

Alcohol and the College Athlete: How can we Prevent Harm?
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Background

- A recent review identified drinking was positively associated with athletic participation in 22 of 29 studies.
- Compared to their non-athlete peers, college athletes drink more, exhibit higher rates of heavy drinking, experience greater numbers of alcohol-related harms, and have higher rates of academic problems and antisocial behaviors due to alcohol use.

Etiology

- Number factors contribute to risky drinking patterns among student-athletes
 - Drinking to cope with the stress of academic and athletic demands
 - Perceived pressure to conform to team and cultural expectations to “work-hard and play-hard”
- Influence of perceptions about the acceptability of excessive drinking
- Prevalence of peer drinking; Quantity of drinking by peers
- Personality factors
 - Sensation seeking; Risk Taking; Impulsivity
- Influence of Parents
- Influence of College Environment
- Influence of Coaches

Interventions

- Interventions designed to correct normative misperceptions and provide feedback regarding accurate drinking norms have been associated with reductions in subsequent individual consumption.
- Individual interventions (BASICS); group based interventions (Alcohol Skills Training Program; ASTP); Educational Interventions (Alcohol 101; AlcoholEdu); Computerized Normative Feedback Interventions (E-Check Up to Go)

What can we do to Prevent Harm?

- Understand the messages delivered by athletic administration and coaches
 - Both the way Administration and Coaches state rules and beliefs to the student-athletes
 - And the way in which student-athletes hear, interpret, and implement the messages from administration and coaches
- Identify next steps and potential options for intervention and education