

University of Washington
Office of Educational Assessment

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**University Life and Substance Use Survey
1997**

Linda Carlin

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The Office of Educational Assessment is an agency of the University of Washington which provides a variety of services related to educational research and assessment. The following are programs within which these services are provided:

- Institutional Research
- Student Outcomes Assessment
- Instructional Evaluation
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University Life and Substance Use Survey 1997

EXECUTIVE SUMMARY

This report examines survey responses from students at the University of Washington regarding their use of alcohol and other drugs, their sense of community, and their reactions to alcohol- and other drug-related University policies and educational programs. The goal of this survey was to assess current reported levels and frequency of use of alcohol and other drugs among students, and to evaluate the effectiveness of University policies and educational programs related to alcohol and other drug use. Surveys were sent in April 1997 to a random sample of 3,118 students at all class levels, and 1,243 were completed and returned (40.4%, excluding 39 questionnaires returned as undeliverable). This study is conducted every two years by the Office of Educational Assessment in concert with and on behalf of the Office of the Vice President for Student Affairs and the Student Affairs Committee on Alcohol and Substance Awareness.

The demographic composition of survey respondents this year was similar to previous surveys. Undergraduates were slightly under-represented in comparison to their proportion in the University population (68.4% vs. 73.8%) and graduate/ professional students were correspondingly over-represented (30.8% vs. 26.2%). The median age of the undergraduate respondents was 21, while almost all of the graduate/professional students were over 22 years of age. Women were over-represented in comparison to their proportion of the University population (58.4% vs. 50.4%) while men were under-represented (41.6% vs. 49.6%). The majority of respondents were Caucasian (71.0%) or Asian (16.2%). The remaining respondents (12.8%) were fairly evenly distributed among African American, Hispanic, Native American, and those who chose "combination" or "other."

Undergraduates were fairly evenly divided as to whether or not they felt a part of the University community, whereas two-thirds of graduate/professional students did not feel a part of the community. However, half of the undergraduates and the majority of the graduate/ professional students were satisfied with their levels of involvement. Similar to previous surveys, only 13.5% of undergraduates and 7.4% of graduate/professional students were dissatisfied with their levels of involvement with the University community.

Overall, patterns of alcohol consumption among students remained about the same as in previous surveys. About three-fourths of students reported that they did not drink at all on typical weekday evenings, and drank either lightly (one to two drinks per evening) or not at all on a typical weekend. Undergraduates were more likely to exhibit extreme drinking patterns than graduate/professional students, either not drinking at all or drinking very heavily (seven or more drinks at one time). The median number of drinks per week reported by both undergraduates and graduate/professional students was one (the median is used here because extreme numbers reported by a few respondents made the mean unrepresentative of the entire sample). About half of the undergraduates reported a change in their drinking habits (either increasing or decreasing) since enrolling at the University, while slightly more

than a third of graduate/professional students reported a change (most of them decreasing). As in past years, almost all students had no immediate plans to change their levels of drinking.

Reported patterns of alcohol use differed according to gender, age and living situation. Slightly more women than men do not drink at all. Among students who do drink, men were more likely to drink heavily (five or more drinks) than women, although a slight increase in the proportion of women who typically drink heavily on weekends was noted this year. Half of the undergraduates 20 years of age or younger do not typically drink on weekends. The heaviest weekend drinking levels were reported by 21-year-olds, with a slight decline in undergraduates who were 22 or older. Graduate/professional students tended to drink lightly or not at all on a typical weekend, and the proportion who typically had three or more drinks was about half as large as the proportion of undergraduates who did so.

Patterns of weekend alcohol consumption by undergraduates differed greatly by living situation. As in previous surveys, students living with their parents consumed the least alcohol on a typical weekend. The majority of the students living on-campus in residence halls drank lightly or not at all. However, a small proportion reported drinking seven or more drinks on a typical weekend evening. Among undergraduates living off-campus with acquaintances the majority drank lightly or not at all. A small proportion (2.9%) of younger students (under 20 years of age) consumed five or more drinks per weekend evening. However, this proportion increased to about 20% for students 20 and older. As in previous years, students living in fraternities and sororities reported drinking more than did other undergraduate residence groups, but the trend toward moderation which began with the 1995 survey appears to be continuing. Although this group had the fewest non-drinkers, the proportion of light drinkers was fairly high, particularly among the younger (under 20) students. Heavy drinking (five or more drinks per evening) declined for the under 20 age group, but the proportion among 20-year-olds has remained about the same at 41.1%. Only four students 22 or older reported from this group, but all of them fell into the heavy drinking category of five or more drinks per typical weekend evening.

About half of the undergraduates and graduate/professional students had used illicit drugs at some time. Reported use of cigarettes, marijuana/hashish, and amphetamines increased slightly over previous years, a trend that was noted in the 1995 survey. Men and women differ only slightly in the proportion and frequency of marijuana/hashish use; this pattern of use differs from previous findings that men were more frequent users than women. About one-fourth of all students across all age groups reported using marijuana/hashish, with the exception of 21-year-olds who reported a slightly higher usage rate (34.8%). The majority of these students reported a frequency of use of about once per month.

The proportion of undergraduates using marijuana/hashish who lived off-campus with acquaintances or in fraternities or sororities was substantially larger than students living in residence halls or with their parents. The main difference between the two larger groups of users was in frequency of use. Nearly all of the students in fraternities/sororities who reported using marijuana/hashish did so only about monthly. However, a large proportion of students living off-campus with acquaintances reported more frequent use, either on a

weekly or even daily basis. For the most part, these findings are consistent with previous years, keeping in mind fluctuations due to the small numbers of students involved. However, as noted earlier, reported marijuana/hashish use has increased somewhat among undergraduates overall. The majority of students indicated that they had not changed their patterns of marijuana/hashish use since enrolling at the University.

Cigarette smoking has increased among undergraduates by 12.8% (to 31.1%) and among graduate/ professional students by 8.7% (to 20.4%) since 1993, although many of these students smoke infrequently (once a month or less), and did not consider themselves to be "smokers." Almost 20% of students said their use of cigarettes had increased since enrolling at the University, while another 11.9% reported a decrease in use.

The majority of the undergraduates, and about half of the graduate/professional students, believed that UW students have a good understanding of the health risks involved with the use of alcohol, tobacco, and other drugs. However, a large proportion felt that this knowledge would not decrease students' use of tobacco, other drugs, and especially alcohol.

Most students said they would seek assistance for themselves or a friend if experiencing difficulties because of alcohol and/or other drug abuse. However, the proportion saying they would do so declined from 1995. The primary reason given for not seeking assistance was uncertainty as to whether or not there was a problem. Of those who said they would seek assistance, about half said they would talk to a friend or family member, go to an off-campus resource, or go to one of the on-campus student resource centers (Hall Health Primary Care Center or the Student Counseling Center). Very few students reported having actually sought such assistance.

As in the 1995 survey, about half of the undergraduates reported that, in the past year, they had had a hangover, gotten nauseated or vomited, and/or drank more than they wanted. Among graduate/professional students, about half had had a hangover, while about one-fifth reported drinking more than they wanted, getting nauseated or vomiting, or driving a car while drunk or high. About half of all students reported having family members who had alcohol- or other drug-related problems at some time.

In a new item this year, students were asked how often they believed other UW students used alcohol, cigarettes, marijuana/hashish, or other illicit drugs. Most undergraduates and graduate/professional students believed that, on average, other students drink alcohol once per week or more often. Similarly, the majority estimated the average frequency of cigarette smoking to be once per week or more. About half of the undergraduates and graduate/professional students said they believed that, on average, other students smoke marijuana/hashish about once per week, and use other illicit drugs about once per month. Few students believed that other students were not using marijuana or other illicit drugs at all.

Half of the undergraduates and one-third of the graduate/professional students indicated that they were aware of University alcohol and other drug policies. Only about 10% believed that these policies are enforced; however, about two-thirds of the students said they had no basis on which to verify their opinions.

Awareness of almost all alcohol- and other drug-related University educational programs had increased from previous years among undergraduates, but had not changed among graduate/professional students. The most familiar events or programs, cited by about half of the undergraduates, were advertisements in The Daily, Substance Awareness Week, and the Wrecked Car¹. Graduate/professional students were much less aware of events or programs, most frequently citing advertisements in The Daily and the Wrecked Car. However, very few students, whether undergraduate or graduate/professional, indicated that University educational efforts influenced their use of alcohol and/or other drugs. Influential factors most frequently cited were lifestyle choices, awareness of health risks, friends/others, and state or federal law (for use of illicit drugs only). While the majority of the undergraduates and about one-half of the graduate/professional students believed there was nothing the University could do to encourage informed, responsible use of alcohol or other drugs among the student population, many of them still thought it was important for the University to continue its alcohol- and other drug-related programs and policies.

At the end of the survey, students were invited to give suggestions for ways the University could encourage students to make informed, responsible decisions about using alcohol or other drugs and to give any general, open-ended comments. More than one-third (34%) of respondents expressed opinions about whether the University should focus its efforts on educational/awareness programs, enforcement of policies, or providing programs for alternatives to substance use. The largest proportion of respondents felt that the University should continue or increase educational efforts, and several suggested specific ideas for effective educational programs. Smaller groups of respondents felt that the most effective ways to influence students' alcohol and other drug use habits is to continue (or increase) enforcement of policies on campus, provide substance-free events, or provide counseling for students with substance use problems. A compilation of student open-ended comments is provided in Appendix D, bound separately.

Overall, there has been little change in patterns of alcohol and other drug use among the student population since 1991. Slightly more undergraduates report heavier weekend drinking than in past years, and more students say that they use marijuana at least once in awhile. However, neither of these increases is significant. As in previous years, the heaviest drinking occurs among students living in fraternities and sororities. A number of student comments this year specifically mentioned a need to address alcohol use in the Greek system. Many more students this year felt that most students are well aware of health risks related to alcohol, tobacco, and other drug use. Most of them also felt that this awareness would not decrease most students' use of these substances. Even so, most students who commented on the University's programs and policies felt that they should continue, or even be increased.

¹ The display on campus of a car wrecked in a drinking and driving accident.

UNIVERSITY LIFE AND SUBSTANCE USE SURVEY 1997

Linda Carlin

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INTRODUCTION

This report is fourth in a series of biennial surveys conducted by the Office of Educational Assessment (OEA) to assess the use of alcohol and illicit drugs among University of Washington students, and to obtain students' views of the effectiveness of alcohol- and other drug-related University policies and educational programs¹. This year's survey was conducted in spring quarter 1997, and was similar to previous years in content and population surveyed. These surveys are administered at the request of the Office of the Vice President for Student Affairs and the Student Affairs Committee on Alcohol and Substance Awareness.

PROCEDURE

A questionnaire was mailed to a random sample of 3,118 students, selected from all students currently enrolled at the University of Washington. A sample can be found in Appendix A. The questionnaire was accompanied by a cover letter (Appendix B), and a postage-paid return envelope. Ten days later, all students in the sample were sent a postcard reminding them to return the questionnaire (Appendix C). Of the questionnaires sent out, minus 39 returned as undeliverable, 1,243 were completed and returned (40.4%).

RESULTS

Demographic Information

The class standing of students responding to this year's questionnaire is shown in Table 1. As shown in the table, 68.4% of the respondents were undergraduates and 30.8% were graduate/professional students, a pattern similar to previous years. Also as in previous years, undergraduates were under-represented with respect to the general undergraduate population at the University (73.8%), while graduate/professional students were over-represented relative to the general population (26.2%). Eleven students did not report class standing or classified themselves as "other," and their responses are not included in the

¹ Nana Lowell, University Life and Substance Use Survey, Report No. 91-4, Office of Educational Assessment, University of Washington, September, 1991.
Nana Lowell, University Life and Substance Use Survey; 1993 Survey, Report No. 93-4, Office of Educational Assessment, University of Washington, December, 1993.
Thomas Taggart, University Life and Substance Use Survey; 1995, Report No. 96-1, Office of Educational Assessment, University of Washington, April, 1996.

breakdowns by class standing shown in subsequent tables. However, their responses are included in the totals.

Table 1: Class Standing		
	Number	%
Freshman	136	10.9
Sophomore	128	10.3
Junior	253	20.4
Senior	264	21.2
5 th -Year Senior	69	5.6
Graduate Student	319	25.7
Professional Student	63	5.1
Other or not listed	11	0.8
Total	1243	100

Age and gender distributions of respondents (shown in Tables 2 and 3) were similar to previous years. The largest percentage of undergraduates fell within the 22-25 year age range. However, nearly two-thirds of the undergraduates (59.1%) were 21 years of age or younger, and very few were over 25, resulting in a median age of about 21 years for undergraduate respondents. The median age range for graduate/professional respondents, as well as the range showing the largest percentage of response, was 26-30 years of age. Fewer than 1% of graduate/professional respondents were under 22 years of age. As in previous years, more women responded than men, and were thus over-represented with respect to the general University population (58.4% vs. 50.4%) while men were under-represented (41.6% vs. 49.6%).

Table 2: Age			
Years of Age	Undergraduate	Graduate/Professional	Total
18	7.1	0	4.8
19	17.2	0	11.8
20	15.4	0.3	10.6
21	19.4	0.3	13.4
22-25	25.2	25.7	25.3
26-30	9.3	38.1	18.3
31-35	2.6	21.0	8.2
36+	3.9	14.7	7.5
Total Responding	850	381	1240

Table 3: Gender			
	Undergraduate	Graduate/Professional	Total
Female	58.6	57.7	58.4
Male	41.4	42.3	41.6
Total Responding	846	381	1236

Ethnicity of respondents was requested for the first time in this year's survey. Percentages of respondents falling within the various ethnic categories are given in Table 4, and show a profile similar to the overall ethnic distribution of the University student population. The percentage in each category is somewhat lower than that reported for the general student population because the University does not utilize the "combination" or "other" categories selected by 8.0% of the survey respondents.

Table 4: Ethnicity			
	Undergraduate	Graduate/Professional	Total
African American	1.8	2.1	1.9
Asian	17.5	13.6	16.2
Caucasian	69.8	73.6	71.0
Hispanic	2.3	2.7	2.4
Native American	0.2	1.1	0.5
Combination	5.9	3.5	5.2
Other	2.5	3.5	2.8
Total Responding	842	375	1226

The cumulative GPA reported by both undergraduates and graduate/professional students was similar to those reported in previous years (Table 5). As in the 1995 survey, GPA's reported for the current quarter were slightly higher than cumulative GPA (Table 6). For both cumulative and current quarter GPAs, undergraduate GPAs were substantially lower than graduate/professional students.

Table 5: Cumulative GPA			
	Undergraduate	Graduate/Professional	Total
Mean	3.22	3.68	3.36
Standard Deviation	.43	.23	.44
Total Responding	813	342	1163

Table 6: GPA Most Recent Quarter			
	Undergraduate	Graduate/Professional	Total
Mean	3.29	3.73	3.41
Standard Deviation	.50	.35	.50
Total Responding	791	294	1092

One-third (34.1%) of the undergraduates responding had been at the University only one to three quarters (Table 7); however, based on the class standing distribution of Table 1, they were not necessarily first-year students. Many were transfer students from other institutions. The largest proportions of graduate/professional students were evenly distributed between those who had been here one to three quarters (29.1%) and those who had been here thirteen or more quarters (28.5%). When all students were considered, more than half (53.2%) had been enrolled at the University for six or fewer quarters.

Table 7: Number of Quarters at UW			
	Undergraduate	Graduate/Professional	Total
1-3	34.1	29.1	32.5
4-6	22.7	16.0	20.7
7-9	16.6	12.6	15.3
10-12	15.3	13.9	14.8
13+	11.2	28.5	16.7
Total Responding	847	382	1238

Students' living situations are summarized in Table 8. The percentage of students living in residence halls (18%) increased substantially from previous years, nearly doubling the percentage reported in 1995 (9.7%). A smaller percentage of undergraduates reported living in fraternities than did so in 1995 (9.0% vs. 12.0%). Consistent with the 1995 survey, the largest groups of respondents lived off-campus with acquaintances (26.7%), or with a partner and/or child(ren) (25.1%). Relatively smaller proportions lived off-campus alone (13.5%) or with their parents (13.1%).

Table 8: Current Living Situation			
	Undergraduate	Graduate/Professional	Total
Residence hall alone	6.2	1.1	4.6
Residence hall, w/ others	11.8	1.3	8.5
Fraternity or Sorority house	9.0	0	6.1
UW family housing/single student apartment	1.5	4.2	2.3
Off-campus with my parents	18.1	2.1	13.1
Off-campus with my partner and/or children (combined)	16.4	44.6	25.0
--with my partner only	11.8	34.8	18.9
--with my child/children only	0.8	0.3	0.6
--with my partner and child/ children	3.8	9.5	5.5
Off-campus with acquaintances	28.2	23.5	26.8
Off campus alone	8.8	23.2	13.5
Total Responding	849	379	1237

University Experience

Students were asked to indicate the extent to which they felt a part of the University student community, and their satisfaction with their level of involvement. Table 9 shows the pattern of response and the mean level of involvement computed on a four-point scale (1="I feel very much a part of the student community" and 4="I often feel I am not a part of the student community"). As shown in the table, undergraduates reported feeling more involved in the student community (2.6) than did graduate/professional students (3.0).

Table 9: Feeling part of the UW student community			
	Undergraduate	Graduate/Professional	Total
(1) I feel very much a part of the student community	14.3	6.6	11.8
(2) I feel more a part of the student community than not	34.5	27.1	32.1
(3) I sometimes feel I am not a part of the student community	26.8	27.9	26.9
(4) I often feel I am not a part of the student community	24.5	38.5	29.2
Total Responding	841	377	1227
Mean	2.6	3.0	2.7
Standard Deviation	1.01	.96	1.01

However, as shown in Table 10, graduate/professional students felt more satisfied with their level of involvement (2.1) than did undergraduates (2.4). While graduate/professional students were somewhat satisfied with their University community involvement, undergraduates report feeling closer to "neutral." These findings are essentially the same as in previous years.

Table 10: Extent of satisfaction with UW involvement			
	Undergraduate	Graduate/Professional	Total
Very satisfied	23.9	34.7	27.2
Somewhat satisfied	28.3	28.0	28.3
Neutral	34.3	29.9	32.8
Somewhat dissatisfied	10.7	7.1	9.6
Very dissatisfied	2.8	0.3	2.0
Total Responding	849	378	1236
Mean	2.4	2.1	2.3
Standard Deviation	1.05	.97	1.04

Feeling part of the University student community was related to the students' living situation. As shown in Table 11, students living in fraternities and sororities or in residence halls felt significantly ($p < .05$)² more involved and more satisfied with their level of involvement than did students living off-campus. In general, students reported being somewhat satisfied with their level of involvement, with the exception of students living with their parents and single parents, who were significantly less satisfied than all other students ($p < .05$).

Sense of Community

- 1=very much a part
- 2=more a part than not
- 3=sometimes not a part
- 4=not a part

Level of Satisfaction

- 1=very satisfied
- 2=somewhat satisfied
- 3=neutral
- 4=somewhat dissatisfied
- 5=very dissatisfied

Table 11: Sense of Community and Level of Satisfaction by Living Group

	Sense of Community (1-4 scale)	Level of Satisfaction (1-5 scale)
Fraternity or Sorority	1.85	2.03
Residence Hall w/Roommate(s)	2.09	2.22
Residence Hall alone	2.25	2.39
Off Campus w/Acquaintances	2.86	2.36
Off Campus w/Parents	2.69	2.24
Off Campus w/Partner only	2.87	2.63
Off Campus w/Children only	3.14	2.30
Off Campus w/Acquaintances	3.13	2.75
Off Campus w/Partner & Children	3.32	2.40

Alcohol Use

A series of questions related to students' use of alcohol was included in the survey. For these questions, one drink was defined as twelve (12) ounces of beer, four (4) ounces of wine or one standard cocktail. Students were first asked to describe themselves as either non-drinkers, light, moderate, or heavy drinkers (see Table 12). Half of all students (50.1%) considered themselves to be light drinkers, although more graduate/professional students fell into this category than undergraduates. One-third (33.6%) of undergraduates and one-fifth (21.9%) of graduate/professional students considered themselves to be non-drinkers. However, approximately 10% of these students reported occasional drinking in the three months prior to the survey. These findings are consistent with previous years.

² This notation indicates that there is less than 5% possibility that the differences found between the mean scores is due to chance.

Table 12: Current Level of Drinking			
	Undergraduate	Graduate/Professional	Total
Non-drinker	33.6	21.9	29.8
Light drinker	46.2	59.1	50.1
Moderate drinker	18.7	18.7	18.8
Heavy drinker	1.5	0.3	1.2
Total Responding	849	379	1237

When asked to estimate the amount of alcohol they consumed on the occasion when they drank the most in the previous month, the majority of students reported that they drank lightly (1-2 drinks) or not at all (Table 13). As in previous surveys, undergraduates reported more extremes in their drinking behavior, drinking heavily (seven or more drinks) or not at all, than did graduate/professional students. Although a trend toward moderation in alcohol consumption among graduate/professional students was noted in the 1995 survey results, this year's results indicate a slight increase in drinking levels. The proportion of "light drinkers" (1-4 drinks) has decreased from 63.9% to 61.7%, while the proportion of heavy drinkers (5-8 drinks) has increased from 12.9% to 15.3%.

Table 13: When you drank the MOST during the past month, how much did you drink?			
	Undergraduate	Graduate/Professional	Total
0 drinks	33.4	20.3	29.2
1-2 drinks	20.0	37.2	25.6
3-4 drinks	17.7	24.5	19.7
5-6 drinks	12.7	10.6	12.1
7-8 drinks	5.8	4.7	5.4
More than 8 drinks	10.4	2.6	8.0
Total Responding	848	379	1236

Percentages of students who reported episodes of "binge" drinking in the past two weeks, defined as 5 or more drinks on one occasion, are shown in Table 14. More undergraduates (23.2%) reported episodes of binge drinking than did graduate/professional students (13.4%). In the total student population combined, twice as many males (27.7%) as females (14.9%) reported episodes of binge drinking.

**Table 14: Frequency of binge drinking episodes (5 or more drinks)
"in the last two weeks."**

	Undergraduate	Graduate/Professional	Total
None	76.8	86.6	79.8
One	10.3	7.4	9.3
Two	6.2	5.3	5.9
3-5	4.9	0.5	3.5
6-9	1.3	0.3	1.1
10 or more	0.6	0	0.4
Total Responding	845	380	1234
	Male	Female	Total
None	72.3	85.1	79.8
One	12.1	7.4	9.3
Two	7.6	4.7	5.9
3-5	5.7	1.9	3.5
6-9	1.6	0.7	1.1
10 or more	0.8	0.1	0.4
Total Responding	512	719	1234

Overall, students reported consuming an average of 2.7 drinks per week (Table 15). Males reported drinking an average of 3.7 drinks, which was significantly higher than the 2.0 drinks per week reported by females. Undergraduates reported a slightly higher number of drinks than did graduate/professional students, but not significantly so. A change in the wording of this item in the current survey does not allow direct comparison with previous surveys.

Table 15: Percent of students reporting number of drinks consumed per week.

	Undergraduate	Graduate/Professional	Total
None	40.9	27.1	36.6
One	17.6	21.1	18.6
2-5	27.3	37.4	30.5
6-9	5.4	9.7	6.7
10-15	5.0	3.7	4.6
16-20	1.9	0.9	1.6
21 or more	1.9	0	1.4
Total Responding	784	350	1141
	Male	Female	Total
None	34.7	38.3	36.8
One	11.8	23.2	18.6
2-5	33.2	28.3	30.3
6-9	7.5	6.1	6.7
10-15	6.9	3.1	4.7
16-20	2.8	0.7	1.6
21 or more	3.2	0.1	1.4
Total Responding	671	467	1138

Students' perceptions of changes in their drinking habits since enrolling at the University were consistent with previous years (Table 16). Most graduate/professional students (82.2%) indicated that they had either decreased or remained the same in their drinking habits. Very few (7.7%) had increased over the long term, or temporarily (8.2%). In contrast, although two-thirds of undergraduates reported that their drinking had decreased or stayed the same, nearly 20% reported an increase in drinking.

Table 16: Describe your pattern of alcohol use since enrolling at the UW			
	Undergraduate	Graduate/Professional	Total
Decreased	12.5	21.4	15.2
Increased	19.2	7.7	15.5
Decreased, then increased	1.3	1.9	1.5
Increased, then decreased	14.4	8.2	12.5
Remained the same	52.6	60.8	55.3
Total Responding	834	378	1221

Patterns of drinking on weekend evenings are similar to patterns described by students of times when they drank the most in the previous month (Table 17). Most undergraduates (73%) and graduate/professional students (82.6%) reported drinking lightly or not at all. Differences emerged at the heavier levels of drinking with substantially more undergraduates reporting drinking five or more drinks (12.5%) than graduate/ professional students (4.7%). These patterns are consistent with the 1993 and 1995 surveys.

Table 17: Over the past 3 months, how much alcohol did you consume on a given weekend evening?			
	Undergraduate	Graduate/Professional	Total
0 drinks	41.6	37.6	40.5
1-2 drinks	31.4	45.0	35.6
3-4 drinks	14.5	12.6	13.9
5-6 drinks	5.8	4.2	5.3
7-8 drinks	2.7	0.0	1.9
More than 8 drinks	4.0	0.5	2.9
Total Responding	849	380	1238

Comparisons of self-description (non-drinker, light, moderate, or heavy drinker) and amounts of alcohol consumed both on the occasion of drinking the most in the past month, and typical amounts over a three-month period are shown in Figures 1 and 2. Some students who described themselves as non-drinkers also reported they had had at least a few drinks during the previous month; some "non-drinkers" (1.4%) had had as many as three to six drinks at one time. Similarly, many students (20.5%) who considered themselves light drinkers had had more than five drinks on one occasion during the previous month. Half of the students who considered themselves moderate drinkers (49.1%) and all of the heavy drinkers had had more than seven drinks on the occasion when they drank the most in the previous month.

Students' weekly drinking patterns for the three months prior to the survey produced a similar distribution, with the exception of those students who classified themselves as light drinkers. Most of these students (61%) consumed one to two drinks per week, while a small number did not drink at all (15.2%) or had more than five drinks per week (7.4%). A few students who classified themselves as non-drinkers (6.6%) reported drinking one to four drinks per week. The majority of students who classified themselves as moderate drinkers (65.1%) and all of the heavy drinkers reported having five or more drinks per week.

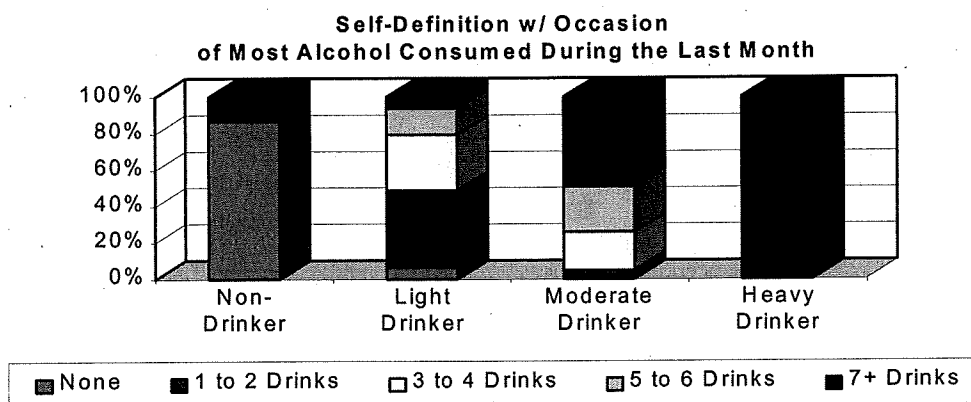


Figure 1

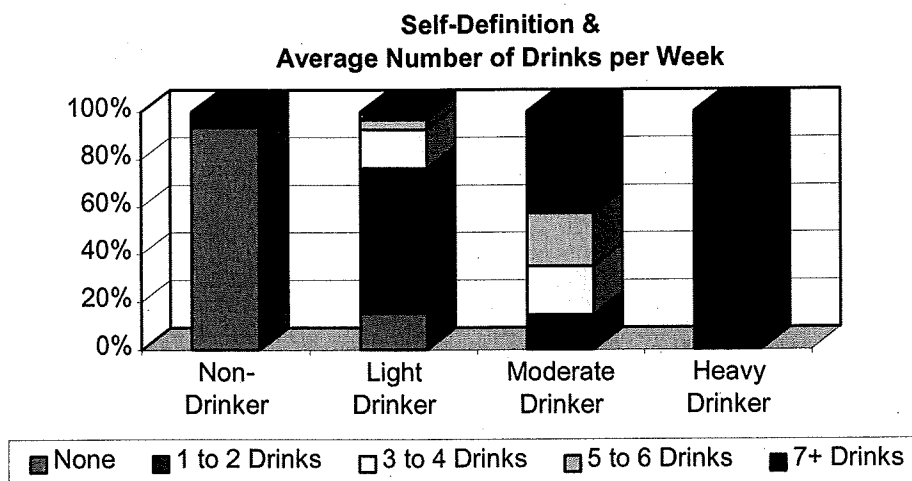


Figure 2

Comparisons of typical weekend evening alcohol consumption based on gender, age, and living situation are shown in Figures 3 through 10. As shown in Figure 3, slightly more women (41.1%) than men (39.8%) reported that they do not drink at all. Previous surveys have noted a narrowing gap between men and women non-drinkers due to an increase in women's weekend drinking. Although the gap continues to narrow with the 1997 results, it is due to a slight (1%) increase in the number of men not drinking, and no change in the percentage of women, which remains the same as in 1995. Women exceed men (39.3% to 29.9%) in the category of light weekend drinking (one to two drinks per day), while men (13.7%) exceed women (7.5%) by almost two-to-one in the heavier typical weekend drinking categories (5 or more drinks). Although the number of women shifting from moderate to heavy drinking increased slightly (2.2%), while the number of men drinking heavily decreased slightly (1.5%), weekend drinking patterns remained essentially the same as in previous years.

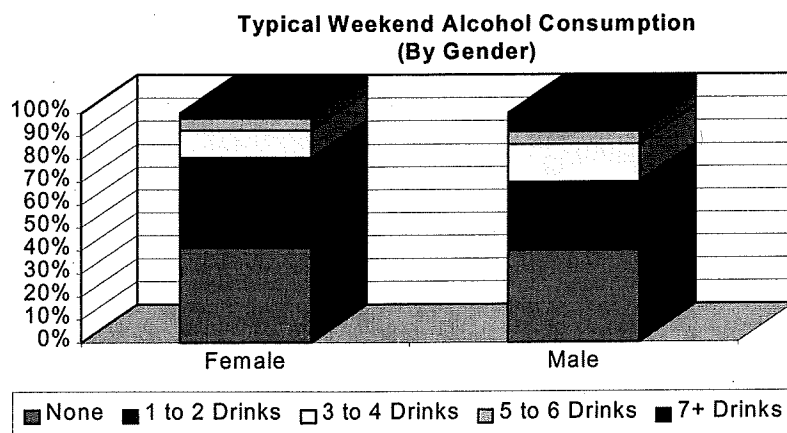


Figure 3

Figure 4 displays the breakdown of number of drinks consumed on a typical weekend evening by four age groups of undergraduates, and a separate group of graduate/professional students (who were not separated by age since almost all of them were 22 years or older). Half of the undergraduates 20 years of age and younger reported that they did not typically drink on weekends. This number dropped to about one-third for undergraduates 21 or older. Contrary to previous years, which found the heaviest drinking among younger students who do drink, this year's results show a consistent increasing trend in weekend drinking for students 21 or younger, with a slight decline in drinking levels in undergraduates 22 or older. The heaviest levels of weekend drinking were reported by 21-year-old students, with one-third (33.6%) typically drinking three or more drinks per weekend evening.

Graduate/professional students tended to drink lightly (45.1%) or not at all (37.5%) on a typical weekend. The proportion who typically have three or more drinks (17.4%) is about half the proportion of undergraduates in the same age category. These patterns are similar to previous years of the survey.

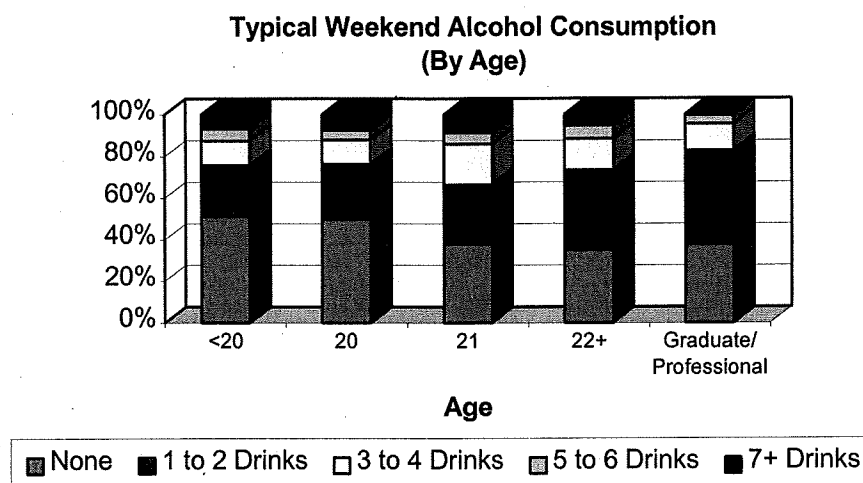


Figure 4

The relationship between typical weekend alcohol consumption among undergraduates and age was examined within type of residence (with parents, in residence halls, in fraternities and sororities, and off-campus with acquaintances). Of the undergraduates who were under 20 years old, nearly half (44.2%) lived in residence halls, 19.4% lived with their parents, 16.5% lived off-campus with acquaintances, and 14.6% lived in sororities or fraternities. The remaining 5.3% lived off-campus either alone, with a partner, or as a single parent. The majority of students 20 years old or older shifted to off-campus living arrangements. Only 21.4% of 20-year-olds, 12.8% of 21-year-olds, and 3.8% of students 22 or older lived in residence halls. A smaller proportion (13.0% of 20-year-olds, 12.8% of 21-year-olds, 2.3% of 22 or older) lived in sororities or fraternities. The proportions of students living with

parents remained fairly consistent across age groups (26.0% of 20-year-olds, 18.3% of 21-year-olds, 14.4% of 22 or older). A fairly large proportion lived off-campus with acquaintances (28.2% of 20-year-olds, 40.9% of 21-year-olds, 29.0% of 22 or older). About half (48%) of undergraduates 22 or older lived off-campus alone or with a partner and/or child(ren).

As in previous surveys, students younger than 21 years of age living with their parents were least likely of all living groups to drink at all on a typical weekend; 70% of those younger than 20 years of age and 64.7% of those who were 20 reported no drinking (Figure 5). The percentage of students who lived with their parents and did not drink declined for 21-year-olds (47.6%) and those 22 or older (38.5%). However, this group as a whole drank the least of all groups. Those who did drink tended to be light drinkers, consuming only one to two drinks on a typical weekend evening.

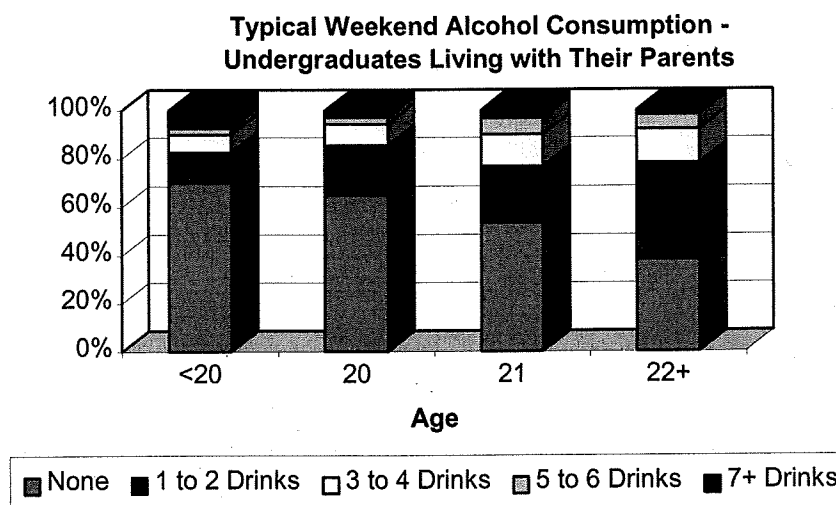


Figure 5

A majority of undergraduates living in residence halls who were less than 20 years of age or who were 20 did not drink at all on a typical weekend (56.0% and 64.3%, respectively). About one-third of these students (32.4% in both groups) drink only lightly, one to two drinks, per evening. A small number (14.3% of students under 20, and 3.6% of students 20 years old) typically consumed seven or more drinks per weekend evening. Very few students 21 years of age or older, living in residence halls, responded to the survey, limiting meaningful conclusions about their drinking patterns. However, of those, the majority of students 22 or older drank lightly or not at all (46.2% and 38.5% respectively). As in the 1995 survey, those who were 21 years old were somewhat polarized in their drinking patterns; while 65.6% drank lightly or not at all, 21.3% typically drank five or more drinks per evening.

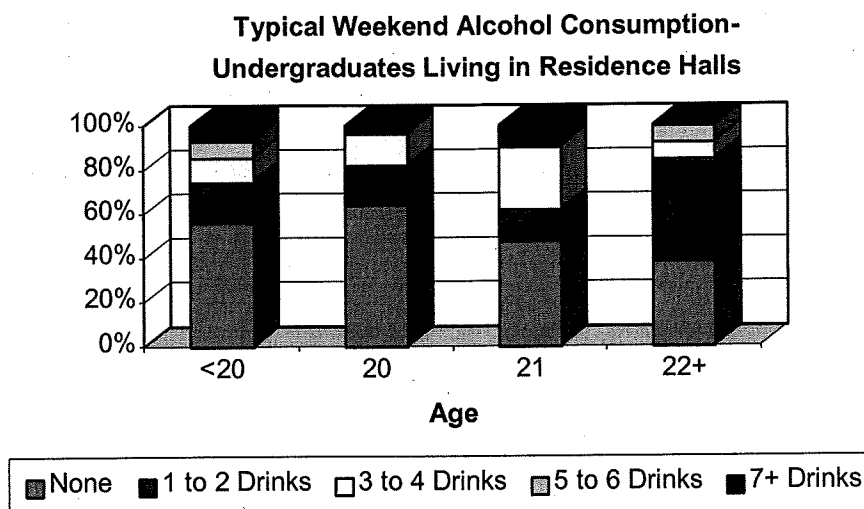


Figure 6

Undergraduates living off-campus with acquaintances showed the most consistent drinking patterns across age groups of all residence groups (Figure 7). Although the percentage across age groups of students who did not drink was somewhat less than either students living in residence halls or with their parents, a consistently large percentage consumed only one to two drinks per typical weekend evening. Only 2.9% of the students under 20 years of age reported consuming five or more drinks. However, the percentages increased dramatically for students who were 20 (18.9%), 21 (21.3%), and 22 or older (19.8%). This finding is consistent with the 1995 survey.

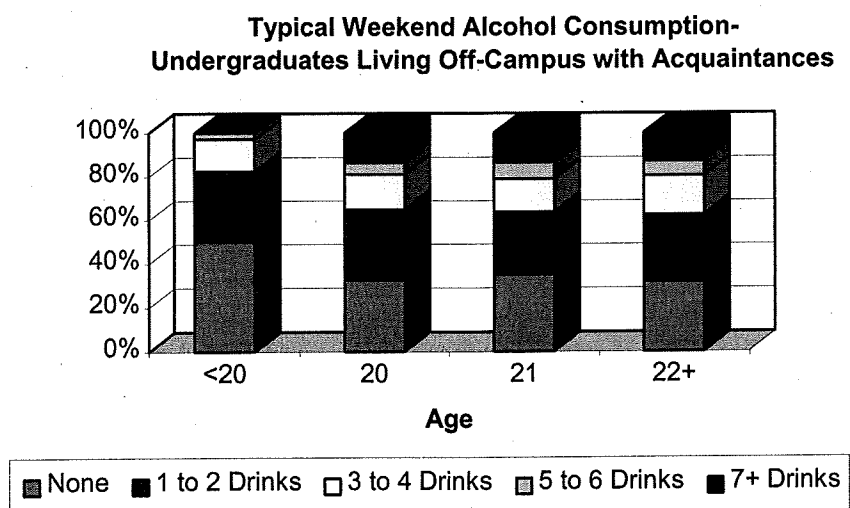


Figure 7

Although students living in fraternities or sororities reported drinking more heavily than did undergraduates in other residence groups, the trend toward moderation which began with the

1995 survey appears to be continuing (Figure 8). The proportion of non-drinking students across all ages was lowest among students living in fraternities or sororities, particularly the under 20 age group (13.3%); however, the proportion of light drinkers was fairly high, again, particularly among the under 20 age group (43.3%). Heavy drinking (five or more drinks per evening) declined 13.9% (from 57.2% to 43.3%) since the 1995 survey for the under 20 age group, and 4.5% (from 52.2% to 47.7%) for the 21-year-old age group. Whether this represents a real change in drinking patterns or a fluctuation in reporting is unknown. The proportion of heavy drinking for 20-year-olds remained about the same at 41.1%. Only four students 22 and over reported from this group, but all of them fell into the heavy drinking category of five or more drinks per typical weekend evening.

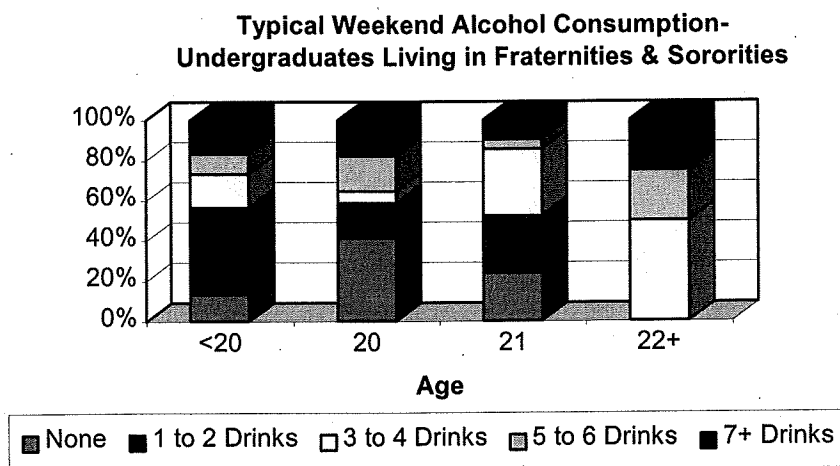


Figure 8

Based on findings of gender differences in alcohol consumption, separate results for sororities and fraternities are shown in Figures 9 and 10. However, the resulting number of respondents for each group is relatively small, and not necessarily representative. The majority of sorority members in all age categories under 22 years of age drink lightly or not at all on typical weekends. In contrast, this description fit only one-third of fraternity members 20 and under. None of the fraternity members 21 years or older reported that they did not drink, and only 14.3% of the 21-year-old group drank lightly. Heavy drinking (three or more drinks per weekend evening) increased dramatically with age in fraternities, jumping from about half for the under 20 and 20-year-old age groups (47.3% and 44.5% respectively) to 85.7% in the 21-year-old group, and 100% for the two students 22 or older. This pattern is not evident in the sororities, where heavy drinking remains consistent for under 20 (27.9%), 20 years old (27.3%) and 21 years old (28.5%). The two students who were 22 or older both consumed three or more drinks per weekend evening.

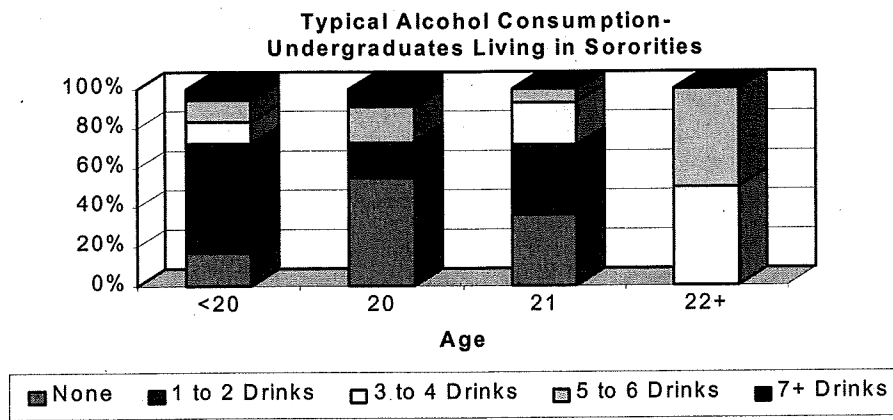


Figure 9

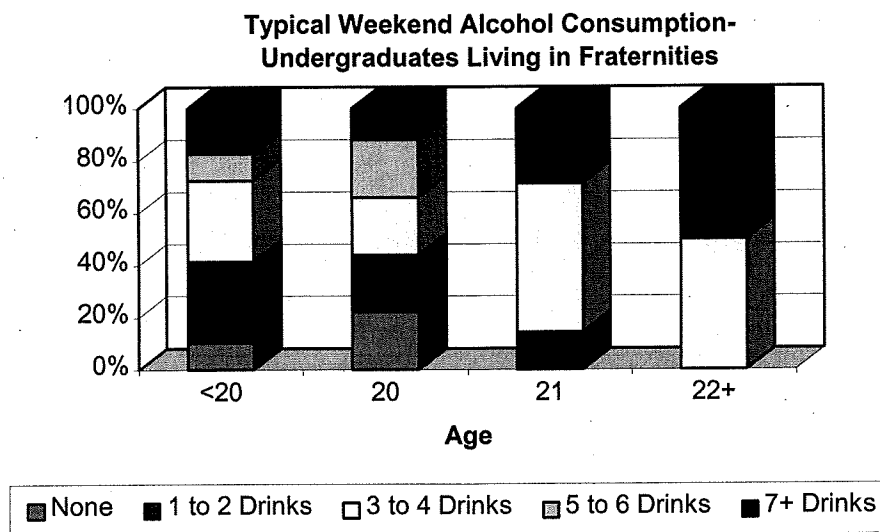


Figure 10

All students indicated that they were much less likely to drink alcohol during the week than on weekends. As shown in Table 18, about three-fourths (76.3% of the undergraduates and 70.0% of the graduate/professional students) did not typically drink at all during the week, compared to only about 40% who did not typically drink on weekends (refer to Table 16). While the proportion of undergraduates who did not drink during the week has remained fairly constant since 1993 at about 75%, the proportion of graduate/professional students who do not drink during the week has steadily declined by about 2% in each survey since 1993. The corresponding increase occurs primarily in the one to two drink category (increased from 23.7% in 1993 to 27.1% this year). Consistent with previous years, undergraduates who drank at all during the week were more likely to drink at higher levels than graduate/ professional students.

Table 18: Over the past 3 months, how much alcohol did you consume on a given weekday evening?			
	Undergraduate	Graduate/Professional	Total
0 drinks	76.3	70.0	74.2
1-2 drinks	16.1	27.1	19.6
3-4 drinks	3.9	2.4	3.4
5-6 drinks	2.5	0.5	1.9
7-8 drinks	0.7	0	0.5
More than 8 drinks	0.5	0	0.4
Total Responding	844	380	1233

As shown in Table 19, more than half of all respondents indicated that there were special occasions when they tended to drink more than was usually the case.

Table 19: Are there special occasions when you tend to drink more than usual?			
	Undergraduate	Graduate/Professional	Total
No	46.5	45.8	46.4
Yes	53.5	54.2	53.6
Total Responding	840	373	1222

Special occasions for drinking more than usual included (some respondents listed more than one):

<u>N</u>	<u>Occasion</u>	<u>N</u>	<u>Occasion</u>
198	Holidays	29	Weekends/days off
184	Birthdays	24	When stressed
182	End of quarter/after exams	23	Weddings
130	Parties/dances (8 mentioned Greek parties)	22	At bars/clubs
66	Sports Events	22	With friends
56	Celebrations	19	With family
44	Dinner out	19	School breaks
25	Vacations	18	At bars
		10	Concerts

As in past years, almost all students (88.3% of the undergraduates and 93.1% of graduate/professional students) had no immediate plans to change their level of drinking (Table 20). Of the small proportion who did intend to change, more students planned to decrease use than to increase; however, the margin between these two groups has narrowed over the past six years, primarily among undergraduates. In 1991, 13.4% of the undergraduates said they planned to decrease use of alcohol, while 1.9% said they planned to increase. In 1997, only 7.3% planned to decrease use, while 4.3% planned to increase.

Table 20: Within the next 3 months, do you plan to change the amount you drink?			
	Undergraduate	Graduate/Professional	Total
No	88.3	93.1	89.8
Yes, decrease use	7.3	4.8	6.6
Yes, increase use	4.3	2.1	3.6
Total Responding	830	377	1216

Other Drug Use

The survey included a series of questions related to students' use of illicit drugs. Table 21 provides a summary of student response to the general question of whether they had ever used illicit drugs. Consistent with past years, about half of all undergraduates and graduate/professional students who responded indicated that they had used illicit drugs at some time.

Table 21: Have you ever used illicit (i.e. illegal) drugs?			
	Undergraduate	Graduate/Professional	Total
No	44.7	48.9	46.2
Yes	55.3	51.1	53.8
Total Responding	842	378	1229

Percentages of students who reported they were currently using illicit drugs, cigarettes, and chewing tobacco are summarized in Figure 11. Frequency of use is summarized in Table 22. Most notable is the continued trend of an increasing number of students, both undergraduate and graduate/professional, who report smoking cigarettes and marijuana/hashish, and taking amphetamines. Since 1993, cigarette smoking rates have increased by 12.8% for undergraduates, and by 8.7% for graduate/professional students. The percentage of students who use marijuana/hashish has increased significantly ($p < .001$), by 10.5% for undergraduates, and by 11.8% for graduate/professional students. However, the majority of these students report only infrequent use (about once/month). Proportions of heavy users have not changed significantly. Use of amphetamines has increased by 2.5% for undergraduates, and by 0.5% for graduate/professional students.

**Percentage of Respondents Who Report Current Use of Substances
(By Class)**

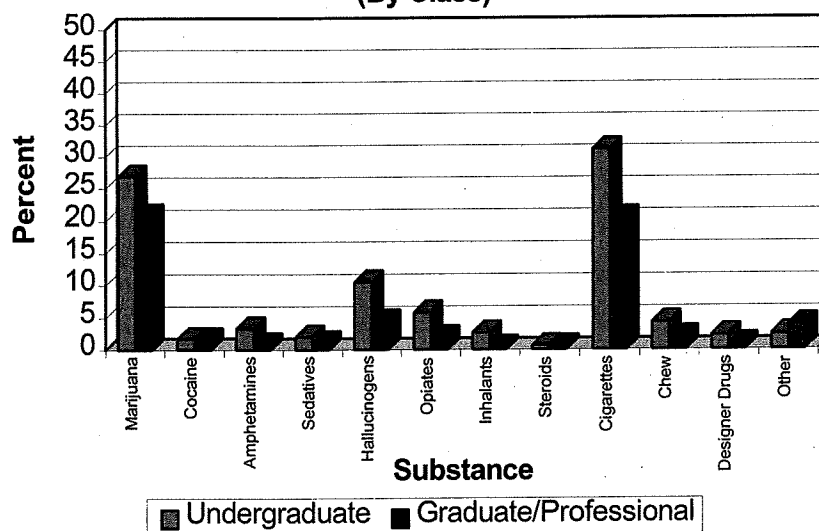


Figure 11

Table 22: Frequency of Use of Illicit Drugs and Other Substances

	Never	< 1/ Month	1/ Month	2-3/ Month	1-2/ Week	3-4/ Week	Almost Daily	Daily or More
Undergraduate Students (N= 850)								
Marijuana or hashish	73.1	14.8	2.9	3.8	1.6	1.3	1.3	1.2
Cocaine (crack, freebase)	98.3	1.1	0.2	0.1	0.1	0	0	0.1
Amphetamines (speed, ups)	96.7	2.4	0.5	0.4	0	0	0	0.1
Sedatives (downers, ludes)	98.0	1.4	0	0.4	0	0	0.1	0.1
Hallucinogens (LSD, PCP)	89.5	8.8	1.2	0.2	0.1	0	0.1	0
Opiates (heroin, opium)	94.2	3.6	1.2	0.2	0.4	0.1	0.1	0.1
Inhalants (glues, solvents)	97.4	2.1	0.1	0.1	0.1	0	0	0.1
Steroids	99.4	0.1	0	0.1	0.1	0	0.1	0.1
Cigarettes	68.9	10.8	3.2	4.5	2.9	1.3	1.8	6.5
Smokeless Tobacco (Chew)	79.6	1.9	0.5	0.1	0.4	0.2	0.5	0.6
Designer drugs (ecstasy, MDMA)	97.8	1.2	0.6	0.2	0	0	0	0.1
Other substances	97.6	0.4	0	0.3	0	0.1	0.3	1.3
Graduate Students (N= 313)								
Marijuana or hashish	79.2	13.0	3.0	1.9	1.4	1.1	0.3	0.3
Cocaine (crack, freebase)	98.4	1.1	0	0.5	0	0	0	0
Amphetamines (speed, ups)	99.2	0.8	0	0	0	0	0	0
Sedatives (downers, ludes)	98.9	0.3	0	0.5	0	0	0	0.3
Hallucinogens (LSD, PCP)	95.6	4.1	0	0	0	0	0	0.3
Opiates (heroin, opium)	98.1	1.6	0	0.3	0	0	0	0
Inhalants (glues, solvents)	99.7	0	0.3	0	0		0	0
Steroids	99.5	0.5	0	0	0	0	0	0
Cigarettes	79.6	7.9	2.7	2.2	0.5	1.1	1.4	4.6
Smokeless Tobacco (Chew)	98.1	0.8	0.3	0	0	0	0.5	0.3
Designer drugs (ecstasy, MDMA)	99.2	1.2	0.6	0.2	0	0	0	0.1
Other substances	96.2	0.3	0	0.3	0.6	0	0.9	1.8

Frequency of marijuana/hashish use was compared by gender and age for all students, and by living situation for undergraduates. For the purposes of these comparisons, the categories from the questionnaire were combined as follows:

<u>Comparison Categories</u>	<u>Questionnaire Categories</u>
About Monthly	Less than once/month, about once/month, 2-3 times/month
About Weekly	1-2 times/week, 3-4 times/week
About Daily	Nearly every day, once a day or more

As shown in Figure 12, women and men differed only slightly in the proportion and frequency of marijuana/hashish use; a different pattern from previous findings that men were more frequent users than women were. Although the overall ratio between men and women has remained constant, the proportion of women who are heavy users ("about daily") now slightly exceeds the proportion of men.

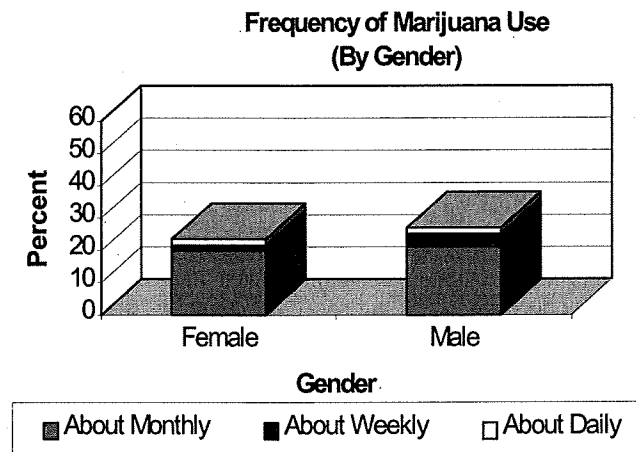


Figure 12

Comparisons by undergraduate age groups, and separately by graduate/professional students, showed a fairly consistent proportion of students, about one-fourth across all groups, using marijuana/hashish; with the exception of the 21-year-old group which was slightly higher at 34.8% (Figure 13). The majority of students in all groups report using marijuana/hashish only about once/month. Much smaller proportions reported usage rates of about weekly (from 1.6-4.5%) or about daily (0.5-4.0%).

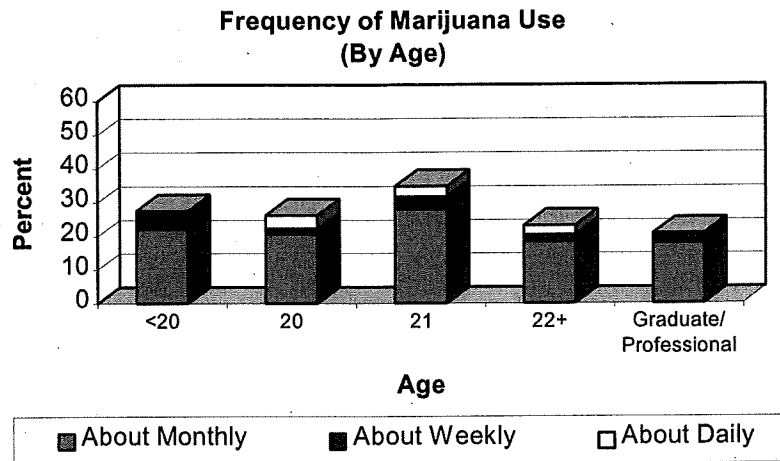


Figure 13

Proportions of undergraduates who reported some level of use of marijuana /hashish differed greatly across living situations (with parents, on-campus in residence halls, off-campus with acquaintances, or in fraternities and sororities) as shown in Figure 14. Comparisons of frequency of use by age group are shown for each living situation in Figures 15-18. The proportion of students using marijuana/hashish who lived off-campus with acquaintances (39.9%) or in fraternities/sororities (30.3%) was substantially higher than that of students living in residence halls (26.2%) or with their parents (15.3%). The main difference between the two larger groups of users was in frequency of use. Nearly all of the students in fraternities/sororities who reported using marijuana/hashish did so only about monthly. However, a large proportion of students living off-campus with acquaintances reported more frequent use, either on a weekly (up to 6.3%, depending on age group) or even daily (up to 11.1%) basis. For the most part, these findings are consistent with previous years, keeping in mind fluctuations due to the small numbers of students involved. However, as noted earlier, marijuana/hashish use appears to have increased among undergraduates overall.

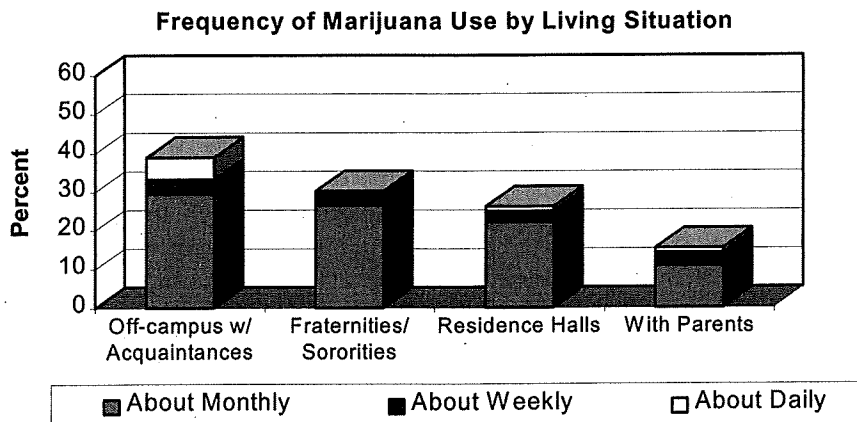


Figure 14

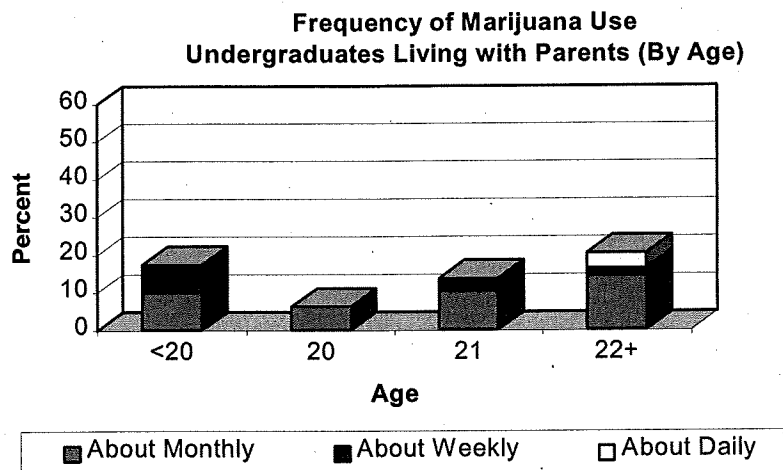


Figure 15

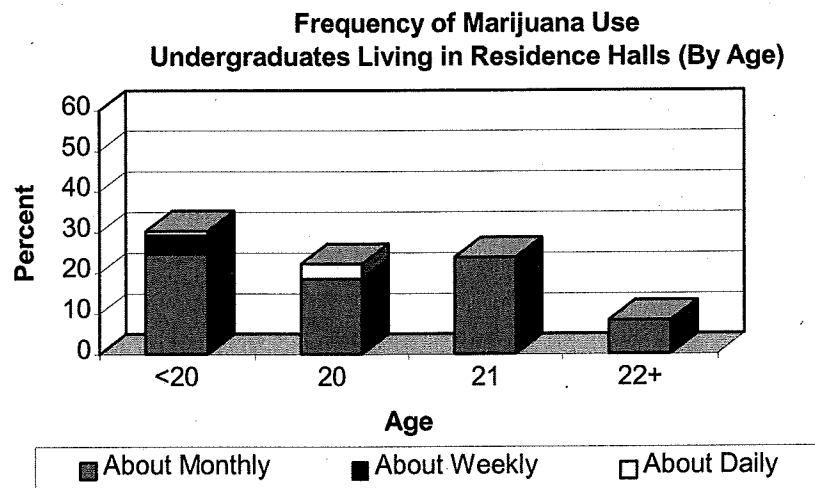


Figure 16

**Frequency of Marijuana Use
Undergraduates Living Off-Campus with Acquaintances (By Age)**

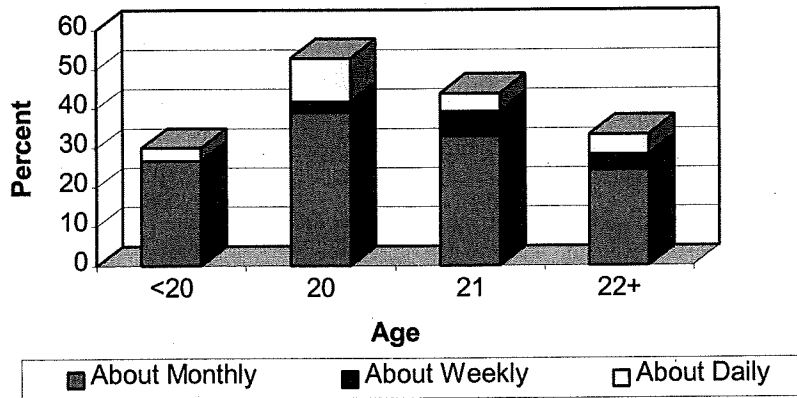


Figure 17

**Frequency of Marijuana Use Undergraduates Living in Fraternities and
Sororities (By Age)**

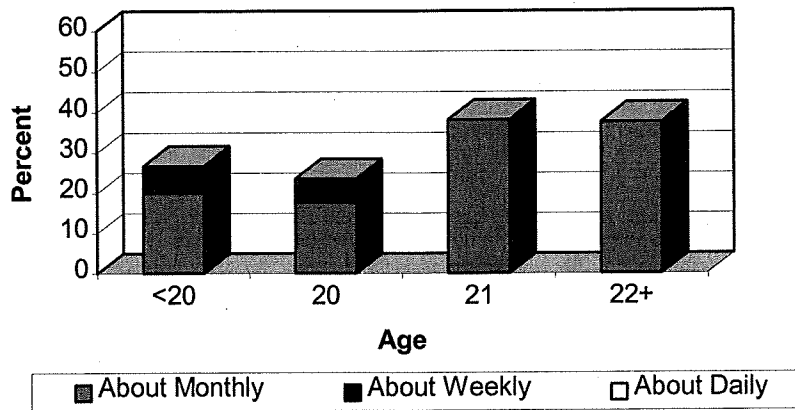


Figure 18

In addition to being asked the frequency of their use of illicit drugs, cigarettes, and smokeless tobacco, students were asked to indicate whether their use of these substances had increased, decreased, or stayed the same since enrolling at the University (Table 23). For all substances, the majority of students reported no change in use. However, a fairly large minority of undergraduates reported increases in their use of cigarettes (19.1%) and marijuana/hashish (13.2%). This increase in use was offset by a similar minority who reported decreasing their use of cigarettes (11.5%) and marijuana/hashish (18.9%). These results are comparable to those of previous years; however, the proportion of undergraduates who increased their frequency of cigarette smoking has consistently risen about 3% per year.

The only pattern of substance use changes among graduate/professional students over the past three surveys is a consistent 20% proportion who change their use of marijuana/hashish. The majority of these students decrease their use, while a very small proportion report an increase in use.

Table 23: Use of Drugs at UW – Increased, Decreased, or Remained the Same

	Decreased	Increased	Same	Total Responding
Undergraduate Students				
Marijuana or hashish	18.9	13.2	67.9	629
Cocaine (crack, freebase)	9.0	1.8	89.2	510
Amphetamines (speed, ups)	9.6	2.2	88.3	511
Sedatives (downers, ludes)	8.5	1.6	90.0	508
Hallucinogens (LSD, PCP)	11.2	6.1	82.7	544
Opiates (heroin, opium)	8.9	2.5	88.5	514
Inhalants (glues, solvents)	8.8	2.4	88.8	510
Steroids	8.1	1.0	90.9	504
Cigarettes	11.5	19.1	69.4	591
Smokeless Tobacco (Chew)	10.1	2.3	87.6	516
Designer drugs (ecstasy, MDMA)	8.3	2.2	89.6	508
Other substances	7.7	2.0	90.3	493
Graduate Students				
Marijuana or hashish	15.6	5.2	79.2	269
Cocaine (crack, freebase)	7.3	0.9	91.8	233
Amphetamines (speed, ups)	6.5	0.9	92.7	232
Sedatives (downers, ludes)	6.1	0.9	93.1	231
Hallucinogens (LSD, PCP)	9.3	0.8	89.8	236
Opiates (heroin, opium)	6.5	0.9	92.6	231
Inhalants (glues, solvents)	6.1	0.9	93.1	231
Steroids	6.1	0.4	93.5	230
Cigarettes	11.5	7.9	80.6	252
Smokeless Tobacco (Chew)	6.5	1.3	92.2	231
Designer drugs (ecstasy, MDMA)	5.7	0.4	93.9	229
Other substances	6.3	2.7	91.0	221

A new item in this year's survey asked students to estimate the average frequency of use of alcohol, cigarettes, marijuana/hashish or other illicit drugs among other students (Table 24). Most undergraduates (81.6%) and graduate/professional students (88.7%) believed that, on average, students drink alcohol once/week or more. Similarly, the majority estimated the average frequency of cigarette smoking to be once per week or more (60.9% of the undergraduates and 76% of the graduate/professional students). About half of the undergraduate (50.3%) and graduate/professional students (44%) believed that other students use marijuana/hashish on about a weekly basis. The proportion of students who thought that, on average, students do not use marijuana or other illicit drugs was very small.

Table 24: Beliefs About Others' Frequency of Use of Illicit Drugs and Other Substances

	Never	< 1/ Month	1/ Month	2-3/ Month	1-2/ Week	3-4/ Week	Almost Daily	Daily or More
Undergraduate Students (N= 800)								
Alcohol	3.0	1.5	1.8	12.1	48.5	24.5	5.5	3.1
Cigarettes	5.7	1.7	3.9	7.0	12.6	16.9	23.1	29.3
Marijuana/hashish	6.4	10.4	13.2	26.4	23.9	12.2	4.9	2.6
Other illicit (i.e. illegal) drugs	11.3	26.3	21.0	23.1	13.8	2.0	1.3	1.2
Graduate/Professional Students (N= 313)								
Alcohol	1.8	1.5	1.5	6.3	46.8	35.6	4.5	1.8
Cigarettes	6.4	3.8	5.4	8.3	15.3	20.8	16.6	23.3
Marijuana or hashish	8.0	17.3	19.5	25.2	18.8	7.0	2.6	1.6
Other illicit (i.e. illegal) drugs	13.7	36.3	19.7	19.0	7.7	1.0	1.0	1.7

The proportion of students who have never smoked continues to decline, as reported in previous surveys (Table 25). About one-fourth of the undergraduate (26.3%) and graduate/professional students (26.1%) were current smokers, or had smoked in the past. The proportion of students who were current smokers and would like to quit has remained constant at about 5% for both undergraduate and graduate/professional students over the past four years. However, the proportion who had no plans to quit has increased since 1993 by 2.2% for undergraduates and 2.6% for graduate/professional students.

Table 25: Describe your status as a (cigarette) smoker

	Undergraduate	Graduate/Professional	Total
Never been a smoker	73.7	73.9	73.7
Used to smoke, stopped at least 1 year ago	8.8	15.2	10.8
Used to smoke, stopped in the past 12 months	4.8	2.1	4.0
Current smoker, no plans to stop any time soon	6.7	4.8	6.2
Current smoker, would like to stop	5.9	4.0	5.3
Total Responding	830	376	1215

Understanding of Health Risks and Services

As shown in Table 26, the majority of undergraduates believed that UW students have a good understanding of the health risks involved with use of alcohol (67.5%), tobacco (75.9%), and other drugs (60.6%). Smaller proportions of graduate/professional students, though still a majority, agreed with this statement. These response rates differ significantly ($p<.001$) from the 1995 survey. The majority of students in 1995 did not believe students understood these health risks, or were unsure.

Table 26: Do UW students have a good understanding of the health risks of...				
		Undergraduate	Graduate/Professional	Total
Alcohol?	Yes	67.5	50.0	61.8
	No	20.7	23.9	21.9
	Unsure	11.8	26.1	16.4
Total Responding		841	380	1229
Tobacco?	Yes	75.9	61.3	71.0
	No	14.8	16.3	15.4
	Unsure	9.3	22.4	13.5
Total Responding		838	380	1226
Other drugs?	Yes	60.6	48.7	56.6
	No	20.0	15.3	18.8
	Unsure	19.3	36.1	24.6
Total Responding		838	380	1226

Even though they felt that students had a better understanding of health risks, more students this year felt that this knowledge would not decrease students' use of alcohol (69.9% of undergraduates, 52.4% of graduate/ professional students) or tobacco (58.0% of undergraduates, 41.1% of graduate/ professional students). See Table 27. Slightly more students felt that knowledge of health risks would decrease use of other drugs (40.4% of undergraduates, 45.8% of graduate/ professional students). These responses differ significantly from previous years ($p<.001$) for both undergraduates and graduate/professional students. Although there is no clear pattern in changes in undergraduate responses, there was about a 10% shift in graduate/professional student responses this year from being unsure to saying that awareness of health risks would not decrease students' use of alcohol or tobacco. About 10% also shifted from being unsure of whether understanding health risks would decrease use of other illicit drugs, but they were equally divided in saying yes or no.

Table 27: Do you think understanding health risks decreases other students' use of...				
		Undergraduate	Graduate/Professional	Total
Alcohol?	Yes	18.4	30.5	22.0
	No	69.9	52.4	64.3
	Unsure	11.7	17.1	13.6
Total Responding		843	380	1231
Tobacco?	Yes	29.6	42.1	33.3
	No	58.0	41.1	52.6
	Unsure	12.5	16.8	14.1
Total Responding		842	380	1230
Other drugs?	Yes	40.4	45.8	41.9
	No	41.9	31.1	38.5
	Unsure	17.7	23.2	19.6
Total Responding		842	380	1230

Most students said that they would seek assistance for themselves (Table 28) or a friend (Table 29) if they were experiencing difficulties because of alcohol and/or other drug abuse. In the 1995 survey, students were asked a single question about seeking help for themselves or others. Two separate questions were asked this year in order to determine differences in behavior between seeking help for themselves or a friend. Both undergraduates and graduate/professional students were significantly ($p < .05$) more likely to seek help for themselves than a friend. In both cases, the proportion of students saying they would seek help had declined since 1995 (88.5% vs. 90.7% for undergraduates and 89.5% vs. 94.3% for graduate/professional students).

Table 28: If you were experiencing difficulties because of alcohol and/or other drug abuse, would you seek assistance?			
	Undergraduate	Graduate/Professional	Total
Yes	88.5	89.5	88.9
No	11.5	10.5	11.1
Total Responding	833	373	1215

Table 29: If a friend were experiencing difficulties because of alcohol and/or other drug abuse, would you seek assistance?			
	Undergraduate	Graduate/Professional	Total
Yes	85.4	82.5	84.4
No	14.6	17.5	15.6
Total Responding	831	372	1211

A summary of where students would go for assistance with an alcohol- or other drug-related problem is shown in Table 30 (percentages do not add to 100% as students often listed more than one resource). As in past years, about half of undergraduates and graduate/ professional students would seek help from one of the two campus resource centers (Hall Health Primary Care Center or the Student Counseling Center), a friend, a family member, or another off-campus resource. The most striking finding is the consistent increase, from 1.2% in 1995 to 14.6% this year, in the proportion of students who say they do not know where they would go for assistance.

Table 30: Where would you seek assistance?			
	Undergraduate	Graduate/Professional	Total
UW Hall Health Center	21.7	29.7	24.0
Student Counseling Center	22.1	33.2	25.5
UW Psychology Department	3.1	7.0	4.3
Friend	52.3	44.7	50.0
Off-campus resource	44.5	50.0	46.4
Residence hall advisor	15.4	12.5	15.2
(N=Residence hall students)	(143)	(8)	(151)
Family Member	46.4	31.5	41.9
Don't know	15.3	13.3	14.6

Students who said they would not seek assistance for either themselves or a friend for an alcohol- or other drug-related problem were fairly evenly distributed in their reasons for not doing so, with no real differences between undergraduates and graduate/professional students (Table 31). The largest proportion said they would feel uncertain whether or not there was a problem (27.3%). Equal numbers of students said they would be deterred by cost (18.9%), concern about imposing (19.1%), or not really knowing what to do (18.7%), and a slightly smaller group said they feared "labeling" (of self or friend) as having a problem. These response patterns are consistent with the 1995 results, although, as noted then, they reflect a very large decrease from 1993 in the proportion of students (54.5%) who said they would not really know what to do.

Table 31: What factors would keep you from obtaining help for yourself or a friend?			
	Undergraduate	Graduate/Professional	Total
Cost	18.5	20.4	18.9
Concern about imposing	19.8	17.5	19.1
Not really knowing what to do	20.2	15.4	18.7
Uncertainty whether or not there was a problem	27.8	26.7	27.3
Fear that you or your friend may become "labeled" as having a problem	15.8	16.5	16.0
Other	8.0	9.2	8.4

As shown in Table 32, very small numbers of students have actually sought assistance for an alcohol- or other drug-related problem for themselves (1.1%) or someone else (3.7%) since enrolling at the University. These numbers are fairly consistent with previous surveys.

Table 32: Have you ever sought assistance for alcohol and/or other drug abuse since enrolling at UW?				
		Undergraduate	Graduate/Professional	Total
For yourself?	Yes	1.1	0.8	1.1
Number Responding		846	379	1233
For someone else?	Yes	4.0	2.6	3.7
Number Responding		845	378	1232

Respondents listed the following resources as places they had sought assistance:

<u>N</u>	<u>Source of Assistance</u>	<u>N</u>	<u>Source of Assistance</u>
15	Friends	4	Dorm Resident Advisor
10	Parents or other family member	4	Doctor/hospital
9	Alcoholics Anonymous	3	Al-Anon
7	Therapy	2	Lakeside/Milan Recovery Center
5	Hall Health	1	Seattle Public Health Department
5	Off-campus resource	1	Eastside Adapt Program

A summary of the occurrence of negative events related to alcohol and other drug use in the past year is shown in Tables 33a-c below. About half of undergraduates reported that they had had a hangover (54.1%), gotten nauseated or vomited (42.3%), and/or drunk more than they wanted to (41.6%). At least one-fifth had missed class (27.0%), driven a car while drunk or high (23.5%), neglected responsibilities (22.9%), passed out (21%), or had a memory loss (20.6%). These findings are similar to responses in 1995.

Table 33a: How often have you experienced the following due to your drinking or other drug use during the past year?

	Never	Once	Twice	3-5 times	6-9 times	10 or more
Undergraduate Students (N= 829)						
Had a hangover	45.9	12.5	11.5	15.4	6.2	8.6
Did poorly on a test or project	82.4	10.0	4.0	2.8	0.8	0
Been in trouble w/ police, residence hall, or other college authorities	94.8	3.5	1.2	0.1	0.1	0
Damaged property, pulled a fire alarm, etc.	96.3	1.9	1.1	0.6	0.1	0
Gotten into an argument or fight	83.8	7.2	5.1	2.4	1.0	0.5
Gotten nauseated or vomited	57.7	17.6	12.9	8.0	1.8	2.1
Driven a car while under the influence	76.5	8.1	5.4	4.6	2.8	2.7
Missed a class	73.0	9.4	6.9	5.3	2.4	2.9
Been criticized by someone I know	80.8	8.7	5.0	3.3	1.1	1.2
Thought I might have a drinking or other drug problem	90.7	4.5	1.7	1.8	0.4	1.0
Had a memory loss	79.4	8.6	4.9	3.9	1.8	1.4
Done something I later regretted	72.4	12.8	7.0	5.3	1.3	1.1
Been arrested for DWI/DUI	99.6	0.2	0.1	0	0	0
Been taken advantage of sexually	94.3	4.1	1.1	0.2	0.2	0
Taken advantage of another sexually	97.7	1.5	0.6	0.2	0	0
Engaged in unprotected sex	89.4	4.2	3.1	1.8	0.4	1.1
Tried unsuccessfully to stop using alcohol or other drugs	96.3	1.7	1.0	0.7	0.4	0
Seriously thought about suicide	95.9	1.8	0.7	0.8	0.1	0.6
Seriously tried to commit suicide	99.6	0.2	0.1	0	0	0
Been hurt or injured	91.4	5.3	2.1	0.6	0.1	0.5
Went to class/work drunk or high	88.6	4.1	3.1	2.2	0.8	1.1
Passed out	79.0	9.4	4.8	3.6	1.0	2.2
Neglected responsibilities	77.1	9.2	5.3	4.0	1.8	2.5
Drank more than I planned/wanted to	58.4	12.5	10.5	10.4	4.5	3.7

The occurrence of negative events related to alcohol and other drug use in the past year was moderated somewhat among graduate/professional students (Table 33b). Half (50.1%) experienced a hangover, and about one-fifth reported drinking more than they wanted to (26.7%), getting nauseated or vomiting (21.9%), or driving a car while drunk or high (19.5%).

Table 33b: How often have you experienced the following due to your drinking or other drug use during the past year?

	Never	Once	Twice	3-5 times	6-9 times	10 or more
Graduate/Professional Students (N= 376)						
Had a hangover	50.8	15.2	13.3	11.4	3.7	5.6
Did poorly on a test or project	94.9	2.9	1.6	0.5	0	0
Been in trouble w/ police, residence hall, or other college authorities	99.2	0.8	0	0	0	0
Damaged property, pulled a fire alarm, etc.	99.2	0.8	0	0	0	0
Gotten into an argument or fight	90.4	5.9	1.9	1.6	0.3	0
Gotten nauseated or vomited	78.1	12.8	7.0	1.9	0	0.3
Driven a car while under the influence	80.5	8.8	3.5	5.3	0.8	1.1
Missed a class	90.9	5.6	1.3	1.6	0.3	0.3
Been criticized by someone I know	91.4	5.4	2.2	1.1	0	0
Thought I might have a drinking or other drug problem	94.9	2.9	1.1	0.8	0	0.3
Had a memory loss	91.5	5.1	2.4	0.3	0.5	0.3
Done something I later regretted	86.9	7.2	3.2	1.9	0.3	0.5
Been arrested for DWI/DUI	99.7	0.3	0	0	0	0
Been taken advantage of sexually	98.1	1.3	0.3	0	0.3	0
Taken advantage of another sexually	98.4	1.3	0	0	0	0.3
Engaged in unprotected sex	94.9	2.4	0.8	1.1	0	0.8
Tried unsuccessfully to stop using alcohol or other drugs	98.1	0.8	0.5	0.5	0	0
Seriously thought about suicide	98.9	0.8	0	0	0	0.3
Seriously tried to commit suicide	99.5	0.5	0	0	0	0
Been hurt or injured	97.9	1.9	0.3	0	0	0
Went to class/work drunk or high	97.1	1.6	0	0.5	0.3	0.5
Passed out	95.5	2.9	0.8	0.3	0.3	0.3
Neglected responsibilities	91.7	4.8	1.9	0.8	0.5	0.3
Drank more than I planned/wanted to	73.3	11.2	7.5	5.1	1.6	1.3

Occurrence of negative events related to alcohol and other drug use in the past year for the entire sample of students is summarized in Table 33c below.

Table 33c: How often have you experienced the following due to your drinking or other drug use during the past year?

	Never	Once	Twice	3-5 times	6-9 times	10 or more
Total (N= 1213)						
Had a hangover	47.4	13.4	12.0	14.1	5.4	7.7
Did poorly on a test or project	86.3	7.7	3.3	2.2	0.6	0
Been in trouble w/ police, residence hall, or other college authorities	96.1	2.6	0.9	0.2	0.1	0
Damaged property, pulled a fire alarm, etc.	97.2	1.6	0.7	0.4	0	0.1
Gotten into an argument or fight	86.0	6.8	4.0	2.1	0.7	0.3
Gotten nauseated or vomited	64.0	16.1	11.1	6.1	1.2	1.5
Driven a car while under the influence	77.7	8.2	4.8	4.9	2.1	2.2
Missed a class	78.7	8.2	5.1	4.1	1.7	2.1
Been criticized by someone I know	84.2	7.6	4.1	2.6	0.7	0.8
Thought I might have a drinking or other drug problem	92.0	4.0	1.5	1.5	0.2	0.8
Had a memory loss	83.1	7.4	4.2	2.7	1.4	1.2
Done something I later regretted	77.0	11.1	5.8	4.2	1.0	1.0
Been arrested for DWI/DUI	99.6	0.3	0.1	0	0	0
Been taken advantage of sexually	95.5	3.2	0.8	0.2	0.2	0
Taken advantage of another sexually	97.9	1.4	0.4	.02	0	0.1
Engaged in unprotected sex	91.2	3.6	2.4	1.6	0.2	1.0
Tried unsuccessfully to stop using alcohol or other drugs	96.8	1.4	0.8	0.7	0.2	0.1
Seriously thought about suicide	96.9	1.5	0.5	0.6	0.1	0.5
Seriously tried to commit suicide	99.6	0.3	0.1	0	0	0
Been hurt or injured	93.5	4.2	1.5	0.4	0.1	0.3
Went to class/work drunk or high	91.3	3.3	2.1	1.7	0.7	0.9
Passed out	84.1	7.3	3.6	2.6	0.7	1.7
Neglected responsibilities	81.7	7.8	4.2	3.0	1.4	1.9
Drank more than I planned/wanted to	63.0	12.1	9.5	8.8	3.6	3.1

In response to a new item this year, half of the undergraduates (50.2%) and graduate/professional students (48.2%) reported having family members who had problems with alcohol or other drugs (Table 34).

Table 34: Has anyone in your family ever had a problem with alcohol or other drugs?			
	Undergraduate	Graduate/Professional	Total
Yes	50.2	48.2	49.8
No	49.8	51.8	50.2
Number Responding	843	380	1235

Campus Response to Alcohol- and Other Drug-Related Issues

Because the goal of this survey was not only to assess levels and frequency of alcohol and other drug use among students at the University of Washington, but also to determine effectiveness of University alcohol- and other drug-related educational and enforcement programs, the final series of questions in the survey asked students to evaluate these programs. Half (50.7%) of the undergraduates and one-third (33.4%) of the graduate/professional students were aware of University policies on alcohol and other drug use (Table 35).

Table 35: Are you aware of UW policies on alcohol and other drug use?			
	Undergraduate	Graduate/Professional	Total
Yes	50.7	33.4	45.1
No	49.2	65.8	54.6
Number Responding	844	380	1233

Of those students who were aware of University alcohol and other drug policies, a small percentage of the undergraduates (13.6%) and even fewer graduate/professional students (4.2%) believed the policies are currently enforced among the student population (Table 36). About half of the undergraduates (58.7%) and three-fourths (77.5%) of the graduate/professional students said they had no basis to judge whether policies are enforced or not. Responses to both questions reflect very little change from past surveys.

Table 36: If yes, do you believe they are enforced?			
	Undergraduate	Graduate/Professional	Total
Yes	13.6	4.2	10.8
No	27.7	18.2	24.9
No basis to judge	58.7	77.5	64.3
Number Responding	682	285	974

Students were also asked whether they were aware of a series of specific alcohol- and other drug-related educational programs sponsored by the University (Table 37). Awareness of almost all programs had increased from previous years among undergraduates, but had not changed among graduate/professional students. The most familiar events (or programs) cited by about half of undergraduates were advertisements in *The Daily* (50.3%), Substance Awareness Week (43.7%), and the Wrecked Car (46.6%). Graduate/professional students were much less aware of events or programs, most frequently citing advertisements in *The Daily* (25.8%) and the Wrecked Car (26.0%).

Table 37: Awareness of Educational Programs & Printed Materials

	Undergraduate		Graduate/Professional		Total	
	%	#	%	#	%	#
Fall Fling	20.5	829	5.2	368	15.8	1206
Wrecked Car	46.6	832	26.0	369	40.1	1210
Health & Fitness Fair	20.9	827	18.8	367	20.2	1203
Advertisements in <i>The Daily</i>	50.3	829	25.8	368	42.5	1206
The play, <i>Talkin' About It</i>	2.4	826	1.1	367	2.0	1202
Programs for your living group (e.g. Project Dionysus)	6.3	824	1.9	367	4.9	1200
<i>It's a never-win situation</i> brochure	5.1	826	3.8	367	4.7	1202
HUB movie night with mocktails	19.2	827	5.4	367	15.0	1203
Substance Awareness Week	43.7	828	19.3	368	36.0	1205
Wall of Awareness/DD Contracts	6.3	823	3.8	368	5.5	1200
Club HUB	22.1	827	8.2	368	17.8	1204
Poster design contest	12.6	826	3.0	368	9.6	1203
Diversity dance workshop at ECC	7.6	827	4.3	368	6.6	1204
Salsa dance at HUB	24.9	826	12.8	368	21.1	1203
Friday night comedian	13.9	825	4.4	367	10.9	1201
Speaker – Michael Green	4.0	825	1.4	368	3.2	1202
Safe House	31.1	824	5.7	366	23.1	1199

Students who were aware of the educational programs were asked to rate them on a five-point scale (1 = poor, 5 = excellent; Table 38). Programs and events receiving the highest ratings from undergraduates were the Wrecked Car (3.67), Safe House (3.38), the Salsa Dance at the HUB (3.35), and HUB movie night with mocktails (3.28). Graduate/professional students gave similar ratings, however, the number of responses was very low, limiting their meaningfulness.

Table 38: Average Rating of Educational Programs & Printed Materials
1 = Poor, 2 = Fair, 3 = Good, 4 = Very Good, 5 = Excellent

	Undergraduate Rating	Undergraduate #	Graduate/Professional Rating	Graduate/Professional #	Total Rating	Total #
Fall Fling	2.56	94	2.35	17	2.53	111
Wrecked Car	3.67	322	3.69	77	3.68	400
Health & Fitness Fair	2.94	126	3.14	36	2.99	162
Advertisements in <i>The Daily</i>	2.66	301	2.86	65	2.69	367
The play, <i>Talkin' About It</i>	2.12	34	2.22	9	2.14	43
Programs for your living group (e.g. Project Dionysus)	2.64	53	2.29	7	2.60	60
<i>It's a never-win situation</i> brochure	2.23	47	2.67	15	2.35	63
HUB movie night with mocktails	3.28	114	2.54	13	3.20	127
Substance Awareness Week	2.99	230	2.92	38	2.98	268
Wall of Awareness/DD Contracts	2.62	55	2.67	12	2.63	67
Club HUB	3.06	139	2.71	21	3.02	161
Poster design contest	2.38	84	2.87	15	2.45	99
Diversity dance workshop at ECC	2.56	50	2.85	13	2.62	63
Salsa dance at HUB	3.35	113	3.28	25	3.35	139
Friday night comedian	2.80	81	2.92	13	2.82	94
Speaker – Michael Green	2.85	48	2.63	8	2.82	56
Safe House	3.38	161	3.13	15	3.36	176

In a new open-ended item this year, students were asked to suggest other alcohol and drug education programs they would like to see. Their responses are categorized below:

N	Type of Program
18	Current programs offered more frequently (wrecked car, speakers, dances)
8	Programs targeting special interest groups (e.g. Greeks, gays & lesbians, law students, Christians)
4	Alcoholics Anonymous/Al-Anon groups on campus
3	Domestic violence awareness/rape prevention programs
2	Better advertising of current programs
2	Fitness/health education program
2	FAME (Free Alcohol & Marijuana Environment) in dorms
1	UW events mailing calendar
1	Film school project on drug abuse on campus
1	Tobacco awareness
1	Parent involvement

The main influences reported by students on the extent of their alcohol and other drug use are summarized in Tables 39 and 40 (percentages do not add to 100% because students were encouraged to select all that applied). In general, response patterns with respect to alcohol use did not differ between undergraduates and graduate/professional students, except in the case of awareness of health risks with regard to alcohol use, which was more likely to influence graduate/professional students (60.7%) than undergraduates (49.5%). Overall, most students said their use of alcohol was influenced by lifestyle choices (73.2%), awareness of health risks (53.1%), and friends/others (51.6%).

Table 39: Which of the following may influence the extent of your alcohol use?

	Undergraduate N = 850	Graduate/Professional N = 382	Total N = 1241
State or federal law	27.6	22.8	26.0
Campus policies	10.8	5.8	9.2
Rules of living group	12.7	7.9	11.1
Awareness of health risks	49.5	60.7	53.1
Lifestyle choices	72.2	74.9	73.2
Influence of friends/others	53.4	47.6	51.6
Family members	40.1	37.2	39.2
UW educational efforts	6.2	4.2	5.6
Religious beliefs	24.0	15.7	21.4
Other	11.4	11.3	11.4

The most frequent mentioned influences on use of illicit drugs were lifestyle choices (66.1%), awareness of health risks (55.7%), and state or federal law (41.3%). These response patterns are similar to previous surveys. It is worth noting here, recalling students' responses to an earlier question (refer to Table 26, p.25), that although most students feel that awareness of health risks does not influence the extent of alcohol and other drug use of others, they are far more likely to cite it as an influence on their own use of both alcohol and other drugs.

Table 40: Which of the following may influence the extent of your illicit drug use?

	Undergraduate N = 850	Graduate/Professional N = 382	Total N = 1241
State or federal law	42.4	39.0	41.3
Campus policies	13.2	8.1	11.5
Rules of living group	11.9	7.6	10.5
Awareness of health risks	54.4	58.6	55.7
Lifestyle choices	65.8	66.5	66.1
Influence of friends/others	40.9	37.7	40.0
Family members	37.6	31.7	35.8
UW educational efforts	8.4	4.5	7.1
Religious beliefs	23.5	13.9	20.5
Other	11.3	9.7	10.7

Finally, students were asked whether they thought there were any actions the University could take to encourage informed, responsible decisions by students regarding the use of alcohol and other drugs (Table 41). Two-thirds (65.2%) of undergraduates felt there was nothing the University could do, while graduate/professional students were more evenly divided in their response, with 57.9% responding that they thought the University could influence students' decisions with regard to their use of alcohol and other drugs.

Table 41: Anything UW can do to encourage informed, responsible use of alcohol and other drugs?

	Undergraduate	Graduate/Professional	Total
Yes	34.8	57.9	41.6
No	65.2	42.1	58.4
Total Responding	706	285	995

Students who responded that they did feel that the University can encourage responsible use of alcohol and other drugs were asked to provide suggestions for effective actions. These suggestions are reported verbatim in Appendix D (bound separately), and can be generally categorized as follows:

<u>N</u>	<u>Category</u>
240	EDUCATION/AWARENESS
37	General education
49	Continue current programs
14	Explicit demonstrations
21	Better advertising of current programs
15	Information on health risks
17	Advertisements with information in THE DAILY, brochures, etc.
16	Present only facts, no preaching
7	Target information to freshmen
12	Offer required credit course in substance abuse
18	Provide positive role models: faculty, students, staff, stars, etc.
19	Show connection of substance abuse with negative consequences: date rape, jail, personality disorders, etc.
15	Target Greek system and dorms
88	ENFORCEMENT
25	Tougher enforcement in Greek system
43	General increased enforcement
10	Tougher enforcement in residence halls
6	Close Greek system
1	Require drug testing of students
3	Public exposure of abusers in THE DAILY and on transcripts
81	PROGRAMS
50	More substance-free events, programs
16	Personal assistance through counseling, AA, DARE, or other related groups
15	Promote/educate about "responsible drinking" habits

Of those students who provided suggestions for effective actions the University could take, the majority supported education/awareness programs. Although many simply suggested continuing current programs, or made a general statement for the need for "more education," a number of respondents provided specific and creative ideas, such as:

Show them what it's like. For instance, there's this car simulated to drive like a drunk driver. Students get behind the wheel for a test drive and try to drive normal, but the car acts like a drunk driver. In other words, this shows students what it's like to be a drunk driver.

Have students with relevant life histories on UWTV. This, I believe, would reach a wider audience without "imposing" on a student's schedule (i.e. make the effort to go to a scheduled event) - "coincidental traffic" of UWTV.

Continue educational programs - include programs on how friends and family can go about helping an alcoholic student. The best way to influence someone to change is through people who truly care about them.

1) Testimonials seem to work best. 2) E-mail and web info for those of us stuck by computers all day can gain access to info.

Have a compulsory class for freshmen to educate them on drug and alcohol use.

I think students are more likely to make lifestyle choices that do not involve drugs and alcohol when they are aware of "rock bottom" consequences. Examples would be going to jail, paying fines, DUI's, and other sobering situations. It has to be serious to institute any change.

Nearly one-fourth of the responses included suggestions for increasing enforcement of current alcohol- and other drug-related University policies, or even increasing the severity of policies. Stricter regulation or closure of the Greek system were most frequently cited as critical for policy enforcement. General increased enforcement, including public exposure and/or expulsion for repeat offenders was suggested by some. Comments included:

We need greater police watch in the University area resident neighborhood Friday and Saturday nights. Especially near 50th on 16th and 17th. Things get too rowdy and out of hand.

Expulsion from school, though it would be unpopular with the students, especially fraternities and sororities, where most drinking goes on.

Making the sororities and fraternities "dry."

Treatment of dorm residents the same as frats. I know the liquor control board raids on the dorms are rare, but common in the Greek system. Hmmm.

Absolutely strictly enforce all of university's policies on alcohol and drug use - especially with athletic programs.

Several respondents suggested that the most effective way to guide the student population toward responsible use of alcohol was to 1) provide "alcohol-free" alternatives for entertainment, 2) provide counseling for students who have a problem, and 3) emphasize use in moderation rather than discouraging (or banning) any use. Some suggestions were:

Offer alternatives that really are fun - that appeal to older than high school-age students - that are not obviously anti-substance (as with a message), but simply to have no substances.

I think steps are already being taken - seems the best options are those that are low key comfortable situations that give alternatives to the party atmosphere.

I think that providing an open atmosphere where students can feel free to talk about drugs is important. Just knowing that most students don't use drugs and that the option of not using drugs is really acceptable takes almost all of the pressure off.

Provide high profile, responsible student groups the opportunity to hold social events as much as possible. Young students need social groups where substance abuse is not a part of their activities.

Try to get out the message that there is such a thing as responsible use and not necessarily try to scare people out of use altogether.

I think we must realize that college is the time of life when most people drink/ experiment with drugs more than any other life stage. With this in mind, I think emphasis should be put on being responsible about it, i.e. designated drivers, calling a cab, house/neighborhood parties etc. It is unrealistic to think that any amount of information will stop it. Likewise, light penalties are probably not much of a deterrent. Ultimately, it's the choice of the individual. I myself have done everything from pot to acid to cocaine (lots of it) plus drinking and smoking heavily. I know it wasn't good for me, but nothing anyone could say would have stopped me until I was ready to stop. The most valuable information is probably health information as opposed to legal consequences because it's very easy to not get caught.

By having policies that are too strict, students want to drink more and are forced to do so in situations that have potential to be more dangerous. For example, if an underage drinker was too worried about being caught drinking in a dorm room, he/she would find other places to drink and be put in danger while trying to get back home drunk. I have visited several schools that have a building somewhat like the HUB and have a bar downstairs for those over 21. Also, I think that to the people I know, health issues are more of an incentive not to drink/do drugs, not the threat of state laws or university policies. When there is such a large population of people who plan on drinking, regardless of the rules, focus should be put on cutting down and realizing health risks - it is more realistic.

Open-Ended Comments

As a final item, respondents were invited to add any additional comments they wanted to make. As in the 1995 survey, about one-fourth (27%) of the respondents added their thoughts about alcohol and other drug use among students, University policies and enforcement, their personal experiences, and comments about the survey itself. The types and numbers of responses are categorized as follows:

<u>N</u>	<u>Category/Theme</u>
71	NOTHING MORE CAN/SHOULD BE DONE
21	Use is inevitable; students will party/experiment
50	Not UW's issue; it is an individual responsibility/choice

<u>N</u>	<u>Category/Theme (continued)</u>
99	CONTINUE/INCREASE AWARENESS & EDUCATIONAL PROGRAMS
31	Current programs are good/enough
6	Strengthen current programs
23	Suggest more/new programs and/or alternative events
11	Alternative/New information
8	Information/programs more available, better advertised
4	Reach freshmen
3	Focus on Greek system and/or dorms
3	Focus on alcohol not marijuana
2	Scare tactics - e.g. wrecked car
8	Educate/promote "responsible drinking" habits
32	ENFORCEMENT ISSUES
5	Relax rules
3	Enforce existing rules
6	Enforce very strict/new rules (e.g. expulsion)
15	Address problems in Greek system
3	Address problems in residence halls
43	REFLECTIONS ON CAUSES OF SUBSTANCE USE/ABUSE
9	Use related to pressure/stress
7	Just a phase in student development
20	Larger, societal issue/family issue
7	Use is OK, abuse is not
37	PERSONAL TESTAMONIALS
57	ABOUT THE SURVEY
26	Don't think it applies to me
16	Problems with survey questions
10	Important survey; would like to see results
5	Waste of time, money, resources

Nothing More Can/Should Be Done

About one-fourth of the comments reflected the view that the University either can't or shouldn't attempt to change students' patterns of alcohol and other drug use. Of these, the majority felt that it is not the University's role to interfere with individual lifestyles. A smaller group of respondents felt that alcohol and/or other drug use is a personal decision that is unlikely to be influenced by any outside programs. Comments included:

I don't think parents can force a child to stop - nor do I think parents should hold the University responsible for what their kids do. There comes a time when parents have to let their children make their own decisions - since they soon become adults themselves.

I don't care how many pamphlets you distribute, wrecked cars you haul to the campus, or events you sponsor - your overall influence on student drug use will be minimal.

College students as a whole regard themselves as well-educated and invulnerable. Informing them of theoretical risks is probably useless - either they already know the risks, or they doubt it will happen to them. Fear tactics are ineffective for the same reason ("I know it's illegal, but I'm too smart to get caught"). Only two approaches seem reasonable: make alcohol/drug use unglamorous, or promote sensible use. Just as with sex education, abstinence may be regarded as favorable, but "safer practice" education is more likely to have a socially favorable impact.

I think awareness of alcohol and drug -related issues should start and end in the home. The efforts of the University are appreciated, to be sure, but often fail, I believe, due to the pseudo-governmental role the U. plays. What I mean is that people get values from friends and family, not an outside resource (usually). Sorry - but I think it doesn't hurt to remind everyone.

I feel that what I do on my own time isn't something you should know about. Also, I can't believe that what I pay to go to UW goes into such a wasteful (environmentally and time-wise) little thing as "University Life and Substance Use" survey. I thought that I was paying for my education, not your stupid number crunching curiosities.

I would think there are better ways to spend the University's time and money. More in-depth teacher evaluation, looking at the lack of challenge to most undergraduate programs, enforcing existing anti-discrimination policies. This seems like information that has been hashed and re-hashed so that the real problems aren't addressed.

Sometimes I think scare tactics designed to prevent drug/alcohol use are counterproductive. Shocking people into curbing their usage can work temporarily but most people forget all too quickly. A more effective method of getting people to cut back their usage might be to stress moderation and responsible drinking. Too many authoritarian figures seem to suggest that either one is a non-user or an addict. There is a middle ground.

I believe most students are aware of the dangers involved in using drugs or alcohol. Students will do what they wish, I believe there is nothing else that can be done to curb usage. Is there really a problem? People will live their lives to how they see fit. All the drug classes do is to make us all the more curious to try them.

I don't think drinking is a problem that must be fixed. We are college-educated individuals that enjoy getting drunk once in a while and there is no harm in that. Stop with the crusade to stopping substance abuse. It's not a major problem.

Continue/Increase Awareness and Educational Programs

This year, in contrast to previous years, the largest group of respondents supported the University's alcohol and other drug use awareness and educational programs. Many felt that current programs are sufficient, and having an impact, while others suggested expansion of programs and a need for greater advertisement of existing programs. Comments included:

I took the dorm's alcohol jeopardy and really liked it. I only drink once a month and it taught me some things I didn't know about myself when I'm in that state. I think that's a beneficial program here at UW and is a good way to teach and reach others.

All the programs and materials in 31a sound like good ideas. It is encouraging to see that the UW is concerned about its students' health. I hope that any programs that you initiate or that are already established will teach students that they don't have to drink or do drugs to have a great life/good time.

Valuable information for a college student is 1) how to fight peer pressure, and 2) knowing the differences between recreational/educational use, and a problematic use of drugs.

I'm surprised you didn't ask about sexual orientation, considering that we (gays and lesbians) often struggle with substance abuse, and UW could probably learn a great deal about the needs of its student body by simply asking how we identify ourselves along that axis, just as you've done with race/ethnicity.

How about all-night taxi service to decrease DUI?

Enforcement Issues

The small number of students who addressed issues of enforcement of University policies regarding alcohol and other drug use varied greatly in their opinions. Of those who felt that enforcement should be increased, the majority focused on the need to address problems within the Greek system. In contrast, a few students made emotionally charged statements about the University interfering with their private lives by dictating behavior, and using their tuition money to support educational/awareness programs related to alcohol and other drugs. Comments included:

I don't think that universities should crack down too hard on alcohol consumption. I agree that there is a problem with alcohol abuse in some cases where action is necessary, but drinking is going to take place, I think it is much safer for students to sit around and drink with friends in dorms, rather than driving somewhere to go drink. At least there can be safe and fun places to drink. Once we learn our limits, responsible drinkers, more often than not, don't exceed them.

It's not the role of the University - a state run institution - to be involved with social issues which INDIVIDUAL RESPONSIBILITY should control.

There needs to be more penalties associated with drinking on campus. I used to hang out in the Greek system a lot and know that there is way too much drinking going on especially with people under the age of 21. There needs to be more of a focus in the Greek system.

Something needs to be done about students' safety (as far as alcohol is concerned) in the Greek system. The student who became paralyzed fall quarter is a HUGE example.

The only thing that may alter my friends and my behavior regarding drugs/tobacco use/alcohol is the threat of getting kicked out of school.

More strict enforcement of the rules. Some students are not aware of UW rules concerning drug and substance usage and the consequences of their actions. Big campus, large student body, it's hard not to have alcohol and drug use problems, no matter how strictly the laws are enforced. Peer pressure plays a major part in these problems.

Let people who are legally allowed to drink do so as opposed to harassing all.

Reflections on causes of substance use/abuse

A few students included observations regarding their views of the causes of alcohol and other drug use/abuse - as well as emphasizing distinctions between use and abuse. Most of these students felt that problems found among students are a reflection of larger societal problems or family issues. Some felt that "experimenting" with alcohol and other drugs is a natural phase of development that coincides with the freedom of college life, while others felt that it is a direct response to the increased stress of academic demands. Comments included:

I started to smoke again - due to the stress of going to the U of W. I think most kids go through a drinking phase - especially if they've just come from high school and want to "feel" in control of their lives by doing what they "normally" aren't "allowed" to do at home.

Students often drink alcohol irresponsibly and later grow out of it. I don't know if there's a way to make people behave more responsibly, especially in a competitive, high-pressure situation like the UW. I think the "work hard, play hard" rhythm holds sway in many university lifestyles.

No matter how much one tries to influence people, the decision is ultimately theirs. And it takes a certain level of upbringing and family background to do that. If the home situation is favorable, there will be fewer problems. As long as the focus is on individuals, the problem will always persist. There is nothing the UW can do that is significant to change students once they are adults.

I feel that if consumed moderately, alcohol (not hard) can be beneficial to people that have consumed alcohol for many years. I also feel that any threats to stop alcohol or drug use usually increase the use rather than decrease it.

Alcohol is part of college life for many people. Most people make their own decisions regardless of health risks, laws/rules, or their friends. I don't think there is much that can be done. A lot of people I know believe rules were meant to be broken.

People are going to drink and do drugs - it's inevitable, they have to learn on their own.

Personal testimonies

A few students included personal stories of their experiences with alcohol or other drugs, either in support of increased enforcement on campus, or justifying their own use.

Comments included:

Am recovering alcoholic, force never worked on me. Neither did influence of family or friends. The choice had to come from within - because I wanted it. No amount of information or education about the risks made a difference either.

I like using substances. It can be a great experience and I have learned a lot about myself through the use of some drugs. I do think that the health risks in particular need to be addressed in a non-condescending and non-confrontational way. People need to be enabled to make their own decisions with the most information possible.

My main reason for not drinking is that alcoholism runs in my family.

A 17 year old girl passed out in the boys bathroom while I was taking a shower recently, and I had to check her breathing until the police showed up. I can think of absolutely nothing to do about this sort of thing, but I hope you can. More education does not seem to be the answer.

About the survey

Several comments referred to the survey itself. The majority of these were statements about feeling that the survey did not apply to the respondent because of student status (e.g. evening degree, new to UW, older student) or because the student did not use any alcohol or other drugs. In addition, students commented on difficulty with the questions (either specifically or in general), and the usefulness of the survey. While a few respondents felt the survey was a waste of time, several noted their appreciation for the University's concern about student welfare, and expressed interest in the survey results. Comments included:

This form was not very well designed. The choices available were not all encompassing for example, if you used marijuana once, there is no decent response for that.

Some of your questions need to be a little more direct - I don't know how you are going to interpret the info so it makes me nervous to answer - ex: #20.

A very important survey!

You don't mention publication of the results of the survey in the letter - will they be available? I realize you can't answer me personally, but that info might be good to include in the future.

While hard drugs (cocaine, heroine, opiates) are indeed harmful, society is ignorant (and kept blind by commercial interests) of dangers of cigarettes and alcohol. These are the real killers - not marijuana certainly. Hopefully the results of the questionnaire will be distributed to students and not filed away on some dusty academic shelf.

SUMMARY AND CONCLUSIONS

During the 1997 spring quarter, a survey on the use of alcohol and other drugs, and student perceptions of related University of Washington programs and policies, was mailed to a random sample of 3,118 University students at all class levels. This study is conducted every two years by the Office of Educational Assessment in concert with and on behalf of the Office of the Vice President for Student Affairs and the Student Affairs Committee on Alcohol and Substance Awareness. Most of the survey questions were identical to those in surveys distributed in previous years (1991, 1993, 1995), allowing for longitudinal comparisons of student responses.

Overall, patterns of alcohol consumption among students remained about the same as in previous surveys. About three-fourths of students reported that they did not drink at all on typical weekday evenings, and drank either lightly (one to two drinks per evening) or not at all on a typical weekend. Undergraduates were more likely to exhibit extreme drinking patterns than graduate/professional students, either not drinking at all or drinking very heavily (seven or more drinks at one time). About half of the undergraduates reported a change in their drinking habits (either increasing or decreasing) since enrolling at the University, while slightly more than a third of graduate/professional students reported a change (most of them decreasing). As in past years, almost all students had no immediate plans to change their levels of drinking.

As in previous years, reported patterns of alcohol use for undergraduates differed according to gender, age and living situation. Slightly more women than men do not drink at all. Among students who do drink, men were more likely to drink heavily (five or more drinks) than women, although a slight increase in the proportion of women who typically drink heavily on weekends was noted this year. Students living with their parents consumed the least alcohol on a typical weekend, while students living in fraternities and sororities reported drinking the most.

About half of the undergraduates and graduate/professional students had used illicit drugs at some time. Reported use of cigarettes, marijuana/hashish, and amphetamines increased slightly over previous years, a trend that was noted in the 1995 survey. However, most students reported a frequency of use of only about once per month. The proportion of undergraduates using marijuana/hashish who lived off-campus with acquaintances or in fraternities or sororities was substantially larger than students living in residence halls or with their parents. The majority of students indicated that they had not changed their patterns of marijuana/hashish use since enrolling at the University.

Cigarette smoking has increased since 1993 among both undergraduates and graduate/professional students, although many of these students smoke infrequently (once a month or less), and did not consider themselves to be "smokers."

The majority of the undergraduates, and about half of the graduate/professional students, believed that UW students have a good understanding of the health risks involved with the use of alcohol, tobacco, and other drugs. However, a large proportion felt that this knowledge would not decrease students' use of tobacco, other drugs, and especially alcohol. Most undergraduates and graduate/professional students believed that, on average, other

students drink alcohol once per week or more often. Similarly, the majority estimated the average frequency of cigarette smoking to be once per week or more. About half of the undergraduates and graduate/ professional students said they believed that, on average, other students smoke marijuana/ hashish about once per week, and other illicit drugs about once per month. Few students believed that other students were not using marijuana or other illicit drugs at all.

Most students said they would seek assistance for themselves or a friend if experiencing difficulties because of alcohol and/or other drug abuse. However, the proportion saying they would do so declined slightly from 1995. Very few students reported having actually sought such assistance.

Awareness of almost all alcohol- and other drug-related University educational programs had increased from previous years among undergraduates, but had not changed among graduate/professional students. While the majority of students believed there was nothing the University could do to encourage informed, responsible use of alcohol or other drugs among the student population, many of them still thought it was important for the University to continue its alcohol- and other drug-related programs and policies.

APPENDIX A: Cover letter

APPENDIX B: Questionnaire

APPENDIX C: Postcard



UNIVERSITY OF WASHINGTON

April 21, 1997

VICE PRESIDENT FOR STUDENT AFFAIRS

Dear Student:

The enclosed questionnaire was developed by the Student Affairs Committee on Alcohol and Substance Awareness, which is composed of students and members of the faculty and staff. The committee is interested in learning more about the extent to which UW students use alcohol, tobacco and other drugs, and what additional educational efforts the University might undertake in this important area. The questionnaire is designed to solicit information on the degree to which, if at all, you use alcohol and other drugs, and your impressions of our efforts to provide education and various services to prevent and combat problems growing out of the use of such substances. We are also seeking your ideas on how these matters might be addressed more effectively.

You are one of 3,000 students who have been randomly selected to participate in the survey. If the results of the study are to reflect the opinions of a cross-section of students, your participation is essential. The questionnaire should take about 15 minutes to complete.

Please complete the questionnaire by April 30, and return it to the Office of Educational Assessment in the envelope provided. In completing the questionnaire, we ask that you not identify yourself. We want your responses to be completely anonymous. Moreover, if you wish to talk with someone concerning your reactions to the questionnaire, you may call the Student Counseling Center at 543-1240 to arrange to visit with a counselor.

Your cooperation is greatly appreciated, and if you have questions regarding any aspect of the questionnaire, please contact Dr. Nana Lowell, Assistant Director of the Office of Educational Assessment, at 543-1170.

Thank you.

Sincerely yours,

A handwritten signature in black ink, reading "Ernest R. Morris".

Ernest R. Morris
Vice President

ERM:jh
35/103
Enclosures

UNIVERSITY OF WASHINGTON

University Life and Substance Use Questionnaire

Please answer each of the following questions by circling the appropriate number. Your response is entirely voluntary, but because only a few students were selected, every response is important to us. Please do not put your name on the questionnaire; your response is completely anonymous.

To request disability accommodations, contact the Disability Services Office, 543-6450 (Voice); 543-6452 (TDD); 685-3885 (FAX); access @ u.washington.edu (email).

GENERAL INFORMATION

1. Your class level:

- | | |
|--------------|-------------------------|
| 1. freshman | 5. 5th-year student |
| 2. sophomore | 6. graduate student |
| 3. junior | 7. professional student |
| 4. senior | 8. other |

2. Your age:

- | | |
|------------------|----------------|
| 1. 17 or younger | 6. 22-25 |
| 2. 18 | 7. 26-30 |
| 3. 19 | 8. 31-35 |
| 4. 20 | 9. 36 or older |
| 5. 21 | |

3. Your gender:

- | | |
|-----------|---------|
| 1. female | 2. male |
|-----------|---------|

4. Your ethnicity:

- | | |
|---------------------|--------------------|
| 1. African American | 5. Native American |
| 2. Asian | 6. combination |
| 3. Caucasian | 7. other |
| 4. Hispanic | |

5. a. Your cumulative UW grade-point average: _____

b. Grade-point average of your most recently completed quarter at UW: _____

6. Number of quarters you have attended the UW:

- | | |
|--------|---------------|
| 1. 1-3 | 4. 10-12 |
| 2. 4-6 | 5. 13 or more |
| 3. 7-9 | |

HOUSING

7. Which of the following best describes your current living situation?

1. I live in a campus residence hall with no roommate.
2. I live in a campus residence hall with a roommate(s).
3. I live in a fraternity or sorority house.
4. I live in University family and married-student housing, or on-campus single student apartments.
5. I live off campus with my parents.
6. I live off campus with my partner only.
7. I live off campus with my child/children only.
8. I live off campus with my partner and child/children.
9. I live off campus with acquaintances.
10. I live off campus alone.

UNIVERSITY EXPERIENCES

8. To what extent do you feel you are part of the University student community?

1. I feel very much a part of the student community.
2. I feel more a part of the student community than not.
3. I sometimes feel I am not a part of the student community.
4. I often feel I am not a part of the student community.

9. To what extent are you satisfied with your involvement at the University?

1. very satisfied
2. somewhat satisfied
3. I feel neutral about this question.
4. somewhat dissatisfied
5. very dissatisfied

ALCOHOL USE

The following questions refer to your alcohol use habits. For these questions, one drink = a bottle of beer (12 oz.), or a glass of wine (4 oz.), or one mixed drink.

10. How would you define your current level of drinking?

- | | |
|----------------|-------------|
| 1. non-drinker | 3. moderate |
| 2. light | 4. heavy |

11. Think of the occasion you drank the MOST alcohol this past month. How much did you drink?

- | | |
|---------------|-----------------------|
| 1. 0 drinks | 4. 5-6 drinks |
| 2. 1-2 drinks | 5. 7-8 drinks |
| 3. 3-4 drinks | 6. more than 8 drinks |

12. Which of the following best describes the pattern of your alcohol use since enrolling at the UW?

- | | |
|------------------------------|------------------------------|
| 1. decreased | 4. increased, then decreased |
| 2. increased | 5. remained the same |
| 3. decreased, then increased | |

13. What is the average number of drinks you consume per week? _____

14. On a given weekend evening, how much alcohol (in drinks) do you typically consume? (Estimate over the past three months.)

- | | |
|---------------|-----------------------|
| 1. 0 drinks | 4. 5-6 drinks |
| 2. 1-2 drinks | 5. 7-8 drinks |
| 3. 3-4 drinks | 6. more than 8 drinks |

- ### OTHER DRUG USE

- | Frequency | | | | | | | | | | Use at UW | | |
|---|--|---|---|---|--|---|---|---|---|--|---|---|
| 1 = never use
2 = less than once a month
3 = about once a month
4 = two or three times a month | | | | | 5 = once or twice a week
6 = three or four times a week
7 = nearly every day
8 = once a day or more | | | | | 1 = decreased
2 = increased
3 = same | | |
| a. | Marijuana or hashish | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 |
| b. | Cocaine (crack, freebase) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 |
| c. | Stimulants (amphetamines, uppers, speed, Ritalin®) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 |
| d. | Sedatives (benzos, barbs, downers, Rohypnol, ludes) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 |
| e. | Hallucinogens (LSD, PCP, ecstasy, mushrooms) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 |
| f. | Opiates (heroin, opium, codeine, morphine, pain-killers) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 |
| g. | Inhalants (glue, solvents, nitrous oxide, amyl nitrate) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 |
| h. | Steroids | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 |
| i. | Cigarettes, cigars, pipe tobacco | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 |
| j. | Smokeless tobacco (chew) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 |
| k. | Designer drugs (herbal ecstasy, MDMA) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 |
| l. | Other substances (please list): | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 1 | 2 | 3 |

20. Please circle how frequently you believe other UW students use the following substances, on average.

Frequency

- | | |
|--------------------------------|--------------------------------|
| 1 = never use | 5 = once or twice a week |
| 2 = less than once a month | 6 = three or four times a week |
| 3 = about once a month | 7 = nearly every day |
| 4 = two or three times a month | 8 = once a day or more |

a. Alcohol	1	2	3	4	5	6	7	8
b. Cigarettes	1	2	3	4	5	6	7	8
c. Marijuana or hashish	1	2	3	4	5	6	7	8
d. Other illicit (i.e., illegal) drugs	1	2	3	4	5	6	7	8

21. Which of the following best describes your status as a (cigarette) smoker?

1. I have never been a smoker.
2. I used to smoke, but stopped at least one year ago.
3. I used to smoke, but stopped within the past 12 months.
4. I'm a current smoker and would like to stop.
5. I'm a current smoker and have no plans to stop any time soon.

UNDERSTANDING OF HEALTH/SAFETY RISKS AND SERVICES

22. Do you believe that UW students generally have a good understanding of the health risks associated with use of:

- | | | | |
|--------------|--------|-------|-----------|
| alcohol? | 1. yes | 2. no | 3. unsure |
| tobacco? | 1. yes | 2. no | 3. unsure |
| other drugs? | 1. yes | 2. no | 3. unsure |

23. Do you believe that understanding the health risks associated with alcohol, tobacco and other drug use decreases other students' use of:

- | | | | |
|--------------|--------|-------|-----------|
| alcohol? | 1. yes | 2. no | 3. unsure |
| tobacco? | 1. yes | 2. no | 3. unsure |
| other drugs? | 1. yes | 2. no | 3. unsure |

24. If you or a friend were experiencing difficulties because of alcohol and/or other drug abuse, would you seek assistance?

- | | | |
|-------------------|--------|-------|
| for yourself? | 1. yes | 2. no |
| for someone else? | 1. yes | 2. no |

If yes, where would you seek assistance? (It is okay to chose more than one.)

- | | |
|---------------------------------------|---------------------------|
| 1. UW Hall Health Primary Care Center | 5. an off-campus resource |
| 2. UW Student Counseling Center | 6. residence hall advisor |
| 3. UW Psychology Department | 7. family member |
| 4. friend | 8. don't know |

25. If you wouldn't seek assistance, what factor(s) would keep you from obtaining help for yourself or a friend? (It is okay to choose more than one.)

1. cost
2. concern about imposing
3. not really knowing what to do
4. uncertainty about whether or not there really was a problem
5. concern that someone might find out
6. other

26. Have you sought assistance for alcohol and/or other drug abuse since enrolling at the University?

- | | | |
|-------------------|--------|-------|
| for yourself? | 1. yes | 2. no |
| for someone else? | 1. yes | 2. no |

If yes, where did you seek such assistance? (Please list.)

27. Please indicate how often you have experienced the following due to your drinking or other drug use during the last year.

		<u>Frequency</u>					
		1 = never	2 = once	3 = twice	4 = 3 to 5 times	5 = 6 to 9 times	6 = 10 or more times
a.	Had a hangover	1	2	3	4	5	6
b.	Performed poorly on a test or important project	1	2	3	4	5	6
c.	Been in trouble with police, residence hall, or other college authorities	1	2	3	4	5	6
d.	Damaged property, pulled fire alarm, etc.	1	2	3	4	5	6
e.	Gotten into an argument or a fight	1	2	3	4	5	6
f.	Gotten nauseated or vomited	1	2	3	4	5	6
g.	Driven a car while under the influence	1	2	3	4	5	6
h.	Missed a class / work	1	2	3	4	5	6
i.	Been criticized by someone I know	1	2	3	4	5	6
j.	Thought I might have a drinking or other drug problem	1	2	3	4	5	6
k.	Had a memory loss	1	2	3	4	5	6
l.	Done something I later regretted	1	2	3	4	5	6
m.	Been arrested for DWI/DUI	1	2	3	4	5	6
n.	Been taken advantage of sexually	1	2	3	4	5	6
o.	Taken advantage of another sexually	1	2	3	4	5	6
p.	Engaged in unprotected sex	1	2	3	4	5	6
q.	Tried unsuccessfully to stop using alcohol or other drugs	1	2	3	4	5	6
r.	Seriously thought about suicide	1	2	3	4	5	6
s.	Seriously tried to commit suicide	1	2	3	4	5	6
t.	Been hurt or injured	1	2	3	4	5	6
u.	Went to class or work intoxicated or high	1	2	3	4	5	6
v.	Passed out	1	2	3	4	5	6
w.	Neglected responsibilities	1	2	3	4	5	6
x.	Drank or used more than I had planned/wanted to	1	2	3	4	5	6

28. Are you planning to change the amount you drink within the next three months?

1. no
2. yes, I plan to decrease the amount I drink
3. yes, I plan to increase the amount I drink

29. Has anyone in your family ever had a problem with alcohol or other drugs?

- | | |
|--------|-------|
| 1. yes | 2. no |
|--------|-------|

CAMPUS RESPONSE TO ISSUES RELATED TO ALCOHOL AND OTHER DRUGS

30. Are you aware of University policies on alcohol and other drug use?

1. yes

2. no

If yes, do you believe they are enforced?

1. yes

2. no

3. no basis to judge

31a. Are you aware of these UW educational programs and printed materials related to alcohol and other drugs coordinated during 1995-96 and/or 1996-97?

	<u>Aware?</u> Yes / No		<u>Rating</u> 1 = poor 2 = fair 3 = good 4 = very good 5 = excellent 6 = no opinion					
a. Fall Fling	Y	N	1	2	3	4	5	6
b. Wrecked Car	Y	N	1	2	3	4	5	6
c. Health and Fitness Fair (on HUB lawn in spring)	Y	N	1	2	3	4	5	6
d. Advertisements in <i>The Daily</i>	Y	N	1	2	3	4	5	6
e. The play, <i>Talkin' About It</i>	Y	N	1	2	3	4	5	6
f. Programs for your living group (e.g., Project Dionysus)	Y	N	1	2	3	4	5	6
g. <i>It's a never-win situation</i> brochure	Y	N	1	2	3	4	5	6
h. HUB movie night with non-alcoholic beverages and Safe Spring Break kits	Y	N	1	2	3	4	5	6
i. Substance Awareness Week	Y	N	1	2	3	4	5	6
j. Wall of Awareness and Designated Driver Contracts	Y	N	1	2	3	4	5	6
k. Club HUB (live music, billiards and non- alcoholic beverages in the HUB Games Area)	Y	N	1	2	3	4	5	6
l. Poster Design Contest (campus-wide, with substance awareness theme)	Y	N	1	2	3	4	5	6
m. Diversity Dance Workshop at the Ethnic Cultural Center	Y	N	1	2	3	4	5	6
n. Salsa Dance in the HUB	Y	N	1	2	3	4	5	6
o. Friday Nights in the HUB (comedian Derrick Cameron with non-alcoholic beverages)	Y	N	1	2	3	4	5	6
p. Michael Green (speaker)	Y	N	1	2	3	4	5	6
q. SAFE House (Substance and Alcohol Free Environment in the residence halls)	Y	N	1	2	3	4	5	6

31b. Are there other programs you would like to see? _____

32. Which of the following may influence the extent of your alcohol use? (Circle as many as apply.)

1. state or federal law

2. University policies regarding alcohol
and other drugs

3. rules of living group

4. awareness of health risks

5. lifestyle choice

6. influence of friends

7. influence of family

8. University educational efforts

9. religious beliefs

10. other

33. Which of the following may influence the extent of your illicit drug use? (Circle as many as apply.)

- | | |
|--|-----------------------------------|
| 1. state or federal law | 6. influence of friends |
| 2. University policies regarding alcohol and other drugs | 7. influence of family |
| 3. rules of living group | 8. University educational efforts |
| 4. awareness of health risks | 9. religious beliefs |
| 5. lifestyle choice | 10. other |

34. Do you believe there are any actions the UW could take to encourage informed, responsible decisions by students regarding the use of alcohol and/or other drugs?

- | | |
|--------|-------|
| 1. yes | 2. no |
|--------|-------|

If yes, please give examples:

35. Additional comments?

Thank you for your participation!

For information or assistance, please contact the Office of the Vice President for Student Affairs at 543-4972. If you are interested in becoming involved with educational efforts for all UW students, we encourage you to call this number and ask for information regarding the Student Affairs Committee on Alcohol and Substance Awareness (CASA).