



Drinking among high risk students receiving the brief alcohol screening and intervention in a U.S. Public University



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Introduction

- Alcohol abuse in the collegiate population continues to be a significant problem
- The brief alcohol screening and intervention of college students (BASICS) is available in many university campuses as an attempt to mitigate the harm of excessive student drinking
- This study examined knowledge and experience of high risk students receiving the brief alcohol screening and intervention of college students (BASICS) with the negative effects of excessive drinking in a major U.S. public university

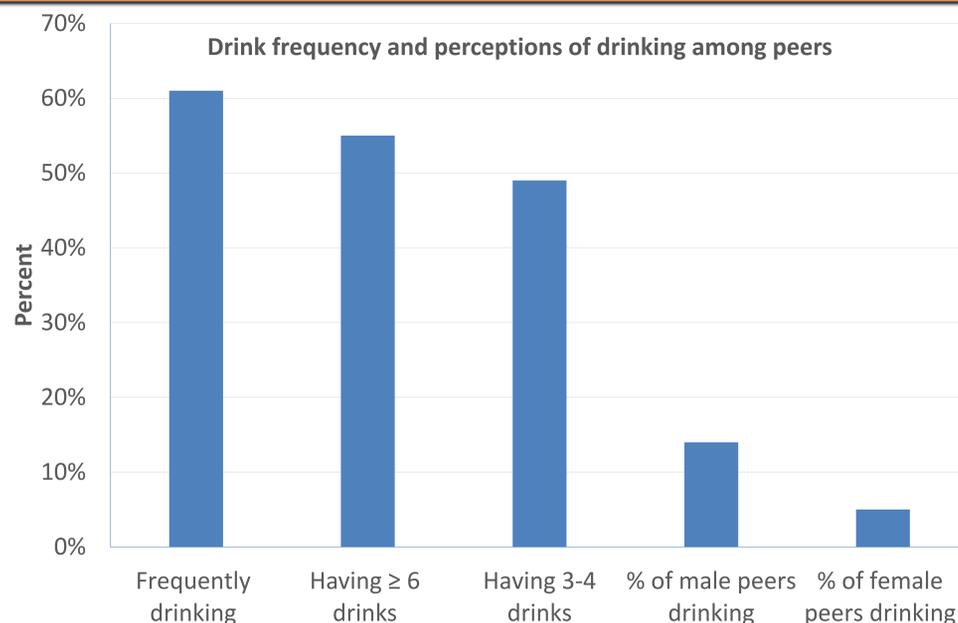
Data source and data analysis

- Questionnaire-based interviews were administered to students visiting the BASICS before the BASICS session during 2016-2017 academic year
- The questionnaire collected data on students' demographics, age at which the student started drinking, frequency and amount of drinking, knowledge on effects of excessive alcohol consumption, experience with negative consequences of excessive drinking, and perceptions of alcohol use among the same age peers
- Descriptive statistics were performed to

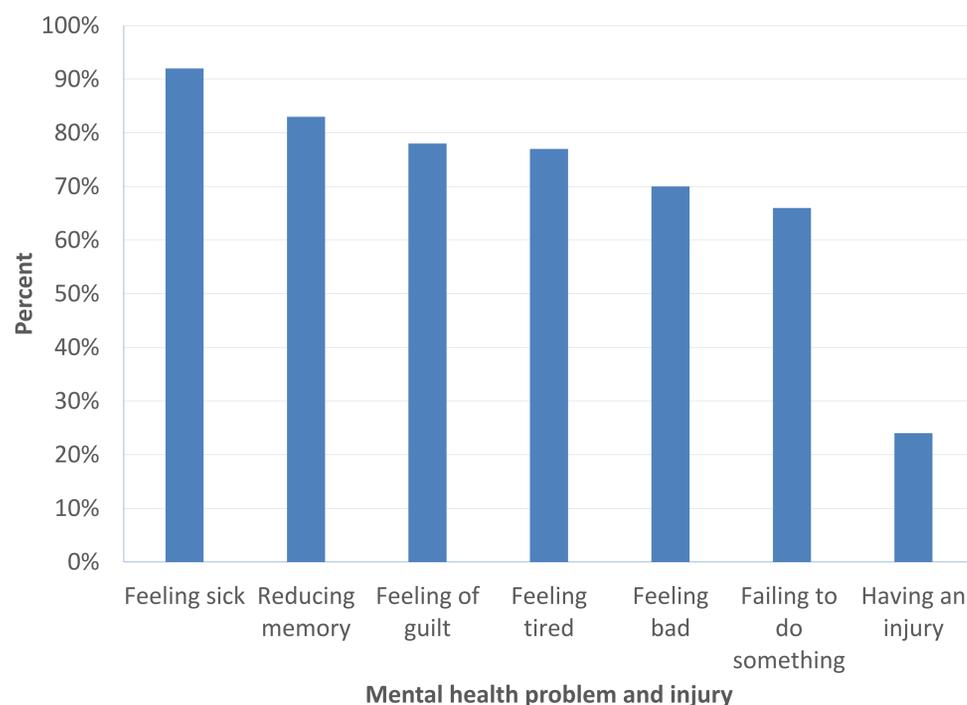
Study sample

- There were 122 students (75% males) visiting the BASICS clinic
- The median age was 19 with 77% younger than 20 years of age
- Freshmen accounted for 44% of the sample, followed by sophomore (27%)
- 43% were affiliated with a fraternity or sorority and 13% were the members of the athletic team
- The median age of first time alcohol consumption was 17 years

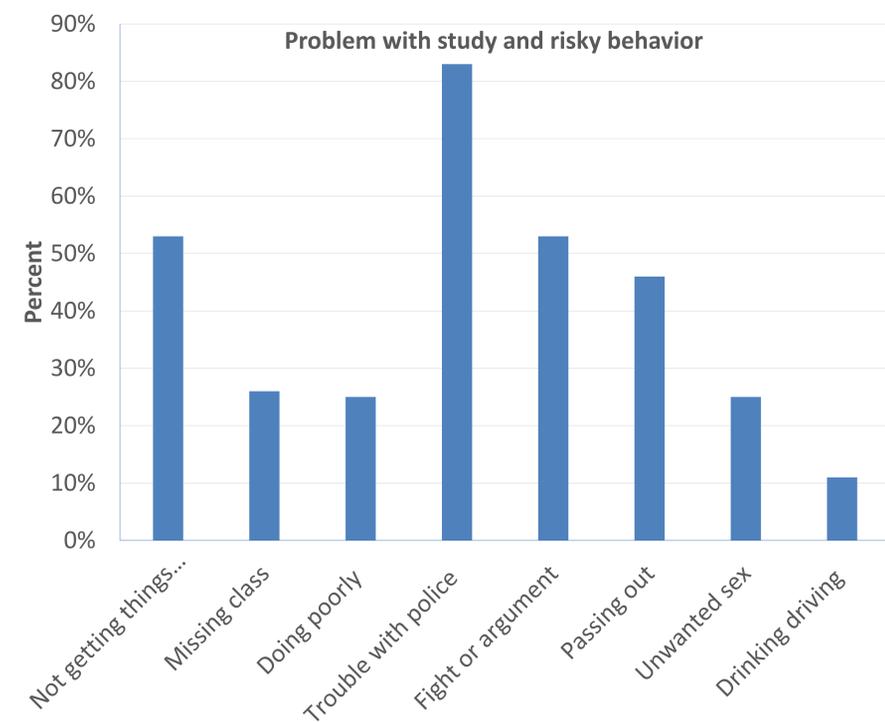
Key Findings



- Nearly two thirds (61%) of students reported frequently drinking alcohol
- 55% reported frequently having ≥ 6 drinks on one occasion
- Nearly half reported having 3 or 4 alcoholic drinks on a typical day when drinking
- Male and female students estimated that 14% and 5% (p<0.05), respectively, of their peers of the same gender drink more.



Key Findings



- Mental health problems: failing to do something (66%), feeling of guilt (78%), reduced memory (83%), and feeling bad (70%)
- 92% ever felt sick, 77% ever felt tired, and 24% ever had an injury
- Problems with study: 25% doing poorly on the test, 53% not getting things done, and 26% missing class
- Risky behaviors: 83% - getting into trouble with police, 53% - getting onto fight or argument, 46% - passing out, 25% - unwanted sex, and 11% - drinking driving
- Having problems with family (30%) and partners (27%).

Discussion and conclusion

- Risky drinking was prevalent among the study sample
- These high risk students reported negative consequences of alcohol use on their physical and mental health, studies, relationship, and risky behavior.
- Such findings collectively indicate referring high risk students to BASICS is needed to help them mitigate the harm associated with hazardous alcoholic drinking and avoid further harmful alcohol use.

