

**SUBSTANCE USE AND ABUSE ON CAMPUS:
RESULTS FROM THE
UNIVERSITY OF MICHIGAN
STUDENT LIFE SURVEY
(2013)**

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Significance

- The use and abuse of alcohol and other drugs remains the number one public health problem for colleges and universities throughout the United States. For example, over 1,800 college students 18 to 24 year of age die each year from alcohol-related unintentional causes (Hingson et al., 2010).
- Alcohol and other drug abuse continues to pose a serious threat to the intellectual, psychological, and physical development of college students. The nonmedical use of prescription medications has increased over the past two decades among college students (Hingson et al., 2010; Johnston et al., 2012; McCabe et al., 2007).
- College students who abuse alcohol and other drugs experience significantly higher rates of motor vehicle fatalities, unsafe sex, emergency care visits, sexual assault and poor academic performance (Abbey, 2002; Hingson et al., 2010; Perkins, 2002).

About the Student Life Survey....

In **2013**, the University of Michigan Institute for Research on Women and Gender (IRWG) and Substance Abuse Research Center (UMSARC), with financial support from the several University of Michigan units, conducted an Internet-based survey using a random sample of full-time undergraduate students attending the University of Michigan. Undergraduates self-administered the *2013 Student Life Survey: Beliefs, Behaviors and Substance Use*, a questionnaire that was first developed as a paper and pencil survey in 1993 and later adapted for the Internet. The 1993 survey was developed by Drs. A. Foote and F. Glaser (with substantive assistance from UMSARC researchers). Funds for the *Student Life Survey* have been provided by the State of Michigan (1993) and the University of Michigan (1993, 1999, 2001, 2003, 2007, 2009, 2011, 2013) and the National Institute on Drug Abuse (2005).

Methods – 2013 Student Life Survey

- In January 2013, upon receiving IRB approval, a random sample of 12,000 full-time U-M undergraduate students was drawn from the Registrar.
- Our initial contact was made with an email and a sweepstakes was offered as an incentive for participation featuring cash prizes, travel vouchers, iPads, and a U-M football package.
- The email provided a rationale for the study, information about sponsorship and confidentiality, and a link to the web-based survey application. Several days after sending the initial email, the entire sample was sent an email inviting them to participate in the 2013 SLS and up to three reminders were sent to nonrespondents.

Methods – 2013 Student Life Survey

- The 2013 Student Life Survey questionnaire was used in the present study.
- The questionnaire drew from several survey instruments including national college-based drug surveys such as *Monitoring the Future* (Johnston et al., 2012) *Core Survey* (Presley et al., 1996) and *College Alcohol Study* (Wechsler et al., 2002).
- Previous versions of the Student Life Survey were tested in Web surveys in 1999, 2001, 2003, 2005, 2007, 2009, and 2011.

Methods – 2013 Student Life Survey

- Data were collected for approximately 3 weeks during the 2013 Winter semester.
- **N=4,129** randomly selected undergraduate students took the Web survey with a mean age of 20 years (SD = 2.1).
- The response rate for the Web survey was approximately 35%.
- The median time to complete the survey was 22 minutes.

2013 Student Life Survey: Sample

Demographic Characteristics of Sample and Population

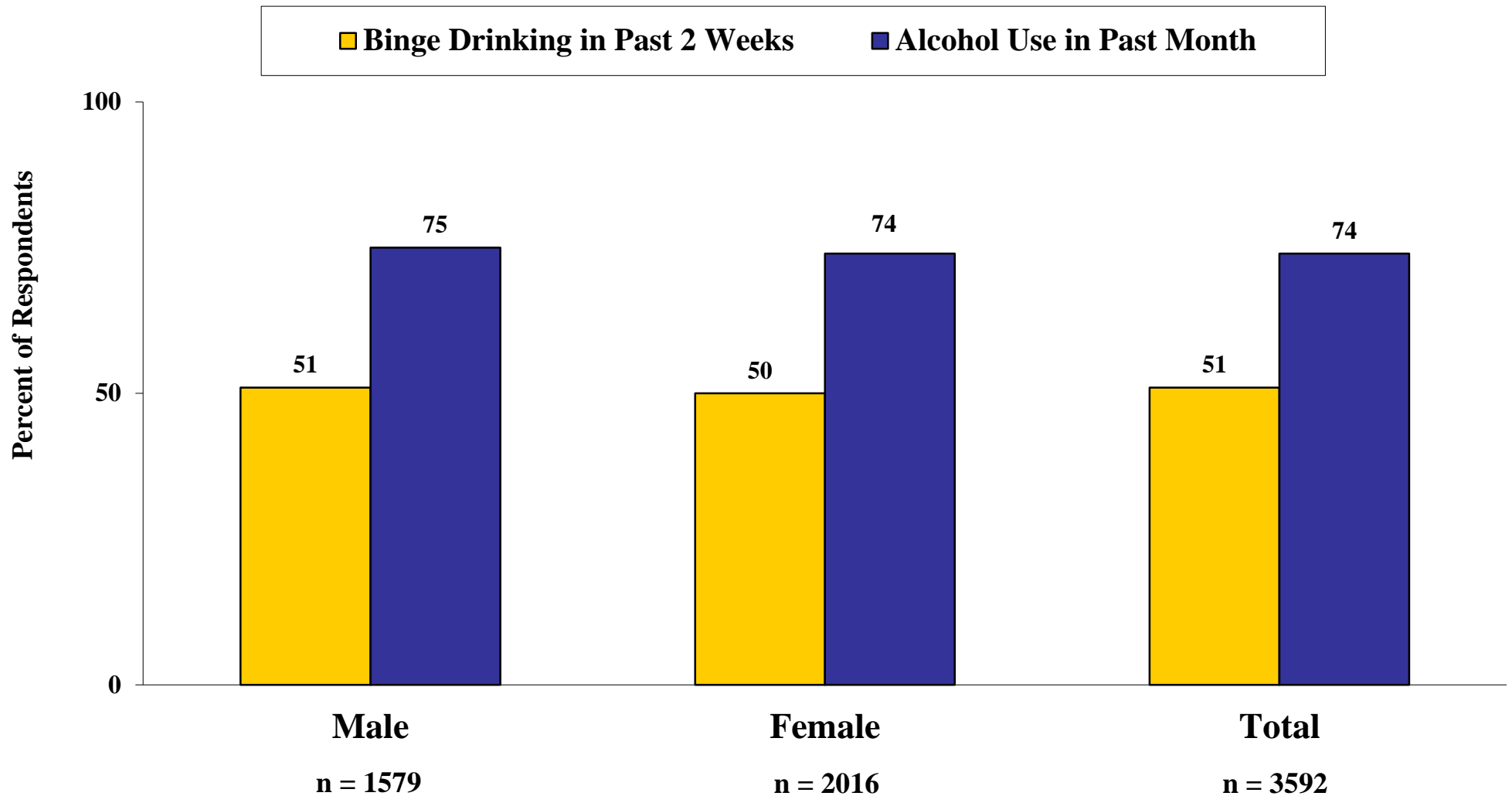
Sample (n = 4,129)	Total	Population (N = 26,156)	Total
Gender		Gender	
Female	55.8%	Female	49.1%
Male	44.2%	Male	50.9%
Race/Ethnicity		Race/Ethnicity	
African-American	4.1%	African-American	4.4%
Asian	13.7%	Asian	16.4%
Hispanic/Latino	4.0%	Hispanic/Latino	4.2%
Native American	0.2%	Native American	0.1%
White	68.2%	White	65.3%
Other	9.8%	Other	9.6%

2013 Student Life Survey: Alcohol Use

Definitions

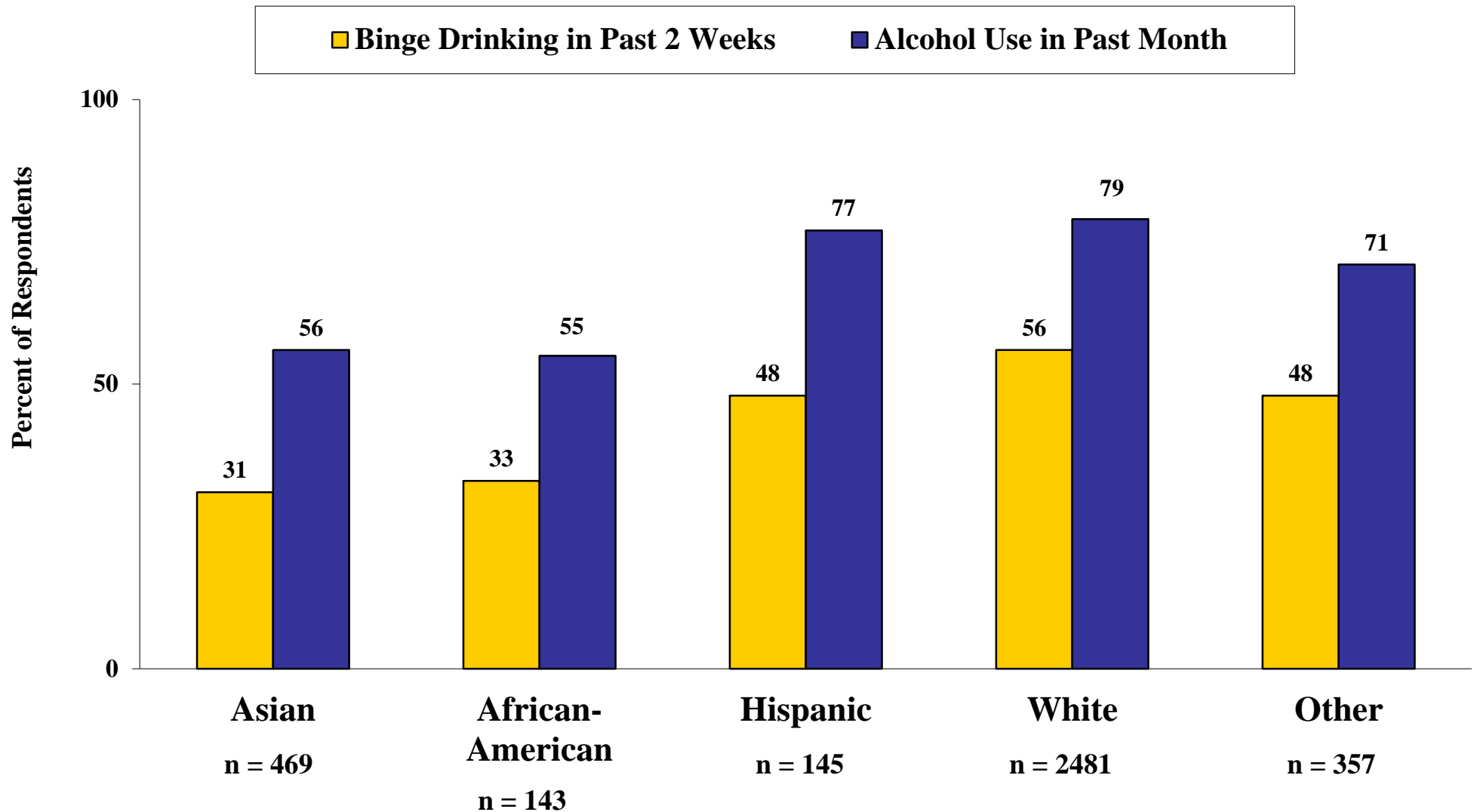
- Binge drinking was defined as having five or more drinks in a row for men and four or more drinks for women in the past two weeks.
- Alcohol use in past month was defined as any drinking (more than a few sips) in the past 30 days.

Binge Drinking and Alcohol Use by Gender



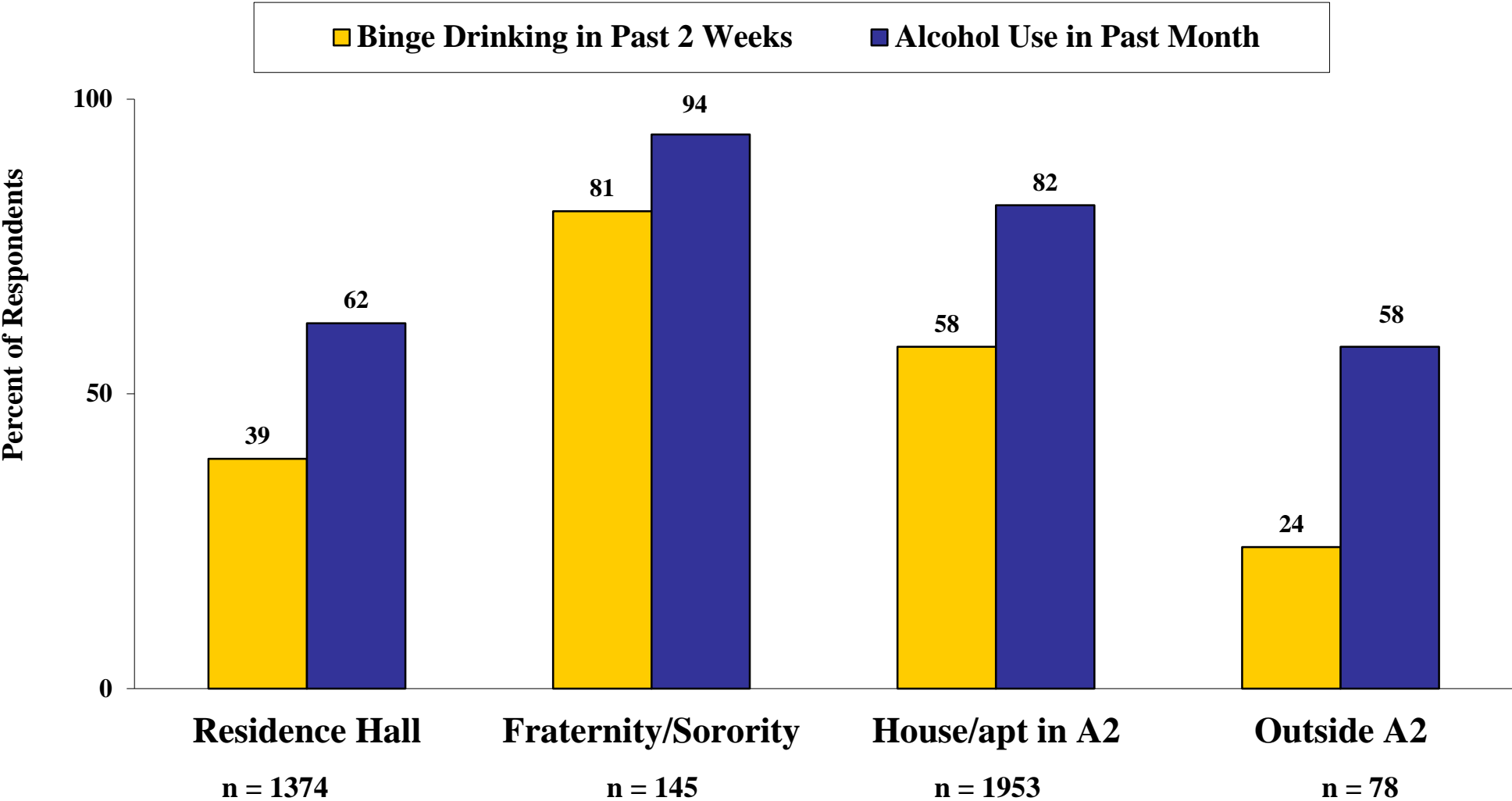
Note: Binge drinking and monthly alcohol use **did NOT differ** significantly by gender.

Binge Drinking and Alcohol Use by Race/Ethnicity



Note: Alcohol use and binge drinking **differed significantly** by race/ethnicity ($p < .001$).

Binge Drinking and Alcohol Use by Living Arrangement

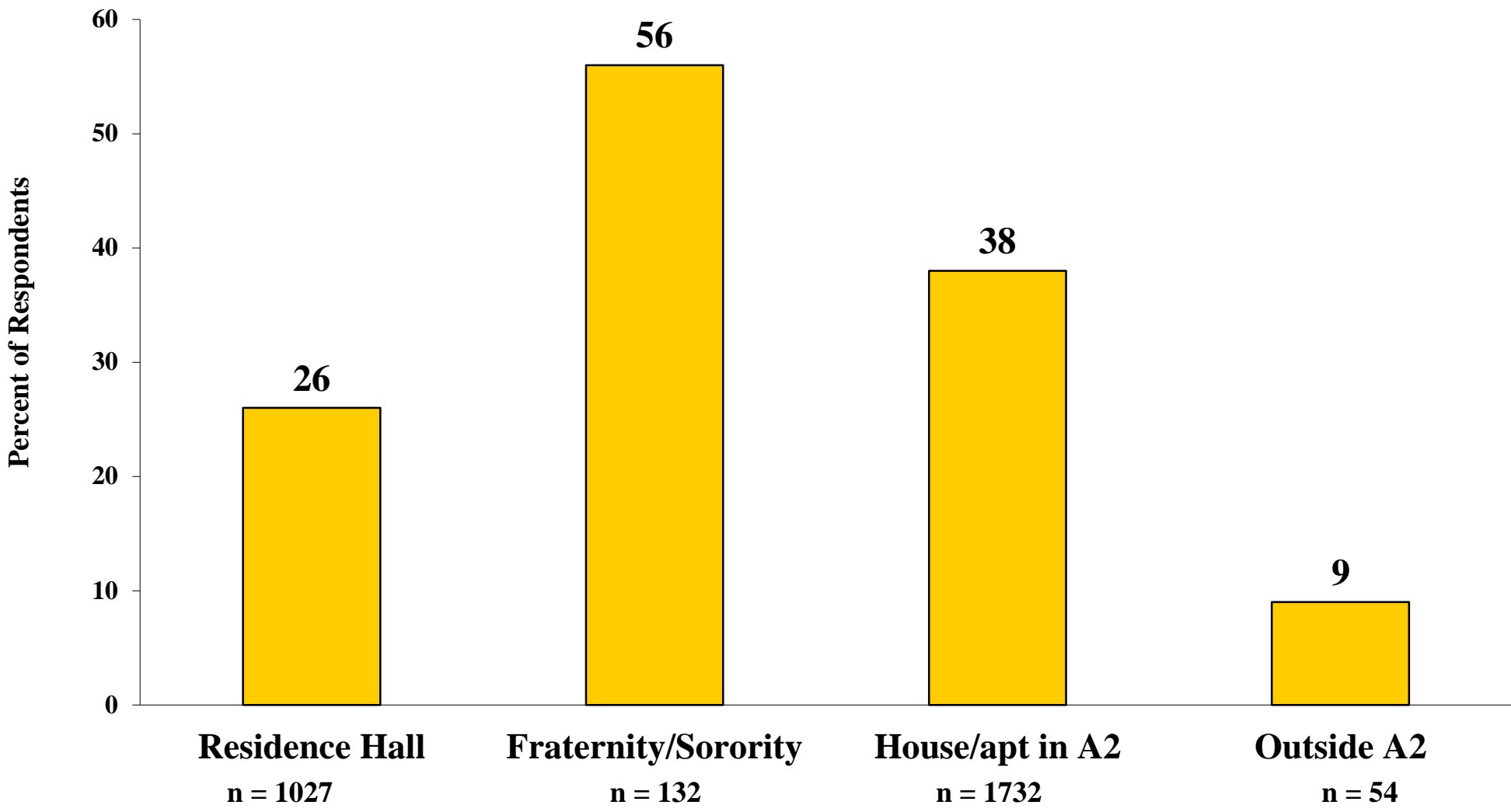


Note: Alcohol use and binge drinking differed significantly by living arrangement ($p < .001$).

2013 Student Life Survey

Primary Drinking Consequences: Drinking Blackout by Living Arrangement

Blackout in Past-Year Due to Drinking by Living Arrangement

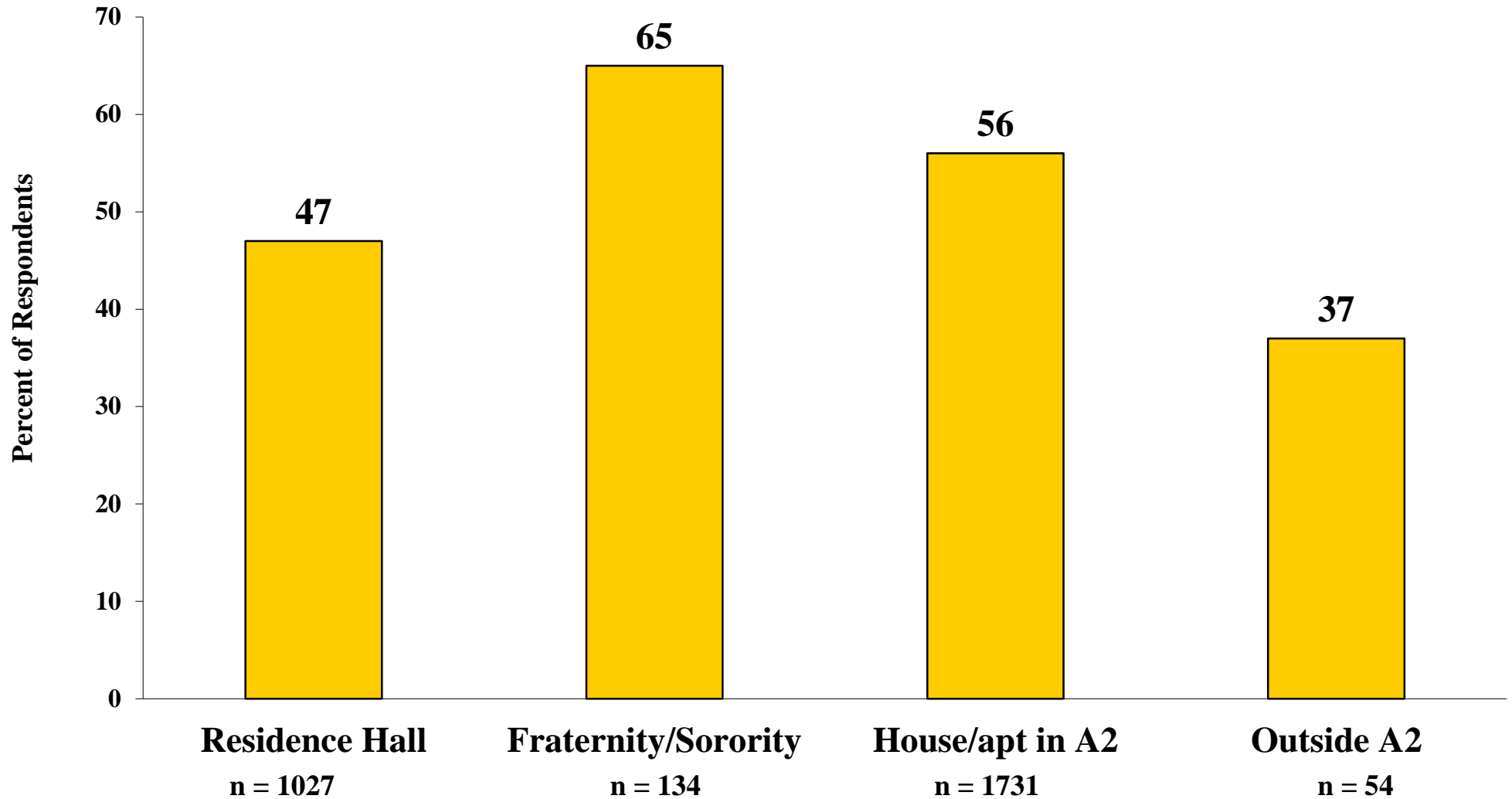


Note: Blackouts differed significantly by living arrangement ($p < .001$).

2013 Student Life Survey

Primary Drinking Consequences: Vomited by Living Arrangement

Vomited in Past-Year Due to Drinking by Living Arrangement

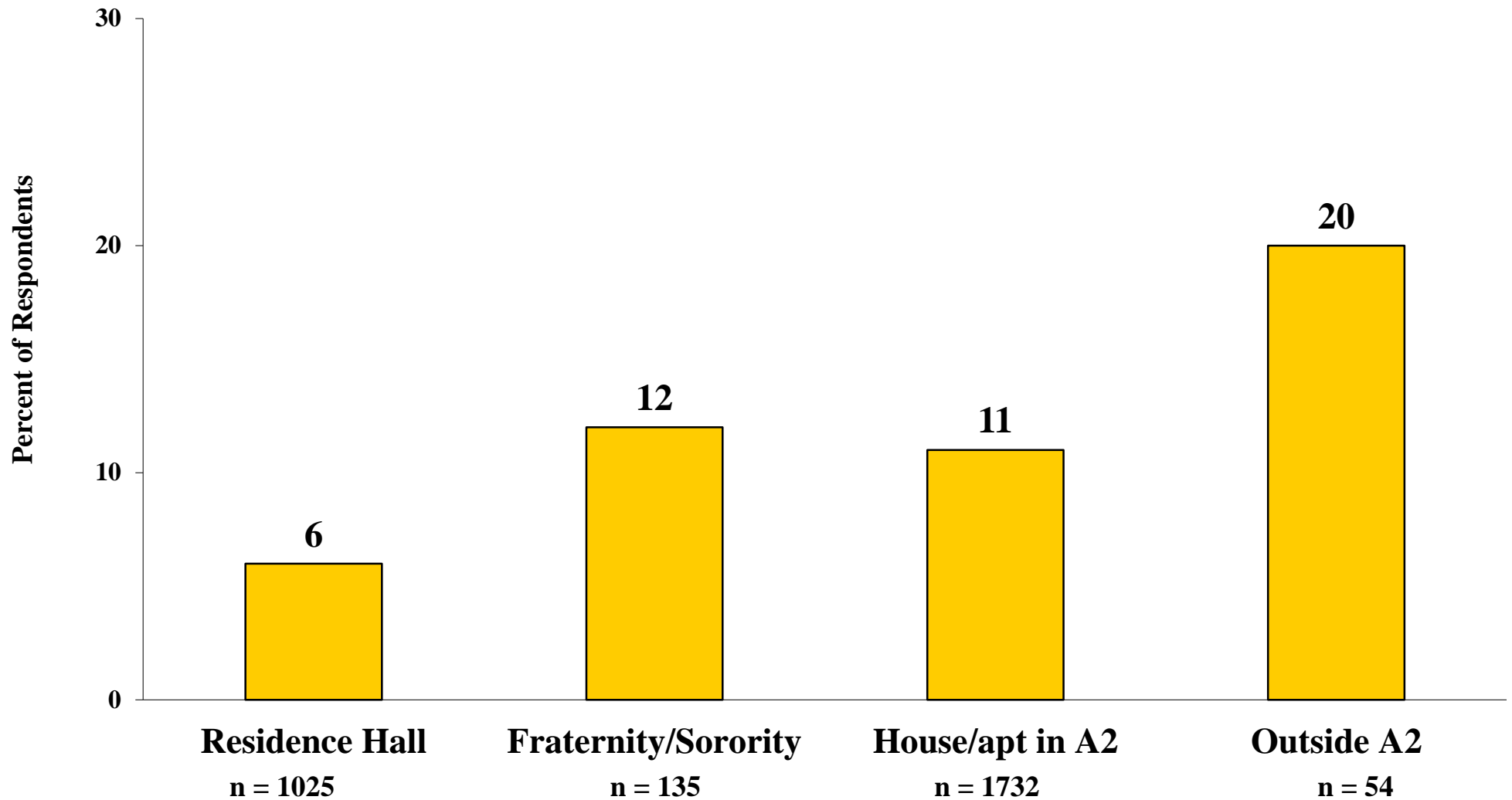


Note: Vomiting **differed significantly** by living arrangement ($p < .001$).

2013 Student Life Survey

Primary Drinking Consequences: Driven a Car While Under the Influence of Alcohol By Living Arrangement

DUI in Past-Year Due to Drinking by Living Arrangement

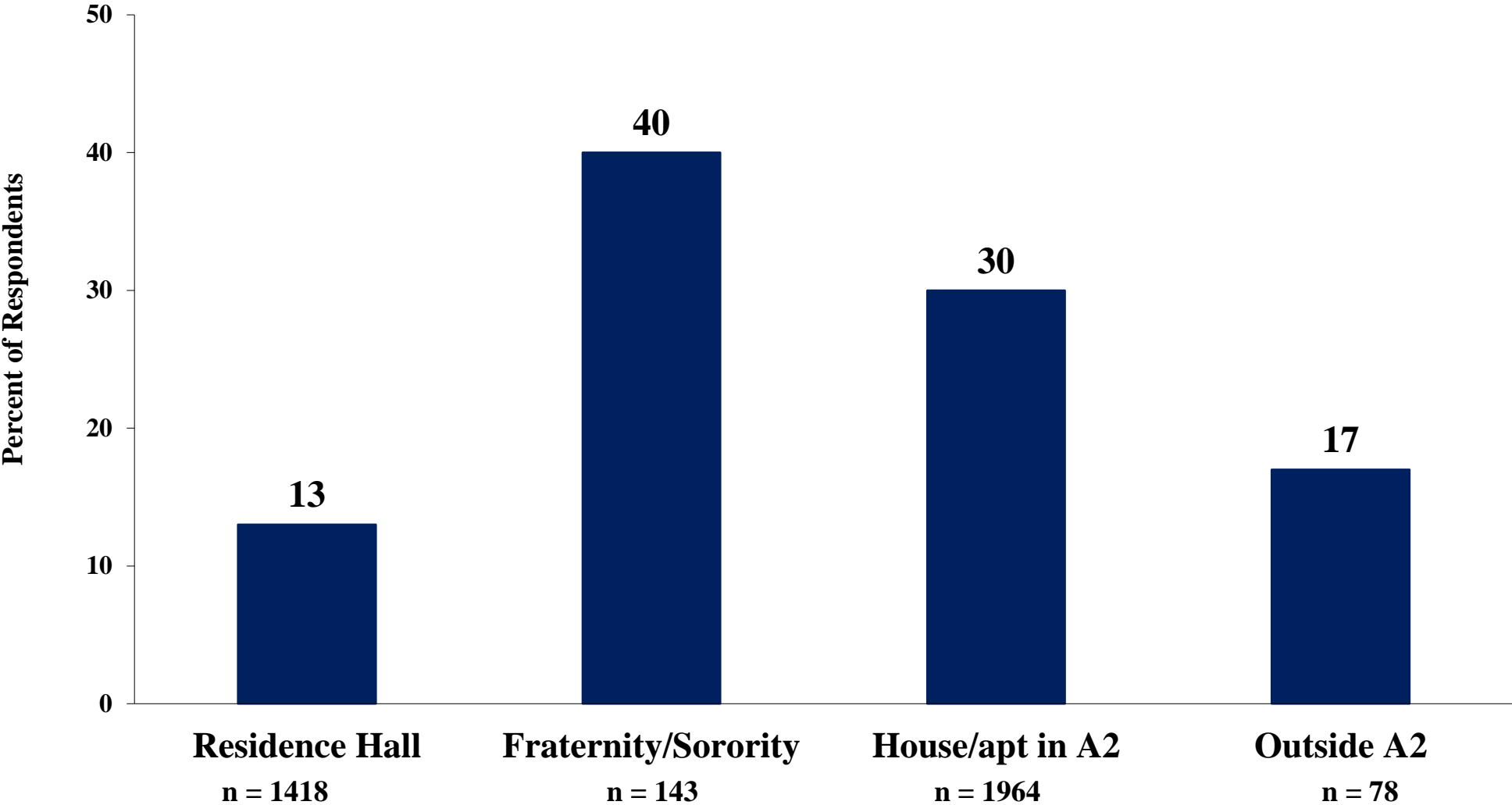


Note: DUI differed significantly by living arrangement ($p < .001$).

2013 Student Life Survey

Secondary Drinking Consequences:
Property Damaged by Someone Drunk
by Living Arrangement

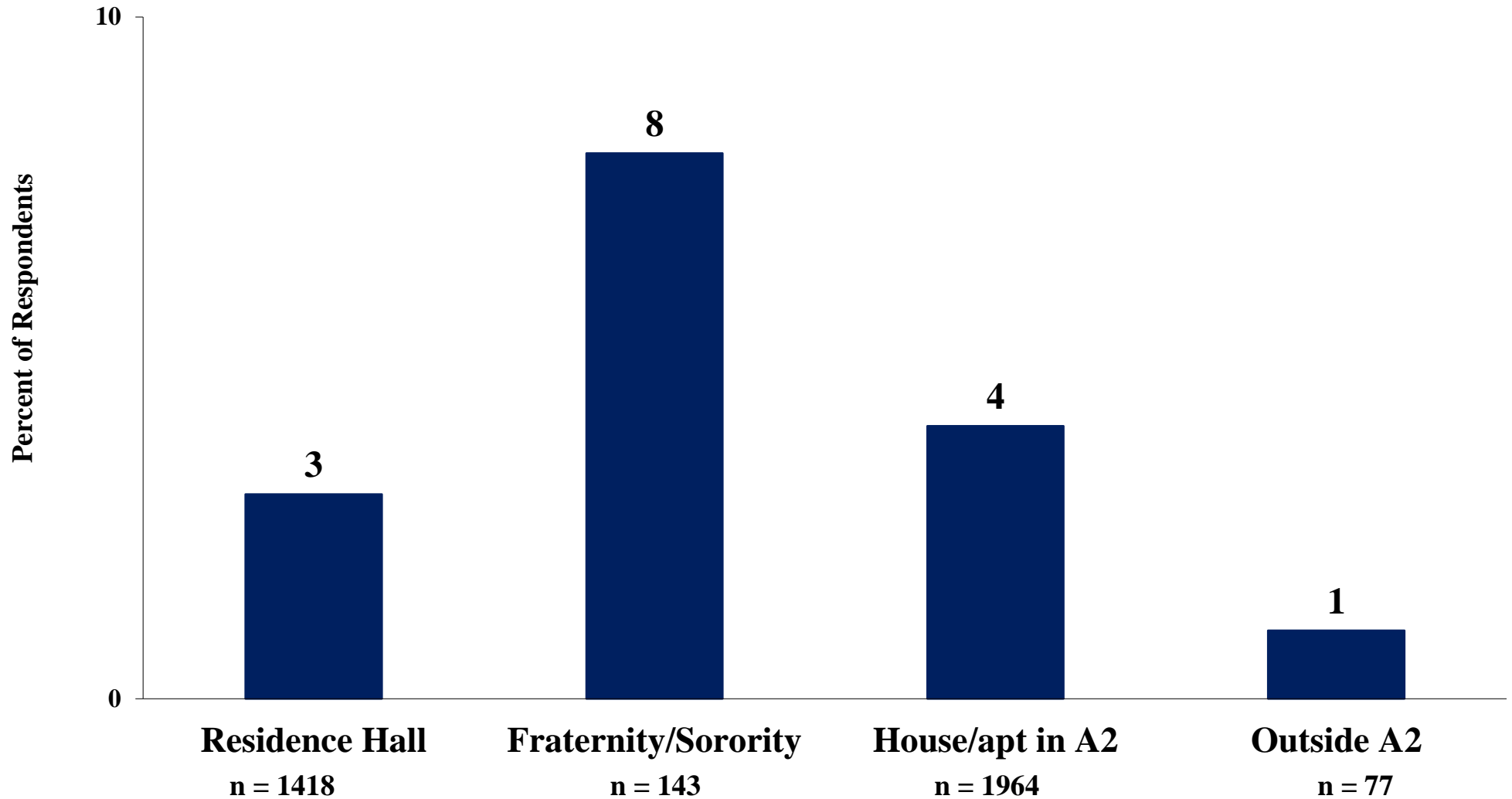
Property Damaged by Someone Drunk by Living Arrangement



Note: Property damaged differed significantly by living arrangement ($p < .001$).

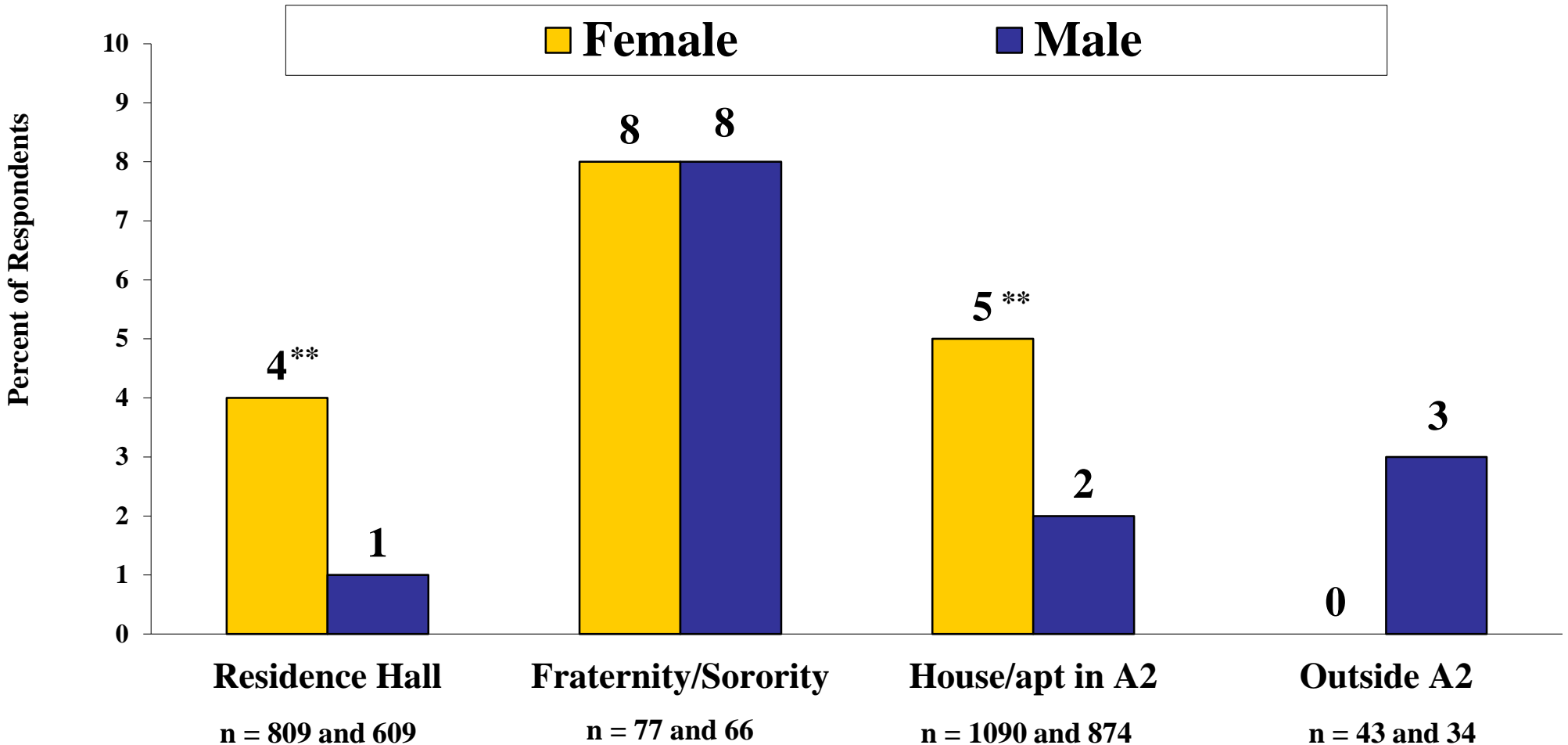
2013 Student Life Survey
Secondary Drinking Consequences:
Sexually Assaulted by Someone Drunk
by Living Arrangement

Sexually Assaulted by Someone Drunk by Living Arrangement



Note: Sexual assaulted differed significantly by living arrangement ($p < .05$).

Sexually Assaulted by Someone Drunk by Living Arrangement and Gender

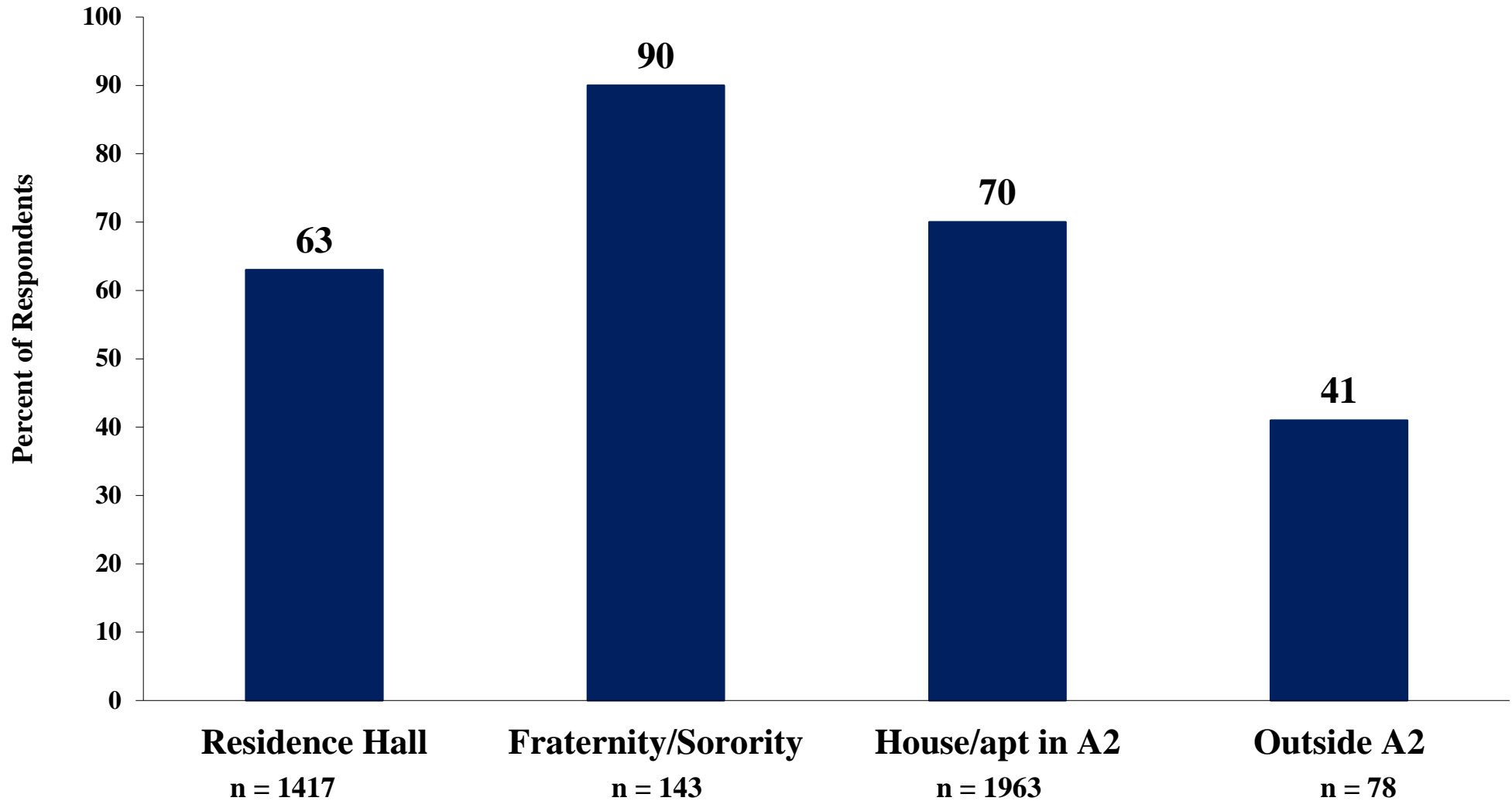


**Note: Sexual assaulted differed significantly by gender for those living in residence halls and house/apt in A2 ($p < .01$).

2013 Student Life Survey

Secondary Drinking Consequences: Had to Take Care of Someone Who Was Drunk by Living Arrangement

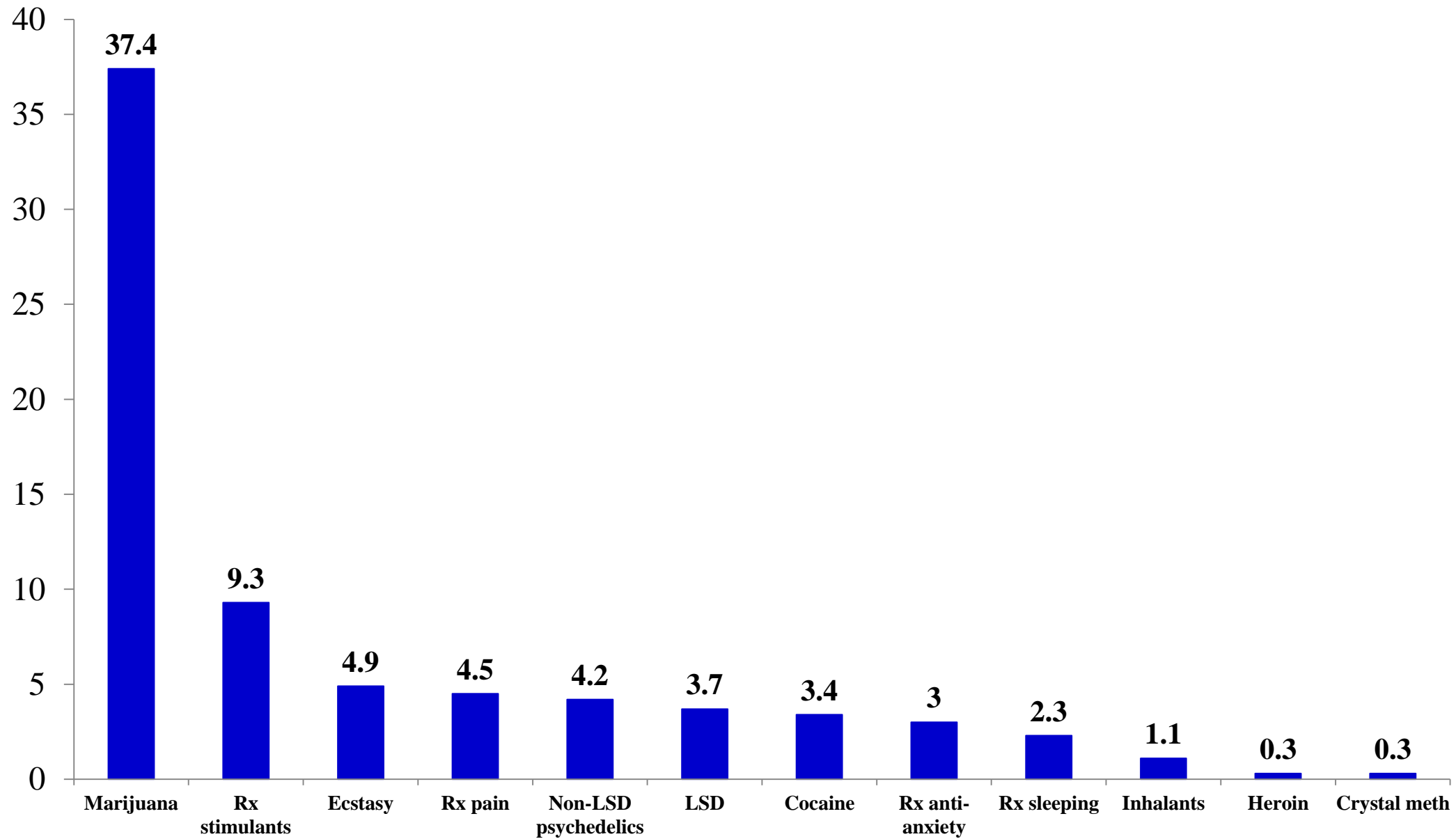
Took Care of Someone Drunk by Living Arrangement



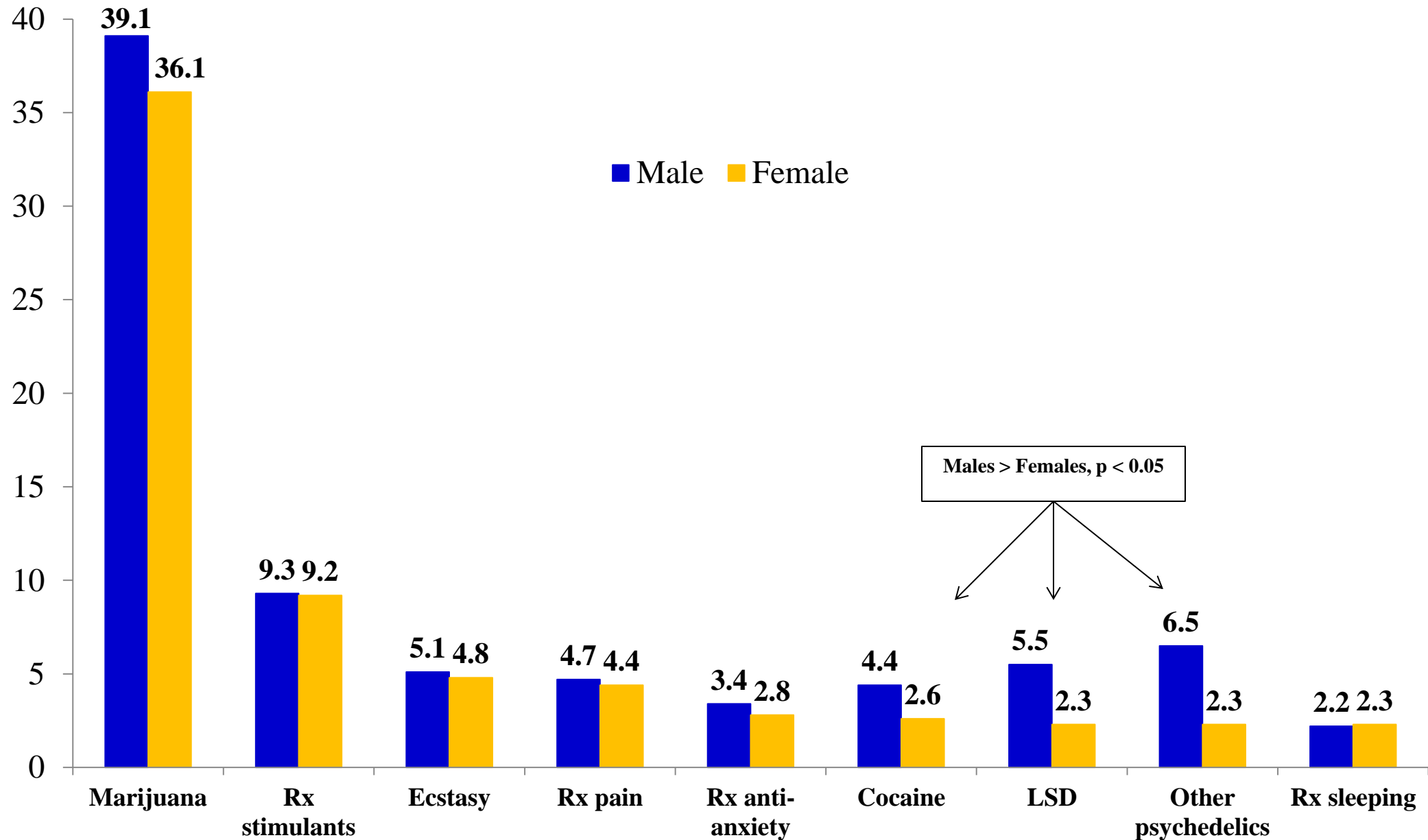
Note: Took care of someone drunk differed significantly by living arrangement ($p < .001$).

2013 Student Life Survey: Other Drug Use

Past-Year Other Drug Use among Undergraduate Students (2013 SLS)



Past-Year Other Drug Use by Gender among Undergraduate Students (2013 SLS)



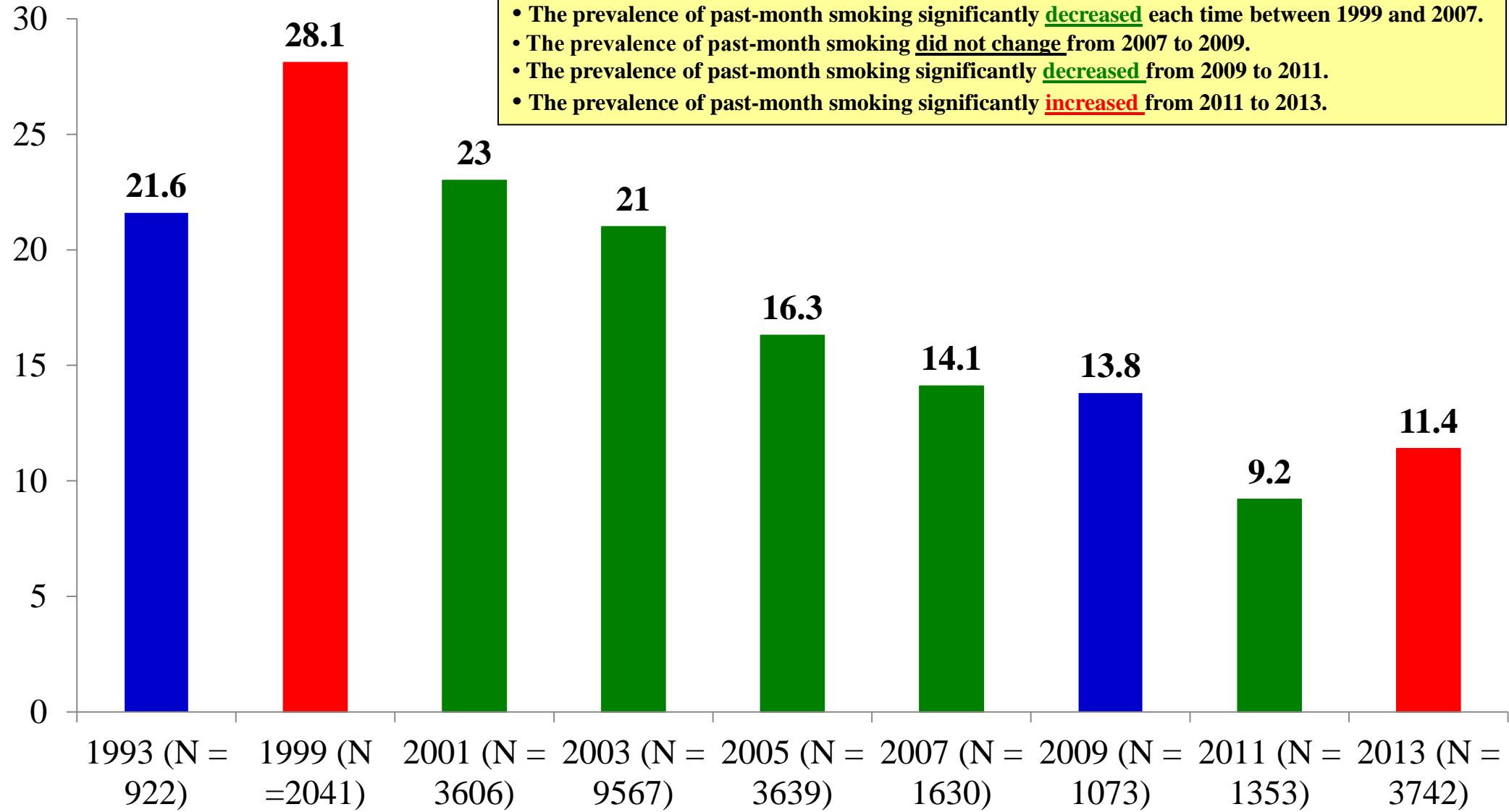
Note: Past-year prevalence rates for inhalants, heroin, crystal methamphetamine use were 1% or less and not shown in this figure.

U of M Student Life Survey: 20 Year Trends from 1993 – 2013

Cigarette Smoking

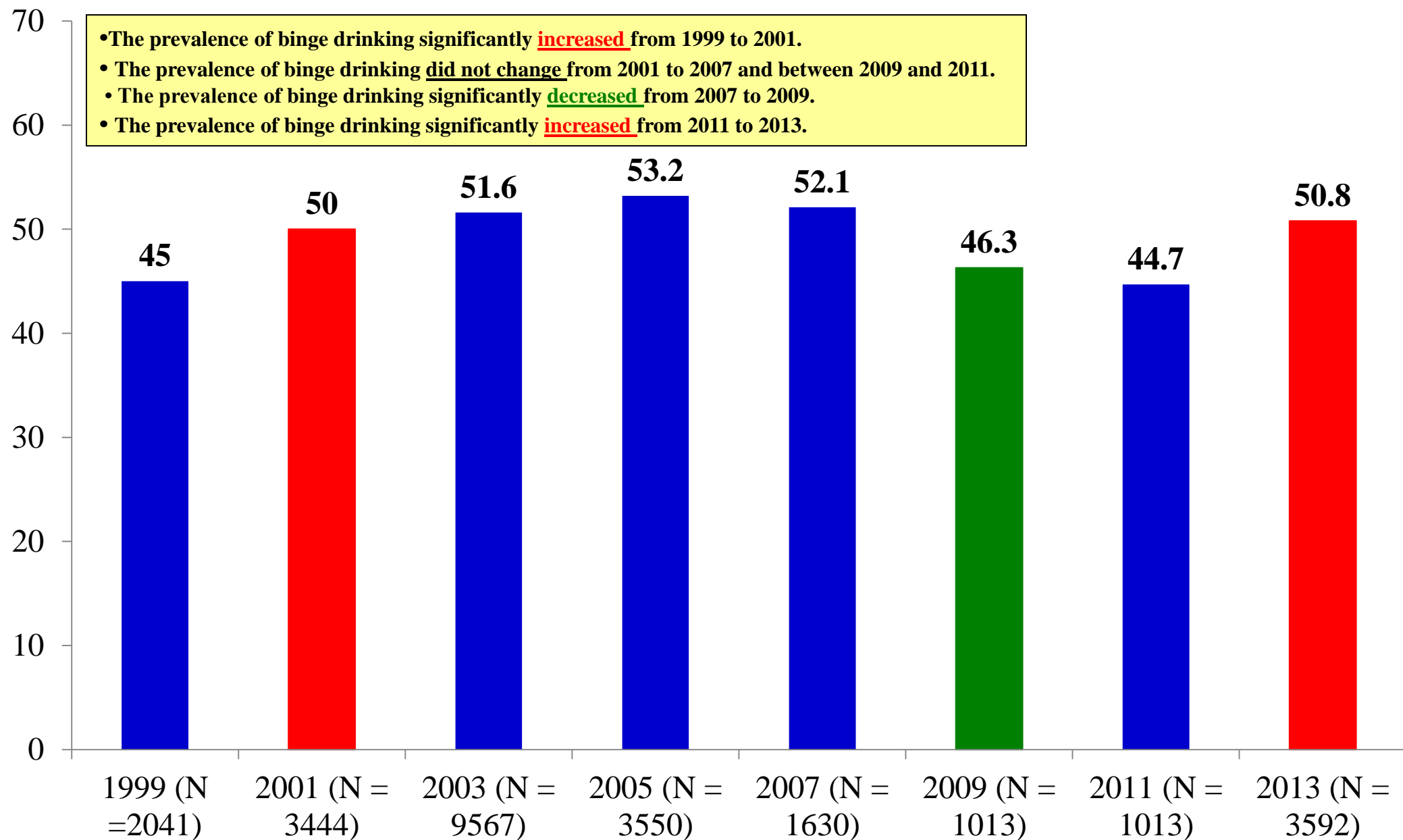
Trends in Past-Month Cigarette Smoking among Undergraduate Students (1993, 1999, 2001, 2003, 2005, 2007, 2009, 2011, and 2013 SLS)

- The prevalence of past-month smoking significantly **increased** from 1993 to 1999.
- The prevalence of past-month smoking significantly **decreased** each time between 1999 and 2007.
- The prevalence of past-month smoking **did not change** from 2007 to 2009.
- The prevalence of past-month smoking significantly **decreased** from 2009 to 2011.
- The prevalence of past-month smoking significantly **increased** from 2011 to 2013.



Binge Drinking

Trends in Past 2-Week Binge Drinking among Undergraduate Students (1999, 2001, 2003, 2005, 2007, 2009, 2011, and 2013 SLS)



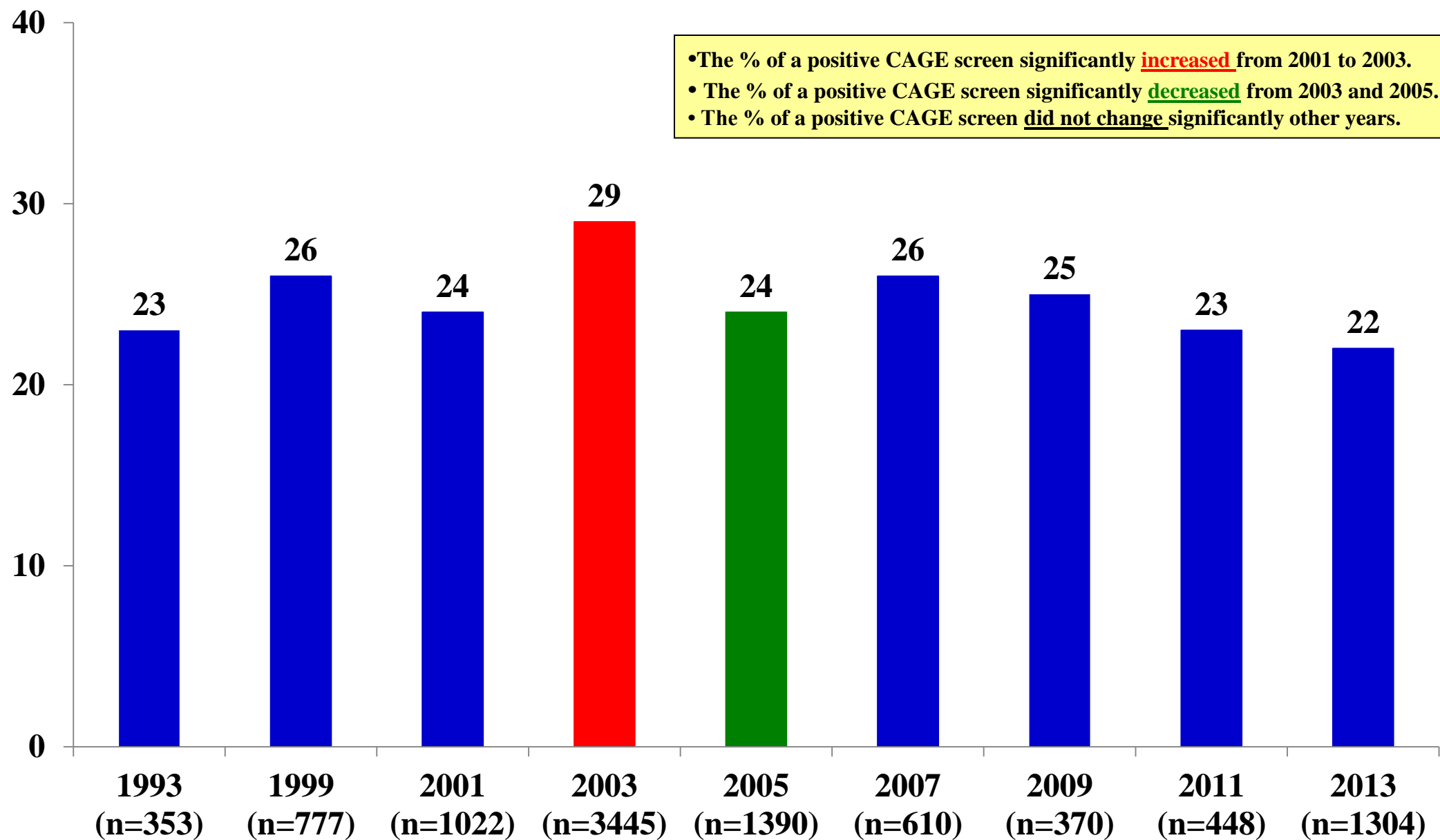
- The prevalence of binge drinking significantly **increased** from 1999 to 2001.
- The prevalence of binge drinking **did not change** from 2001 to 2007 and between 2009 and 2011.
- The prevalence of binge drinking significantly **decreased** from 2007 to 2009.
- The prevalence of binge drinking significantly **increased** from 2011 to 2013.

Note: 1993 binge drinking was not included because the measure was worded differently.

Potential Alcohol Abuse

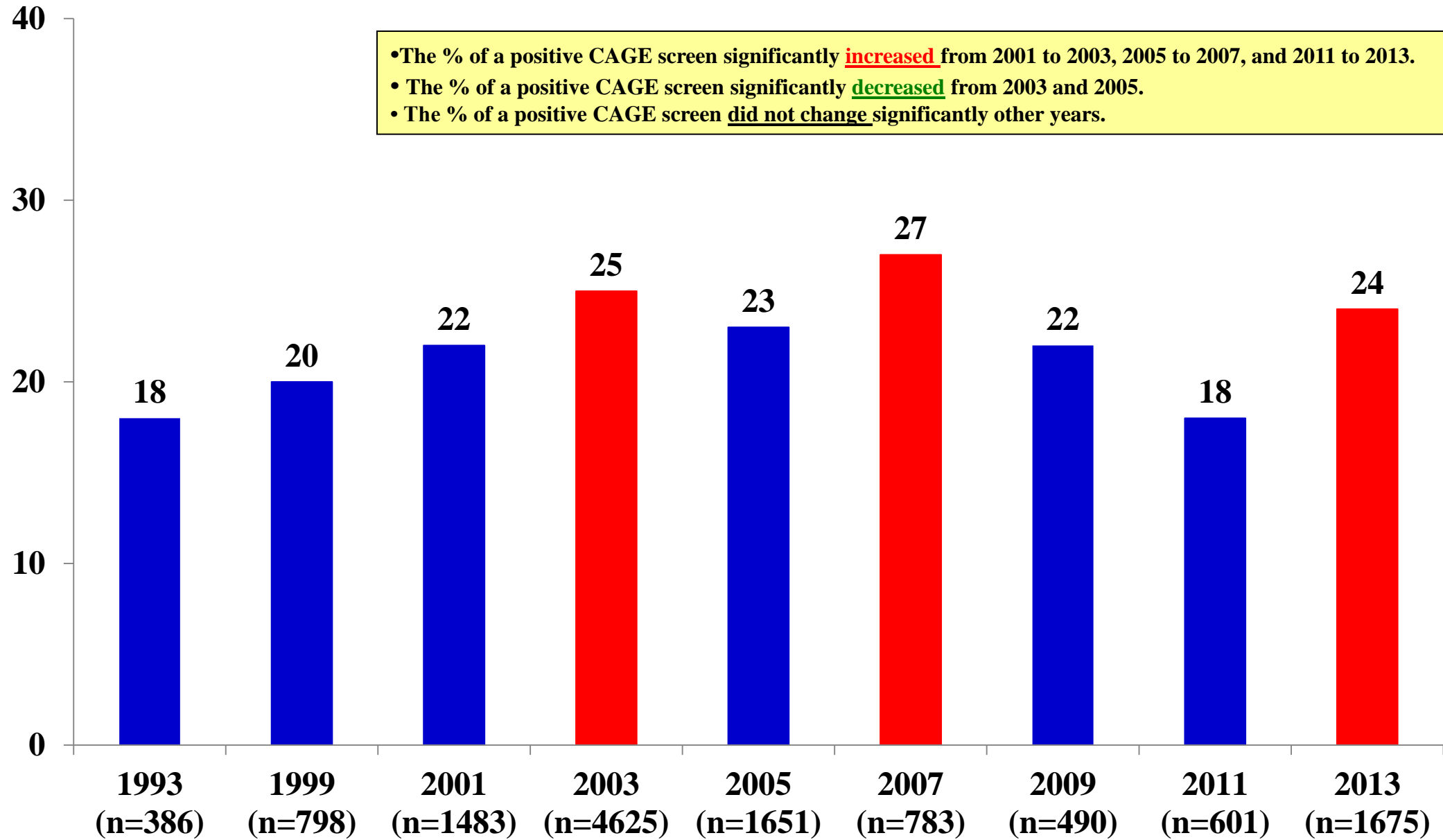
- Assessed in the SLS with the 4-item CAGE Questionnaire.
- “During the past 12 months, have you...
 1. felt that you should **C**ut down your drinking?”
 2. been **A**nnoyed by people criticizing your drinking?”
 3. felt **G**uilt or remorse after drinking?”
 4. had a drink first thing in the morning as an ‘**E**ye opener’ or to get rid of a hangover?”
- A positive response to 2 or more of these questions is indicative of potential alcohol abuse or dependence (*Ewing, 1984*).

Trends in Undergraduate Men with Positive Past-Year CAGE Screen (1993, 1999, 2001, 2003, 2005, 2007, 2009, 2011, and 2013 SLS)



Trends in Undergraduate Women with Positive Past-Year CAGE Screen (1993, 1999, 2001, 2003, 2005, 2007, 2009, 2011, and 2013 SLS)

- The % of a positive CAGE screen significantly **increased** from 2001 to 2003, 2005 to 2007, and 2011 to 2013.
- The % of a positive CAGE screen significantly **decreased** from 2003 and 2005.
- The % of a positive CAGE screen **did not change** significantly other years.



Nonmedical Use of Prescription Medications

Trends in Past-Year Nonmedical Use of Prescription Medications (2003, 2005, 2007, 2009, 2011, and 2013 SLS)

■ Sleeping Medication ■ Anti-Anxiety Medication ■ Stimulant Medication ■ Pain Medication

