Results and Recommendations From the NIAAA Task Force on College Drinking:

New Opportunities for Research and Program Planning

Treating Addictions in Special Populations: Research Confronts Reality

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Why Was the Task Force Created?

• Increasing Public and NIAAA Concern

• Congressional Inquiries

• Gaps in Research

• Need to provide science-based information to colleges

• Bring research to the forefront of the discussion
Composition of Task Force

- 15 College Presidents
- 17 researchers
- 8 college students
- 4 High School Students
- Chairs:
  Rev. Edward Malloy (U.N.D.)
  Dr. Mark Goldman (U.S.F.)
Task Force Goals

- Provide new, comprehensive data on the extent of the problem

- Advise NIAAA and other policymakers on gaps in knowledge to inform future research to improve campus prevention and treatment programs

- Provide presidents, policymakers, and researchers with information and recommendations on the effectiveness of current interventions and encourage them to embrace rigorous methodology and research-based solutions in general
Why is the Task Force Unique?

- First project of such length (3 years) involving presidents and researchers who deliberated to reach their conclusions.

- First NIH report on college drinking to offer recommendations based on a comprehensive review of the research literature.

- First report to offer tiered, research-based recommendations to presidents and staff.

- Offers a comprehensive research agenda to address gaps in knowledge.
Task Force Products

• Task Force Report

• Two Panel Reports

• 24 scientific papers (see handout):
  1 published in the *Journal on Alcohol Studies*
  18 published in a supplement to the *Journal on Alcohol Studies*

• Brochures for parents, presidents, and RAs/Peer Educators

• Planning Guide for college staff on how to implement and evaluate intervention programs

• Web site

• CD - Rom
Major Sections of the Task Force Report

• Extent of the Problem

• Research-based recommendations for Presidents

• Recommendations for future research

• Research Recommendations for NIAAA
Magnitude of College Drinking Consequences
(all statistics are annual)

- 1,400 Alcohol-Related Unintentional Injury Deaths (1,100 Traffic)
- 2.1 Million Drove Under the Influence
- 500,000 Injured
- 400,000 Had Unprotected Sex
- 100,000 Had Sex When Unable to Consent
- 70,000 Victims of Sexual Assault
- 600,000 Assaulted
Research-based Recommendations for Presidents and Programming Staff

• 3 in 1 Framework

• “Tier” Approach
The 3-in-1 Framework is a useful introduction to encourage presidents, administrators, college prevention specialists, students, and community members to think in a broad and comprehensive fashion about college drinking.
The 3 – in – 1 Framework

- Individuals, including at-risk or alcohol-dependent drinkers
- Student body as a whole
- College and Surrounding community
Task Force Recommendations

• **Tier 1**: Evidence of Effectiveness Among College Students

• **Tier 2**: Evidence of Success With General Populations That Could Be Applied to College Environments

• **Tier 3**: Evidence of Logical and Theoretical Promise, But Require More Comprehensive Evaluation

• **Tier 4**: Evidence of Ineffectiveness
Recommendations for the Research Community

• High priority on evaluation research

• Well-designed evaluation studies...
  - Increase likelihood of program effectiveness
  - Maximize use of resources
  - Validate program credibility
Recommendations for the Research Community

• Extract more and better information from existing research databases

• Develop standards for assessing campus alcohol problems, monitoring trends, and evaluating programs

• Improve existing data systems (e.g. FARS) to more accurately monitor college drinking deaths over time
Recommendations for the Research Community

• Collaborate with universities to capitalize on “natural experiments”

• Partner with universities on short-term evaluations of popular, common-sense prevention strategies

• Assist universities in using research-based evidence to improve alcohol policies and programs
Recommendations to NIAAA: Improving Research Methods

- Implement a national surveillance and data system for all U.S. colleges and universities

- Support development of state-of-the-art screening and assessment measures
Recommendations to NIAAA: Lengthy and Complex Research

- Longitudinal studies of youth – early adolescence to young adulthood
- Measuring effectiveness of campus-community coalitions
- Multi-site campus trials of promising strategies
Other Task Force
Recommendations to NIAAA

• Disseminate research-based information to all college campuses

• Expand funding to support college drinking research on as many campuses as possible
Ongoing NIAAA Activities

• Web site
• Regional Workshops
• Annual updates

• Research funding available from NIAAA: $8 million over next two years
Conclusion

• Task Force conclusions are not an end, but a beginning

• Provides the foundation for science, rather than anecdote, to guide college drinking prevention efforts
Scientific Papers Commissioned by The NIAAA Task Force On College Drinking
Papers Commissioned by Panel 1: Contexts and Consequences

- Measuring College Alcohol Use and Abuse The Method Shapes the Message--George Dowdall and Henry Wechsler
- Epidemiology of Alcohol Uses Among College Students--Patrick O'Malley
- Student Factors: Understanding Individual Variation in College Drinking--John Baer
- Today’s First Year Students and Alcohol--Lee Upcraft
- So What is An Administrator to Do?--Susan Murphy
- College Factors Influencing Drinking--Phil Meilman and Cheryl Presley
- A Developmental Perspective on Alcohol Use and Heavy Drinking during Adolescence and the Transition to Young Adulthood--John Schulenberg and Jennifer Maggs
- Alcohol Use and Risky Sexual Behavior Among College Students--Lynne Cooper
- Surveying the Damage: A Review of Research on Consequences of Alcohol Misuse in College Populations--Wesley Perkins
- Alcohol and Aggression on College Campuses--Peter Giancola
- Alcohol and Sexual Assault: A Common Problem Among College Students--Antonia Abbey
- The Adolescent Brain and the College Drinker: Biological Bais of Propensity to Use and Misuse Alcohol--Linda Spear
Papers Commissioned by Panel 2: Prevention and Treatment

- Individually Oriented Interventions--Mary Larimer
- Campus Norm Setting--Wesley Perkins
- Environmental Policy--Traci Toomey and Alexander Wagenaar
- Effects of Uniform Age 21 Laws--Alexander Wagenaar and Traci Toomey
- Comprehensive Interventions--Ralph Hingson
- Advertising and Promotion--Henry Saffer
- Methodology--Robert Saltz
- Description of Ongoing Policies and Practices--William DeJong
- Counter-Advertising and the Use of Media for Health Promotions--William DeJong
- Student Perspectives--Peggy Eastman
- Politics of Change and Leadership: Questions and Answers with College Presidents--Joy Mara

*full text of all papers can be found at www.collegedrinkingprevention.gov*