



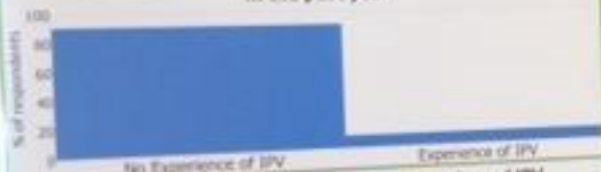
Lower Risk Drinking Patterns as a Predictor for Intimate Partner Violence (IPV)

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 preventative drinking strategies had no association on IPV incidence (p-value > .05).



(0 = Never drink in any circumstance, 1 = Always drink non-alc beverages at parties... 5 = Never drink non-alc 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 assistance in alcohol use and IPV experience suggest that current intervention programs at Emory (Drinking Emory, respect program, safe risk, etc.) are relatively more effective than the average college campus.

Resources

- Emory Helpline (404)727-HELP
- Rape/Assault Helpline (478)420-1300

References

Prevention College Health Association. American College Health Association National College Health Assessment II: Institutional Data Report. Fall 2017. University of Georgia, Research, 2018. American College Health Association, 2018.



EMORY

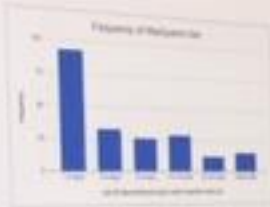


From Marijuana to Heroin?

Tokunaga, Thomas Wan; PSYCH 150: 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.



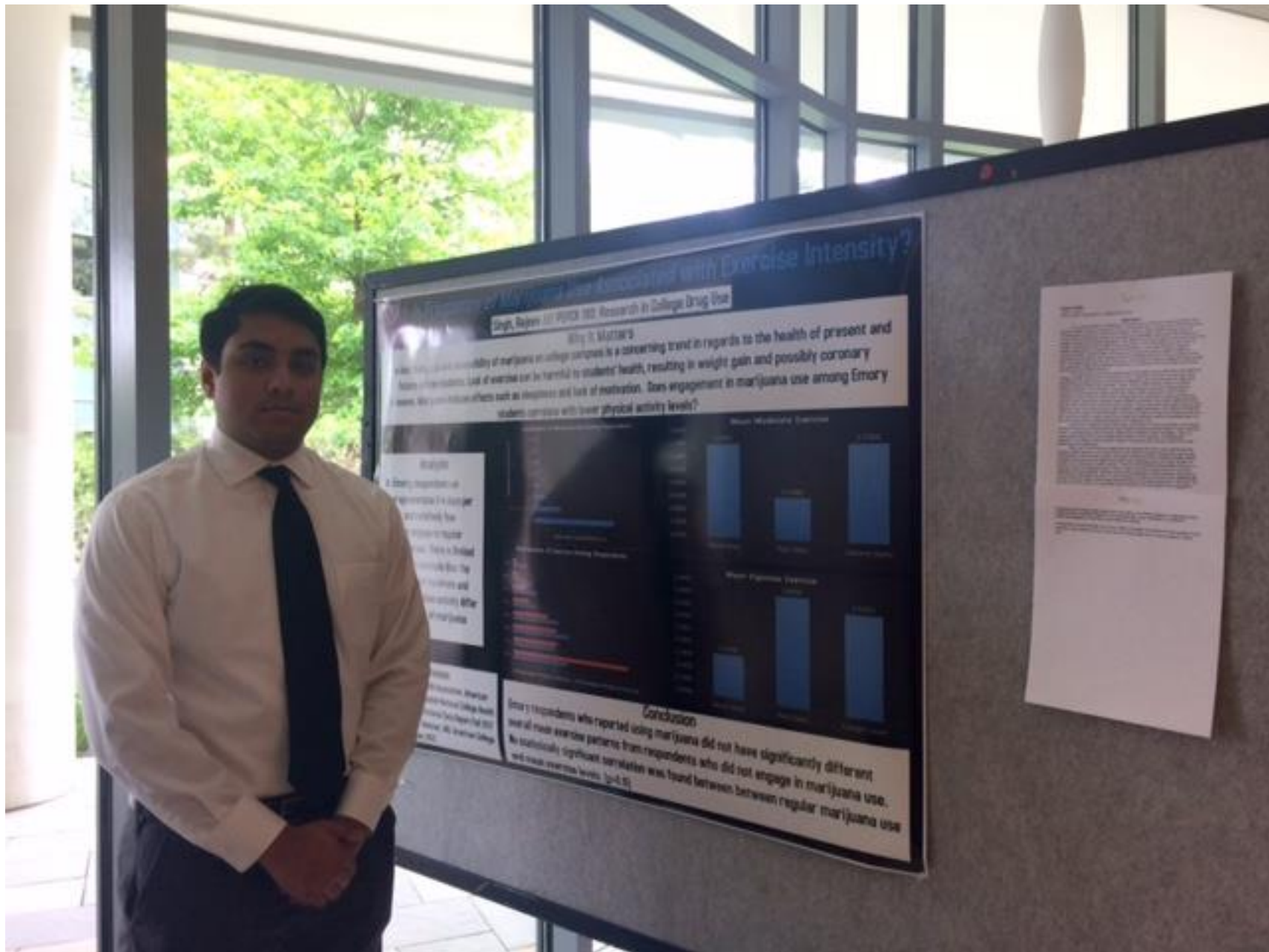
Conclusion

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 healthy freshman class almost completely clear of heroin and other opiate use.

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 NCHA college drug popularity survey data.

References: NCHA College Drug Use Survey, 2014-2015. Emory University, 2014-2015. NCHA College Drug Use Survey, 2014-2015. Emory University, 2014-2015.



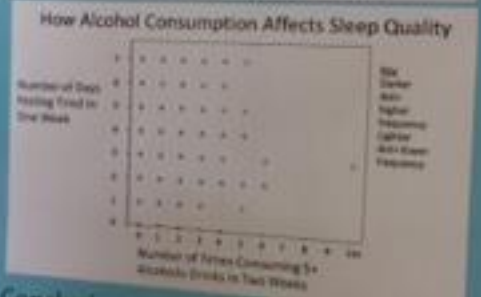
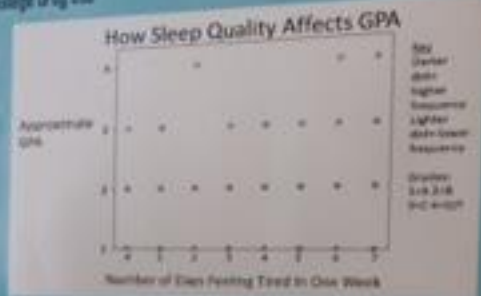


How Alcohol Affects Sleep and Academic Performance

Sam Cavally, Psych 180 Research in College Drug Use

The Importance of Alcohol's (In)Direct Effects

Research suggests that alcohol consumption during the first semester of college is associated with lower quality of sleep and lower academic performance. Lack of sleep affects cognitive function, which in turn leads to lower GPA. The hypothesis is that alcohol directly affects sleep and indirectly affects academic performance through this pathway.



Conclusion

Many Emory respondents overall had an average A GPA. However, low GPAs were only reported from students who felt tired nearly every day. Nevertheless, there was no significant correlation between alcohol consumption and sleep or academic performance. From the data, it can be seen that Emory respondents actually do not drink that much, and when they do, they do not let it 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 National College Health Assessment 2: national data report fall 2017. Emory University, November 2017.
- American College Health Association. 2017.
- Smith, Samantha, and Richard Cook. "National Institute on Alcohol Abuse and Alcoholism. Sleep at Risk."

Binging and Taking Risks.

not at Emory?



by Diaz, Carly
Psych101

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 2017. Emory University, Atlanta, GA: American College Health Association; 2017.
Rabonson, W. (2013). Chapter 8 In College Drinking and Drug Use. New York, NY: The Guilford Press.



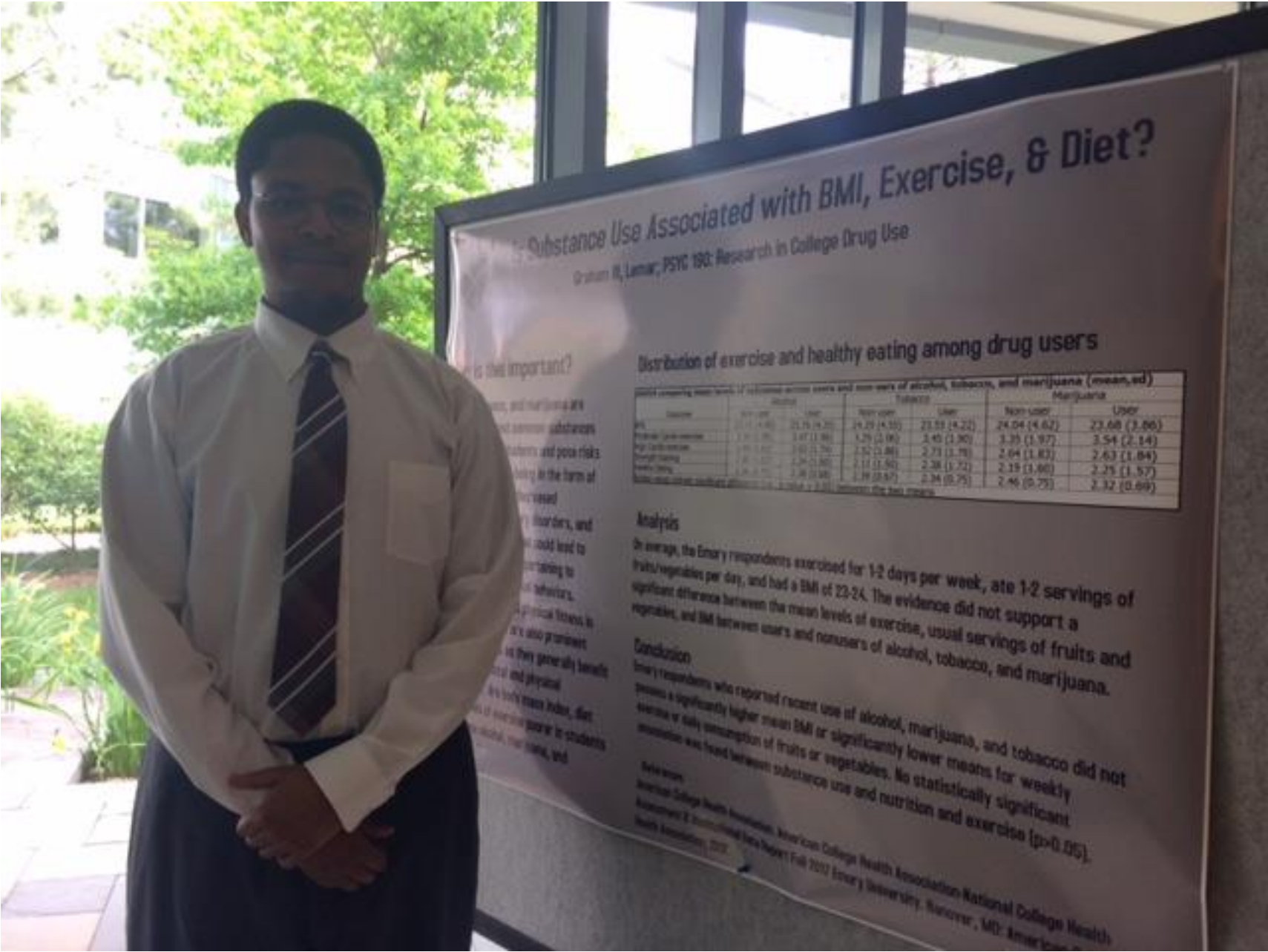
ANALYSIS

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

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?





Substance Use Associated with BMI, Exercise, & Diet?

Gratum B, Lamar, PSYC 190: Research in College Drug Use

is this important?

Distribution of exercise and healthy eating among drug users

Table comparing mean levels of substance users and non-users of alcohol, tobacco, and marijuana (mean, sd)

Variable	Alcohol		Tobacco		Marijuana	
	Non-user	User	Non-user	User	Non-user	User
BMI	21.1 (4.45)	21.75 (4.20)	24.29 (4.55)	23.55 (4.22)	24.04 (4.62)	23.68 (2.90)
Physical Activity	3.76 (1.85)	3.67 (1.86)	3.29 (2.06)	3.45 (1.90)	3.35 (1.97)	3.54 (2.14)
Fruit Consumption	1.96 (1.62)	1.93 (1.70)	2.32 (1.86)	2.71 (1.78)	2.64 (1.83)	2.63 (1.84)
Vegetable Consumption	1.46 (1.07)	1.39 (1.06)	2.11 (1.50)	2.38 (1.72)	2.15 (1.60)	2.25 (1.57)
Mean BMI	21.4 (4.75)	21.36 (4.58)	23.78 (5.87)	23.34 (5.75)	23.46 (5.75)	23.32 (5.69)

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 BMI 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 ($p > 0.05$).

Acknowledgements

American College Health Association, American College Health Association-National College Health Assessment 2 International Data Report Fall 2012 Emory University, Nuncover, 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 rising the highest out of all the illicit drugs. Many respondents have reported about a 50 percent increase of marijuana use. Although, recent research has found that benefits of marijuana use for medicinal purposes, 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

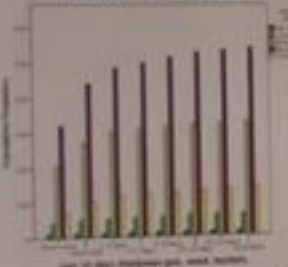


Figure 1.1: Use of Marijuana is positively correlated with higher levels of stress. Bivariate analysis shows that there is a significant and positive correlation between marijuana use and level of stress.

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

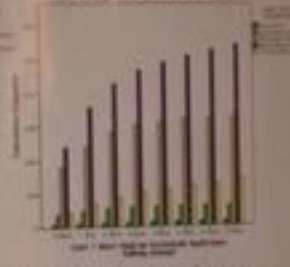


Figure 2.1: Higher levels of stress is positively correlated with increased trouble falling asleep which correlates with the previous finding indicating sleep difficulties with pervasive stress before bed.

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 0.203 ($p < 0.01$) between stress level and difficulty falling asleep.

Conclusion

According to Figure 2.1 and past research done by Barrett et al. (2014) a correlation between stress and sleep quality especially due to time before bedtime. Barrett et al. (2014) looking at the correlation between marijuana use and stress, it demonstrates a high positive feedback loop between stress, marijuana use, and poor sleep quality. This means that marijuana use can indirectly affect sleep quality through increases in stress.

References

Barrett, T. L., & Barrett, T. L. (2014). The relationship between marijuana use and sleep quality. *Journal of Cannabis Research*, 1(1), 1-10.

