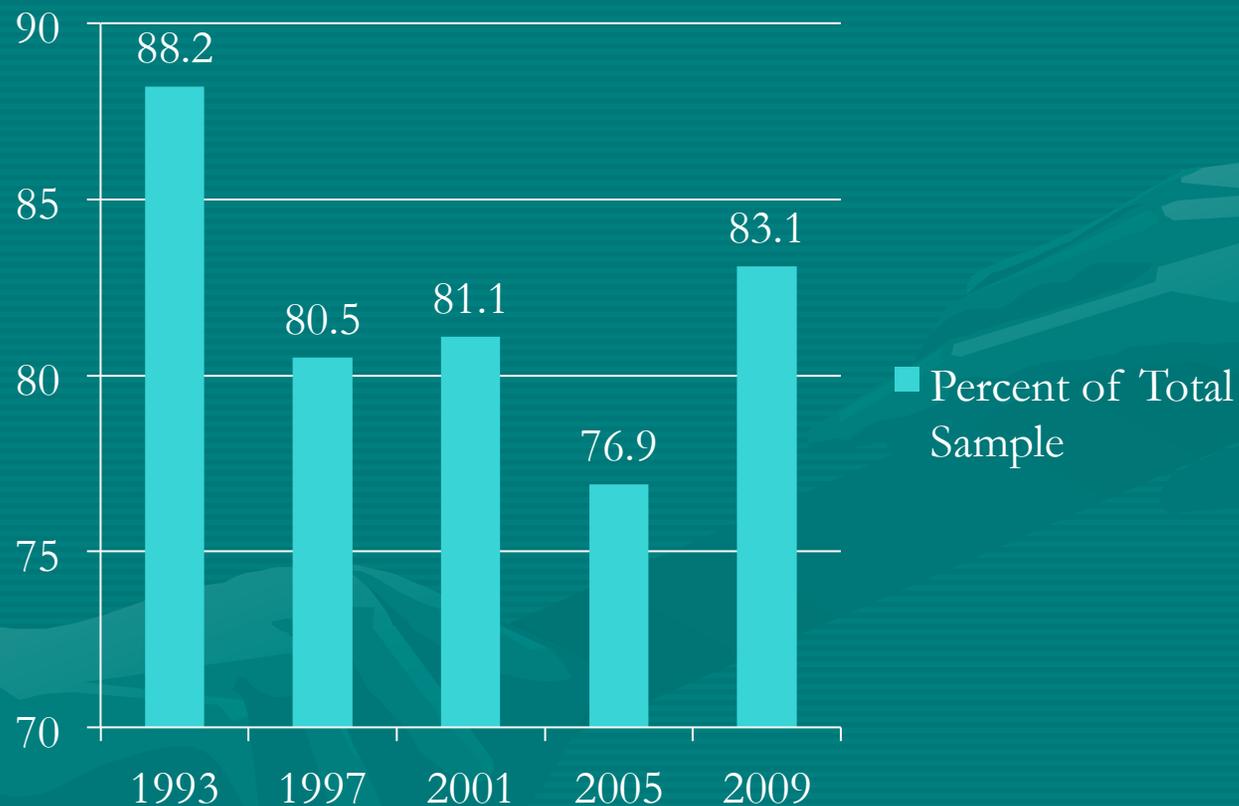# Project Winning STEPS:

A Screening & Brief Intervention Approach Addressing Alcohol Use Among Student-Athletes

Joe Monserrat, Psy.D.

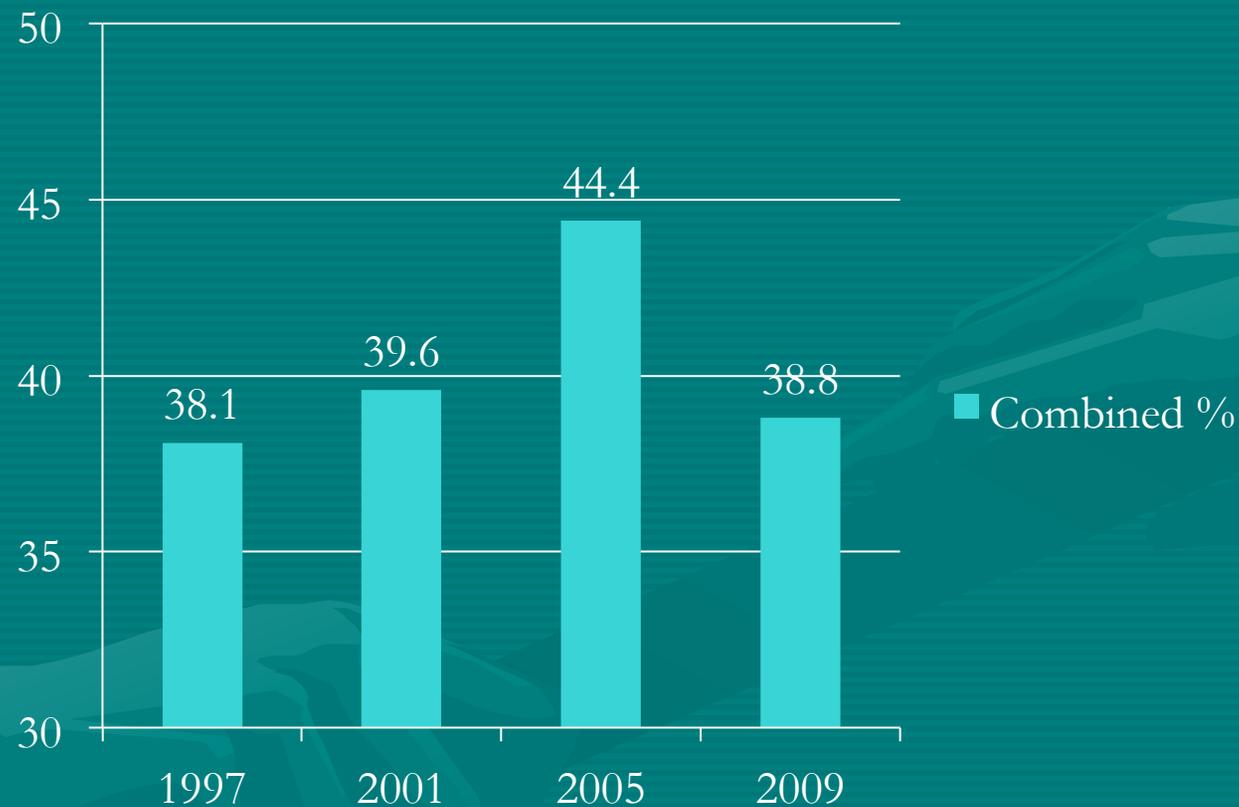SUNY at Albany

11/09/2012

Patterns of Alcohol Use: Past 12 Months

Source: 2009 National Study on Substance Use Trends Among NCAA College Student-Athletes

Among Drinkers, 6 or More Drinks per Sitting

Other Key Data…

- 54% reported drinking during ***both*** their competitive and non-competitive season

- 35% report drinking at least 2x's/week or more

- 21% indicated that **athletic performance** was negatively effected as a result of drinking

- 24% indicated that **academic performance** was negatively effected

Source: 2009 National Study on Substance Use Trends Among NCAA College Student-Athletes

- NCAA Division I (Football-I FCS)
- America East Conference (Football-Northeast Conf.)
- 19 sports (8 men, 11 women)
- 450 athletes
- 56 Conference Championships
- 23 NCAA Tournament appearances
- 35 All-American selections

Project Goals

- Reduce use rates among student-athletes
- Reduce alcohol-related consequences
- Educate student-athletes about the alcohol-athletic performance relationship

Project Design

- Online screening of all UAlbany student-athletes
- Compare BASICS vs. Team feedback
- Athletic performance based feedback
- Sport-related coping skills
- 3 and 6 month online follow-ups

Brief Intervention

- Eligible athletes invited to participate
- 1-hour individual feedback session
    - Motivational Interviewing
    - Social Norms
- Team interventions
    - Average player on team
- Athletic performance factors
- Anxiety & Confidence skills

PROJECT WINNING STEPS

UNIVERSITY COUNSELING CENTER

University at Albany Couseling Center
400 Patroon Creek Blvd., Suite 104
Albany, NY 12222

Phone: 518-442-5800
Fax: 518-442-3096
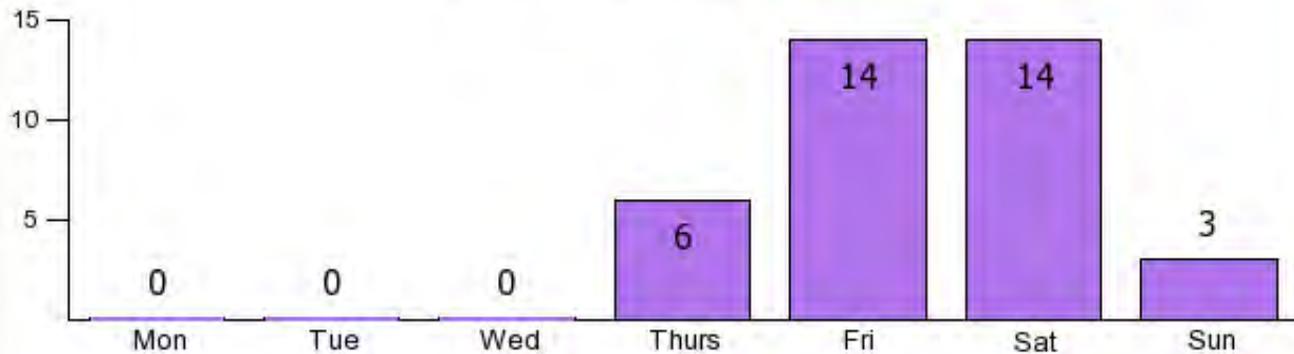www.albany.edu/counseling_center

GO DANES!

Typical Drinking

According to the information you gave us, you typically drank **4** days per week over the past month.

Over that past month, you consumed approximately **37** drinks per week.

This is what you told us about your typical number of drinks over the course of a week:

Weekly Drinking Pattern
Number of Drinks per Day

The typical UAlbany student drinks 6 drinks per week.

Blood Alcohol Content

The charts below provide information on blood alcohol content (BAC). The first column provides the BAC level of the typical UAlbany student the last time he or she "partied" or socialized. The second column provides your BAC the last time you partied/socialized, the third column provides your typical BAC when drinking on the weekend, and the fourth column provides your BAC for the occasion you drank the most in the past month.
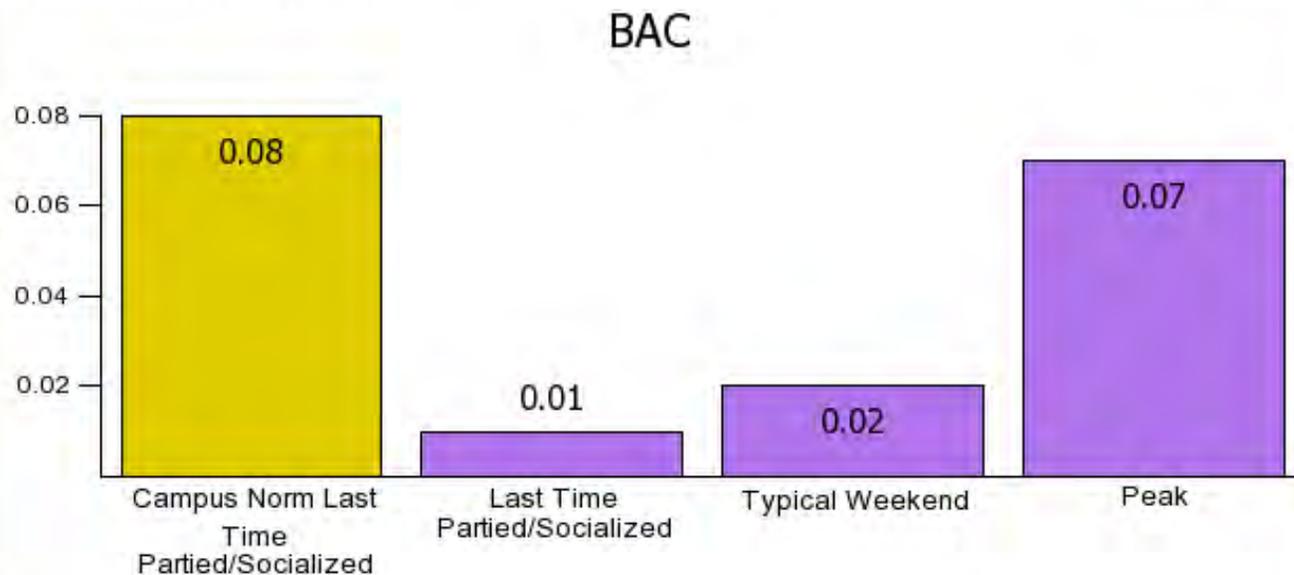
- BAC >= .02 = relaxed, minimal to no impairment in functioning
- BAC >= .04 = initial "buzz"
- BAC >= .06 = cognitive judgment impaired
- BAC >= .08 = legally intoxicated
- BAC >= .15 = at risk for blacking out
- BAC >= .35 = at risk for loss of consciousness/death
- It would take approximately **4.5 hours** for your past month peak BAC to return to .00.
- It would take approximately **1.4 hours** for your typical weekend BAC to return
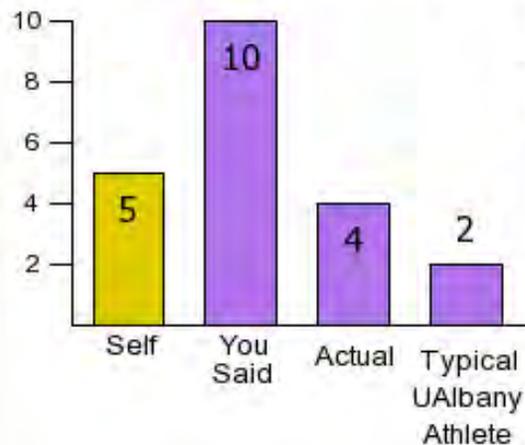
PROJECT WINNING STEPS

UNIVERSITY COUNSELING CENTER

University at Albany Couseling Center
400 Patroon Creek Blvd., Suite 104
Albany, NY 12222

Phone: 518-442-5800
Fax: 518-442-3096
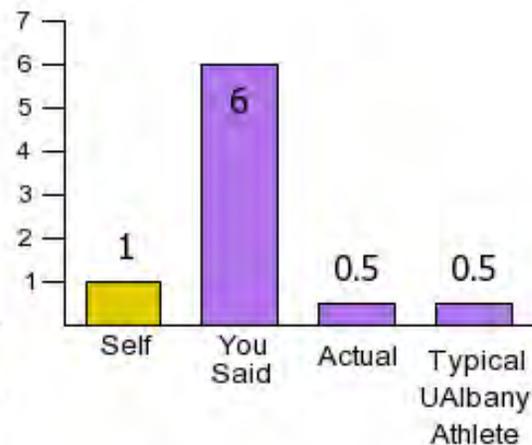www.albany.edu/counseling_center

GO DANES!

Drinking Norms

The graphs below show the frequency of your alcohol consumption and the number of times in the past two weeks you had five or more drinks. They also depict what you told us you believe to be the average for UAlbany students on each of these as well as the actual values for UAlbany students.

Days per Month

Self	You Said	Actual	Typical UAlbany Athlete
5	10	4	2

5 or More Drinks

Self	You Said	Actual	Typical UAlbany Athlete
1	6	0.5	0.5

Most UAlbany students drink fewer than two times per week, and most students think that others drink more than they actually do.

Alcohol & Athletic Performance

Physical

- "Hangover" effects
- Dehydration
- Nutrition/Endurance
- Injury
- Motor skills
- Sleep

Psychological

- Confidence
- Motivation
- Attitude
- Decision-Making

Your Beliefs About Alcohol and Your Athletic Performance

The graph and chart below illustrate the degree to which you believe your athletic performance related factors are positively or negatively affected as a result of your alcohol use. These scores are percentages and can range from -100% to +100%.

Performance Effects

Legend:
- Speed/Agility
- Reaction Time
- Power
- Endurance
- Sleep
- Nutrition/Diet
- Motivation
- Decision Making
- Confidence
- Attitude

Performance	Effect
Speed/Agility	-40
Reaction Time	-50
Power	-70
Endurance	-10
Sleep	0
Nutrition/Diet	20
Motivation	40
Decision Making	-20
Confidence	-90
Attitude	70

When are you at your best?

Are you always 100%?

Is your goal optimal performance?

Could alcohol be holding you back from reaching your full athletic potential?
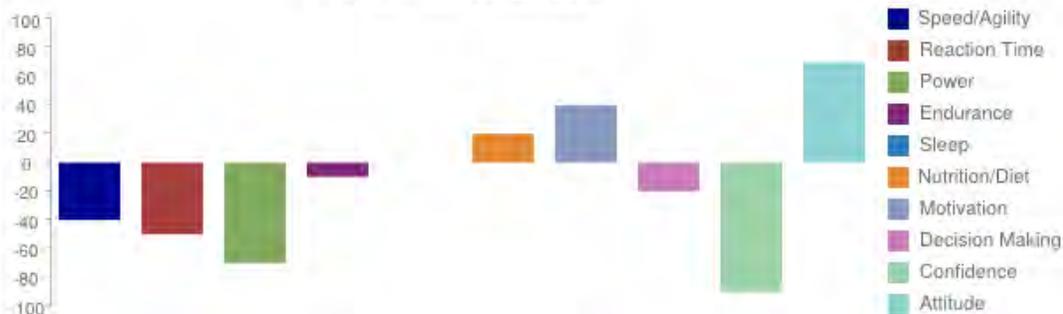
PROJECT WINNING STEPS

UNIVERSITY COUNSELING CENTER

University at Albany Couseling Center
400 Patroon Creek Blvd., Suite 104
Albany, NY 12222

Phone: 518-442-5800
Fax: 518-442-3096
www.albany.edu/counseling_center

GREAT DANES
UNIVERSITY AT ALBANY
GO DANES!

Alcohol and Athletic Performance

There are a variety of ways in which use of alcohol can have a negative impact on your ability to perform at your best.

MYTH: THE 48 HOUR RULE

If I wait 48 hours after drinking, I'll be back to my peak performance for competition, right?

Not quite... Consuming 5 or more alcoholic drinks on a single night can affect your brain and body for as long as 3 days. So a 72 hour rule might be a better fit. In fact, two consecutive nights of drinking 5 or more drinks can have an effect for up to 5 days.

Dehydration

DRINK UP!

Alcohol can cause the body to lose 3% of body fluid in a 4-hour period, which can translate to a decrease in performance over 20%!

Nutrition and Endurance

GO THE DISTANCE

Alcohol can cause a decrease in aerobic performance by 11.4%

Demographics of Sample: Class Year/Gender

Class Year	Male	Female	Overall
Freshman	158	107	265 (48%)
Sophomore	69	44	113 (21%)
Junior	57	28	85(16%)
Senior	37	23	60 (11%)
Graduate	14	5	19 (3%)
TOTAL	335 (62%)	207 (38%)	542

FINDINGS

Baseline Drinking Characteristics

Variable	Male	Female	Overall
Peak Drinking	10.7	5.6	7.9
Drinks Per Occasion	4.2	3.2	3.6
Heavy Drinking Episodes (mode)	weekly	weekly	weekly
Drinking Days, Past 30	5.4	4.5	4.9
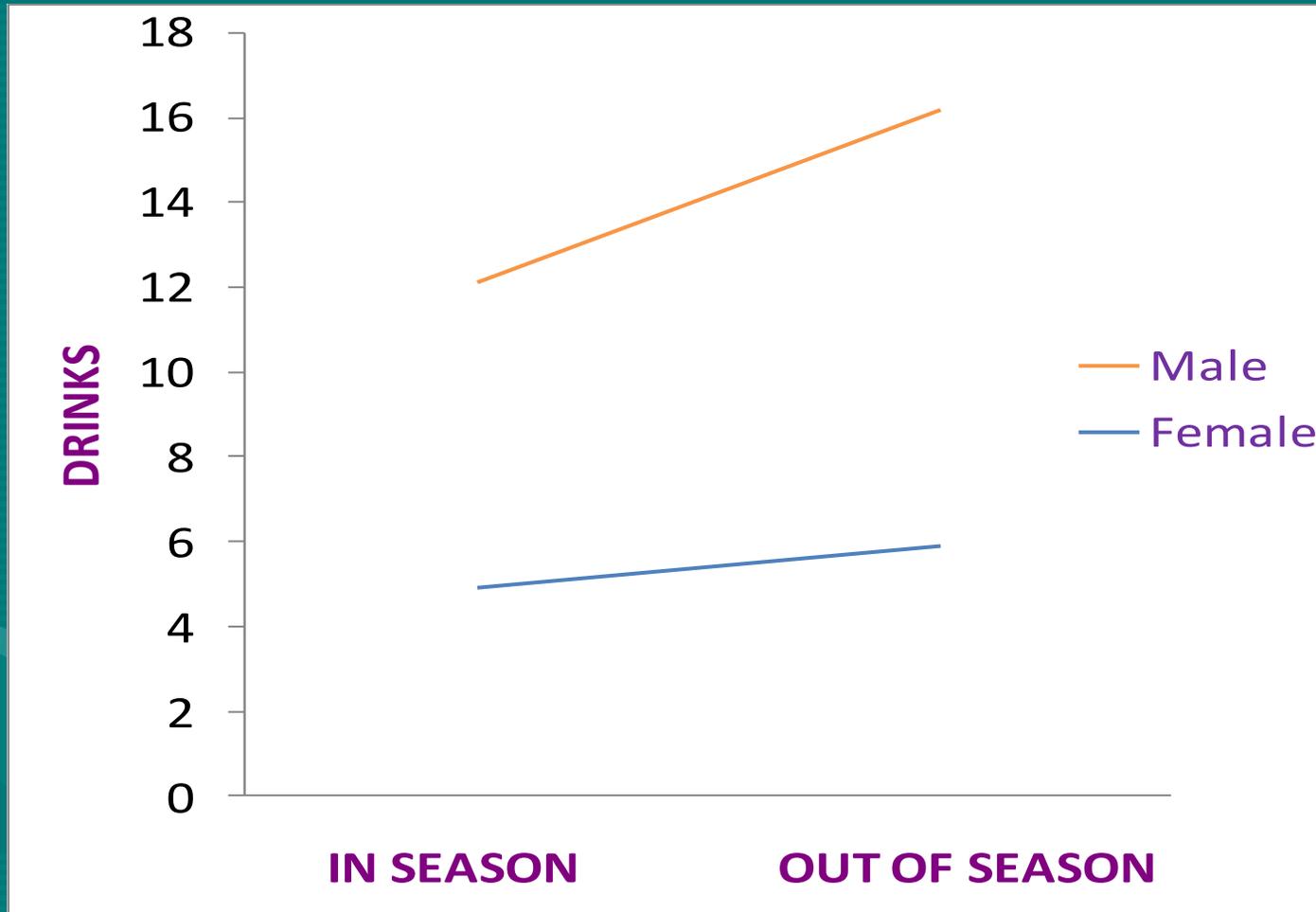
Between Group Differences

Drinking Measure	No Intervention N=398	Had Intervention N=144	Significance
Drinks per week	10.5	22.1	P<.05
RAPI-A Score	7.1	11.4	P<.05
HED Episodes, Past Month	3.1	5.4	P<.05
Use of Protective Strategies	59%	48.3%	P<.05

Between Group Differences

Reported Consequences, Past 30 Days	No Intervention N=398	Had Intervention N=144	Significance
Blackout	19%	46%	P<.05
Injury	25%	26%	NS
Failed to meet responsibility	18%	24%	P<.05
Drunk/hung-over at athletic practice or game	17%	22%	NS
Drunk/hung-over in school	15%	17%	NS

Project Winning STEPS: Changes in Alcohol Use, Associated Negative Consequences, Protective Behaviors, and Norms Perceptions among UAlbany Student-Athletes at 3-Months Post-Intervention (Face-to-Face BASICS)

Variable	Baseline N=42	Follow-Up 3 Months N=42	p	Percent Change
Reductions in Alcohol Use Frequency and Quantity				
Alcohol Use Disorders Identification Test (AUDIT)	9.64	8.33*	<.05	13.6% reduction
Last time partied BAC	.056	.045	<.10	19.5% reduction
Reductions in Negative Consequences				
RAPI total score	4.76	2.58*	<.01	45.9% reduction
RAPI total plus Athlete-specific negative consequences (RAPI-A)	5.38	2.56*	<.01	52.5% reduction
Increases in Use of Protective Behaviors				
PBSS total score	47.56	50.31*	<.01	5.8% increase
PBSS – Limiting/Stopping Drinking Strategies	18.26	19.71*	<.05	7.9% increase
PBSS – Manner of Drinking Strategies	16.26	17.41*	<.05	7.1% increase
PBSS – Serious Harm Reduction Strategies	13.34	13.71	.14	2.8% increase
Correction in Misperceptions of Campus Alcohol Use Norms				
Perception of Drinks Per Week, Typical Student	22.36	15.93*	<.001	28.8% reduction

*NOTE: * Indicates statistically significant outcome*

Project Winning STEPS: Changes in Alcohol Use, Associated Negative Consequences, Protective Behaviors, and Norms Perceptions among UAlbany Student-Athletes at 3-Months Post-Intervention (Team-Delivered Intervention)

Variable	Baseline	Follow-Up 3 Months	p	Percent Change
Reductions in Alcohol Use Frequency and Quantity				
Peak Drinks in last 30 days	8.19	6.73	<.10	**17.8% reduction**
Alcohol Use Disorders Identification Test (AUDIT)	8.04	7.38	.48	**8.2% reduction**
Last time partied BAC	.040	.044	.68	**10.0% increase**
Reductions in Negative Consequences				
RAPI total score	5.08	6.92	.54	**36.2% increase**
RAPI total plus Athlete-specific negative consequences (RAPI-A)	6.80	9.48	.53	**39.4% increase**
Increases in Use of Protective Behaviors				
PBSS total score	46.48	46.41	.97	**0.2% decrease**
PBSS – Limiting/Stopping Drinking Strategies	18.70	18.33	.68	**2.0% decrease**
PBSS – Manner of Drinking Strategies	15.15	16.00	.16	**5.6% increase**
PBSS – Serious Harm Reduction	12.63	12.07	.34	**4.4% decrease**
Correction in Misperceptions of Campus Alcohol Use Norms				
Perception of Drinks Per Week, Typical Student	22.59	17.62*	<.05	**22.0% reduction**

*NOTE: * Indicates statistically significant outcome*

Gender- RAPI-A

Women lower overall and improve more after intervention

QUESTIONS??

Contact Info:

Joe Monserrat, Psy.D.

Project Coordinator, Winning STEPS

518-442-5800

jmonserrat@albany.edu