



Alcohol and the College Athlete: How Can We Prevent Harm?

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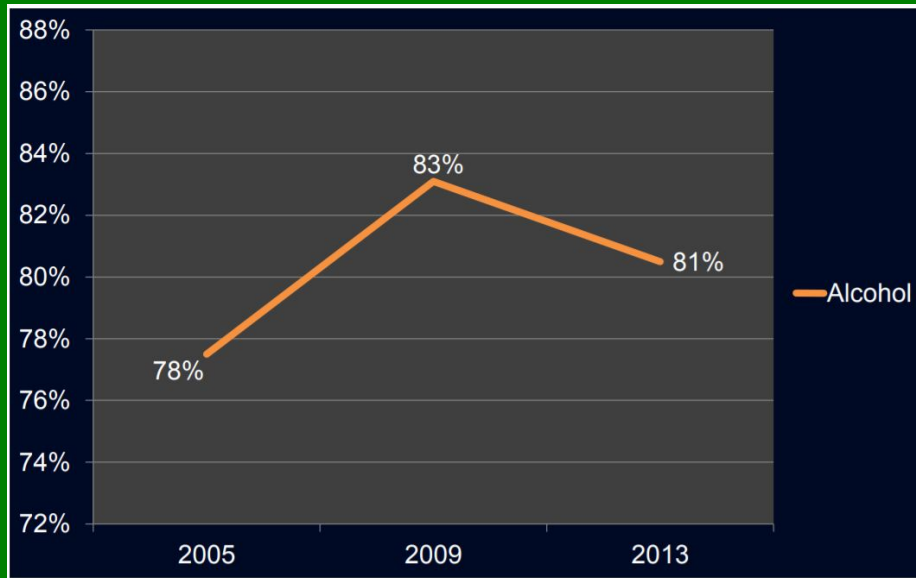


Student-Athlete Drinking: A Summary

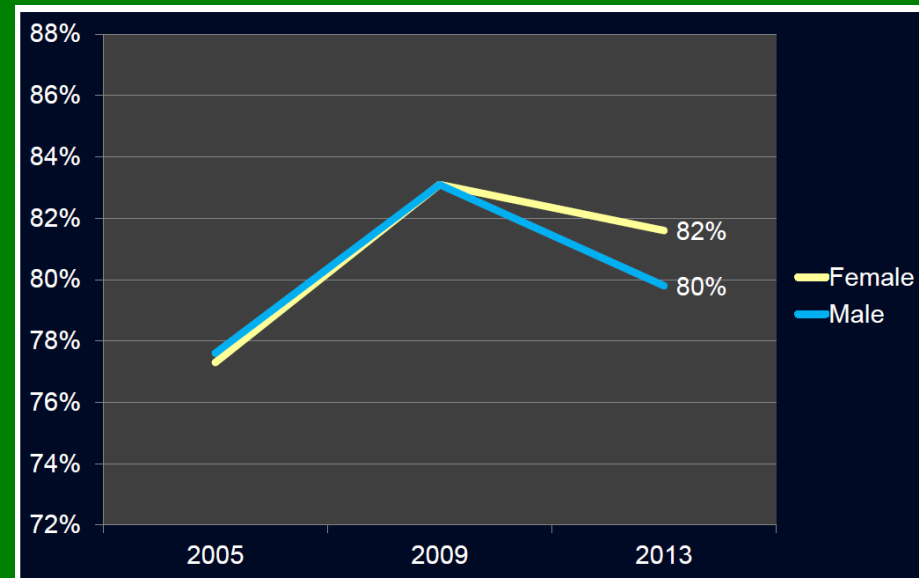
- ❖ **College athletes (compared to non-athlete peers):**
 - ❖ Drink more
 - ❖ Exhibit higher rates of heavy drinking
 - ❖ Experience greater numbers of alcohol-related harms (e.g., hangover, passed out, physically injured self, gotten into sexual situation later regretted, had unprotected sex)
 - ❖ Have higher rates of academic problems due to alcohol use (e.g., missed class, quality of work suffered, neglected work)
 - ❖ Have higher rates of antisocial behaviors due to alcohol use

Student-Athlete Alcohol Use over Time

Alcohol Use (past 12 months)

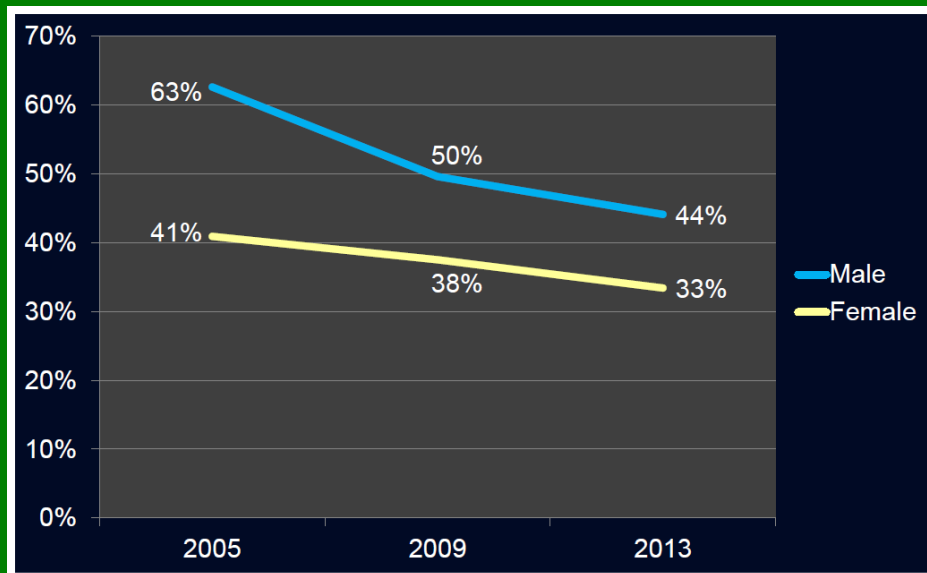


Alcohol Use by Sex (past 12 months)

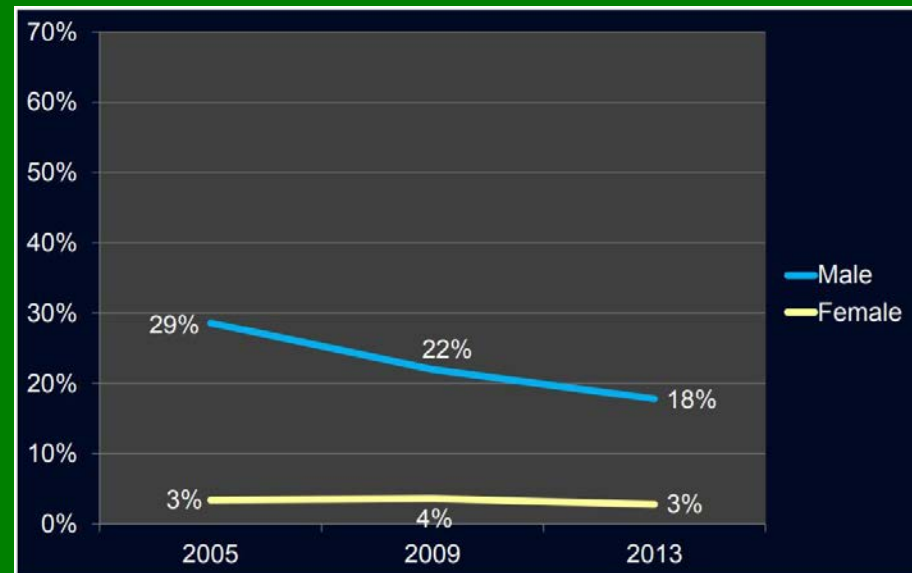


Student-Athlete Alcohol Use over Time

Binge Drinking (4+ women; 5+ men)



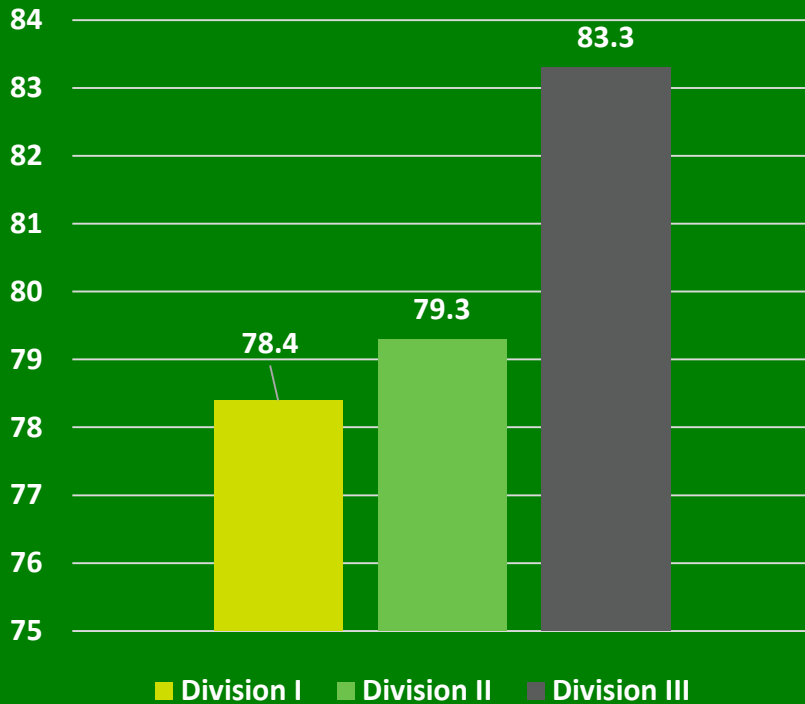
Excessive Drinking (10+ Drinks per sitting)



Substance Use by Division

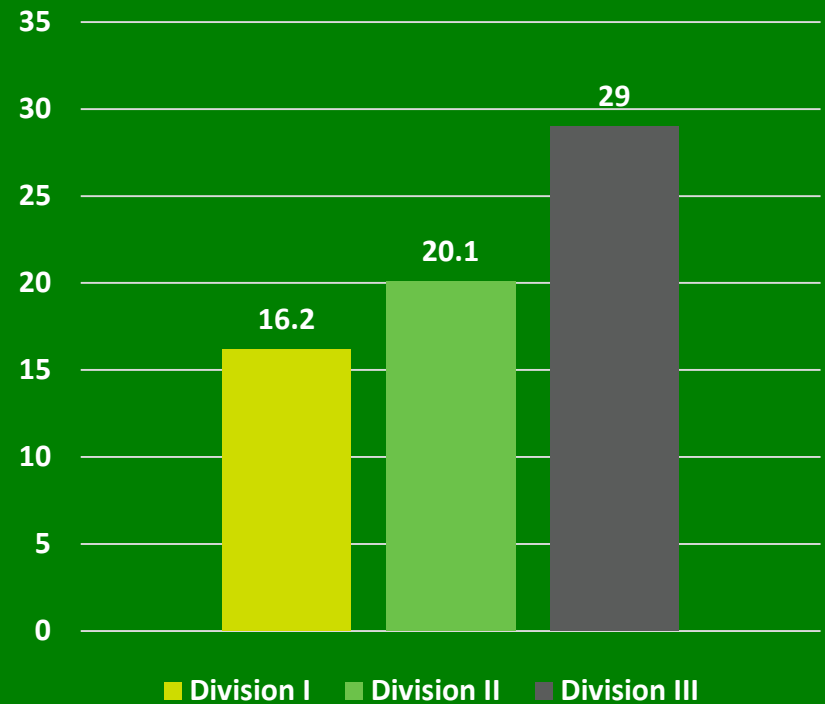
Alcohol Use

Past 12 months

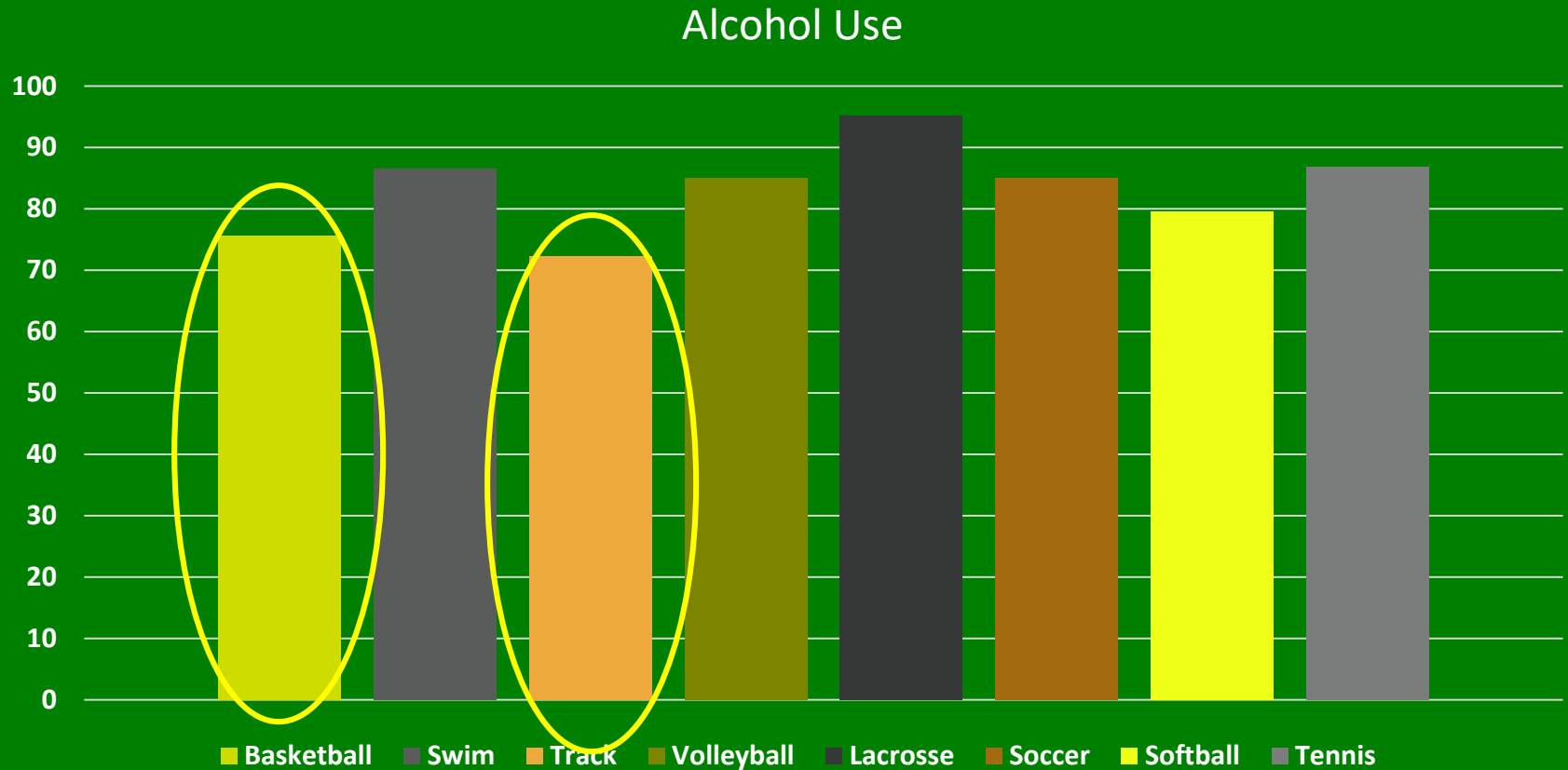


Marijuana Use

Past 12 months

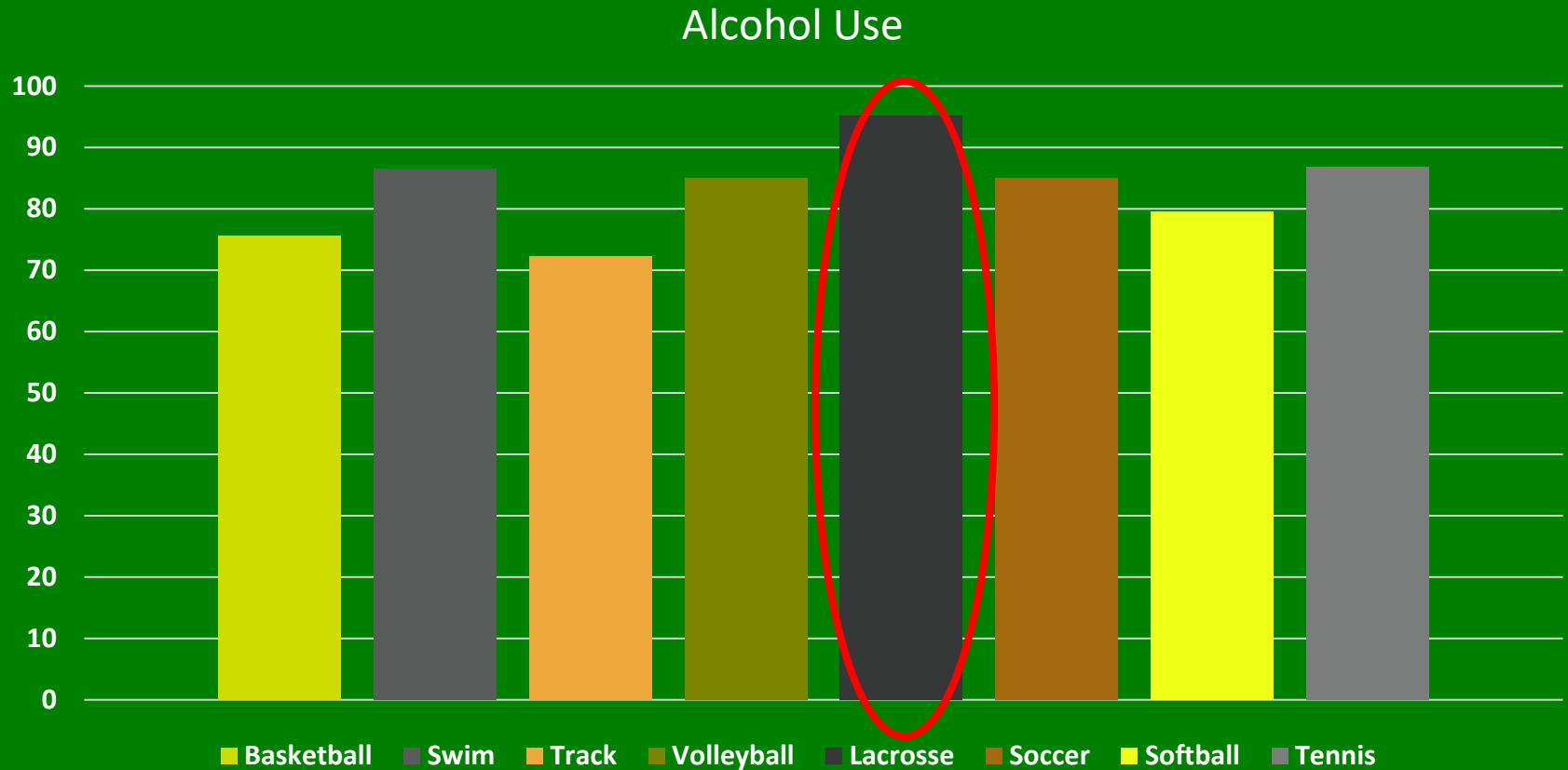


Comparison of Women's Sports



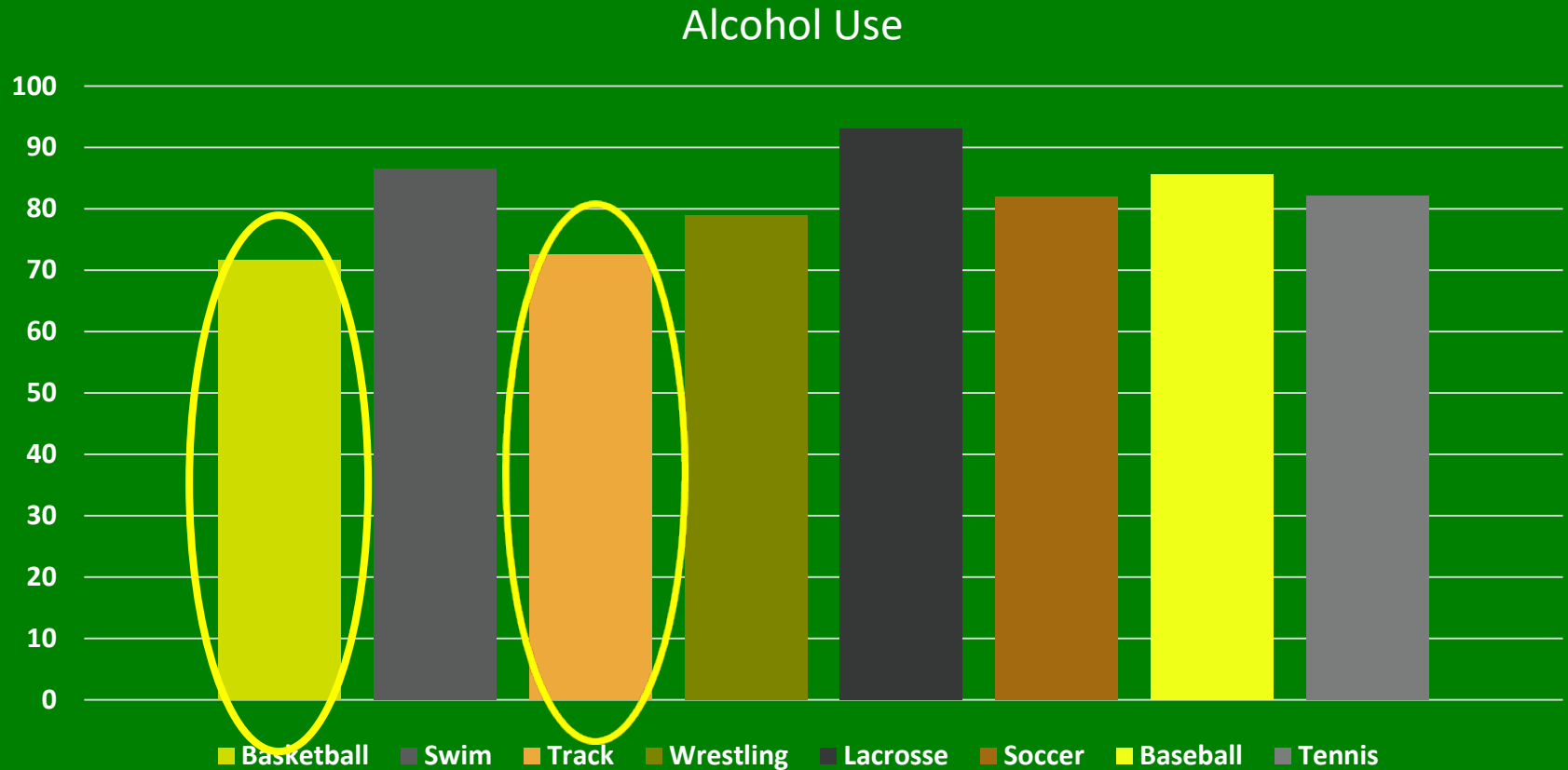
NCAA, 2013

Comparison of Women's Sports



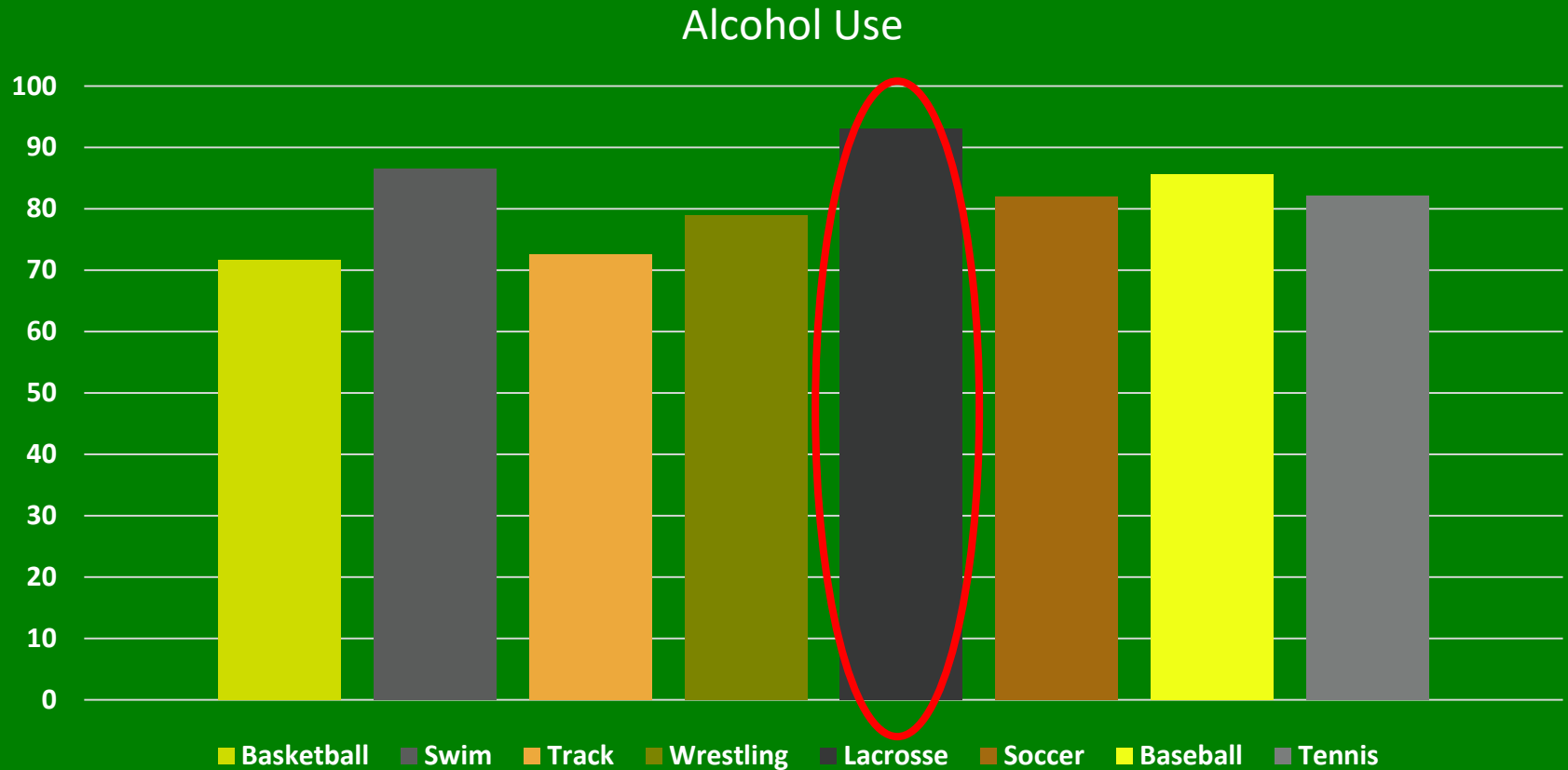
NCAA, 2013

Comparison of Men's Sports

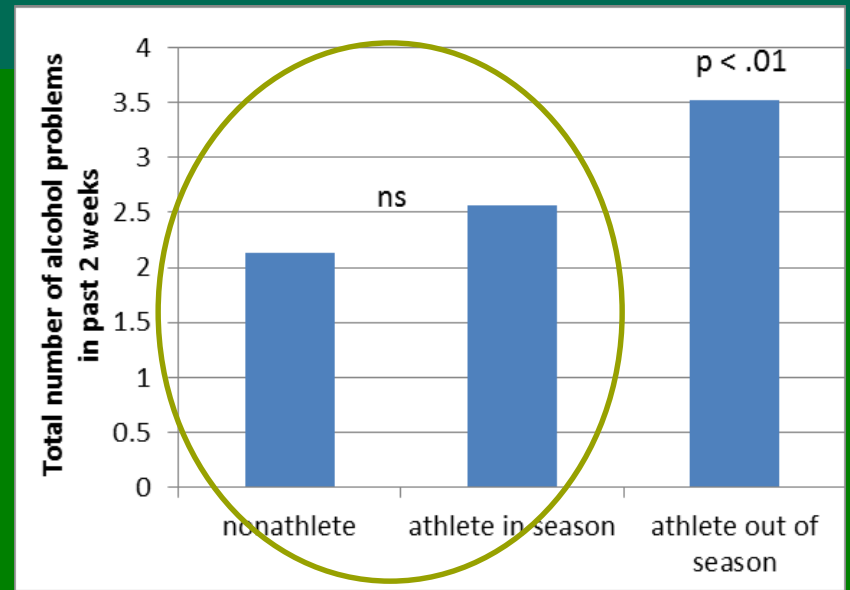
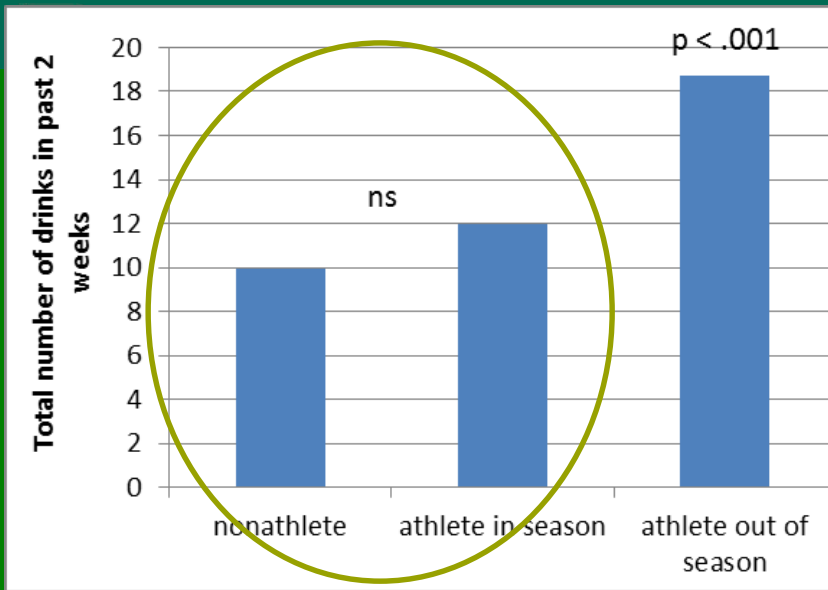


NCAA, 2013

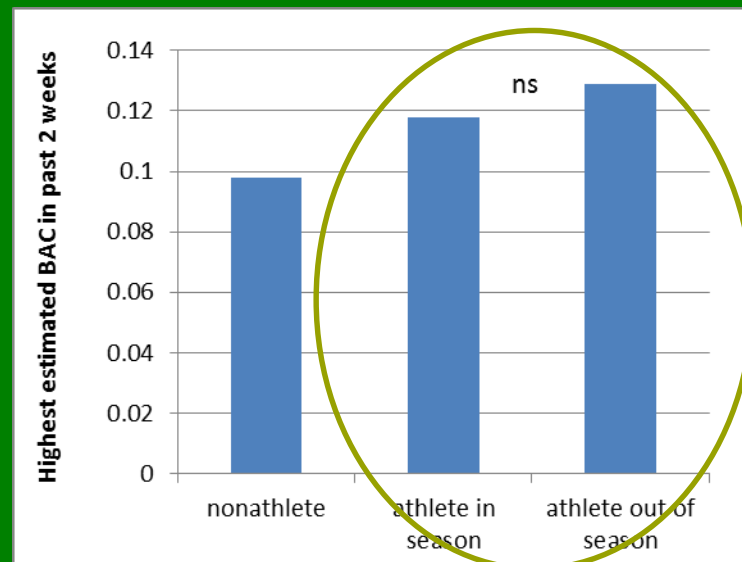
Comparison of Men's Sports

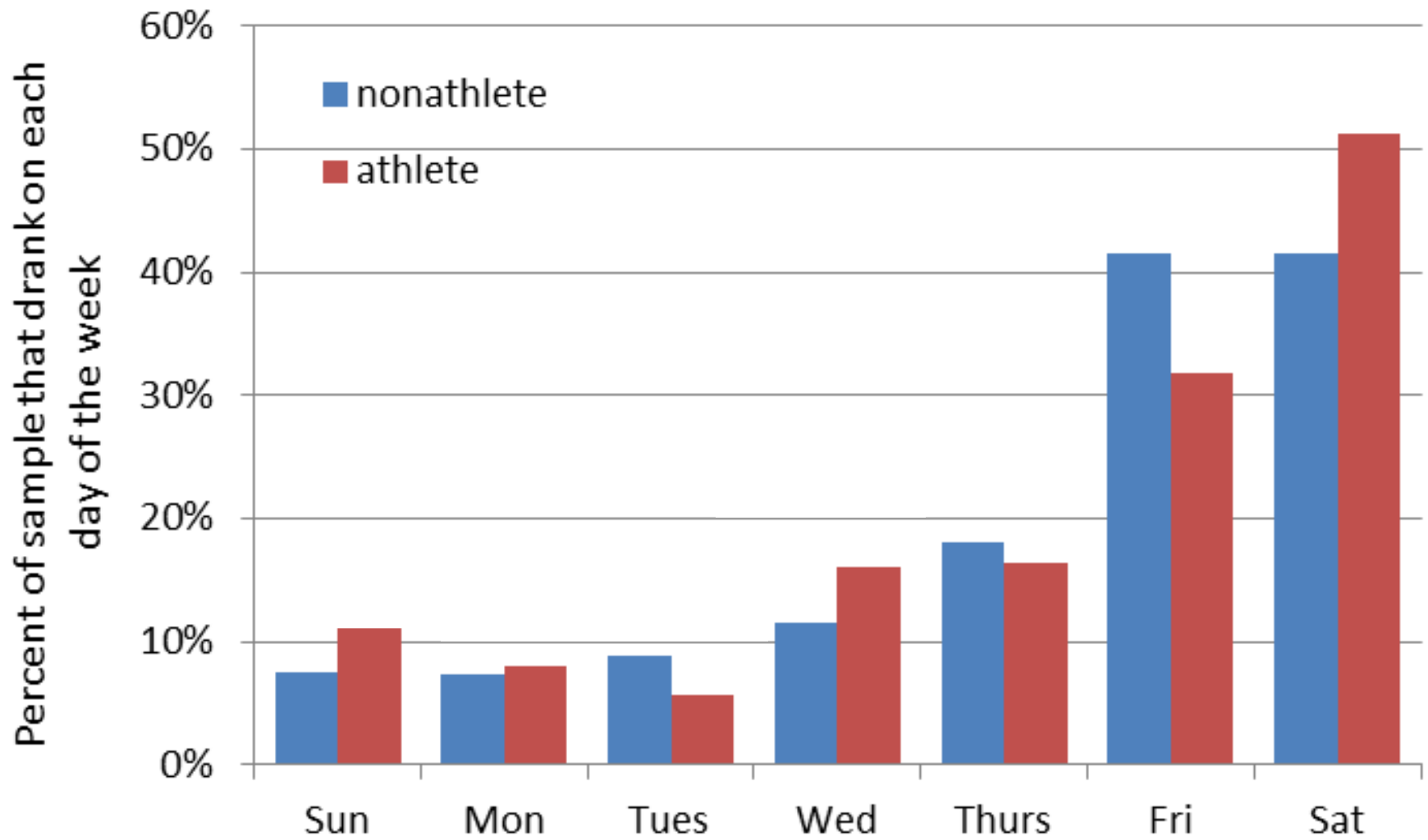


NCAA, 2013



On total number of drinks and problems athletes in season look much more like nonathletes, but when they drink, athletes in season get as intoxicated as athletes out of season.





Etiology (or Why?)

- ❖ 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

Etiology (cont.)

- ❖ Personality factors
 - ❖ Sensation seeking
 - ❖ Risk Taking
 - ❖ Impulsivity
- ❖ Influence of Parents
- ❖ Influence of College Environment
- ❖ **Influence of Coaches**



Coach Communication about Alcohol

A recent study found:

- ❖ Student-athletes reported 34% of Head and 52% of Assistant Coaches **NEVER** talked about alcohol
- ❖ Over 50% of Head and Assistant Coaches do not know how much athletes **REALLY** drink
- ❖ Over 30% of coaches are perceived to support occasional alcohol use by their athletes


Nickel & Mastroleo, 2014

So what do we do?

- ❖ **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**
 - ❖ **Improve communication between coaches and athletes around sensitive topics**

Then what?

- ❖ Identify next steps and potential options for intervention and education
 - ❖ Binghamton Model
- ❖ Decide upon implementation details and a thorough evaluation of the impact of any interventions used
- ❖ Other things?

An aerial photograph of the Binghamton University campus, showing a dense cluster of brick and stone buildings interspersed with green lawns and trees. The campus is situated at the base of a large, forested hill. The sky is a clear, vibrant blue with a few wispy clouds. The text "THANK YOU!!! QUESTIONS?" is overlaid in the upper left quadrant in a large, white, sans-serif font.

THANK YOU!!!
QUESTIONS?

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