

Alcohol Skills Training Program Evaluation Summary Greek Life 2008-2009

The Alcohol Skills Training Program (ASTP) was implemented as a requirement in fall 2008 for all fraternity and sorority chapters as a collaborative effort between the Office of Student Life and Health Iowa/Student Health Service. ASTP is a prevention education program implemented in a group setting. The program combines harm-reduction skills with prevention and motivational interviewing. ASTP is listed as a Tier 1 strategy to address high risk alcohol use by the National Institute on Alcohol Abuse and Alcoholism.

Participation:

Last year, 24 chapters, approximately 610 students, were able to complete the program with the remaining chapters scheduled for this fall semester. After the remaining chapters have completed, only new members will be required to attend ASTP in the future.

Pre and post surveys on knowledge and behaviors were given to participants. The knowledge surveys and the pre-behavior survey were taken the night of the program. The post-behavior survey was sent to participants 2 months after completing the program between the months of January and July. We had 610 students complete the pre behavior survey and 338 students complete the post behavior survey.

Knowledge:

Statistically Significant Gains:

- Understanding tolerance
- Definition of a standard drink
- Understanding impairment
- Understanding what influences BAC
- Definition of the “Point of Diminishing Returns”

Areas for Improvement:

- Understanding alcohol’s effects in two areas:
 - Men versus women
 - Absorption of alcohol

*In the following tables, the highlighted sections are statistically significant at the .05 level

Percentage of students endorsing the statement as best illustrating their attitude about alcohol use:

	<u>Pre Survey</u>	<u>Post Survey</u>	<u>% Change</u>
Drinking is never a good thing to do	1.7	1.2	-0.5
Drinking is all right, but a person should never get drunk	4.1	7.4	+3.3
Occasionally getting drunk is okay as long as it doesn’t interfere with academics or other responsibilities	74.7	85.8	+11.1
Occasionally getting drunk is okay even if it does interfere with academics or responsibilities	8	3	-5
Frequently getting drunk is okay if that is what the individual wants to do	5.7	1.2	-4.5

Behavior:

High risk drinking rate

	<u>Pre Survey</u>	<u>Post Survey</u>	<u>% Change</u>
Percentage reporting having five or more drinks for males, or four or more drinks for females, in the past 2 weeks in one sitting	81	56	-25

Negative Consequences percentage reporting having experienced in past 30 days:

	<u>Pre Survey</u>	<u>Post Survey</u>	<u>% Change</u>
Hangovers	67.4	49.4	-18
Vomited	27.4	14.2	-13
Missed class or work	34.1	9.2	-24.9
Argued with someone	40.6	25.5	-15.1
Injured self (cuts, bruises)	25	11	-14
Injured someone else	3.7	0.9	-2.8
Damaged/stole property	6.8	1.2	-5.6
Engaged in unplanned sexual activity	17.1	6.5	-10.6
Had a blackout	38.3	17.2	-21.1
Spent too much money	57.1	32.3	-24.8
Did something I regretted	36.5	14.2	-22.3
Neglected responsibilities	32.3	9.5	-22.8
Alcohol related arrest/citation	2.2	2.7	+0.5
Drove a vehicle after 2+ drinks	5	6.5	+1.5

Secondhand Effects percentage reporting having experienced in past 30 days:

	<u>Pre Survey</u>	<u>Post Survey</u>	<u>% Change</u>
Had a serious argument or quarrel	25	13.9	-11.1
Been pushed, hit or assaulted	11.4	2.4	-9
Had to "babysit" a drunken student	52.5	22.2	-30.3
Had sleep interrupted	50.6	29.6	-21
Experienced an unwanted sexual advance	14.6	9.2	-5.4
Victim of sexual assault or date rape	1.8	0.9	-0.9

High Risk Behaviors percentage reporting having participated in the past 30 days:

	<u>Pre Survey</u>	<u>Post Survey</u>	<u>% Change</u>
Chugging	62.1	40.9	-21.2
Beer Bonges	26.7	11	-15.7
Keg Stands	9.7	3.3	-6.4
Pre-graming	77.9	55.1	-22.8
Shots	79.8	62.2	-17.6
Drinking games	74.4	63.9	-10.5

Protective Factors percentage reporting having practiced in the past 30 days:

	<u>Pre Survey</u>	<u>Post Survey</u>	<u>% Change</u>
Did not exceed set # of drinks for evening	56.8	56.8	-
Used a designated driver	70.8	71	+0.2
Chose not to drink alcohol	69.4	73.6	+4.2
Kept track of how many drinks consumed	61	66.2	+5.2
Paced drinks to 1 hour	33	39.3	+6.3
Avoided drinking games	36.3	41.2	+4.9
Alternated alcohol with non-alcoholic beverages	41.6	41.7	-
Ate before/while drinking	88	83.2	-4.8
Used the buddy system to watch out for a friend	72.9	68.3	-4.6