Reducing High-Risk Alcohol Behaviors: An Evidence-Based Project
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The Problem
Reducing college students’ rates of episodic high-risk drinking is a leading objective of the American College Health Association’s Healthy Campus 2010. A 2008 Core Alcohol and Drug Survey found an annual prevalence rate of 52.3% and a 30-day prevalence rate of 61.2%. Consequences of alcohol use by IPFW students surveyed included:
- Driving while intoxicated
- Missing or performing poorly in class
- Damaging property/arguing with others
- Being arrested for alcohol-related incidences

IPFW is committed to reducing high-risk alcohol use by their students.

The Evidence
University-based health centers provide environments for which proactive high-risk alcohol use can be assessed and prompt intervention implemented. Selection of the most effective evidence-based alcohol screening tool for use with this population was done after reviewing available screening options available:
- Brief Alcohol Screening and Intervention for College Students (BASICS),
- CAGE (cut, annoyed, guilty, eye-opener) Screen,
- Brief Young Adult Alcohol Consequences Questionnaire (B-YAACQ),
- TWEAK (Tolerance-Worried-Eye Opener-Amnesia-K’ Cut Down),
- Alcohol Use Disorders Identification Test—or AUDIT.

The AUDIT was selected based on recommendations from other researchers describing it as reliable, easy-to-use, and preferable to other tools used in this population.

The Data

<table>
<thead>
<tr>
<th>5/10 highest-scoring questions displayed below:</th>
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<tbody>
<tr>
<td>1) How often do you have drink containing alcohol?</td>
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<tr>
<td>2) How many drinks containing alcohol do you have on a typical day when you are drinking?</td>
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<tr>
<td>3) How often do you have six or more drinks on one occasion?</td>
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<tr>
<td>4) How frequently do you feel guilty or remorse after drinking?</td>
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<tr>
<td>5) How frequently do you fail to do what was normally expected of you because of drinking?</td>
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<tr>
<td>6) How often during the last year have you failed to do what was normally expected of you because of drinking?</td>
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The 5/10 highest-scoring questions displayed below:

- AUDIT: The Alcohol Use Disorders Identification Test

The AUDIT will continue to be administered at the IPFW Parkview Health & Wellness Center in accordance with USPSTF guidelines and Healthy Campus 2010 objectives. It was found easy to administer, thorough for screening for high-risk alcohol behaviors in the primary care setting in a university health center. Indications for Future Research:
- Gender-specific (female) alcohol use
- Risk alcohol behaviors in alcohol use
- Risk alcohol behaviors in drug and substance abuse on campus
- High-risk sexual practices while drinking Violence while drinking or using drugs

The Conclusion
Overall, total AUDIT scores found in the sample population of IPFW students were lower than found in comparable projects (Range 1-11 on a scale of 0-20 with a mean of 4.43 which was approximately 3-5 points lower than found in other select studies). All subjects’ total scores fell either in Risk Zones I or II (the lowest alcohol behaviors according to AUDIT); sixteen subjects received intervention according to Risk Zone I and four according to Risk Zone II.

Why were scores comparatively lower? Perhaps due to a high female sample who usually have lower high-risk alcohol use, fear of repercussions as the Primary Investigator is also an employee and instructor for IPFW, and the possibility exists that students presenting for wellness exams have “less risky” behaviors in general.

Implications for Practice:
- The AUDIT will continue to be administered at the IPFW Health & Wellness Center in accordance with USPSTF guidelines and Healthy Campus 2010 objectives. It was found easy to administer, thorough for screening for high-risk alcohol behaviors in the primary care setting in a university health center.
- Indications for Future Research:
  - Gender-specific (female) alcohol use
  - Risk alcohol behaviors in alcohol use
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