

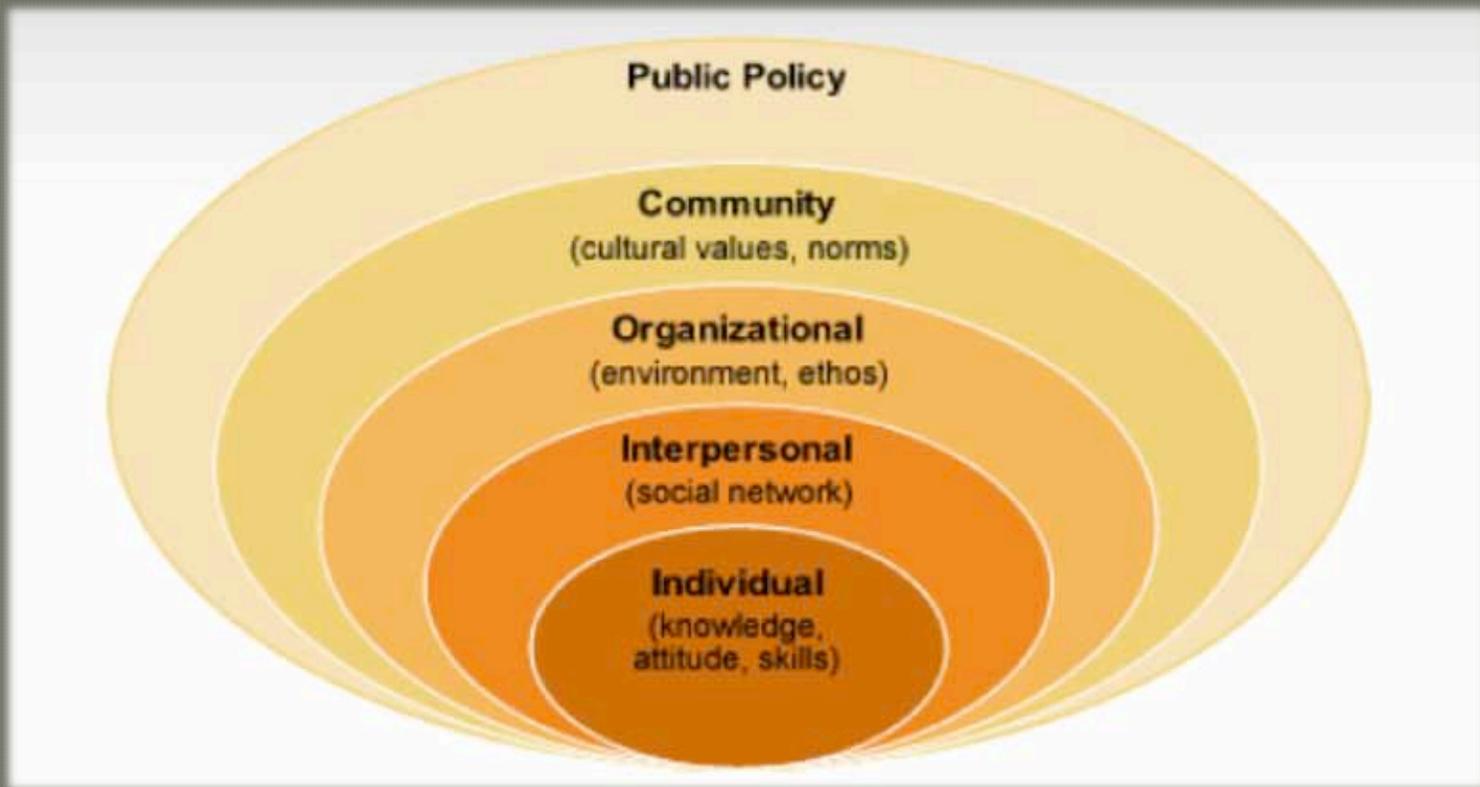
Risk Factors for Alcohol-Related Problems Among College Students

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Understanding Risk Factors from a Social Ecological Standpoint (Bronfenbrenner, 1977)

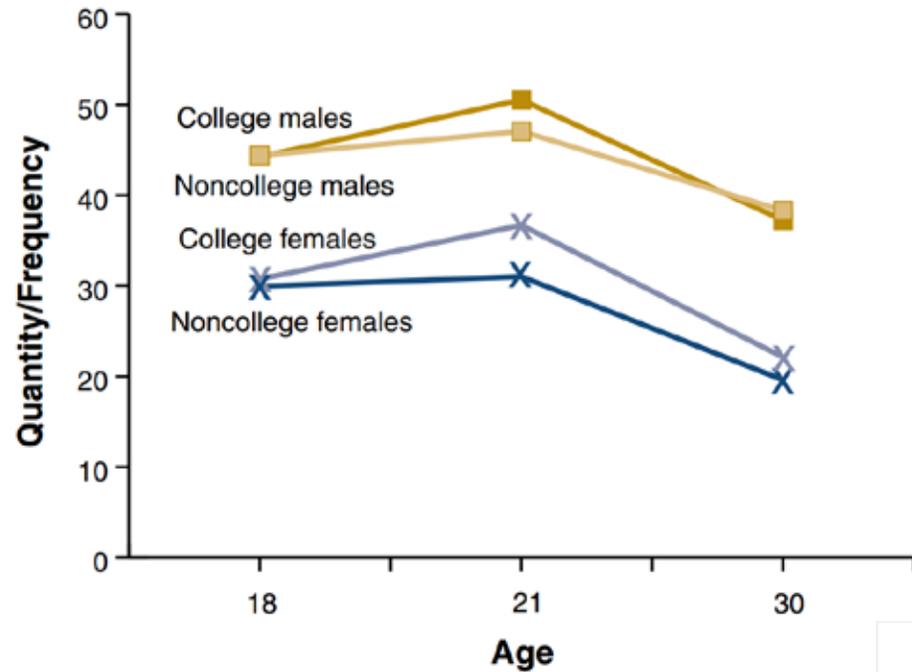


Alcohol-Related Outcomes

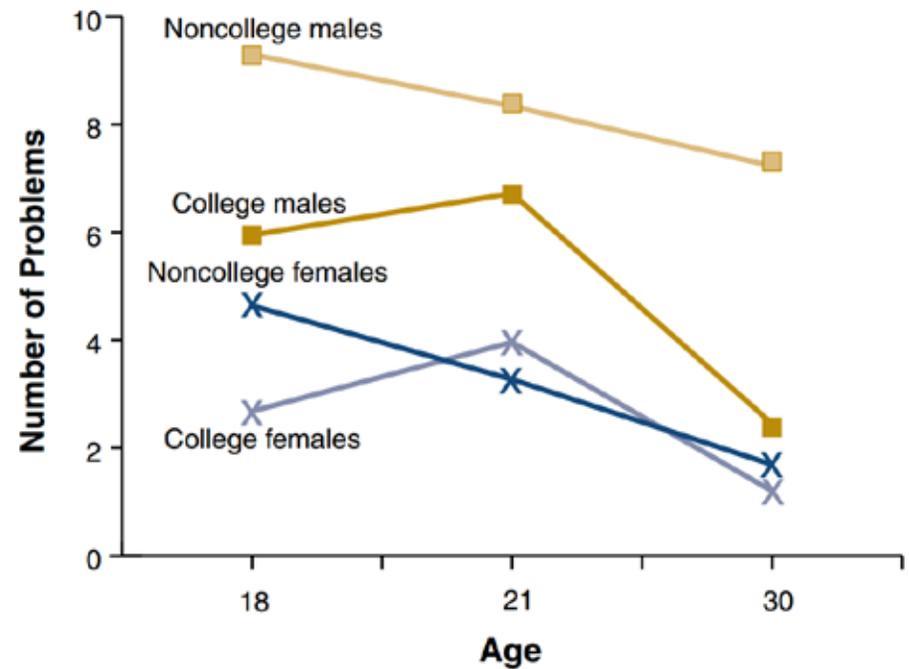
- **Alcohol Consumption**
Quantity per drinking occasion
Frequency
Binge drinking (males 5+ drinks, females: 4+ drinks)
- **Alcohol-Related Problems (Consequences)**
- **Alcohol Dependence**
Diagnosed using DSM-IV criteria.

Key Point: Different outcomes have different risk-factors & show distinct patterns over time.

Alcohol Consumption



Alcohol-Related Problems



White et al. (2005)

More Than One Pathway to Problem Drinking

At Least Two Groups (King et al., 2005):

- Adolescent Onset (Before College)
 - More genetically influenced
 - More related to externalizing and delinquency
- College Onset
 - Developmentally limited
 - More role transition \ enviro. influenced

Key Point: There's more than one type of problem drinker – each type may have distinct risk factors.

Intercampus Factors

Risk Factors

- Region: Northeast > North Central > West > South
- Four-year > Two-year
- Non-commuter > Commuter
- Small town/rural > City

Intercampus Factors (Continued)

Protective Factors

Historically black and women's colleges – lower risk

Little Evidence of Importance

Private vs. Public

Alcohol Free Campus Policy

Living Environment Risk Factors

Neighborhood

Alcohol Pricing

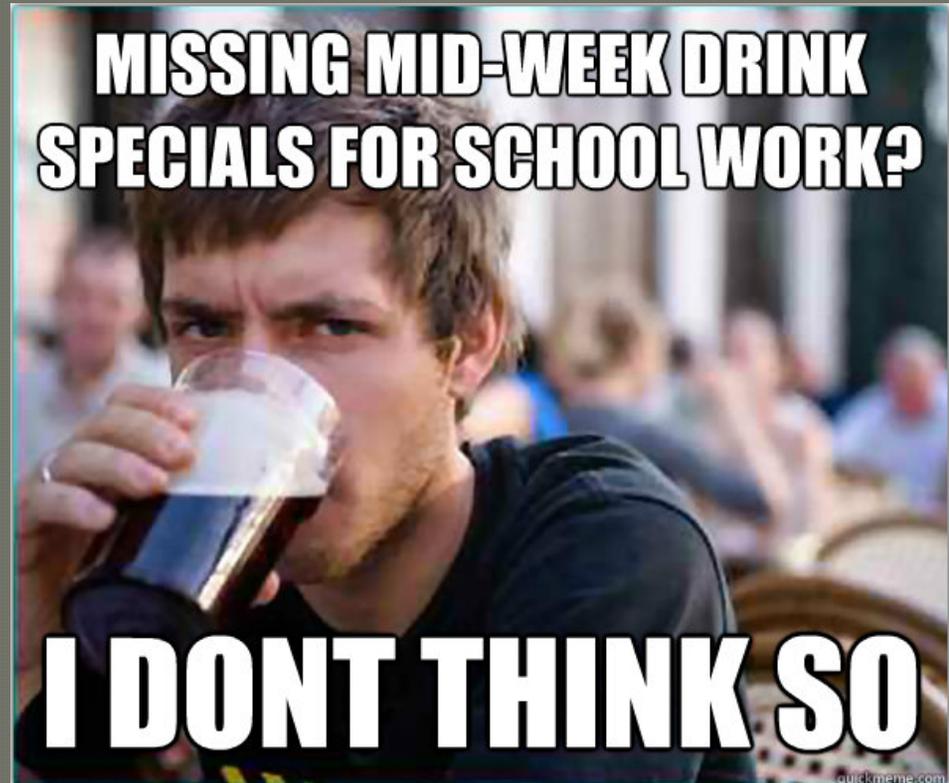
Outlet Density

Residence

Greek System

Residence Hall > Off Campus (except drinking and driving)

Substance-Free Residence Hall – lowers risk



Interpersonal Risk Factors

Parents

Family history of alcohol dependence

Perceived attitudes toward drinking

Monitoring – may lower risk

Peers (strongest predictor of alcohol *consumption*)

Active social network

Peer drinking behavior

Perceived norms regarding drinking

Demographic Risk Factors

Gender: Males > Females

Race: Caucasian & Native American >
Hispanic >
Black & Asian

Personality Risk Factors

Impulsivity (Disinhibition)

Sensation Seeking

Deviance-Proneness

Neuroticism/Negative Emotionality

Extraversion

Protective Factors: Religiosity & Academic Self-Efficacy

Drinking-Related Behaviors

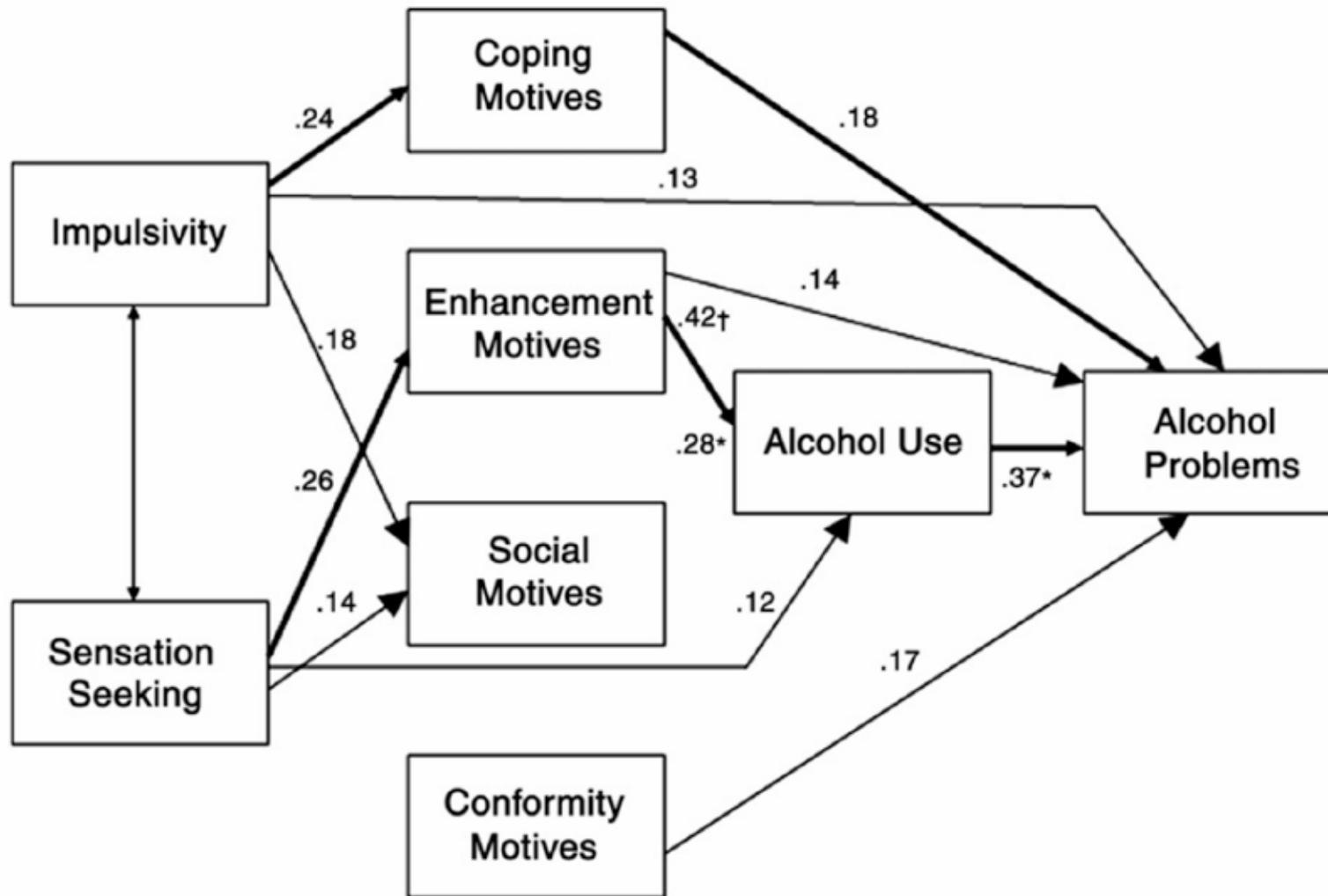
- Drinking History Prior to College
- Drinking Alone
- Playing Drinking Games
- Pre-Gaming
- Attending High-Risk Events (e.g., 21st Birthdays, Spring Break, Sporting Events)
- Positive Consequences

Drinking Motives – The Final Common Pathway

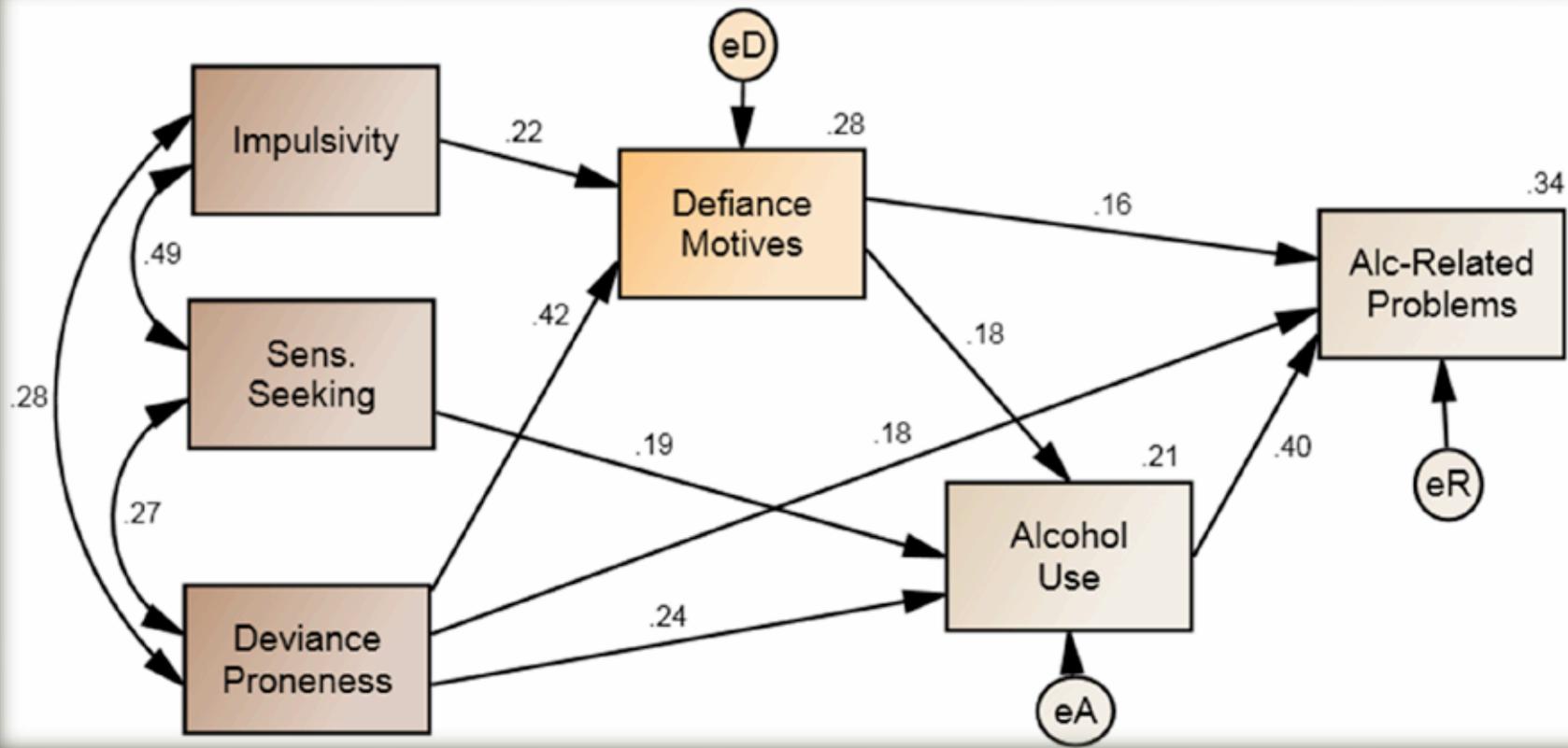
- Social Motives
- Enhancement Motives
- Coping Motives
- Conformity Motives

Other possible motives:

Defiance, Demonstrating Autonomy,
Self-Handicapping



Magid, MacLean, & Colder, 2007



Harter & MacLean, 2012



Focus on Adolescents

Focus on Adolescents

Goals | [Components/Curriculum](#) | [Contact](#) | [Referral form](#) |

Programs are available for adolescents ages 14-21 years old who:

- show high-risk behaviors linked to substance abuse
- need education about alcohol and other drugs
- need a better sense of personal risks and responsibilities
- qualify for an alternative to detention, suspension or expulsion

Our adolescent interventions are solution-oriented, fitting the needs and situations of each individual, and utilize a one-on-one format that includes two brief sessions. Three-month follow ups allow for continued client support as well as six-month and annual contacts.

Referrals to the Focus on Consequences Program come from attorneys and judges; coaches; counselors/social workers; EAPs; health professionals/physicians; parents/guardians and school administration.

This research-based program is confidential and provides recommendations for further assessment when necessary.



Featured News

[NCADD](#)

The National Council on Alcoholism and Drug Dependence fights the stigma and the disease of alcoholism and other drug addictions. [Read on](#)



Summary

- Be specific regarding which drinking-related outcomes you are targeting (e.g. alcohol consumption, alcohol-related problems).
- Know the risk and protective factors especially relevant for your setting and population.
- Interventions may need to be tailored to address the various pathways (e.g., drinking motives) to alcohol problems.