteen drug categories included in 2017, respondents indicated that their abstinence rate was 90% or higher in the Past 30 Days. The drug categories included: Smokeless Tobacco, Prescription Drugs for Recreational Use, Cocaine, Non-prescription Steroids, Stimulants, Sedatives, and Opiates, Hallucinogens, and Designer Drugs.
- In six out of the fifteen drug categories, respondents indicated that their abstinence rate ranged from 67% (Marijuana) to 88.9% (e-cigarettes) while the abstinence rate for using tobacco was 80.7%. Twenty-two (21.7%) percent reported abstaining from alcohol in 2017 while only eighteen percent (18.1%) of students reported abstaining from alcohol in 2015.
- The use of marijuana has increased from 2013. In 2013, 74.7% of respondents reported *not* using marijuana while the 2015 data shows that only 68.9% of respondents reported *not* using marijuana in the Past 30 Days. Data from 2017 suggests a slight increase from 2015 to 67% *not* using marijuana.

2015-2017 Comparison: Non-Use–Abstaining (See Graph 12: Page 21)

- While students consistently overestimate drug use among peers attending their own institutions, substance use has remained relatively stable from 2015 to 2017.
- More students in 2017 are abstaining from alcohol (3.6%), tobacco (1.7%), alcohol with stimulants (1.3%), cocaine (1%), designer drugs (0.7%), hallucinogens (0.6%), non-prescription steroids (0.2%), non-prescribed stimulants (0.1%), and non-prescribed opiates (0.1%) than in 2015.

- Meanwhile, reported *non*-use has decreased among the following substances from 2015 to 2017: non-prescribed sedatives (0.2%), smokeless tobacco (0.7%), prescription drugs (0.7%), and marijuana (1.9%).

PURPOSE AND CONTEXT

Since the early 1990's the *Core Survey – Short Form*, a national survey coordinated by the University of Southern Illinois, had been the instrument used by many of the schools in the state to gather data on alcohol, tobacco, and other drug use behaviors. Early in the summer of 2000, the Core Institute made the decision that it would no longer support the short version of its survey and it would only scan and report the long version of the survey. The longer version took approximately 45 minutes to complete versus 20 minutes for the short form.

Concerned about the time needed to administer the *Core Survey – Long Version*, members of the NHHEAOD Committee made a decision in August 2000 to create their own survey. Their goal was to have an instrument that could be completed in approximately 20-25 minutes. In addition, the committee wanted a survey that higher education institutions in New Hampshire would use so that institutional data could be compared to a statewide reference group. In the past, comparisons such as these were not always possible. A statewide survey would also allow for consistent tracking of data and monitoring of trends. The Student Affairs Research and Assessment Center at the University of New Hampshire was asked to assist the process.

The NHHEATOD survey items were derived from three national surveys: the Core Survey (short form), the Campus Survey of Alcohol and Other Drug Norms, and the 1999 Annual Student Behavior Assessment. There were a few reasons for this decision. First, the higher education institutions wanted to use questions that they used from surveys in the past so that they could maintain trend data. Secondly, NHHEAOD members thought that questions from these national surveys solicited the type of information they wanted. Thirdly, since the questions from these instruments had been used on national surveys, committee members were confident that they were reliable and valid. Where possible, all response categories were constructed to solicit interval data for easier analysis and significance testing. In January of 2001, the instrument was drafted, pre-tested, and finalized. Due to time constraints reliability and validity was not determined for the instrument.

The survey was then revised and re-administered in the spring of 2003 and further revised and re-administered biannually in the springs of 2005 through 2017. The Centers for Disease Control and the New Hampshire Department of Health and Human Services (DHHS), Office of Community and Public Health worked with the NHHEAOD Committee in the revision of the 2003 instrument and DHHS contracted in both 2003 and 2005 to include questions regarding tobacco use for statewide data collection with college-age students.

▪ Sample

Seven higher education institutes in New Hampshire participated in the study in 2017. These institutions varied in affiliation (e.g., private/public, religious/secular, two/four year), mission, and size. Each school used an on-line survey instrument and chose its own sampling method. A total of 2,115 students provided *valid* responses to the survey. Weights were not assigned to compensate for disproportionate representation of each college in the sample analysis.

TABLE 1: SAMPLE AND SIZE FOR EACH INSTITUTION

	Total Responses	Valid Responses	Percent of Valid Responses
Colby-Sawyer College	156	135	6.4%
New England College	37	32	1.5%
Plymouth State University	179	159	7.5%
Rivier University	227	177	8.4%
Saint Anselm College	421	375	17.7%
Southern New Hampshire University	209	172	8.1%
University of New Hampshire	1203	1065	50.4%
Total	2847	2115	

TABLE 2: DEMOGRAPHIC PROPORTIONS

	Sample Size	Percent of Sample
GENDER		
Male	755	35.7%
Female	1340	63.4%
Transgender	6	0.3%
Other	13	0.6%
CLASS		
Freshman	570	27.0%
Sophomore	481	22.8%
Junior	508	24.0%
Senior	499	23.6%
Grad	47	2.2%
Other	9	0.4%
STATUS		
Full-Time Student	2049	96.9%
Part-Time Student	65	3.1%
AGE		
20 or younger	1279	61.3%
21 or older	817	38.6%
PERMANENT RESIDENCE		
New Hampshire	1023	48.4%
State other than NH	1068	50.6%
Country other than US	21	1.0%
RACIAL/ETHNICITY		
Black/ Non-Hispanic	30	1.4%
American Indian/ Alaskan	6	0.3%
Asian	61	2.9%
Hispanic	72	3.4%
Native Hawaiian/ Pacific Islander	3	0.1%
White/ Non-Hispanic	1937	91.8%

METHOD

The Colby-Sawyer network hosted the anonymous NHHEATOD survey in February-March 2017 via Qualtrics. This year, the survey was also available on mobile app. Administration rights were shared by Pam Spear of Colby-Sawyer and Michael Glennon of UNH. NH Colleges and Universities participating in the survey were: Colby-Sawyer College, New England College, Plymouth State University, Rivier University, St. Anselm College, Southern New Hampshire University, and University of New Hampshire. Thirty-three social norms questions were asked of students regarding alcohol, tobacco, and other drug use and perceptions. Participating institutions then added individualized questions for their specific use. Students were routed to a separate survey if they wished to participate in campus give-aways. There they could leave their e-mail address to participate in prizes without correlation to the anonymous NHHEATOD survey responses. Administrators of the surveys could filter responses by institution upon request, as well as provide aggregate data of participating NH institutions.

Colby-Sawyer College

An email was sent to all Colby-Sawyer students inviting them to participate in the NHHEATOD survey. The survey period was February 2th to February 10th, 2017. The Marketing Research class was asked what type of modest reward that students would like for participating in the survey. Feedback from the students was to randomize the selection of participants and award Colby-Sawyer Dining\$ to the Lodge or gift cards to The Stable (college store). Every 20th participant was selected for a \$10 award added to their Smartcard for use at the college facilities. A survey reminder was sent out once during the course of the survey. The spring student enrollment at Colby-Sawyer was 1015 with 15% of students responding. Rates for Colby-Sawyer student participation in this survey continue to decline. There is no known cause although many students report e-mail fatigue. The results of the CSC survey were posted on the college internal website in March 2017, shared with the Senior Leadership Team, and specific data from the survey posted in residence halls. Colby-Sawyer recognized a change in behaviors from prior surveys (2015 and 2013) with an increase in social (non-binge) substance use, and a decline in students having ever smoked tobacco.

New England College (NEC)

On February 24th the undergraduate student body, approximately 831 students, was sent an email inviting them to take the NHHEAOTD Survey on Qualtrics sponsored by the Colby-Sawyer network. Select faculty and staff were sent an email the same day explaining the survey and how the data would be used; they were asked to encourage students to participate. The survey period began February 24th and ended March 6th. The email included the consent form and encouraged participation by advertising incentive prizes. Flyers were also posted in strategic areas on campus with a QR code for students to scan and fill out the survey on their mobile devices. A reminder email was sent out before close of the survey deadline. A separate link was provided at the end of the survey for those students who wished to participate in the incentive prizes, in order to provide their contact information in a separate document. This ensured anonymity for all student survey responses. The NHHEAOD administrators at Colby Sawyer received a list of email addresses for these respondents and awarded every 25th respondent with a token of appreciation. There were only 36 NEC respondents of the survey, which is approximately 0.04% of the undergraduate population. Our survey was sent out late and Spring Break started on March 6 which did not allow for sufficient time for students to complete the survey prior to the break. We have also found that many of our students at NEC do not check their emails on a regular basis, if at all.

Plymouth State University

The 2017 NHHEAOD Alcohol, Tobacco, and Other Drug Survey, was sent electronically to 4,105 undergraduates. Participation in the survey was voluntary and incentives were offered in the form of a drawing for those who chose to complete the survey. Response rate was lower than in the past at approximately 4%. Responses were confidential, with no connections between the names submitted for the drawing and survey data.

Rivier University

Using a Qualtrics survey hosted by Colby Sawyer - 725 full time, day undergraduates students were invited to take the NHHEATOD survey. Seven incentive prizes were offered via a raffle including a pair of tickets to a Boston Red Sox game, movie tickets, and gift certificates to local restaurants. Students were contacted via email three times throughout the two weeks of data collection. There were 227 responses to the survey, accounting for nearly 31% of the student population at Rivier.

Southern New Hampshire University

In collaboration with SNHU's Institutional Research Review Board, the 2017 survey was distributed via Qualtrics to 1400 students, approximately 46% of the SNHU student population. We offered 3 incentives, a tablet, a lunch with the Dean of Students and SNHU swag. Two e-mails were sent asking students to complete the survey, one was sent on a Wednesday night and one on a Tuesday morning. There were 172 valid responses accounting for 6.9% of the undergraduate day student population (14% of the students who were sent the survey link).

St. Anselm College

All 1,846 undergraduate students were sent an electronic version of the 2017 NHHEAOD Alcohol, Tobacco, and Other Drug Survey, which remained "live" for 14 days, with two "reminder" emails sent to all students during the first week and just prior to the survey closing date. Participation in the survey was voluntary and incentives were offered in the form of a drawing for those who chose to complete the survey. Responses rate was 23% or 375 valid student responses. All responses were confidential, with no connections between the names submitted for the drawing and survey data.

University of New Hampshire

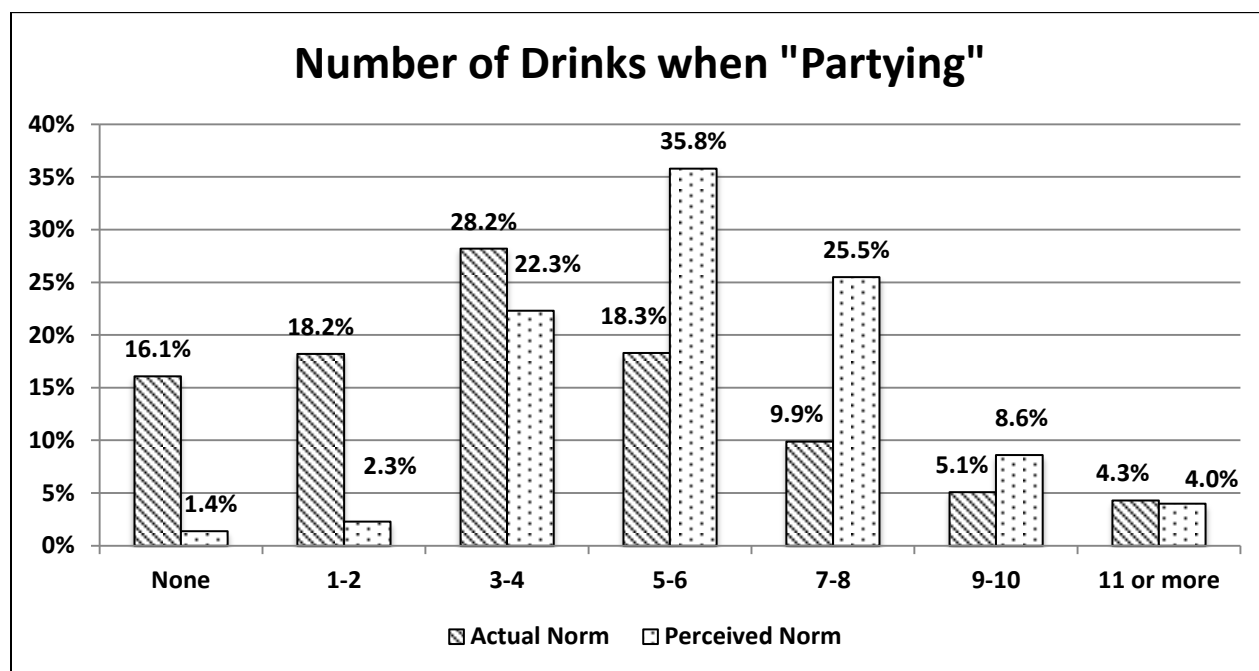
The University of New Hampshire Office of Institutional Research prepared a random sample of 4,500 students for the purposes of taking the 2017 NHHEAOD Alcohol and Other Drug Survey. The survey was sent via email invitation to participants with an attached informed consent and a link to the online survey tool, Qualtrics. There were 1,203 total responses which is a response rate of 26.7%. Of the 1,203 total responses, 1,065 were valid. For the purposes of an equal representation of the student body, males were over sampled. The data shows a nearly equal response from men and women. Students had approximately four weeks to complete the survey and they received a reminder e-mail at the beginning of each week. Students who completed the survey could elect to enter into a raffle. Every 10th respondent won a \$10 gift certificate to either the Bagel Works or Breaking New Grounds (local establishments). They also could have won: \$100 at Best Buy (1 winner), \$100 from the UNH Bookstore (2 winners), and three massages from UNH Health Services (1 winner).

Data from all participating institutions was compiled into aggregate form. Researchers at Rivier University then analyzed the aggregate data into this report.

SELECTED DATA RESULTS

WHEN YOU “PARTY”, HOW MANY ALCOHOLIC DRINKS DO YOU USUALLY HAVE? ... TYPICAL STUDENTS ON THIS CAMPUS USUALLY HAS WHEN HE/SHE “PARTIES, SOCIALIZES, GOES OUT”?

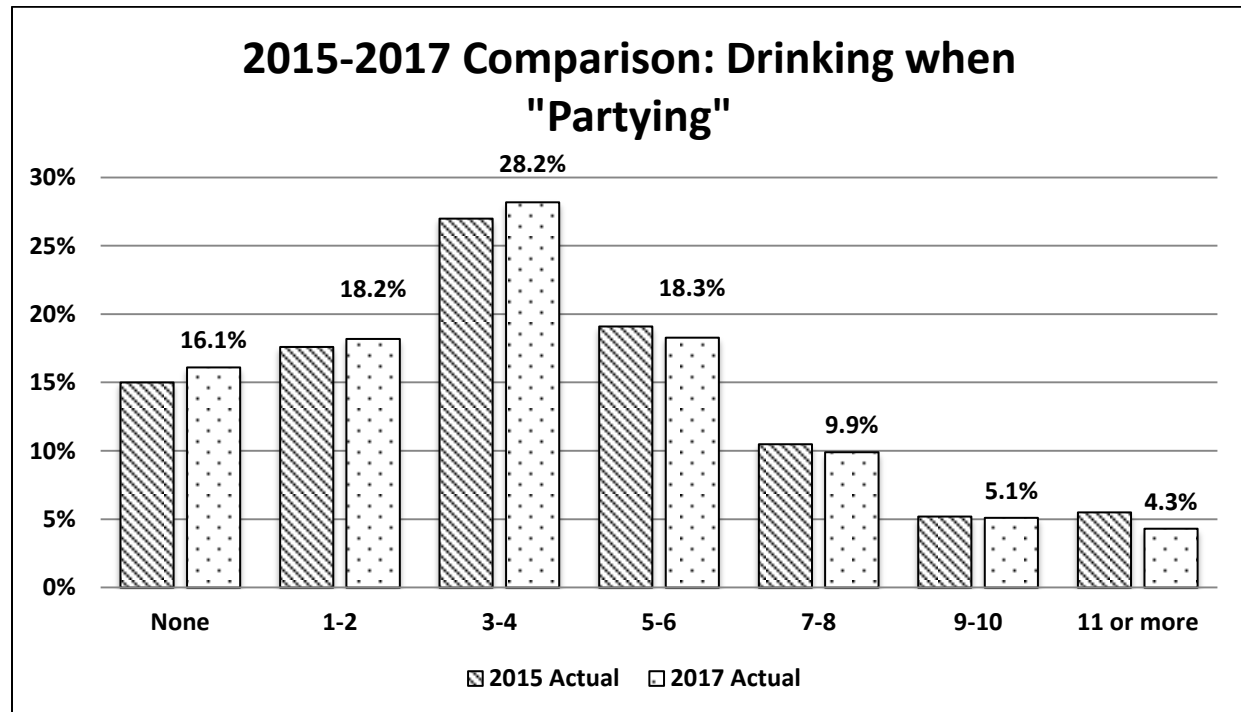
GRAPH 1: NUMBER OF DRINKS WHEN "PARTYING" - ACTUAL NORM VS. PERCEIVED NORM



RESULTS:

The majority of students (62.5%) attending New Hampshire colleges and universities either do not use alcohol when they party or consume 4 drinks or less. Students perceived that thirty-eight percent (38.1%) of their peers consume 7 or more drinks. While, this perception has decreased from 2013 (38.6%) and 2015 (44.3%), as the data suggests, students continue to overestimate the quantity of alcohol their peers are consuming. There is concern that this overestimation can increase alcohol use in “party” situations based on a misperception that might increase high-risk use and negative experiences.

GRAPH 2: 2015-2017 COMPARISON: NUMBER OF DRINKS WHEN “PARTYING”

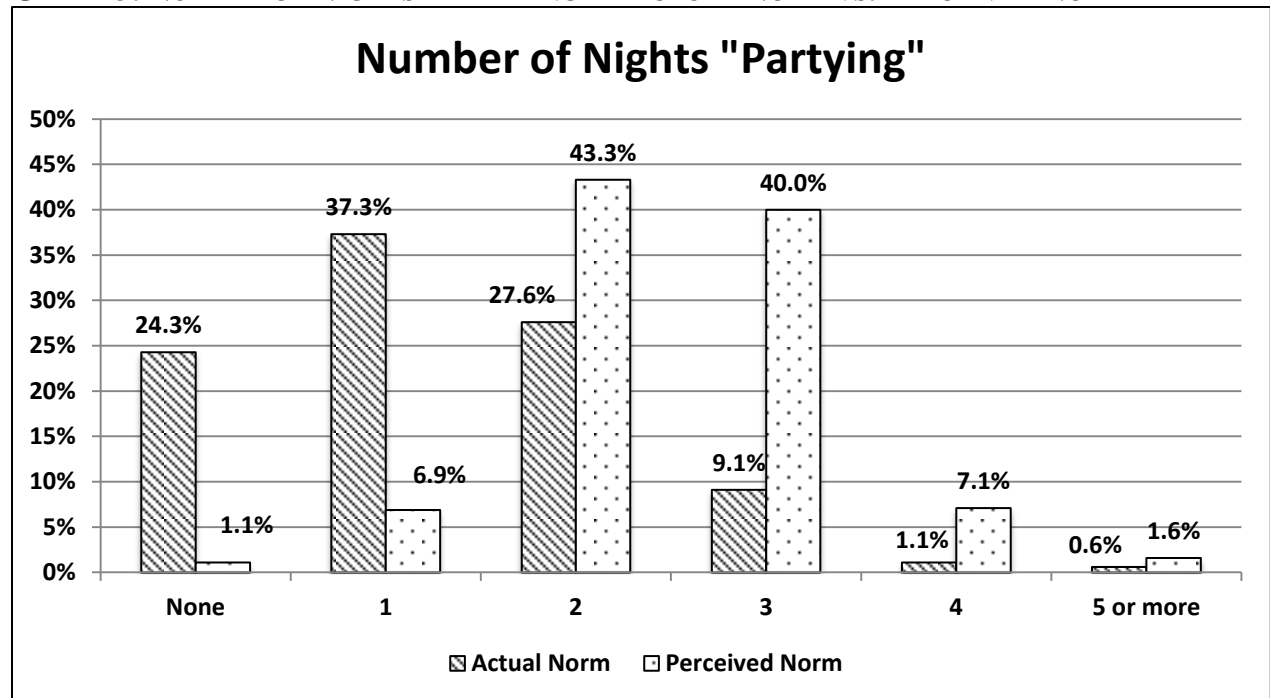


RESULTS:

The graph above shows a slight increase in abstinence and in those reporting that they drink 1-2 and 3-4 drinks when comparing 2015 to 2017. Conversely, there was a slight decrease in the number of those consuming higher quantities of drinks 5-6 drinks, 7-8 drinks, 9-10 drinks and 11 or more drinks from 2015 to 2017. Accordingly, the present data suggests that more students are either not drinking or consuming fewer drinks than the 2015 sample.

HOW MANY NIGHTS A WEEK DO YOU USUALLY “PARTY, SOCIALIZE, GO OUT”? ... TYPICAL STUDENT ON THIS CAMPUS “PARTIES, SOCIALIZES, GOES OUT”?

GRAPH 3: NUMBER OF NIGHTS "PARTYING" – ACTUAL NORM VS. PERCEIVED NORM

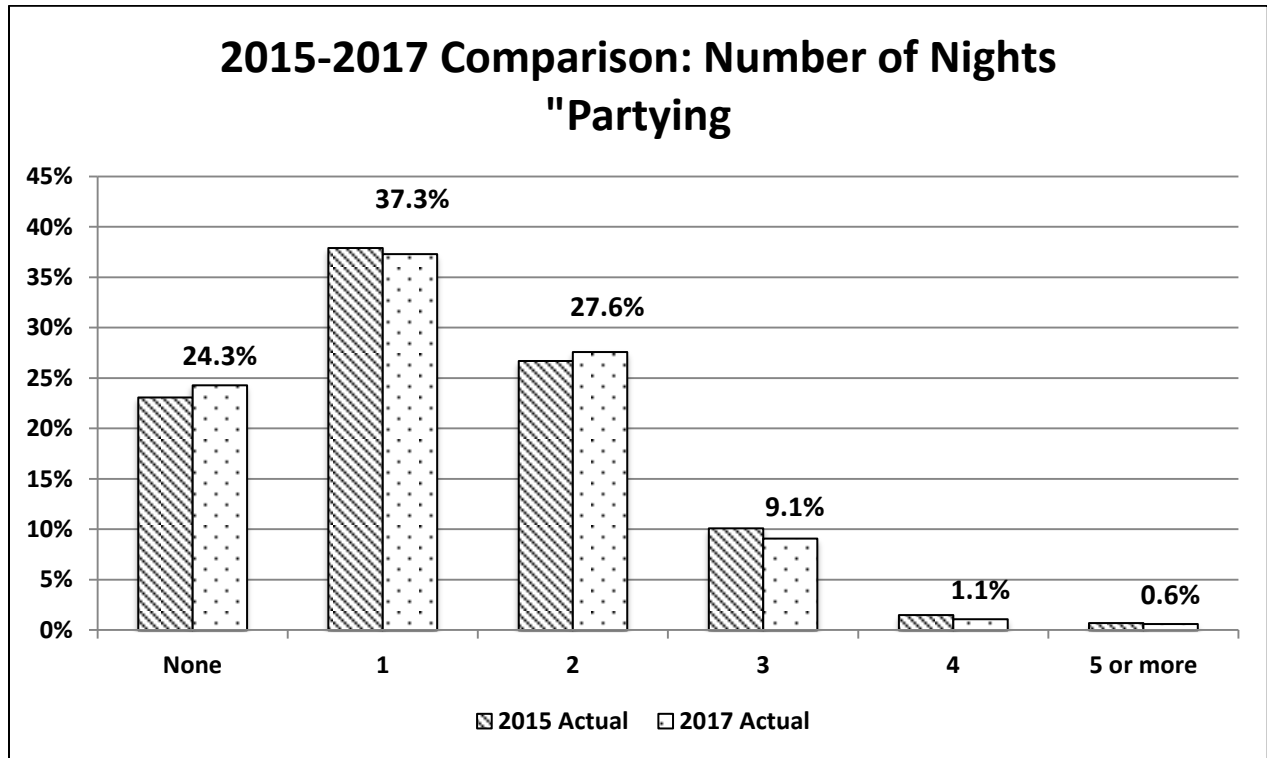


RESULTS:

The majority of students attending New Hampshire colleges and universities overestimate the frequency of “partying” on their campus. Twenty-four percent (24.3%) of students report *not* “partying” with alcohol while an additional thirty-seven percent (37.3%) report their “partying” is usually limited to one night a week. Relatively few students report “partying” three or more nights per week (10.8%).

When asked about their peer group, students believe that only a minority of their peers (8%) limit their “partying” to one night a week or less, while fifty-one percent (51.3%) believe their peers limit their “partying” to two nights or less each week. Forty-nine percent (48.7%) believe their peers are “partying” three or more nights when, in reality, only eleven percent (10.8%) report “partying” this frequently.

GRAPH 4: 2015-2017 COMPARISON: NUMBER OF NIGHTS "PARTYING"

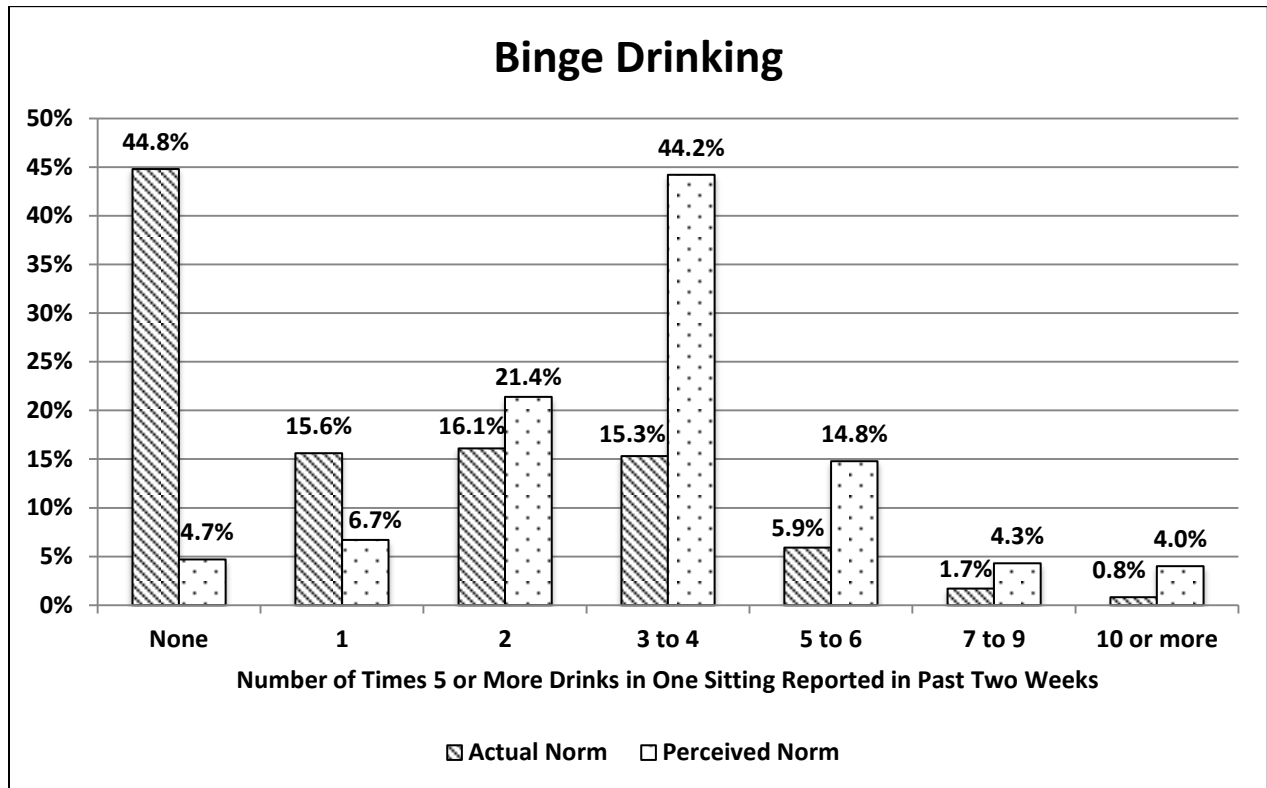


RESULTS:

The chart above shows an increase in students reporting not “partying” when comparing data from 2015 to 2017. Overall, the number of night “partying” has remained relatively stable with only slight fluctuations in the data seen between the survey years.

HOW MANY TIMES IN THE LAST TWO WEEKS HAVE YOU HAD FIVE OR MORE ALCOHOLIC DRINKS IN ONE SITTING? ... TYPICAL STUDENT AT YOUR SCHOOL HAS HAD FIVE OR MORE ALCOHOLIC DRINKS IN ONE SITTING?

GRAPH 5: BINGE DRINKING - ACTUAL NORM VS. PERCEIVED NORM



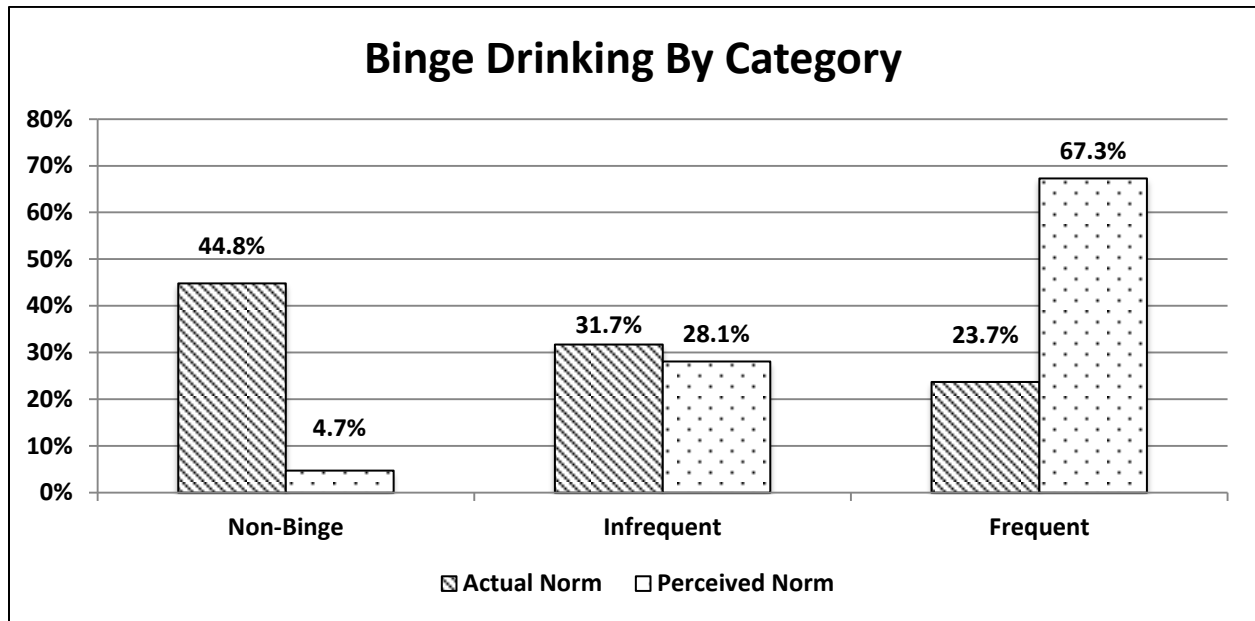
The Center for Disease Control [CDC] (2010) reports that binge drinking is the most common pattern of excessive alcohol use in the United States. The National Institute on Alcohol Abuse and Alcoholism (NIAAA, 2004) defines binge drinking as "...a pattern of drinking alcohol that brings [a person's] blood alcohol concentration (BAC) to 0.08 grams percent or above. For the typical adult, this pattern corresponds to 5 or more drinks (male), or 4 or more drinks (female), in about 2 hours". The binge drinking rate reported in the past 30 days among individuals aged 12-20 in New Hampshire was higher than the national average (2015 National Survey on Drug Use and Health (NSDUH). A comparison of rates cannot be made due to the differences in measurement categories: Past two weeks (NHHEATOD Survey) and Past 30 Days (NSDUH).

RESULTS:

Forty-five percent (44.8%) of students attending New Hampshire colleges and universities report no binge drinking episodes in the past two weeks. Conversely, fifty five percent (55.2%) of students surveyed indicated that they have participated in binge drinking one or more times during the previous two weeks. Further, students continue to consistently over perceive how much and how frequently their peers are drinking. Data indicates that the greatest misperceptions concerning binge drinking rates were between actual and perceived norms for "None" (40.1%) and "3-4 times" (28.9%).

HOW FREQUENTLY IN THE LAST TWO WEEKS HAVE YOU HAD FIVE OR MORE ALCOHOLIC DRINKS IN ONE SITTING?

GRAPH 6: BINGE DRINKING BY CATEGORY

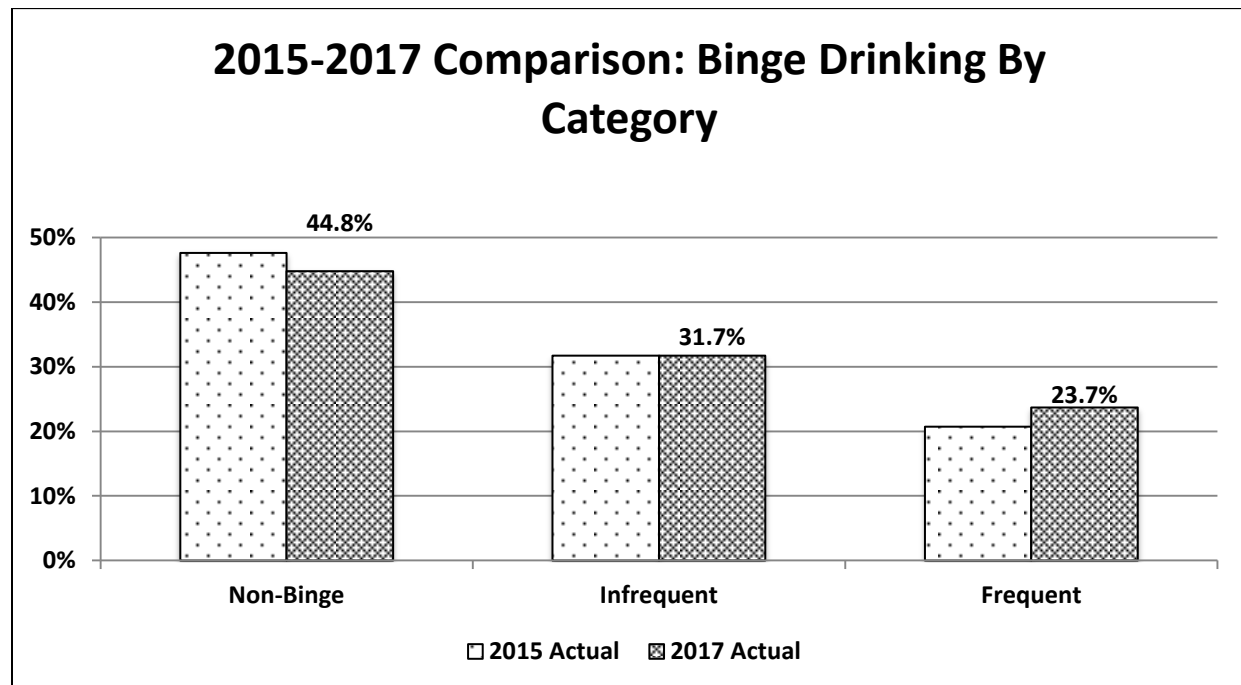


Binge Drinking Categories: The following categories of binge drinking are defined:

- **Frequent-** 3 or more episodes of five or more drinks in one sitting in the past 2 weeks
- **Infrequent-** 1 to 2 episodes of five or more drinks in one sitting in the past 2 weeks
- **Non-binge-** 0 episodes of five or more drinks in one sitting in the past 2 weeks

The breakdown of respondents is as follows: Frequent binge drinkers 23.7%; infrequent binge drinkers 31.7%; non-binge drinkers 44.8%.

GRAPH 7: 2015-2017 COMPARISON: BINGE DRINKING BY CATEGORY

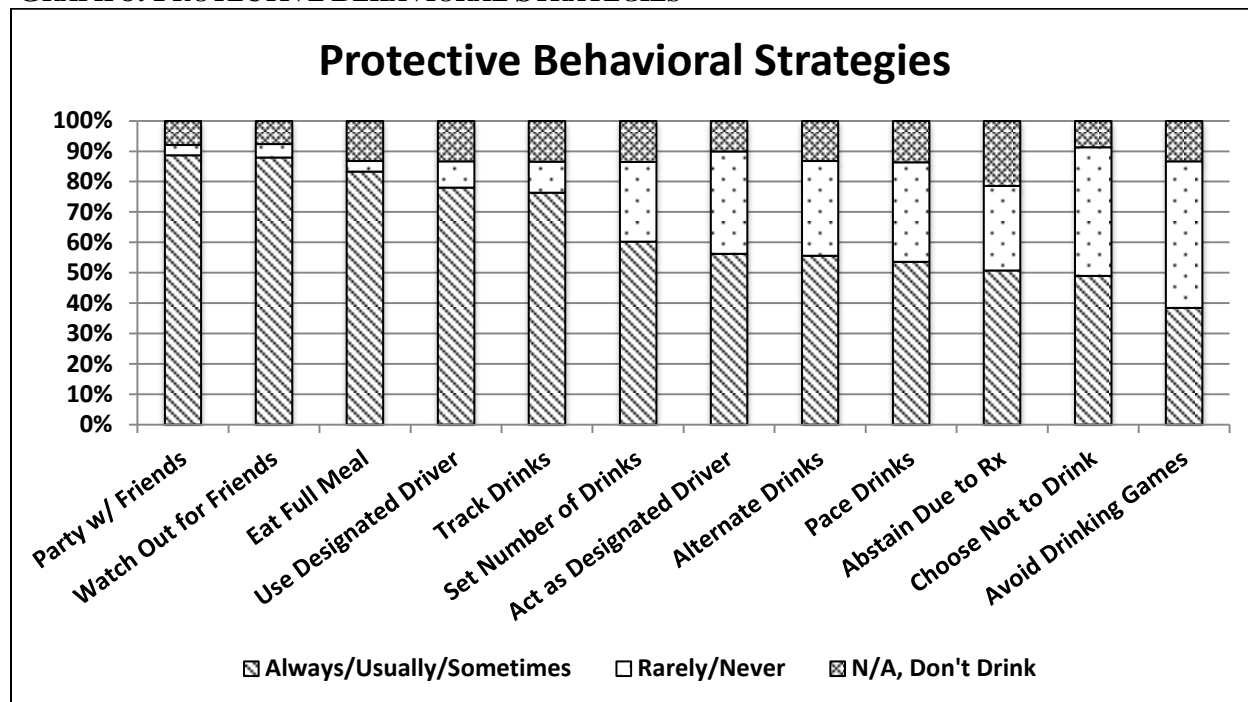


RESULTS:

Relative to the data from 2015, there are only minute differences in binge drinking frequency for 2017. While the rates of infrequent binge drinking did *not* change from 2015 to 2017, there is a minor increase in frequent binge drinking (3%) and a corresponding decrease in non-binge drinking. Results from a two-sample z-test for proportions indicated that there was a significantly higher percentage of frequent binge drinkers in 2017 (23.7%) than in 2015 (20.7%), $z = 2.3$, $p = 0.019$.

DURING THIS SCHOOL YEAR, WHEN YOU SOCIALIZED/WENT OUT/“PARTIED”, HOW OFTEN DID YOU...?

GRAPH 8: PROTECTIVE BEHAVIORAL STRATEGIES



Students were asked 12 questions about their behaviors that would be considered protective factors when drinking. Protective behavioral strategies (PBS) are behaviors that can be applied before, during, and after drinking to help reduce alcohol use and the associated negative consequences (Prince, Carey, & Maisto, 2013). A large body of research has demonstrated the efficacy of PBS in reducing alcohol use and negative consequences (Haines et al., 2006; Martens et al., 2004).

For each question, students were asked to respond to the frequency of employing protective behaviors while drinking. Response options were: “Always”, “Usually”, “Sometimes”, “Rarely”, “Never”, or “N/A, Don’t Drink”. The response options “Always”, “Usually,” and “Sometimes” were combined to form one comparison group while “Rarely” and “Never” were aggregated into a second group. The response option “N/A, Don’t Drink” was the final set for comparison.

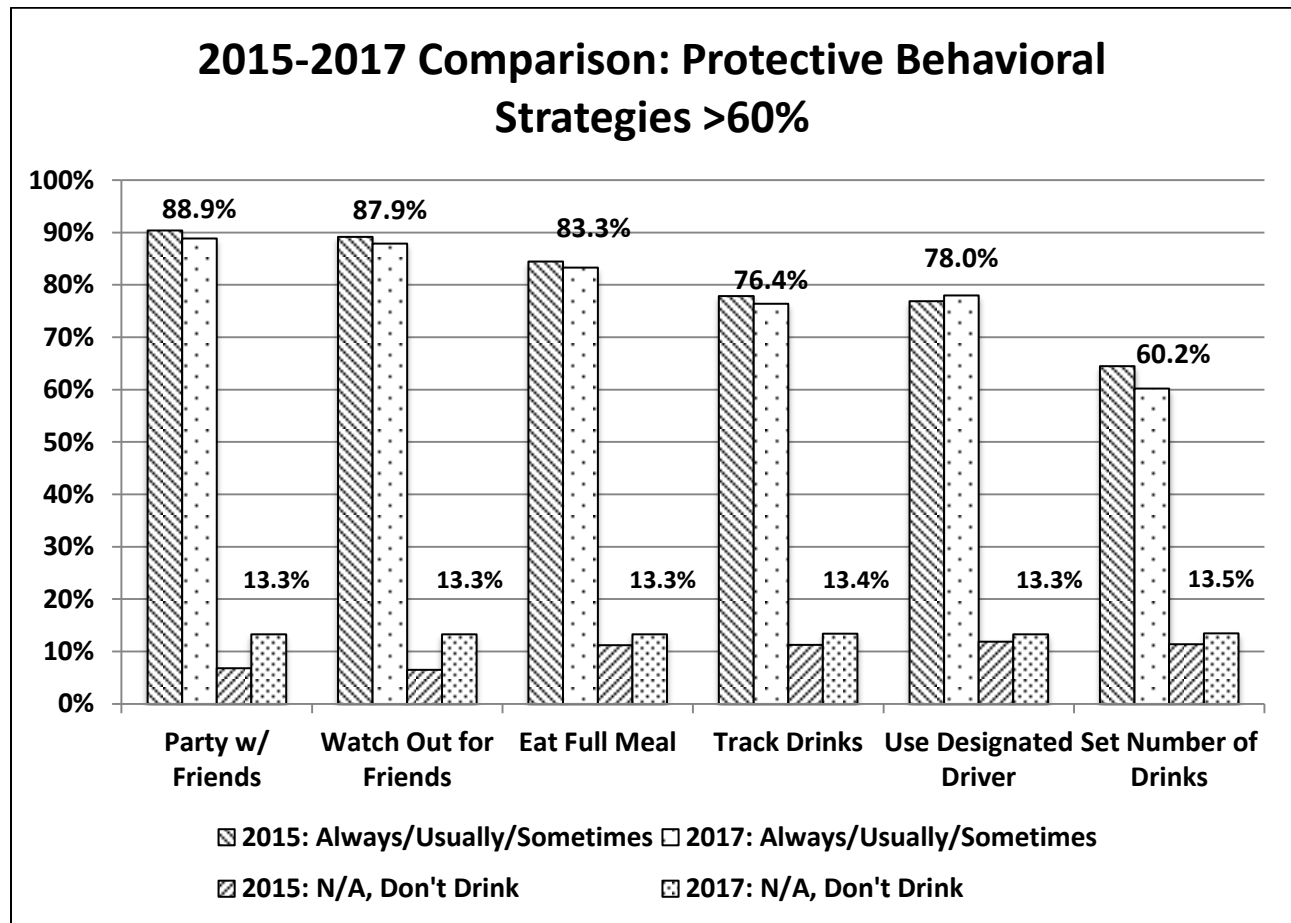
RESULTS:

The following protective behavioral strategies were among the highest reported (>80%): “Party with Friends,” “Watch Out for Friends”, and “Eat a Full Meal”. The next highest group of protective behaviors reported included: “Use a Designated Driver” and “Track Drinks” (>70%) while the third highest group only included “Set Number of Drinks” (>60%). The final group of protective factors above 50% included “Act as a Designated Driver,” “Alternate Drinks with Non-Alcoholic Beverages,” “Pace Drinks” and “Abstain due to Medication.”

The two protective factors to fall below the majority were and “Choose Not to Drink” and “Avoid Drinking Games”. When students who responded “N/A, Don’t Drink” were added to the “Always”, “Usually,” or “Sometimes” groups for “Choose not to Drink” and “Avoid Drinking Games,” the use of these protective behaviors falls slightly above the majority at 57.7% and 51.7%, respectively.

DURING THIS SCHOOL YEAR, WHEN YOU SOCIALIZED/WENT OUT/“PARTIED”, HOW OFTEN DID YOU...?

GRAPH 9: 2015-2017 COMPARISON: PROTECTIVE BEHAVIORAL STRATEGIES REPORTED >60%

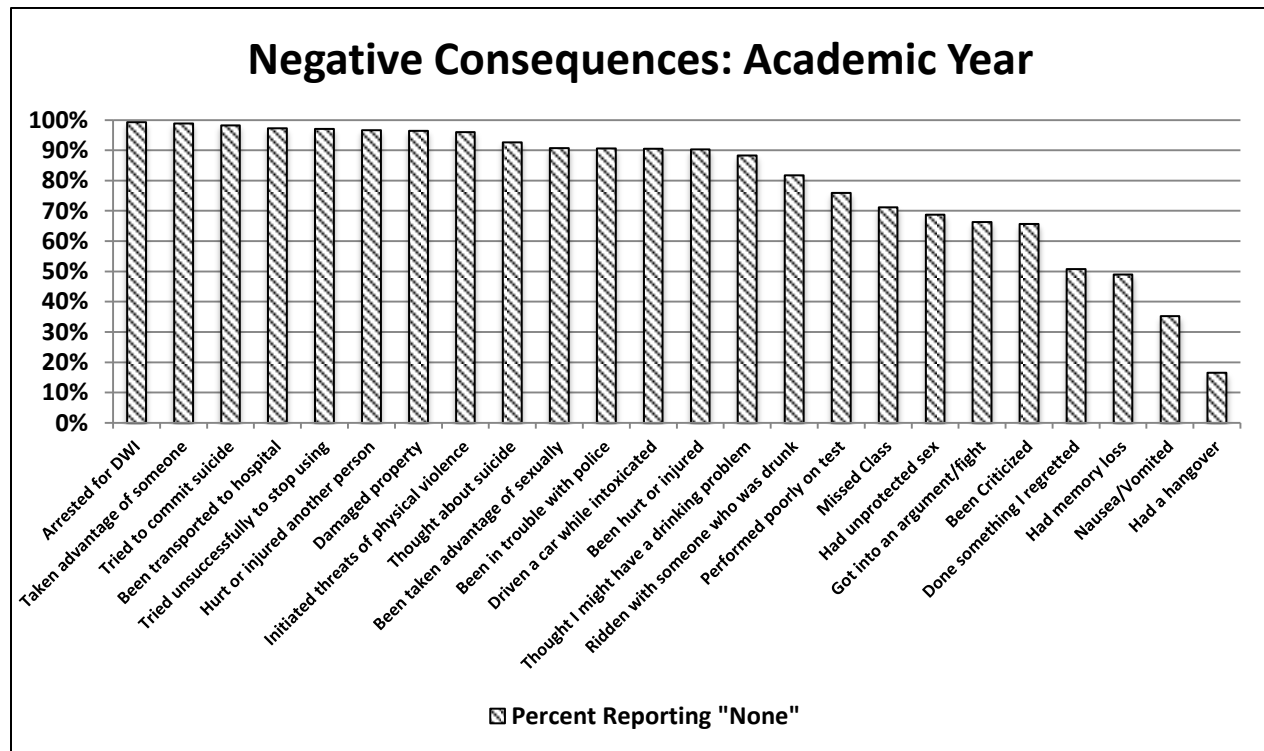


RESULTS:

The graph above depicts protective behaviors reportedly used “Always,” “Usually,” or “Sometimes,” which were sixty percent (>60%) or greater. These protective behaviors were compared with data collected in 2015. Overall, the use of protective behaviors has remained relatively stable. Of the six protective behavioral strategies, an increase was seen in one when compared with data from 2015. Perhaps the best explanation for the slight fluctuations in the use of protective behaviors can be attributed to the changes in participants who respond “N/A, Don’t Drink.” While fewer students responded “N/A, Don’t Drink” in 2015 than 2013, the most recent data suggest that more students are reporting that the protective behaviors are not applicable to them in 2017 than in 2013 and 2015.

DURING THE ACADEMIC YEAR, HOW MANY TIMES HAVE YOU EXPERIENCED THE FOLLOWING DUE TO YOUR DRINKING OR OTHER DRUG USE?

GRAPH 10: NEGATIVE CONSEQUENCES



RESULTS:

Students were asked 24 questions pertaining to negative consequences experienced as a result of personal drinking or other drug use during this “Academic Year.” The graph displays responses by reporting the percent of participants that reported they did NOT experience the negative consequence.

- For 17 of the 24 negative consequences, more than 70% of respondents indicated that they had NOT experienced the consequence with the exception of “Had unprotected sex” (68.8%), “Got into an argument or fight” (66.4%), “Been criticized” (65.7%), “Done something I regretted” (50.8%), “Memory Loss” (49%), “Nausea/Vomited” (35.3%), and “Hangover” (16.6%).
- For 15 of the negative consequences, 80% of the respondents indicated that they had NOT experienced the negative consequence with the exception of “Performed poorly on a test” (76%) and “Missed Class” (71.2%).
- For 13 of the negative consequences, 90% of the respondents indicated that they had NOT experienced the negative consequence with the exception of “Thought I might have a drinking problem” (88.3%) and “Ridden w/ Someone who was Drunk” (81.8%). Too often, negative consequences are just seen as a normative college experience and are generalized when, in fact, survey data indicates that these behaviors are far from normal for many students.

In 2017, a new question was added that asked, “During this academic year, have you had a negative experience due to your drinking or other drug use?” Since only those students who answered “possible” or “yes” were asked to respond to the 24 negative consequence questions, comparisons from previous survey years is not possible. In past survey years, all respondents were asked about negative consequences regardless of their drinking and/or drug use status.

IN THE PAST 30 DAYS, HOW MANY DAYS DO YOU ESTIMATE USING...TYPICAL STUDENT AT YOUR SCHOOL IS USING...?

GRAPH 11: NON-USE –ABSTAINING

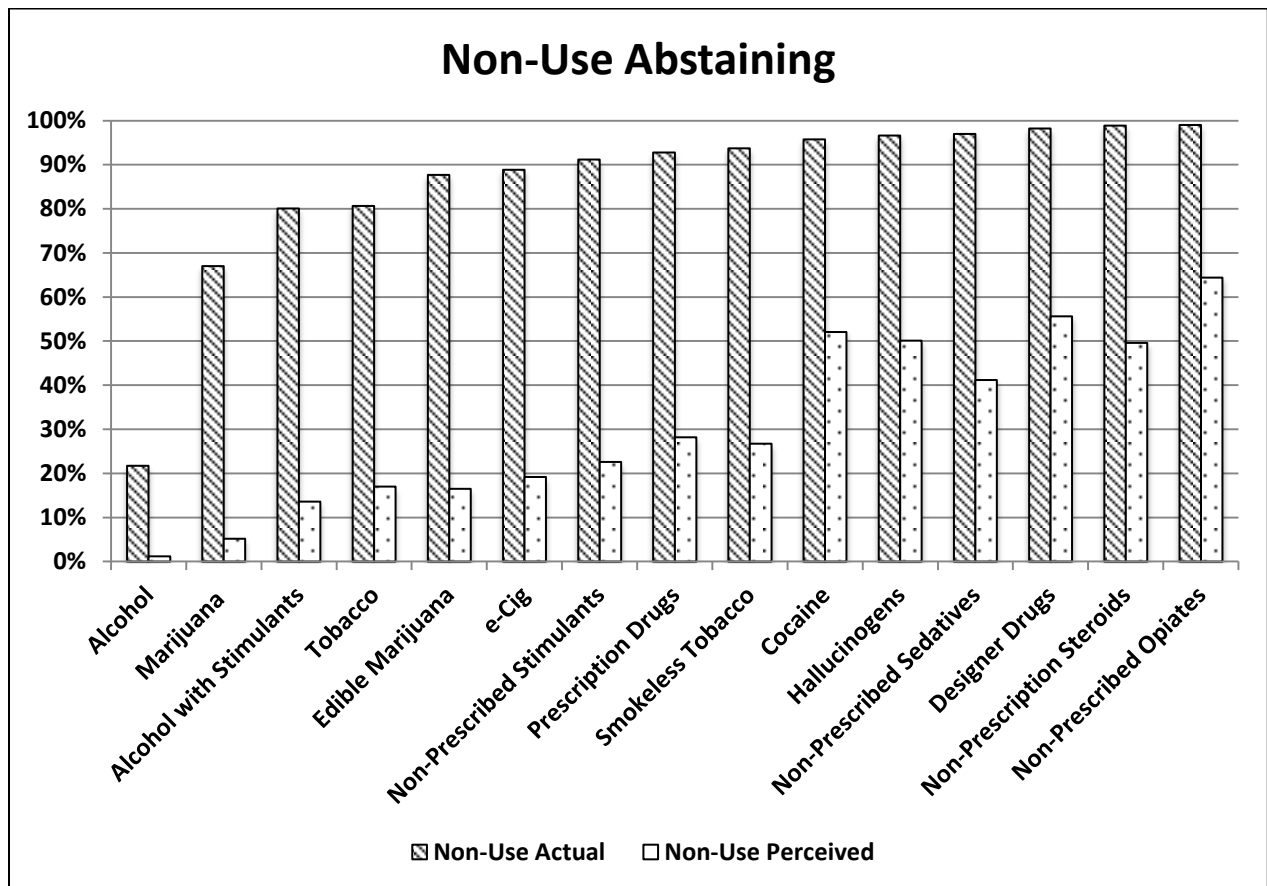


TABLE 3: ABSTINENCE FROM SUBSTANCE USE - ACTUAL VS. PERCEIVED

	Actual	Perceived
Alcohol (beer, wine, liquor)	21.7%	1.2%
Marijuana (pot, hash, hash oil)	67.0%	5.2%
Alcoholic beverages with stimulants (caffeinated energy drinks, caffeine pills)	80.1%	13.6%
Smoking tobacco (cigarettes, cigars, pipes)	80.7%	17.0%
Edible marijuana	87.7%	16.5%
e-cigarettes (vaping devices)	88.9%	19.2%
Non-prescribed stimulants (diet pills, speed, Adderall)	91.2%	22.6%
Prescription drugs for recreational or “non-prescribed” use (stimulants, opiates, sedatives)	92.8%	28.2%
Smokeless tobacco (chew, snuff, dip)	93.7%	26.7%
Cocaine (crack, rock, freebase)	95.8%	52.1%
Hallucinogens (LSD, PCP, mushrooms, 2CE)	96.6%	50.1%
Non-prescribed sedatives (Ativan, Klonopin)	97.0%	41.2%
Designer drugs (ecstasy, MDMA)	98.2%	55.6%
Non prescribed steroids or other performance enhancing drugs	98.9%	49.6%
Non-prescribed opiates (heroin, smack, horse)	99.0%	64.4%

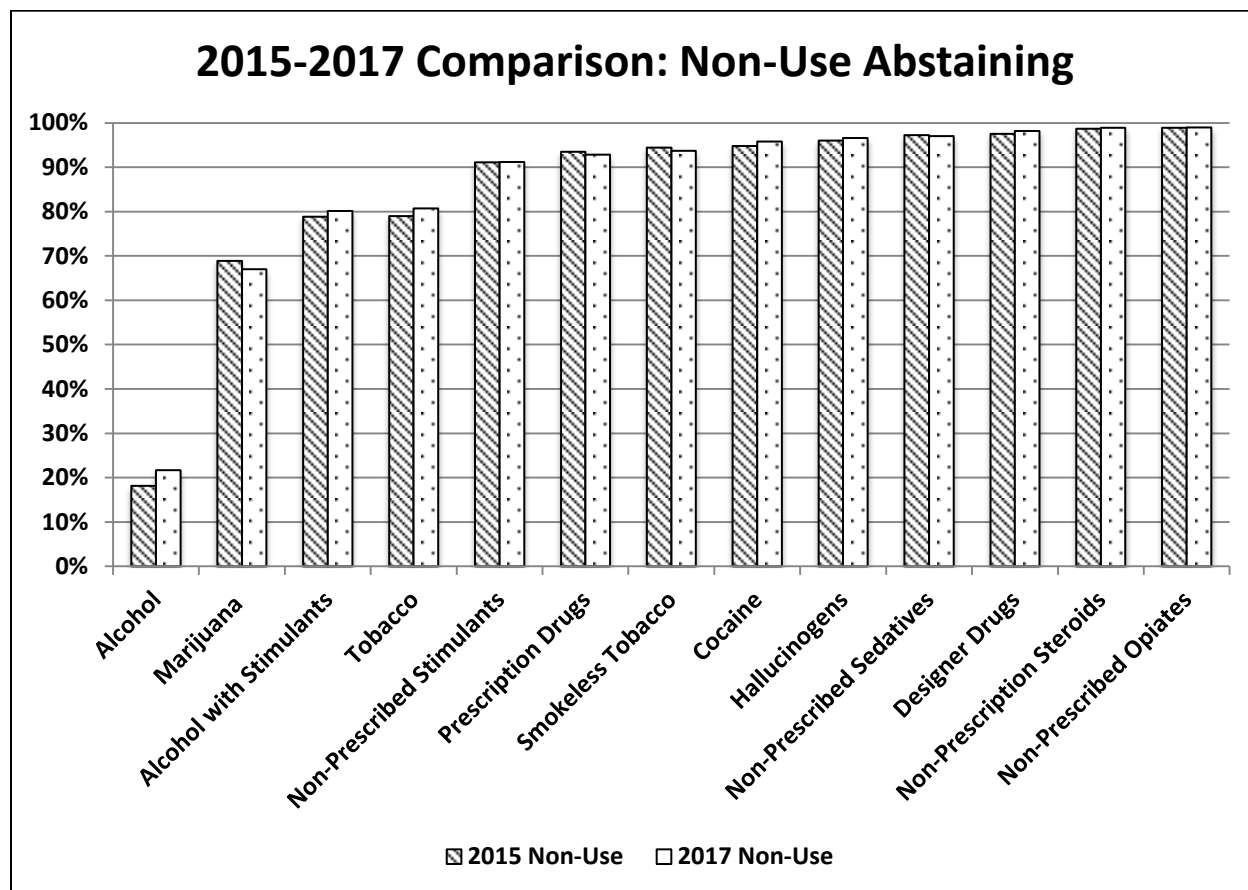
RESULTS:

Students were asked to respond to questions regarding their own use of substances and their perception of peer’s use over a 30-day period in the following categories: alcohol, smoking tobacco, smokeless tobacco, marijuana, edible marijuana, e-cigarettes, prescription drugs for non-intended or “recreational” purposes, sedatives, illicit drugs and non-prescribed stimulants, cocaine, hallucinogens, designer drugs, opiates, and non-prescribed steroids.

Graph 11 and Table 3 display the percentage of respondents who reported *no* substance use, including the percentage of those who perceive their peers to have no substance use. It is apparent that the mean number of days of actual use for most substances is minimal. Perceptions of others’ use remain consistently higher than actual reported use.

IN THE PAST 30 DAYS, HOW MANY DAYS DO YOU ESTIMATE USING...?

GRAPH 12: 2015-2017 COMPARISON: NON-USE –ABSTAINING



RESULTS:

The majority of students attending New Hampshire colleges and universities do *not* engage in tobacco or other illicit drug use. While it is of concern that some students do use these substances, and there is a need to address those matters, it is critical not to lose sight of the fact that it is far from the majority of students who are engaging in these risky behaviors.

In the comparison chart above, more students in 2017 (compared to 2015) are abstaining from alcohol (3.6%), tobacco (1.7%), alcohol with stimulants (1.3%), cocaine (1%), designer drugs (0.7%), hallucinogens (0.6%), non-prescription steroids (0.2%), non-prescribed stimulants (0.1%), and non-prescribed opiates (0.1%).

Meanwhile, reported non-use has decreased from 2015 to 2017 among the following substances: non-prescribed sedatives (0.2%), smokeless tobacco (0.7%), prescription drugs (0.7%), and marijuana (1.9%).

While many of the changes are negligible, it is important to continue documenting even subtle shifts in college student substance use over time.

EFFORTS TO ADDRESS USE OF ALCOHOL BY STUDENTS

The Higher Education Center for Alcohol and Other Drug Prevention has identified the use of multiple prevention strategies as best practices in impacting the campus community. Best practices have to be implemented as appropriate to the uniqueness of institutions as well as available resources. Though not every school implements every program, the colleges and universities of the New Hampshire Higher Education Alcohol and Other Drug Committee implement some of the following best practices and prevention efforts.

▪ Environmental Management

Social Norms Strategy: The use of the social norms approach to education is based on theory and research showing that students misperceive their peers' attitudes and behaviors regarding alcohol. Accordingly, students tend to drink according to these misperceptions. The social norms approach provides information on these misperceptions by challenging the perception that high-risk use is the norm and by supporting lower-risk use of alcohol. By informing students of the accurate norms about alcohol use on campus, it is anticipated that students will change their drinking behaviors to be consistent with the true campus norm.

For more information: <http://www.socialnorms.org/>

Policies and Enforcement: Post-violation prevention efforts on the college and university campuses include: individual sessions/assessments by counseling staff for students who are admitted to the hospital or taken into protective custody due to alcohol or other drug use, parental notification, stiffer sanctioning for repeat violations of alcohol or other drug policies and/or sanctioning that includes mandatory alcohol or other drug counseling.

Campus and Community Alcohol or Other Drug Task Forces: The work of these teams is to make changes on the campus and in some cases, the community as well.

Substance Free Events: The campuses sponsor many activities with an intentional substance-free theme; these events may take place in an area specifically designated for substance-free programming.

Substance Free Housing: Campuses provide housing for students who choose to live free of substances and to students who are in recovery for alcohol or other drug addiction.

▪ Educational Efforts

Campus-Wide Programs: The colleges and universities offer a number of large group programs on alcohol, tobacco, and other drugs.

Orientation Programs: The colleges and universities offer educational sessions during first year and transfer students orientation of alcohol, tobacco, and other drug issues, policies regarding use as well as efforts to address high-risk use.

Curriculum Infusion: The colleges and universities present information on alcohol, tobacco and other drugs through a variety of in-class curricula: first year courses, courses specific to alcohol and other drug use from a psychological or sociological perspective, and courses designed to teach low-risk alcohol use.

Targeted (or Across the College) Programs: The colleges and universities offer programs targeted to specific smaller audiences such as class visits or residence hall programs.

Prevention Programs for Athletes: These programs provide information about the effects of alcohol, tobacco, and other drug use on athletic performance.

Prevention Programs for Fraternities and Sororities: Fraternities and sororities are required to present a number of educational programs to their members. One of the requirements calls for an educational program on alcohol, tobacco, and other drug use.

Information training for faculty and staff: The colleges and universities provide information for faculty and staff on recognition and referral for alcohol and other drug issues.

Peer Education Programs: These peer-to-peer educational programs train and work with select students to deliver health and wellness information, including alcohol, tobacco, and other drug education, on site at specific colleges and universities.

▪ **Counseling and Support Services**

Counseling: The campuses provide short-term alcohol and/or other drug counseling. Students in need of long term or in-patient care are referred to off-campus agencies.

Support Groups: The colleges and universities offer support groups for students who are currently questioning their alcohol and other drug use as well as a group for students early in their recovery process. Alcoholics Anonymous meetings held either on campus or locally within the surrounding town and are available for students.

Adapted from: *Higher Education Center for Alcohol and Other Drug Education. Environmental Management: A comprehensive strategy for reducing alcohol and other drug use on college campuses.* http://safesupportivelearning.ed.gov/sites/default/files/sssta/20130315_enviromgnt.pdf

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OBSERVATIONS AND OPPORTUNITIES FOR THE FUTURE

This study has provided the NHHEAOD Committee with comparative data to utilize in developing institutional-specific and statewide prevention efforts. Overall, the 2017 survey data continues to clearly show that students in New Hampshire consistently over-perceive their peer group's substance use. While the data suggests that New Hampshire students do engage in substance use, it is only a minority of students engaging in the majority of high-risk use (e.g. binge drinking, illicit substance use).

Based on these findings and their support for social norms theory, the New Hampshire Higher Education Alcohol and Other drug Committee is committed to (1) reducing misperceptions that exist about students at New Hampshire colleges and universities, (2) educating key state leaders on social norms theory, and (3) continuing to develop and refine prevention efforts that support a social norms campaign and comprehensive approach to substance abuse prevention.

This report can be found at the following URL site: <http://www.rivier.edu/student.aspx?menu=27&id=869&act=867>

The production and dissemination of this report is a project of the NHHEAOD Committee. Committee members are available to individuals wishing to arrange for a presentation of the findings of the study.

Please direct requests for copies of the report, comments about the report, or specific questions about the report to:

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APPENDIX A

New Hampshire Higher Education

Alcohol, Tobacco, and Other Drug Survey, Spring 2017

1. Class:

- | | |
|---------------|-----------|
| 1: First Year | 4: Senior |
| 2: Sophomore | 5: Grad |
| 3: Junior | 6: Other |

2. Enrollment Status:

- | | |
|--------------|--------------|
| 1: full-time | 2: part-time |
|--------------|--------------|

3. Gender

- | | | | |
|---------|-----------|----------------|----------|
| 1: male | 2: female | 3: transgender | 4: other |
|---------|-----------|----------------|----------|

4. Age:

- | | | | | | | | |
|------------------|-------|-------|-------|-------|-------|-------|-----------------|
| 1: 17 or younger | 2: 18 | 3: 19 | 4: 20 | 5: 21 | 6: 22 | 7: 23 | 8: 24 and older |
|------------------|-------|-------|-------|-------|-------|-------|-----------------|

5. Current residence:

- | | | |
|----------------------------------|--|------------------------|
| 1: on-campus residence hall | 4: off-campus house/apartment | 7: at home with family |
| 2: on-campus apartment/townhouse | 5: off-campus fraternity/sorority | 8: other |
| 3: on-campus fraternity/sorority | 6: off-campus college approved housing | |

6. Place of permanent residence:

- | | | |
|------------------|-----------------------------------|-------------------------------------|
| 1: New Hampshire | 2: state other than New Hampshire | 3: country other than United States |
|------------------|-----------------------------------|-------------------------------------|

7. During the academic year, how many hours do you work at a job(s) in an average week?

- | | | | | | |
|---------|--------|---------|----------|----------|--------|
| 1: none | 2: 1-5 | 3: 6-10 | 4: 11-15 | 5: 16-20 | 6: 21+ |
|---------|--------|---------|----------|----------|--------|

8. Sexual Orientation

- | | | | |
|------------|-----------------|----------------|-------------------------|
| 1: gay | 3: bisexual | 5: Questioning | 7: Others |
| 2: lesbian | 4: heterosexual | 6: Queer | 8: Prefer not to answer |

9. Race/Ethnicity:

- | | |
|----------------------------|-------------------------------------|
| 1: Black/Non-Hispanic | 5: Native Hawaiian/Pacific islander |
| 2: American Indian/Alaskan | 6: White/Non-Hispanic |
| 3: Asian | |
| 4: Hispanic | |

10. Approximate cumulative grade point average:

- | | |
|-------------|-------------|
| 1: 0-.99 | 5: 2.5-2.99 |
| 2: 1.0-1.49 | 6: 3.0-3.49 |
| 3: 1.5-1.99 | 7: 3.5-3.99 |
| 4: 2.0-2.49 | 8: 4.0 |

11. Within the last year, to what extent have you participated in the following activities?

Mark one answer for each activity:

11a. intercollegiate athletics

- | | | | |
|-----------------|-------------|------------------------|-------------------------------|
| 1: Not Involved | 2: Involved | 3: Leadership Position | 4: Not available at my school |
|-----------------|-------------|------------------------|-------------------------------|

11b. intramural or club sports

- | | | | |
|-----------------|-------------|------------------------|-------------------------------|
| 1: Not Involved | 2: Involved | 3: Leadership Position | 4: Not available at my school |
|-----------------|-------------|------------------------|-------------------------------|

11c. social Greek organization

- | | | | |
|-----------------|-------------|------------------------|-------------------------------|
| 1: Not Involved | 2: Involved | 3: Leadership Position | 4: Not available at my school |
|-----------------|-------------|------------------------|-------------------------------|

11d. religious and interfaith groups

- | | | | |
|-----------------|-------------|------------------------|-------------------------------|
| 1: Not Involved | 2: Involved | 3: Leadership Position | 4: Not available at my school |
|-----------------|-------------|------------------------|-------------------------------|

11e. volunteering

- | | | | |
|-----------------|-------------|------------------------|-------------------------------|
| 1: Not Involved | 2: Involved | 3: Leadership Position | 4: Not available at my school |
|-----------------|-------------|------------------------|-------------------------------|

1fj. other student clubs or organizations

1: Not Involved 2: Involved 3: Leadership Position 4: Not available at my school

12. Please answer the following questions about cigarette use. We realize the questions are very similar but it is important that we ask one individually.

a. Have you ever tried cigarette smoking even one or two puffs?

1: yes 2: no

b. When did you first try smoking cigarettes?

1: I have never smoked 2: before I started college 3: after starting college

c. Do you now smoke cigarettes every day, some days, or not at all

1: every day 2: some days 3: not at all

d. Do you smoke cigarettes only when you are drinking alcohol?

1: yes 2: no

13a. Which statement best describes your drinking history?

1: Never have had a drink
2: I started drinking before college
3: I started drinking in college

13b. If your answer to 13a was “ I started drinking before college” which answer below best describes your current use.

1: I drink more now, than I did then
2: I drink less now than I did then
3: I drink the same now as I did then
4: I have stopped drinking

13c. If your answer to 13a was “ I started drinking in college” which answer below best describes your use.

1: Before turning 21 years old.
2: After turning 21 years old.

Please note for the purposes of the alcohol related questions below, a standard “drink” is considered to be a 12 oz beer, a 4 oz glass of wine, or 1 oz of 100 proof alcohol

14a. How many times in the last two weeks have you had five or more alcoholic drinks in one sitting?

1: none 2: 1 3: 2 4: 3 – 4 5: 5 – 6 6: 7 – 9 7: 10+

14b. How many times in the last two weeks do you think the typical student at your school has had five or more alcoholic drinks in one sitting?

1: none 2: 1 3: 2 4: 3 – 4 5: 5 – 6 6: 7 – 9 7: 10+

15a. When you “party, socialize, go out” how many alcoholic drinks do you usually have?

1: none 2: 1 – 2 3: 3 – 4 4: 5 – 6 5: 7 – 8 6: 9 – 10 7: 11 or more

15b. How many drinks do you think the typical student on this campus usually has when he/she “parties, socializes, goes out”?

1: none 2: 1 – 2 3: 3 – 4 4: 5 – 6 5: 7 – 8 6: 9 – 10 7: 11 or more

16a. How many nights a week do you usually “party, socialize, go out?”

1: none 2: 1 3: 2 4: 3 5: 4 6: 5 or more

16b. How many nights a week do you think the typical student on this campus “parties, socializes, goes out”?

1: none 2: 1 3: 2 4: 3 5: 4 6: 5 or more

17a. How many alcoholic drinks do you typically consume in a week?

1: none 2: 1 - 2 3: 3 - 4 4: 5 - 7 5: 8 - 10 6: 11 - 15 7: 16 +

17b. How many alcoholic drinks do you think the typical student at your school consumes in a week?

1: none 2: 1 - 2 3: 3 - 4 4: 5 - 7 5: 8 - 10 6: 11 - 15 7: 16 +

18. Please select the number 6 from the list below.

1 2 3 4 5 6

In the past 30 days how many days do you estimate...

19a. you used smoking tobacco (cigarettes, cigars, pipes)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 - 19 6: 20 - 29 7: all 30

19b. the typical student used smoking tobacco (cigarettes, cigars, pipes)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 - 19 6: 20 - 29 7: all 30

19c. you used e-cigarettes (vaping devices)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 - 19 6: 20 - 29 7: all 30

19d. the typical student used e-cigarettes (vaping devices)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 - 19 6: 20 - 29 7: all 30

20a. you used smokeless tobacco (chew, snuff, dip)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 - 19 6: 20 - 29 7: all 30

20b. the typical student used smokeless tobacco (chew, snuff, dip)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 - 19 6: 20 - 29 7: all 30

21a. you used alcohol (beer, wine, liquor)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 - 19 6: 20 - 29 7: all 30

21b. the typical student used alcohol (beer, wine, liquor)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 - 19 6: 20 - 29 7: all 30

22a. you mixed alcoholic beverages with stimulants (example caffeinated energy drinks, caffeine pills)

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 - 19 6: 20 - 29 7: all 30

22b. the typical student mixed alcoholic beverages with stimulants (example caffeinated energy drinks, caffeine pills)

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 - 19 6: 20 - 29 7: all 30

23a. you used marijuana (pot, hash, hash oil)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 - 19 6: 20 - 29 7: all 30

23b. the typical student used marijuana (pot, hash, hash oil)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 - 19 6: 20 - 29 7: all 30

23c. you used edible marijuana?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 - 19 6: 20 - 29 7: all 30

23d. the typical student used edible marijuana?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

24a. you used prescription drugs for recreational or “non-prescribed use” (stimulants, opiates, sedatives)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

24b. the typical student used prescription drugs for recreational or “non-prescribed use” (stimulants, opiates, sedatives)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

25a. you used nonprescription steroids or other performance enhancing drugs?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

25b. the typical student used nonprescription steroids or other performance enhancing drugs?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

26a. you used cocaine (crack, rock, freebase)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

26b. the typical student used cocaine (crack, rock, freebase)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

27a. you used non-prescription stimulants (diet pills, speed, Adderall)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

27b. the typical student used non-prescription stimulants (diet pills, speed, Adderall)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

28a. you used non-prescribed sedatives (Ativan, klonopin, etc.)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

28b. the typical student used non-prescribed sedatives (Ativan, klonopin, etc)

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

29a. you used hallucinogens (LSD, PCP, mushrooms, 2CE)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

29b. the typical student used hallucinogens (LSD, PCP, mushrooms, 2CE)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

30a. you used non-prescribed opiates (heroin, fetanyl, percocet)

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

30b. the typical student used non-prescribed opiates (heroin, fetanyl, percocet)

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

31a. you used designer drugs (ecstasy, MDMA)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

31b. the typical student used designer drugs (ecstasy, MDMA)?

1: none 2: 1 or 2 3: 3 to 5 4: 6 to 9 5: 10 -19 6: 20 -29 7: all 30

32. During this Academic Year, how many times have you experienced the following due to YOUR drinking or other drug use.

a. During this Academic Year, have you had a negative experience due to YOUR drinking or other drug use.

1: N/A, I don't drink or use drugs

2: Possible

3: Yes

b. had a hangover

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

c. performed poorly on a test or important project

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

d. been in trouble with police, residence hall, or other college authorities

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

e. damaged property, pulled a fire alarm, etc.

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

f. got into an argument or fight

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

g. got nauseated or vomited

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

h. driven a car while under the influence

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

i. missed a class

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

j. been criticized by someone I know

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

k. thought I might have a drinking or drug problem

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

l. had a memory loss/ blacked-out

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

m. done something I later regretted

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

n. been arrested for DWI/DUI

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

o. ridden with someone who was drunk or used drugs

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

p. have been taken advantage of sexually (unwanted touching, intercourse, etc.)

1: none 2: 1 3: 2 4: 3-5 5: 6-7 6: 8 or more

q. have taken advantage of another sexually (unwanted touching, intercourse, etc.)	1: none	2: 1	3: 2	4: 3-5	5: 6-7	6: 8 or more
r. had unprotected sex	1: none	2: 1	3: 2	4: 3-5	5: 6-7	6: 8 or more
s. tried unsuccessfully to stop using	1: none	2: 1	3: 2	4: 3-5	5: 6-7	6: 8 or more
t. seriously thought about suicide	1: none	2: 1	3: 2	4: 3-5	5: 6-7	6: 8 or more
u. seriously tried to commit suicide	1: none	2: 1	3: 2	4: 3-5	5: 6-7	6: 8 or more
v. initiated threats of physical violence	1: none	2: 1	3: 2	4: 3-5	5: 6-7	6: 8 or more
w. hurt or injured another person	1: none	2: 1	3: 2	4: 3-5	5: 6-7	6: 8 or more
x. been hurt or injured	1: none	2: 1	3: 2	4: 3-5	5: 6-7	6: 8 or more
y. been transported to the hospital	1: none	2: 1	3: 2	4: 3-5	5: 6-7	6: 8 or more

33. During this school year, how often did you...

- a. choose not to drink alcohol?
1: Always 2: Usually 3: Sometimes 4: Rarely 5: Never 6: NA, don't drink
- b. alternate non-alcoholic with alcoholic beverages?
1: Always 2: Usually 3: Sometimes 4: Rarely 5: Never 6: NA, don't drink
- c. determine, in advance, not to exceed a set number of drinks?
1: Always 2: Usually 3: Sometimes 4: Rarely 5: Never 6: NA, don't drink
- d. "party" with people you know?
1: Always 2: Usually 3: Sometimes 4: Rarely 5: Never 6: NA, don't drink
- e. watch out for friends who may have had too much alcohol?
1: Always 2: Usually 3: Sometimes 4: Rarely 5: Never 6: NA, don't drink
- f. use a designated driver?
1: Always 2: Usually 3: Sometimes 4: Rarely 5: Never 6: NA, don't drink
- g. act as a designated driver
1: Always 2: Usually 3: Sometimes 4: Rarely 5: Never 6: NA, don't drink
- h. eat a full meal before drinking?
1: Always 2: Usually 3: Sometimes 4: Rarely 5: Never 6: NA, don't drink
- i. keep track of how many drinks you are having?
1: Always 2: Usually 3: Sometimes 4: Rarely 5: Never 6: NA, don't drink

j. pace your drinks to one or fewer drinks per hour?

1: Always 2: Usually 3: Sometimes 4: Rarely 5: Never 6: NA, don't drink

k. abstained due to warnings for a prescribed medication?

1: Always 2: Usually 3: Sometimes 4: Rarely 5: Never 6: NA, don't drink

l. avoid drinking games?

1: Always 2: Usually 3: Sometimes 4: Rarely 5: Never 6: NA, don't drink

m. please select "USUALLY" from the list below:

1: Always 2: Usually 3: Sometimes 4: Rarely 5: Never 6: NA, don't drink