

# Is There an Association Between Gender and Academic Repercussions From Alcohol Use?

Mackienzy Kahl; PSYCH 190: Research in College Drug Use

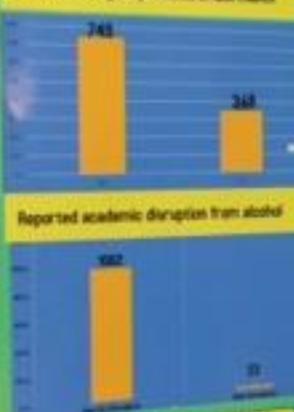
## Relevance

With the trend of males drinking at higher rates than females and the trend that females have been achieving more academically than males, it is important to identify whether these two issues are associated.

## Discussion

The finding that there was no association between the two variables supports the notion that alcohol affects academia similarly among gender. However, a limitation on this finding are that this is self-reported academic disruption.

### Drinking among respondents in last month



### Results

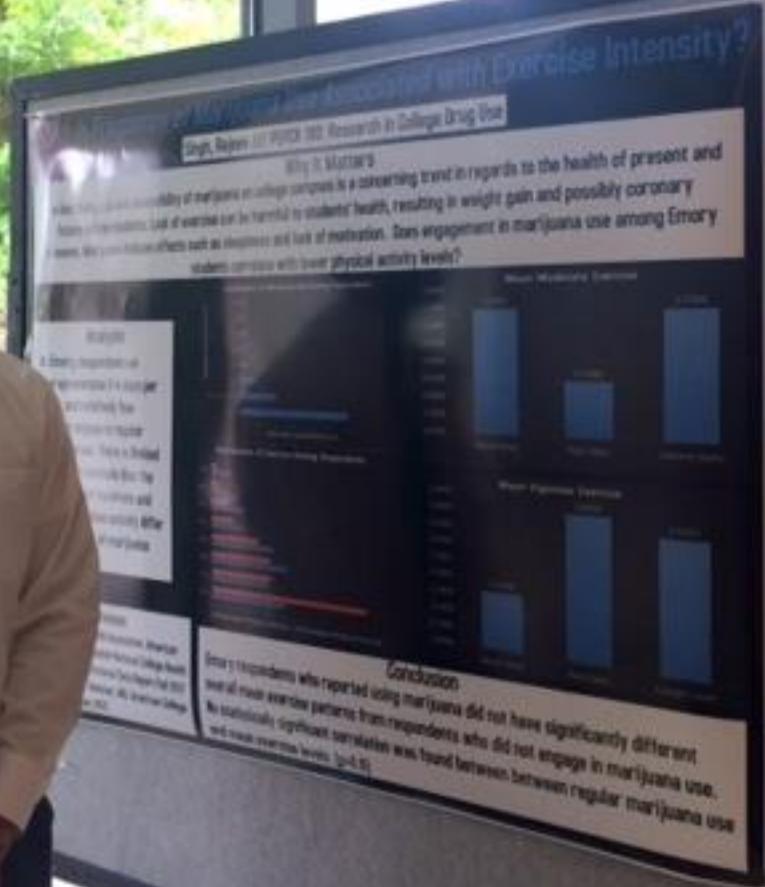
348 Respondents had drank six or more times in the last thirty days. Twenty-three respondents admitted that they suffered academic disruption. Among those who drank six times, gender didn't have a significant effect on academic disruption from alcohol use ( $p = 0.20$ ).

### Conclusion

There is no association among respondents between gender and academic disruption from alcohol use ( $p = 0.20$ ).

References:  
1. 2010 Freshman Survey: College Health Foundation. American College Health Association. National Health Interview Survey. National Institute on Alcohol Abuse and Alcoholism. 2010. Trends in University Students. 2010. Freshman Survey: College Health Foundation. 2010.  
2. Springer, J., Gossen, and DeWitt, L., "The Effects of Alcohol on Academic Performance and Achievement," *Journal of Research in Crime and Justice*, 1997, 34, 1, 1-20.







## Is Binge Drinking Associated With Risky Sexual Behavior?



### Binge Drinking & STIs/STIs

Binge drinking is generally associated with risky sexual behavior, including increased rates of STIs and unwanted pregnancy. This interaction may be due to a combination of increased risk taking behaviors and the increased risk-taking effects of alcohol use.

### At Emory

Using data from the 2010 National College Health Assessment (NCHA), we found that 21.2% of female Emory students who reported binge drinking (defined as four or more consecutive days of at least 4-5 drinks) were at risk for STIs. This figure was only 10.9% for students who did not binge drink ( $P < 0.001$ ;  $95\% \text{ CI} = 0.008 - 0.022$ ).

### Implications

These data demonstrate that for college students, binge drinking is a risk factor for STIs. This is important because STIs are a significant public health problem. For example, in 2010, 1.9 million new cases of chlamydia were diagnosed in females (CDC). Further, chlamydia is a major risk factor for pelvic inflammatory disease (PID), which can lead to infertility.

### References

1. American College Health Association. (2011). American College Health Association National College Health Assessment Spring 2011 Reference Group Data Brief. Hanover, NH: American College Health Association.



 **EMORY**  
UNIVERSITY

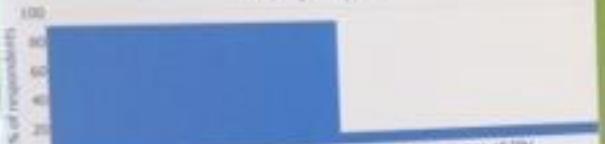
## Lower Risk Drinking Patterns as a Predictor for Intimate Partner Violence (IPV)

Swanson, James; Psych 190: Research in college drug use

### IPV at Emory

College students in relationships are at a heightened risk for experiencing interpersonal violence. 12 month IPV incidence at Emory was investigated and compared to a national average.

Emory respondents who have experienced any type of IPV in the past year

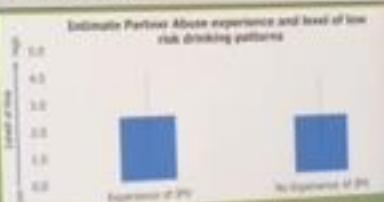


% of Emory respondents who have experienced IPV compared to National NCHA II 2016 Average



**Prevention Potential**

IPV incidence and lower risk drinking strategy data was taken from Emory respondents to the 2017 NCHA survey. It was found that preventive drinking strategies had no association on IPV incidence ( $p$ -value  $> .05$ ).



(0 = Never drink in any circumstance, 1 = Always drink non-alcoholic beverages at parties... 3 = Never drink non-alcoholic beverages at parties)

### Major Implications

The level of IPV experienced at Emory is lower than the average of 100 schools that participated in the NCHA study. This finding paired with absence of association in alcohol use and IPV experience suggest that current intervention programs at Emory (Respect, Emory's respect program, safe ride, etc.) are relatively more effective than the average college campus.

### Resources

- Emory Helpline: 404.727.HELP
- Respect Hotline: 404.727.2300 x 5400





# From Marijuana to Heroin?

Tokunaga, Thomas Wan, PSYCH 190: Research in College Drinking and Drug use

## Why it Matters

As statistics show binge-drinking and marijuana use, as well as accessibility, are on the rise – it is pertinent we remain aware about the national issue of college drug use. This study aimed to investigate if marijuana had any unusually strong correlation to another drug, specifically heroin.

## Analysis

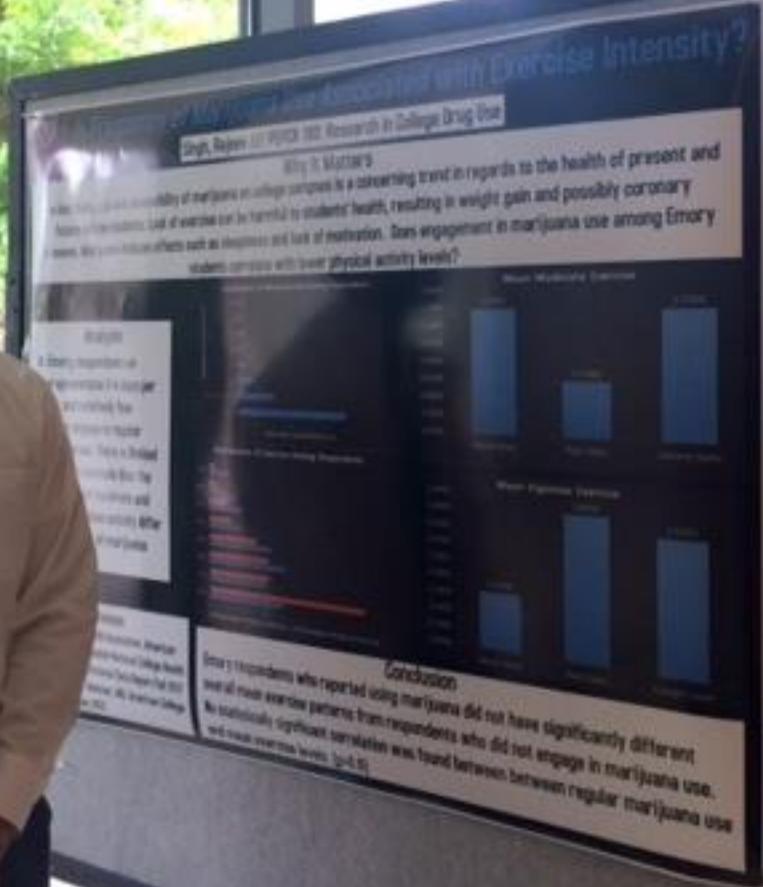
Unfortunately, the sample size was too small to develop any kind of significant correlation between marijuana and heroin, as heroin is simply not popular at Emory University. Among marijuana users, the most popular substances used followed the NOHA college drug popularity survey data.



## Conclusion

Multiple substance users who use marijuana are not drawn more to one substance more than another. If someone who uses marijuana partakes in another substance, it will most likely be alcohol, prescription stimulants, etc. in order of independent popularity across the survey. While inconclusive, findings did reflect a survey freshman class almost completely clear of heroin and other opiate use.







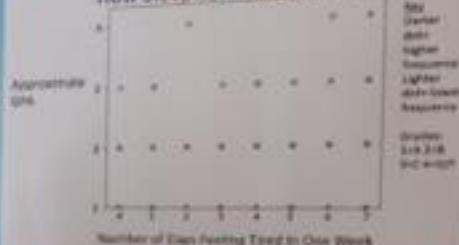
## How Alcohol Affects Sleep and Academic Performance

Sam Gavrilov, Psych 100: Research in College Drug Use

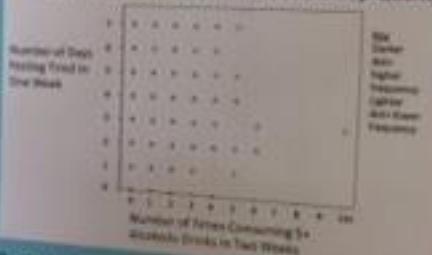
### The Importance of Alcohol's (In)Direct Effects

Alcohol has both direct and indirect effects on academic performance. The direct effects of alcohol on academic performance are well-known, such as the negative effect of alcohol on memory and attention. The indirect effects of alcohol on academic performance are less well-known but equally important. For example, alcohol can affect sleep quality, which in turn can affect academic performance. Additionally, alcohol can affect motivation and study habits, which can also impact academic performance.

### How Sleep Quality Affects GPA



### How Alcohol Consumption Affects Sleep Quality



### Conclusion

Many Emory respondents overall had an average GPA. However, low GPAs were usually associated with students who felt tired nearly every day. Nevertheless, there was no significant correlation between alcohol consumption and academic performance. From the data, it can be seen that Emory respondents usually drink moderately, and when they do, they do not affect their sleep or academic performance.

## Alcohol or sleep and 4.0? Emory Respondents Have Made Their Choice

Very few Emory respondents reported consuming 5+ drinks multiple times in 2 weeks, considering 62.1% reported 0 times. As such, there was not a significant correlation between alcohol consumption and sleep quality, and alcohol consumption and academic performance ( $p>0.05$ ). Yet, it was still found in Emory respondents that low quality of sleep was associated with poorer grades ( $p<0.05$ ). Therefore, health services might want to focus on sleep interventions more than alcohol, based on the data from Emory respondents.

### References

- American College Health Association. American College Health Association's National College Health Assessment Spring 2012. Hanover, MD: American College Health Association; 2012.
- Conner, S. (2011). The effects of alcohol on academic performance. *Journal of Alcohol and Drug Education*, 55, 1-10.

# Binging and Taking Risks. not at Emory?



by Diaz, Carly  
Psy100

Research in College Drug Use  
College campuses are notorious for binge drinking. Past studies have shown that people who binge drink are more likely to partake in other risky behaviors. In the case of risky versus safe sex, is this true for respondents at Emory?

If the majority of respondents are not using condoms during sex, then the chances of passing STD's could be much higher than it needs to be. Work should be done to educate students about the risks of sexual intercourse, as well as how to make condoms more accessible.

REFERENCES  
American College Health Association. American College Health Association National College Health Assessment II: Institutional Data Report, Fall 2012. Emory University, Atlanta, MD: American College Health Association; 2012.  
Babineau, W. (Ed.). Chapter 6. In: College Drinking and Drug Use. New York, NY: Routledge Press.

Frequency of Condom Use Among Non-Drinkers, Mild Drinkers, and Binge Drinkers



## ANALYSIS

Emory respondents, on average, never or rarely used condoms. This is true of non-drinkers, mild drinkers, and binge drinkers. Although the graph shows binge drinkers as having a higher proportion of people that always or usually use condoms, this was not statistically significant ( $p = .818$ ).

## CONCLUSION

A woman with long dark hair, wearing a black blazer over a white top and a black skirt, stands next to a presentation board. The board has a blue header and a green footer. The text on the board discusses the frequency of condom use among different groups of Emory respondents. The presentation board is framed in black and is mounted on a wooden wall.

# Substance Use Associated with BMI, Exercise, & Diet?

Gratian R. Lamar, PSYC 180: Research in College Drug Use

## Distribution of exercise and healthy eating among drug users

Substance	Non-user		User		Marijuana	
	Non-user	User	Non-user	User	Non-user	User
Alcohol	21.75 (4.20)	29.29 (4.50)	23.53 (4.22)	24.04 (4.62)	23.68 (3.86)	
Tobacco	2.07 (1.86)	3.29 (3.00)	3.45 (3.30)	3.35 (3.97)	3.54 (2.14)	
Alcohol + tobacco	2.02 (1.76)	3.52 (3.86)	2.73 (3.16)	2.64 (3.83)	2.63 (1.84)	
Alcohol + marijuana	2.16 (2.00)	2.11 (1.90)	2.38 (3.72)	2.29 (3.66)	2.25 (3.57)	
Tobacco + marijuana	2.46 (2.08)	2.99 (2.87)	2.34 (3.75)	2.46 (3.23)	2.32 (3.69)	

### Analysis

On average, the Emory respondents exercised for 1-2 days per week, ate 1-2 servings of fruits/vegetables per day, and had a BMI of 23-24. The evidence did not support a significant difference between the mean levels of exercise, usual servings of fruits and vegetables, and that between users and nonusers of alcohol, tobacco, and marijuana.

### Conclusion

Emory respondents who reported recent use of alcohol, marijuana, and tobacco did not possess a significantly higher mean BMI or significantly lower means for weekly exercise or daily consumption of fruits or vegetables. No statistically significant association was found between substance use and nutrition and exercise ( $p>0.05$ ).

### References

- American College Health Association. American College Health Association-National College Health Assessment Spring 2012. Hanover, NH: American College Health Association; 2012.
- American College Health Association. American College Health Association-National College Health Assessment Fall 2011 Emory University. Kennesaw, GA: American College Health Association; 2011.





## THE INDIRECT EFFECTS OF MARIJUANA USE ON SLEEP QUALITY

Hoffer, Zachary PSYCH 190 Research in College Drug Use

### Reason for Study:

Participation in college is among the highest, and of all the illicit drugs, many students have reported about 40 percent, including all marijuana use. Although, recent research has found that marijuana use increases and has medicinal properties, however, there are indirect effects on stress and sleep quality that should be looked into.

### Marijuana Use in The Last 30 Days vs Level of Stress

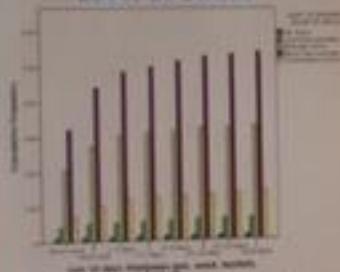


Figure 2.1: Use of Marijuana is positively correlated with higher levels of stress. Bivariate analysis shows that there is a significant and positive correlation between marijuana use and level of stress.

### Difficulty Falling Asleep in The Last 7 Days vs Level of Stress

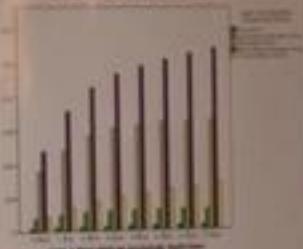


Figure 2.2: Higher levels of stress is positively correlated with increased difficulty falling asleep which occurs with the previous studies indicating very affiliation with marijuana use and sleep quality.

### Results:

Pearson correlations show that there are significant correlations of  $0.113$  ( $p<0.01$ ) between marijuana use and stress levels, as well as a greater correlation of  $0.203$  ( $p<0.01$ ) between stress level and difficulty falling asleep.

### Conclusion

According to Figure 2.1 and 2.2, marijuana use and stress levels are positively correlated. This means that marijuana use can indirectly affect sleep quality. This conclusion is supported by previous studies which conclude that marijuana use can indirectly affect sleep quality through stress levels.

### References

1. Hoffer, Z. (2017). The indirect effects of marijuana use on sleep quality. Unpublished research paper, Emory University, Atlanta, GA.

