



Predicting Non-Medical Prescription Drug Use Among College Students



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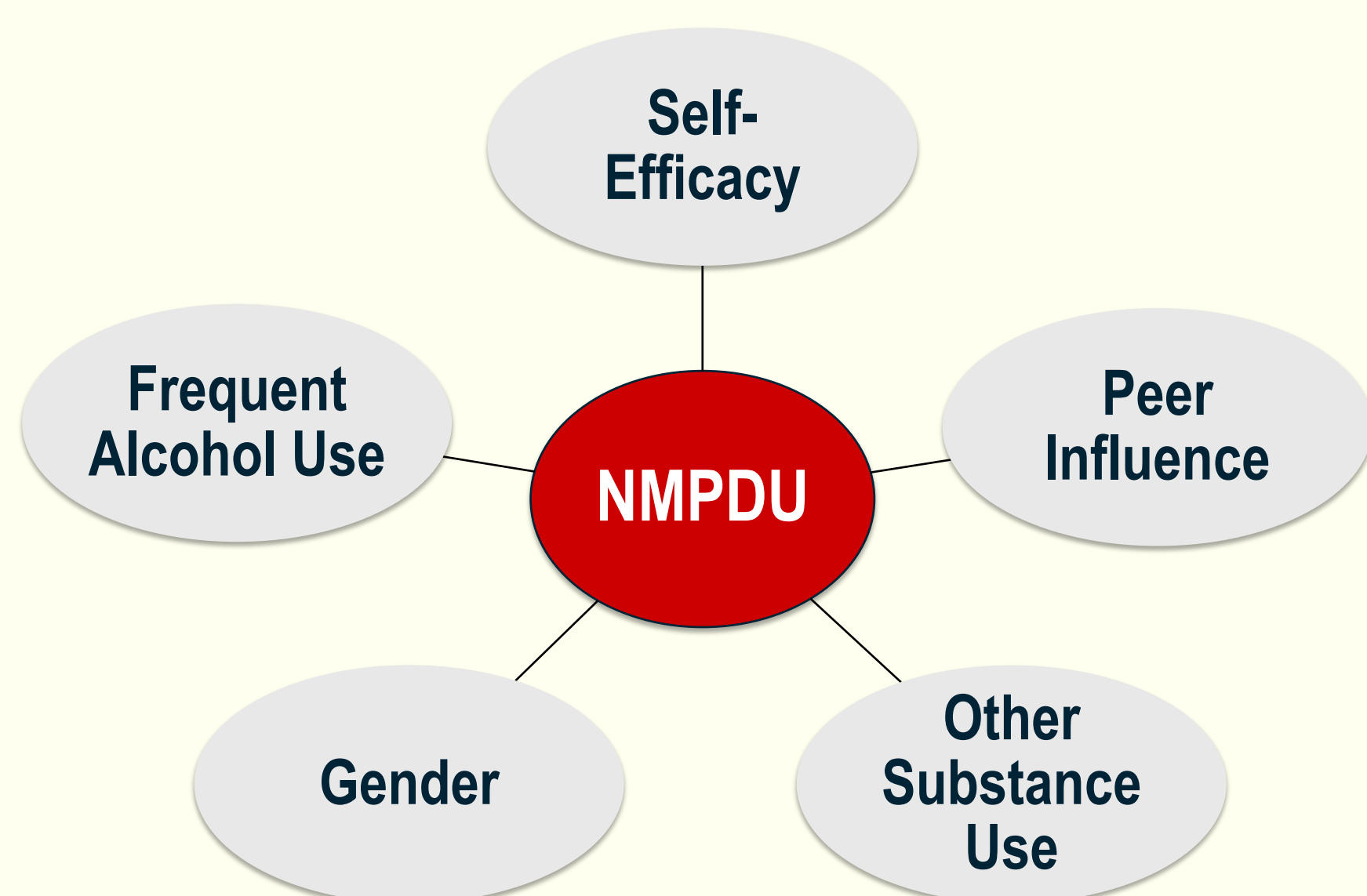


Introduction

- Non-Medical Prescription Drug Use (NMPDU) is the use of prescription drugs that are not prescribed to you or use of one's own prescription in non-medical way
- Increased NMPDU associated with depressive symptoms and suicidality among older adolescents



- Self-efficacy is a personal belief in one's ability to execute behaviors toward a distinct goal or task and a psychosocial predictor of NMPDU among younger adolescents in middle school
- Peer use/influence, masculine characteristics, and high levels of substance use, including alcohol use, are associated with NMPDU



- Most of the initiation and escalation of substance use occurs in the late years of high school and freshman year of college and then stabilizes after sophomore year of college
- Past research on predictors of NMPDU is sparse and shows conflicting results with weak effects

Purpose

The purpose of this study was to test self-efficacy, alcohol use, peer influence, other substance use, and gender as possible predictor variables of NMPDU among college students.

Methods

This was a secondary analysis of a study approved by the relevant IRBs.

Setting:

- College students attended a large Midwestern university or a large Northwestern university
- Summer 2013 before junior year of college

Subjects:

- Recruited as incoming freshmen
- Randomly selected from universities' registrar lists

Data Collection:

- Phone interviews
- Third year of a 5-year longitudinal study

Measures:

Predictor Variables	
Construct:	Measure:
Self-Efficacy	Generalized Self-Efficacy Scale
Other Substance Use	Lifetime use of marijuana, tobacco, and hookah
Frequent Alcohol Use	More than 8 alcoholic beverages consumed in the past 28 days (Timeline Followback*)
Gender	Demographic questionnaire
Peer Influence/Approval	Percentage of friends who approve of NMPDU
Outcome Variables	
Construct:	Measure:
NMPDU	Lifetime use

*Alcohol assessment that uses a calendar to obtain retrospective estimates of daily drinking over a period of time

Analysis:

- Logistic regression was used to determine the relationship between predictor variables and NMPDU



Results

Subject Information:

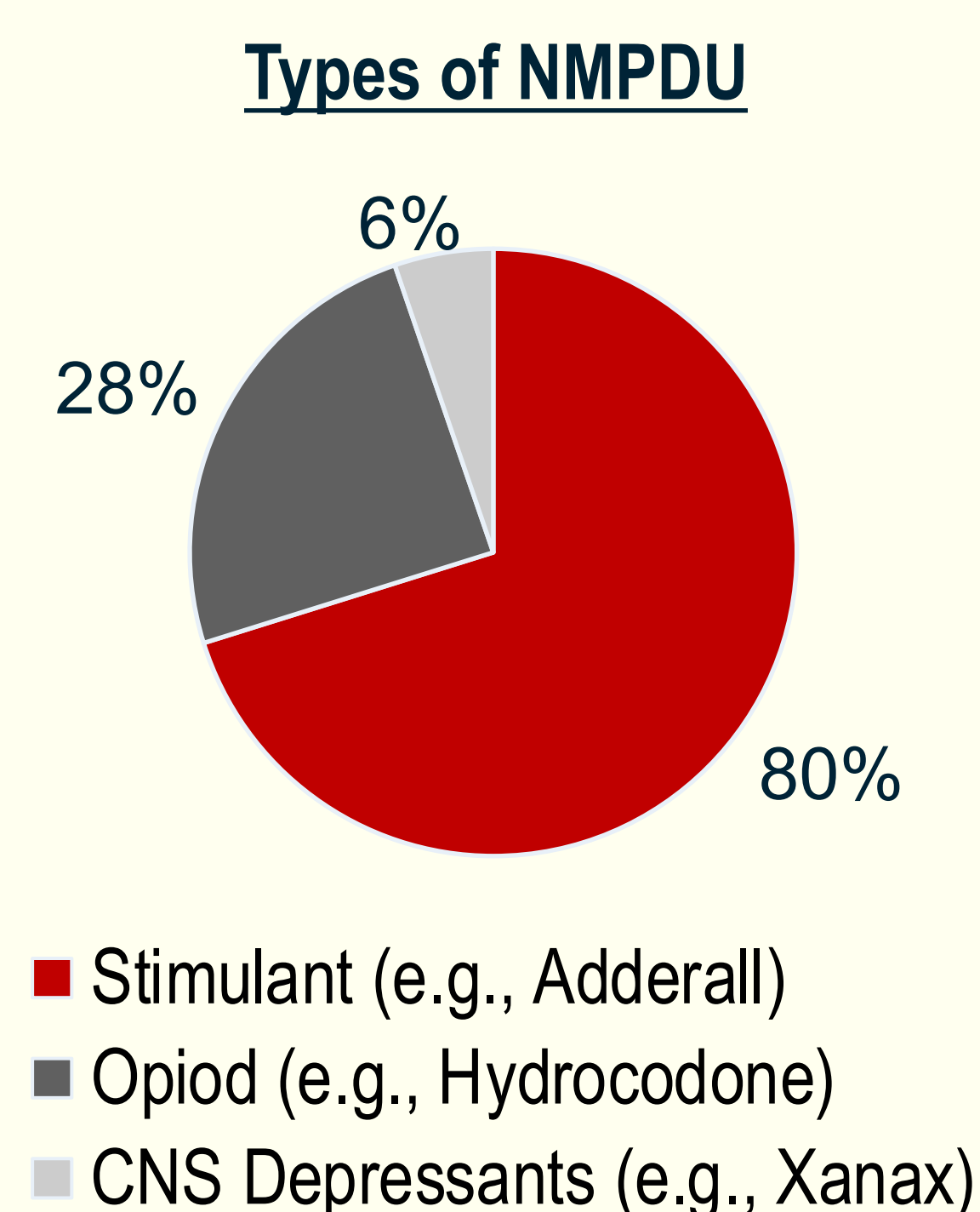
- 275 college students
- 57% students from Midwestern university

Demographics:

- 56% Male
- 75% White

NMPDU Overview:

- 24% of all students reported NMPDU at some point in their lifetime
- Of students engaging in NMPDU, 24% reported using more than one type of prescription drug
- Average age of first use is 18.3 years



Likelihood of NMPDU by Predictor Variable

Predictor Variable	p-value	Odds Ratio
Hookah Use	p < 0.01	9.22
Frequent Alcohol Use	p < 0.05	5.27
Marijuana Use	p < 0.05	4.75
Male Gender	p < 0.10	3.41
More than 50% of Friends Approve	p < 0.10	3.12
Self-Efficacy	p = 1	-
Tobacco Use	p = .514	-

Discussion

Main Findings

- Predictors of NMPDU included hookah use, frequent alcohol use, and marijuana use
- A trend was noticed between NMPDU and male gender identity or having more than 50% of friends approve of NMPDU
- Self-efficacy and tobacco use were not associated with NMPDU



Limitations

- There was little variation between self-efficacy ratings among participants
- There may have been social desirability bias with participants reporting substance use over the phone

Implications

- Improve screening for substance use for college students to include NMPDU and focus on polysubstance use
- Investigate the relationships between self-efficacy, NMPDU and polysubstance use in community college student populations

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