

Measuring the Impact of Participation in
HLSC 100 Drugs, Health and Risk Assessment Course

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Background

During the Fall of 1993, in order to confront high-risk alcohol use, Keene State College began conducting a one-credit course dealing with alcohol. The popularity of the course soon resulted in the establishment of required participation for all athletes. At the same time, members of fraternities and sororities self imposed a requirement for participation in the course for all their members. Additionally, students at large also participated in the course. During the following years, the majority of participants in the course found the experience extremely valuable and most suggested that it be required for all students.

Obviously, the popularity of a course does not necessarily measure its impact on behavior. In order to investigate the impact the course may have on drinking attitudes and behaviors, a group of campus administrators decided to conduct a three-year research project. The group consisted of the Delina Hickey, vice President for Student Affairs; Susan, Sielke, Registrar, Marcia Barrett, First Year Student Programs; Sandy Price, Campus Research; Jim Matthews, Special Assistant to the Vice President for Alcohol and Other Drug Programs. The President and Vice President for Academic Affairs then granted approval for the research project.

Sampling

From Fall 1999 through Fall 2001 between 130 and 150 incoming students each year were randomly selected to participate in this research project. These participants were drawn from a total of approximately 950 incoming first year students each year. They were required to participate in the course during their first semester at Keene State College. For the Short Term analysis, the attitudes and drinking behaviors of the participants were recorded during the first and last class meeting for the course.

For the Long Term analysis of the impact of the course on the attitudes and drinking behaviors, Sophomores and Juniors who took the course were compared to those who did not. A random sample of Sophomores and Juniors was drawn from the entire campus. This campus sample was selected by the Registrar's Office. The survey was administered in randomly selected classes. Sophomores and Juniors identified themselves as having taken the course or not.

Research Tool

The Core Alcohol and Drug Survey was administered to students during the first class meeting (Pre-Test) and, after five weeks, during the last class meeting (Post-Test). It was also administered to a random sample drawn from the entire campus during the third year of the research project. The Core Survey is a statistically reliable research tool utilized numerous campuses around the country. The Core Survey and the Harvard Study are the two most quoted studies regarding college alcohol issues.

Course Syllabus

The HLSC 100 Drugs, Health and Risk Assessment course is based on the Prevention Research Institute's "Prime for Life" Program (formerly called "On Campus Talking about Alcohol" or "OCTAA"). During the course students learn their own biological risk for alcohol related health and impairment problems. The course was adapted for use at Keene State College with the addition of extensive multi-media, the use of the Alcohol 101 CD ROM. and social norming language and activities.

Results

As can be seen in the Tables below, the research results indicate that participation in the course can have a significant positive impact on the behaviors of the participating students.

Short Term

Fall 1999	24.4% Reduction in the Number of Drinks Per Week
Fall 2000	41.3% Reduction in the Number of Drinks Per Week
Fall 2001	43.6% Reduction in the Number of Drinks Per Week
Fall 1999	13.7% Reduction in the Binge Drinking Rate
Fall 2000	14.8% Reduction in the Binge Drinking Rate
Fall 2001	18.8% Reduction in the Binge Drinking Rate
Overall	38.5% Reduction in the Number of Drinks Per Week
Overall	16.1% Reduction in the Binge Drinking Rate

Long Term

Sophomores who took the course consumed 70.1% fewer Drinks Per Week than Sophomores who did not take the course.

Sophomores who took the course have a Binge Drinking Rate that is 51.4% lower than Sophomores who did not take the course.

Juniors who took the course consume 67.6% fewer Drinks Per Week than Juniors who did not take the course.

Juniors who took the course have a Binge Drinking Rate that is 45.2% lower than Juniors who did not take the course.

SHORT TERM: First Year Students Before/After Taking 5 Week Course

Fall 1999

Drinks Per Week	Pre-Test	Post-Test	
Sample 110	11.1 (29)*	8.6 (28)	
Sample 111	12.8 (26)	7.4 (25)	
Sample 112	4.4 (24)	5.0 (21)	
Sample 113	6.3 (20)	6.3 (19)	
Sample 114	8.6 (19)	5.1 (17)	
Total	8.6 (118)	6.5(110)	24.4% Reduction in Drinks/Week

Binge Drinking Rate**	Pre-Test	Post- Test	
Sample 110	64.3% (29)	60.7% (28)	
Sample 111	76.9% (26)	72.0% (25)	
Sample 112	54.2% (24)	47.6% (21)	
Sample 113	65.0% (20)	52.6% (19)	
Sample 114	68.4% (19)	47.1 % (17)	
Total	65.7% (118)	56.0% (110)	13.7% Reduction in Binge Drinking Rate

Fall 2000

Drinks Per Week	Pre-Test	Post-Test	
Sample 1	11.1 (39)	6.8 (38)	
Sample 2	13.9 (24)	7.3 (24)	
Sample 3	8.1 (24)	5.1 (24)	
Sample 5	13.1 (29)	8.1 (29)	
Total	11.6 (116)	6.8 (115)	41.3% Reduction in Drinks/Week

Binge Drinking Rate	Pre-Test	Post. Test	
Sample 1	74.4% (39)	60.5% (38)	
Sample 2	75.0% (24)	66.7% (24)	
Sample 3	66.7% (24)	54.2% (24)	
Sample 5	82.8% (29)	72.4% (29)	
Total	74.5% (116)	63.5% (115)	14.8% Reduction in Binge Drinking Rate

Fall 2001

<u>Drinks Per Week</u>	<u>Pre-Test</u>	<u>Post-Test</u>	
Sample 1 (30)	9.6 (30)	7.1 (29)	
Sample 2 (29)	22.0 (29)	9.1 (32)	
Sample 3 (25)	17.6 (25)	10.5 (24)	
Sample 4 (30)	12.0 (30)	7.3 (24)	
Sample 5 (31)	13.1(31)	1.8 (33)	
Total	14.9 (145)	8.4 (142)	43.6% Reduction in Drinks/Week

<u>Binge Drinking Rate</u>	<u>Pre-Test</u>	<u>Post- Test</u>	
Sample 1	69.0% (30)	69.0% (29)	
Sample 2	65.5% (29)	59.4% (32)	
Sample 3	66.7% (25)	40.0% (24)	
Sample 4	70.0% (30)	54.2% (24)	
Sample 5	77.4% (31)	60.6% (33)	
Total	69.9% (145)	56.6% (142)	18.8% Reduction in Binge Drinking Rate

* Numbers in parentheses indicate the number of students in the Sample

** Binge Drinking Rate is the percentage of students reporting consuming five or more drinks in one sitting within two weeks prior to the completion of the survey.

Total 1999-2002 First Year Students Before/After Taking 5 Week Course

Total Drinks Per Week	Pre-Test 11.7	Post -Test 7.2	38.5% Reduction in Drinks/Week
Total Binge Rate	70.0%	58.7% 16.1% Reduction	in Binge Drinking Rate

Long Term Results: Core Survey Administered Campus Wide Spring 2002

Sophomores: Drinks/Week	Took Course (48) 4.5	Did Not Take Course (102) 15.1	70.1% Difference in Drinks/Week
Sophomores: Binge Rate	33.3%	68.6%	51.4% Difference in Binge Drinking Rate
Juniors: Drinks/Week	Took Course (48) 4.5	Did Not Take Course (69) 13.9	67.6% Difference in Drinks/Week
Juniors: Binge Rate	41.7%	76.1%	45.2% Difference in Binge Drinking Rate
Sophs/Juniors: Drinks/Week	Took Course (96) 4.5	Did Not Take Course (171) 14.5	68.9% Difference in Drinks/Week
Sophs/Juniors: Binge Rate	37.5%	72.4%	48.2% Difference in Binge Drinking Rate