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 male, it is important to identify whether these two issues are associated.

Results
- 748 Respondents drank six or more times in the last thirty days.
- 368 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.

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

Conclusion
There is no association among respondents between gender and academic disruption from alcohol use (p = .05).

References:
[Provide references here if available]
Why it Matters

The growing prevalence of marijuana use among college students is a concerning trend. It is important to study the impact of marijuana use on health, especially in the context of exercise. The association between marijuana use and exercise intensity is crucial to understand the long-term effects of marijuana on physical health.

Analysis

Emory respondents who reported using marijuana had significantly lower exercise intensity compared to those who did not. This suggests a possible correlation between marijuana use and lower physical activity levels.

Conclusion

Emory respondents who reported using marijuana did not have significantly different mean exercise patterns compared to those who did not engage in marijuana use. No significant difference in mean exercise levels was found between regular marijuana users and non-users.

Research in College Drug Use
Is Binge Drinking Associated With Risky Sexual Behavior?

Exhibit by

Psychology 101: Sexual and College Drug Use

Implications

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

Swanson, James; Psych 198. 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

Major Implications

The level of IPV experienced at Emory is lower than the average of 108 schools that participated in the NCHA study. The finding paired with absence of association between alcohol use and IPV experience suggest that current intervention programs at Emory targeting Emory, respect program, safe rice, etc. are relatively more effective than the average college sample.

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).

[Graph showing IPV experience and level of low risk drinking patterns]

Resources

- Emory Hotline: (412)722-HELP
- Respect Hotline: (412)722-1000

References

- Emory College Health Services, American College Health Association, Professional College Health Association, 8th Annual Conference on College Health, Philadelphia, PA, October 2011.
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. It is not a measure of independent popularity across the survey. While inconclusive, findings did reflect a healthy freshman class almost completely close of heroin and other opiates use.
What is the Association of Marijuana Use with Exercise Intensity?

Why It Matters

Marijuana use among college students is a concerning trend in regards to the health of present and future generations. Lack of exercise can have negative health impacts, resulting in weight gain and possibly coronary disease. Marijuana use can also lead to other health problems such as depression and lack of motivation. Does engagement in marijuana use among Emory students correlate with lower physical activity levels?

Analysis

Emory respondents who reported using marijuana did not have significantly different mean weekly exercise patterns than respondents who did not engage in marijuana use. No statistical correlation was found between regular marijuana use and mean exercise levels.

Conclusion

Emory respondents who reported using marijuana did not have significantly different mean weekly exercise patterns than respondents who did not engage in marijuana use. No statistical correlation was found between regular marijuana use and mean exercise levels.
How Alcohol Affects Sleep and Academic Performance

The Importance of Alcohol’s (In)Direct Effects

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
"1010: Drug and Alcohol Use Survey" 2017. Emory respondents: American College Health Association.”

How Sleep Quality Affects GPA

Conclusion

Many Emory respondents overall had an average GPA. However, low GPAs were only reported from students who felt tired nearly every day. Nevertheless, there was no significance between alcohol consumption and sleep or academic performance. From the data, it can be seen that Emory respondents, however, do not drink that much, and when they do, they do not let it affect their sleep or performance that much.
Binging and Taking Risks, not at Emory?

by Diaz, Carly
Psyc180

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.

Analysis

Emory respondents, on average, never or rarely used condoms. This is true of non-drinkers, mild drinkers, and binge drinkers. Although graph shows binge drinkers having a higher proportion of people that always or usually use condoms, this was not statistically significant (p<.05).

Conclusion

REFERENCES
American College Health Association American College Health Association National College Health Assessment II: 2017 Emory University Student Health Services, Emory University, Atlanta, GA. 2017. Available: https://www.acha-net.org/aha-reports/2017-aha-reports/2017-aha-yes-survey/.
Substance Use Associated with BMI, Exercise, & Diet?

Distribution of exercise and healthy eating among drug users

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Analysis

On average, the Emory respondents exercised 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 BMI between users and non-users of alcohol, tobacco, and marijuana.

Conclusion

Nearly 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® 2012 Emory University, Sandy, MD: American College Health Association, 2012.
THE INDIRECT EFFECTS OF MARIJUANA USE ON SLEEP QUALITY
Hoffer, Zachary PSYCH 190 Research in College Drug Use

Reason for Study:
Marijuana use is among the most prevalent of all the illicit drugs. Every student has reported about a 60 percent incidence of marijuana use. Although some researchers have found that marijuana use for medicinal purposes is widespread, 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

Difficulty Falling Asleep In The Last 7 Days vs Level of Stress

Results:
Pearson correlations show that there are significant correlations of 0.112 (p<0.01) between marijuana use and stress levels, as well as a greater correlation of 0.201 (p<0.01) between stress level and difficulty falling asleep.

References

Conclusion
According to Figure 21 and past research cited by Hoffer et al., there is a correlation between marijuana use and sleep. This is especially due to the altered state of consciousness. By looking at the correlation between stress and marijuana use, it appears that marijuana use can indirectly affect sleep quality through increases in stress.