

UNIVERSITY OF WASHINGTON

University Life and Substance Use Survey

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. You do not have to answer every question. 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 (e-mail).

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. Black/African American | 5. Hispanic |
| 2. Hawaiian/Pacific Islander | 6. American Indian/Alaskan Native |
| 3. Asian | 7. combination |
| 4. White/Caucasian | 8. other |

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 | |

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 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.

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

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

Please comment on your response:

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

- | | | | | |
|-------------------|-----------------------|-----------------------------------------|--------------------------|----------------------|
| 1 | 2 | 3 | 4 | 5 |
| very
satisfied | somewhat
satisfied | I feel neutral .
about this question | somewhat
dissatisfied | 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. How would you describe your level of drinking in high school?

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

12. 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 |

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

- | | | |
|-----------|-----------|-------------------|
| 1 | 2 | 3 |
| decreased | increased | remained the same |

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

15. 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 |

16. On a given evening during the week, 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 |
17. Think back over the last two weeks. How many times have you had five or more drinks at a sitting?
- | | |
|----------|---------------------|
| 1. none | 4. 3 to 5 times |
| 2. once | 5. 6 to 9 times |
| 3. twice | 6. 10 or more times |
18. How much alcohol do you think most UW students typically consume when they are partying?
- | | |
|---------------|-----------------------|
| 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 *(Remember that your responses are confidential.)*

19. Have you ever used illicit (i.e., illegal) drugs?
- | | |
|--------|-------|
| 1. yes | 2. no |
|--------|-------|
20. Please circle how frequently you **currently** use the following substances and whether your use has decreased, increased or remained the same while at the UW.

	<u>Frequency</u>								<u>Use at UW</u>		
	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. Cigarettes, cigars, pipe tobacco	1	2	3	4	5	6	7	8	1	2	3
b. Smokeless tobacco (chew)	1	2	3	4	5	6	7	8	1	2	3
c. Marijuana or hashish	1	2	3	4	5	6	7	8	1	2	3
d. Cocaine (crack, freebase)	1	2	3	4	5	6	7	8	1	2	3
e. Stimulants (amphetamines, uppers, speed, methamphetamine, methylphenidate-Ritalin®)	1	2	3	4	5	6	7	8	1	2	3
f. Sedatives (benzos, barbs, downers, ludes)	1	2	3	4	5	6	7	8	1	2	3
g. Hallucinogens (LSD, PCP, mushrooms)	1	2	3	4	5	6	7	8	1	2	3
h. Opiates/narcotics (heroin, opium, codeine, morphine, painkillers, Vicodin, Percocet, Oxycontin)	1	2	3	4	5	6	7	8	1	2	3
i. Inhalants (glue, solvents, nitrous oxide, amyl nitrate)	1	2	3	4	5	6	7	8	1	2	3
j. Steroids	1	2	3	4	5	6	7	8	1	2	3
k. Club drugs (GHB, ecstasy, DMX, Rohypnol, ketamine)	1	2	3	4	5	6	7	8	1	2	3
l. Designer drugs (herbal ecstasy, MDMA)	1	2	3	4	5	6	7	8	1	2	3
m. Other substances (<u>please list</u>):	1	2	3	4	5	6	7	8	1	2	3

21. 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

22. 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

23. 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 |

24. 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 |

25. 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 | 3. unsure |
| for someone else? | 1. yes | 2. no | 3. unsure |

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

- | | |
|---------------------------------------------------------------------|------------------------------------------------|
| 1. UW Hall Health Primary Care Center/
Mental Health Clinic | 6. AA or Al Anon meetings on or near
campus |
| 2. UW Student Counseling Center | 7. an off-campus resource |
| 3. Addictive Behaviors Research Center/
UW Psychology Department | 8. friend |
| 4. residence hall advisor | 9. family member |
| 5. Substance Abuse Educator in the
residence halls | 10. don't know |

26. 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

27. 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.)

28. 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		4 = 3 to 5 times			
	2 = once		5 = 6 to 9 times			
	3 = twice		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

29. 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

30. Has anyone in your family ever had a problem with alcohol or other drugs?
1. yes
 2. no

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

- | | |
|----------------------------------------------------------|-----------------------------------------------------|
| 1. state or federal law | 9. classes on Friday |
| 2. University policies regarding alcohol and other drugs | 10. classes in the mornings |
| 3. rules of living group | 11. alcohol advertising in <i>The Daily</i> |
| 4. awareness of health risks | 12. alcohol promotions at local establishments |
| 5. lifestyle choice | 13. availability of alcohol-free fun events |
| 6. influence of friends | 14. University educational efforts (specify: _____) |
| 7. influence of family | |
| 8. religious beliefs | 15. other _____) |

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

- | | |
|----------------------------------------------------------|----------------------------------------------------|
| 1. state or federal law | 9. classes on Friday |
| 2. University policies regarding alcohol and other drugs | 10. classes in the mornings |
| 3. rules of living group | 11. availability of substance-free fun events |
| 4. awareness of health risks | 12. University educational efforts(specify: _____) |
| 5. lifestyle choice | |
| 6. influence of friends | 13. other _____) |
| 7. influence of family | |
| 8. religious beliefs | |

35. 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:

Thank you for your participation!

For information or assistance, please contact the Office of the Vice President for Student Affairs at 206-543-4972. 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).