

**Results of the
Indiana College Substance Use
Survey
2018**

Summary Report by Age Categories

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INTRODUCTION

The Indiana College Substance Use Survey was administered in Spring 2018. A total of 85,566 students were sent an e-mail inviting them to participate in the survey. Students were given a two-week period to complete the online questionnaire. A reminder e-mail was sent midway through the survey period. 9,640 students participated in the survey, for a response rate of 11.3%. A description of the history and methodology of the Indiana College Substance Use Survey can be found in the *Results of the Indiana College Substance Use Survey, 2018* at <http://drugs.indiana.edu/indiana-college-survey/substance-use-survey>.

Table 1. Response Rate, 2018

Number of students invited to participate	Number of respondents	Response Rate
85,566	9,640	11.3%

Three criteria were used to clean the data. Surveys were discarded if any of the following conditions were met:

- insufficient response (less than 25 items answered)
- inconsistent responses on three or more of the substance use items
- pharmacologically-implausible patterns of use (i.e., a combination of drugs and frequencies of use whose cumulative effect would be lethal)

A total of 79 surveys were rejected due to meeting at least one of the criteria, leaving 9,561 usable surveys (99.2%).

Table 2. Number of Usable Questionnaires, 2018

	Frequency	Percent
Insufficient response	39	0.4
Inconsistent responses	22	0.2
Implausible substance use	18	0.2
Total number of usable surveys	9,561	99.2
Total	9,640	100.0

KEY FINDINGS

SUBSTANCE USE

Students between the ages of 21-25 were more likely to report using most of the substances investigated on the survey, and were more likely to report binge drinking. The only exceptions were for electronic vapor products, where students under 21 reported the highest prevalence, and cigarettes and methamphetamine, where students over 25 reported the highest prevalence. A higher percentage of students under 21 reported typically consuming six or more drinks on occasions when they drink alcohol compared to the older students. Students between 21 – 25 years of age were most likely to report their first use of a substance after starting college.

PREVALENCE OF SUBSTANCE USE

Table 3. Percentage of Students Reporting Use of Select Substances in the Past Month, by Age, 2018

	Under 21	21 - 25	26 or older
Alcohol	53.1	80.0	60.0
Marijuana	22.4	23.3	12.0
Cigarettes	10.8	15.1	20.2
Electronic vapor products	24.2	17.8	7.4
Cigars	6.7	7.0	4.3
Smoking tobacco with hookah/water pipe	5.0	6.8	3.5
Chewing/smokeless tobacco	3.3	3.9	3.9
Prescription stimulants not prescribed to you	4.9	6.0	1.6
Prescription painkillers not prescribed to you	1.5	2.0	2.0
Prescription sedatives not prescribed to you	1.7	2.6	1.6
Hallucinogens	2.5	2.7	1.3
Cocaine	2.4	3.8	1.1
Inhalants	0.4	0.8	0.3
Heroin	0.1	0.3	0.3
Methamphetamine	0.1	0.4	0.6
Other illegal drugs	0.4	0.7	0.6

Table 4. Percentage of Students Reporting Use of Electronic Vapor Products for Selected Substances, by Age, 2018

	Under 21	21 - 25	26 or older
Nicotine	70.5	75.9	83.9
THC	39.6	44.2	32.3
Alcohol	2.5	2.2	2.4
Other	8.3	6.1	3.7

Note. Out of students who reported using electronic vapor products ever (n = 3,685).

INITIATION OF SUBSTANCE USE

Table 5. Percentage of Students Who Initiated Use of Substance After Starting College, by Age, 2018

	Under 21	21 - 25	26 or older
Alcohol	28.2	40.3	24.1
Marijuana	30.6	42.0	22.8
Cigarettes	32.7	41.5	14.6
Electronic vapor products	42.0	55.3	47.7
Cigars	24.1	36.5	29.5
Smoking tobacco with hookah/water pipe	30.1	40.8	40.7
Chewing/smokeless tobacco	25.3	29.8	13.4
Prescription stimulants not prescribed to you	46.9	63.4	37.5
Prescription painkillers not prescribed to you	28.1	39.1	27.5
Prescription sedatives not prescribed to you	42.8	56.5	32.7
Hallucinogens	48.9	68.4	32.1
Cocaine	68.5	80.3	34.4
Inhalants	40.9	48.8	27.6
Heroin	52.6	60.9	27.8
Methamphetamine	64.0	71.9	30.9
Other illegal drugs	33.3	54.7	21.7

Note. Out of students who reported ever having used that substance.

LEVELS OF ALCOHOL CONSUMPTION

Table 6. Percentage of Students Reporting Binge Drinking in the Past Two Weeks, by Age, 2018

Under 21	21 - 25	26 or older
31.0	46.2	19.8

Note. Binge drinking was defined as consuming four or more drinks in one sitting for female students and five or more drinks in one sitting for male students.

Figure 1. Percentage of Students Who Binge Drank Select Number of Times in the Past Two Weeks, By Age, 2018.

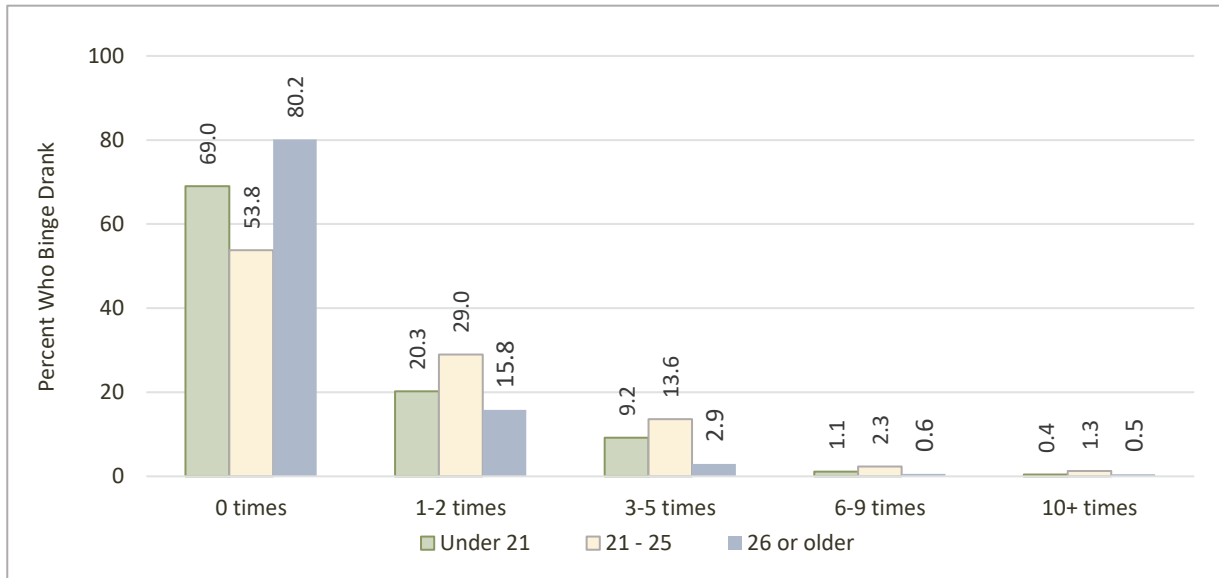
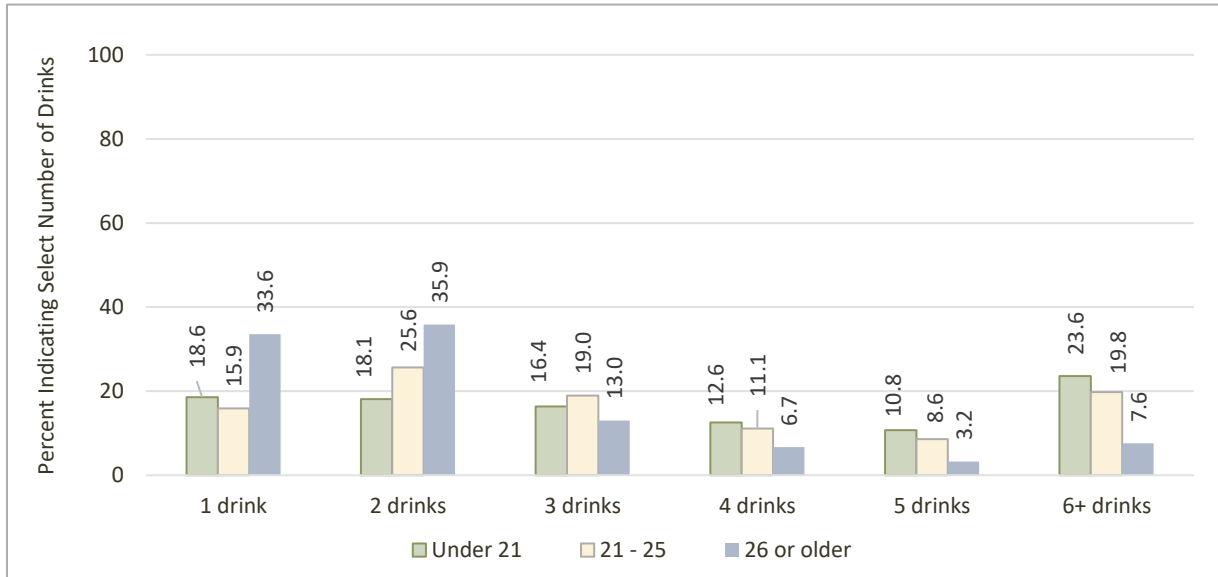


Table 7. Mean Number of Drinks Respondents Typically Consume When They Drink Alcohol, by Age, 2018

	Under 21	21 - 25	26 or older
Mean	4.0	3.7	2.5
Standard Deviation	2.8	2.6	2.0

Note. Out of students who reported ever drinking alcohol (n = 7,677). Range = 0-15.

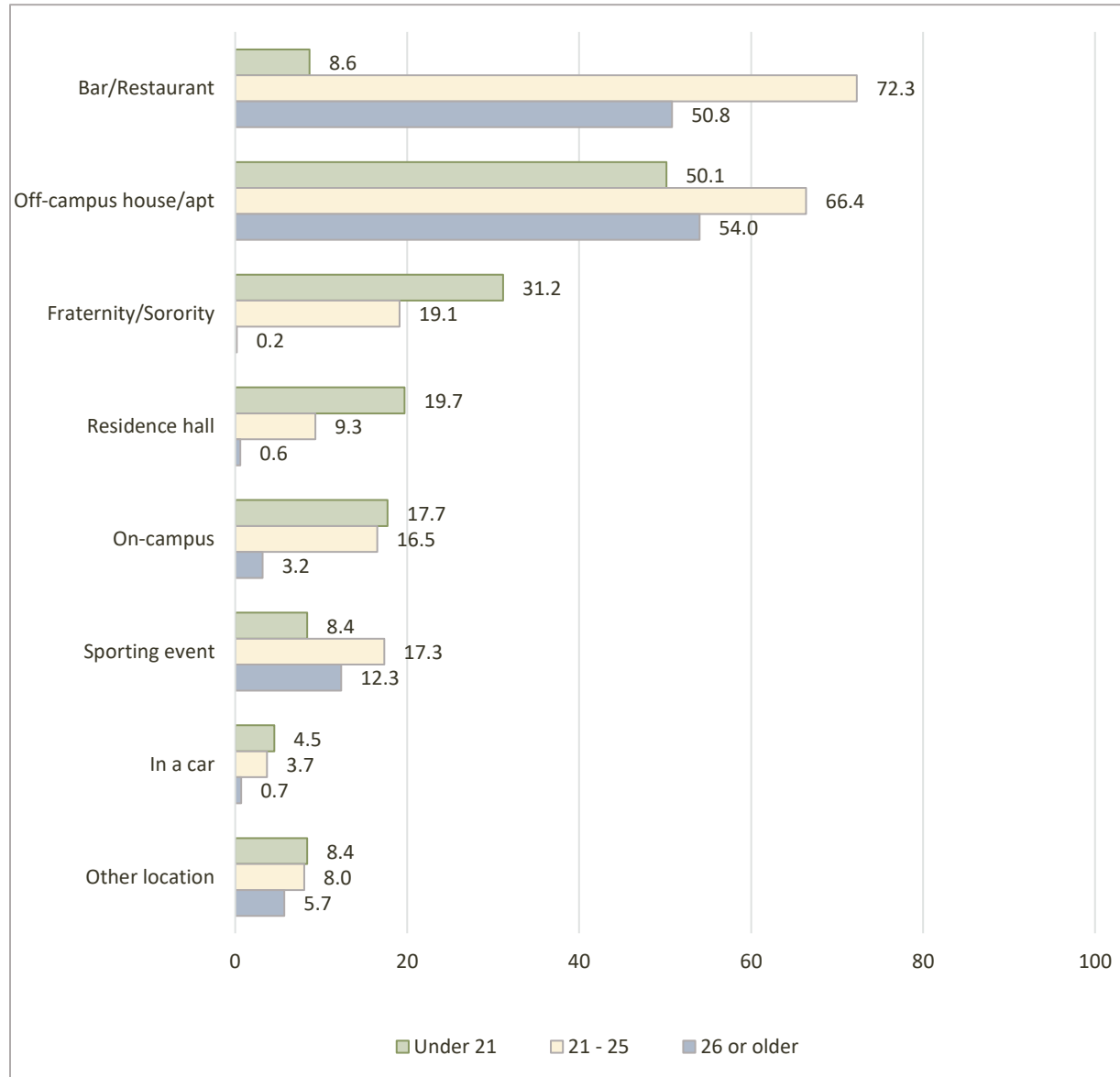
Figure 2. Percentage of Students Who Typically Consume Select Number of Drinks on Occasions When They Drink Alcohol, by Age, 2018



Note. Out of students who reported ever drinking alcohol (n = 7,677).

LOCATION AND TYPE OF ALCOHOL USE

Figure 3. Percentage of Students Who Reported Drinking Alcohol at Select Locations in the Past Year, by Age, 2018



Note. Out of students who reported ever drinking alcohol (n = 7,677). Responses of drinking alcohol at select location “sometimes,” “often,” or “always” are included.

Table 8. Percentage of Students Who Consumed Select Type of Alcohol in the Past Year, by Age, 2018

	Under 21	21 - 25	26 or older
Liquor	63.4	68.0	42.6
Beer	41.5	53.3	41.0
Wine	39.9	54.3	44.1
Malt beverages	40.2	36.3	15.8
High alcohol drinks	13.7	11.3	5.2
Other	10.5	11.1	6.3

Note. Out of students who reported ever drinking alcohol (n = 7,677). Responses of drinking select type of alcohol “sometimes”, “often”, or “always” are included.

REASONS FOR ALCOHOL USE

Table 9. Percentage of Students Who Indicated Select Reasons for Drinking Alcohol in the Past Year, by Age, 2018

	Under 21	21 - 25	26 or older
To have a good time with friends	86.0	90.5	69.7
To relax	50.2	63.5	58.7
To experiment	35.0	20.2	5.9
Because of boredom	19.3	19.5	6.5
To get away from my problems	15.3	15.8	9.0
Because of anger/frustration	11.7	14.2	9.1
To get through the day	4.4	5.7	2.9
Because I'm hooked	1.8	2.1	2.2

Note: Out of students who reported ever drinking alcohol (n = 7,677).

CONSEQUENCES OF ALCOHOL USE

Students over 25 years of age who used alcohol in the past year were less likely to report experiencing any of the consequences investigated in the survey compared to the younger students. Underage students and students between the ages of 21 – 25 reported similar rates for most of the consequences, although students 21 – 25 years of age reported higher rates of having a hangover and missing a class or assignment.

Table 10. Percentage of Students Who Reported Experiencing Select Consequences in the Past Year as a Result of Drinking Alcohol, by Age, 2018

	Under 21	21 - 25	26 or older
Had a hangover	53.8	65.2	35.9
Forgot where you were or what you did (blacked out)	29.5	30.9	7.6
Did something you later regretted	27.5	29.0	13.5
Felt bad or guilty about your drinking	27.5	27.4	9.1
Engaged in unprotected sexual intercourse (i.e., without a condom)	16.1	20.7	9.6
Missed class or an assignment	14.0	17.4	3.3
Created problems between you and your friends or family members	11.0	12.3	8.5
Been hurt or injured because of drinking	10.4	12.0	3.0
Driven a car while under the influence	10.5	11.6	4.6
Had friends or family members worry or complain about your drinking	7.0	11.4	4.1
Been in trouble with police, residence hall, or other college authorities	5.8	2.8	0.9
Gotten into physical fights when drinking	4.0	4.8	1.5
Gotten into trouble at work or college because of drinking	3.9	3.0	0.7
Been ticketed	2.4	1.9	0.8
Been arrested for drunk driving	0.5	0.7	0.6

Note. Out of students who reported ever drinking alcohol (n = 7,677).

Table 11. Percentage of Students Who Reported Select Sexual Acts in the Past Year While Under the Influence of Alcohol, by Age, 2018

	Under 21	21 - 25	26 or older
Experienced unwanted sexual activity	4.2	3.8	0.9
Took advantage of someone sexually	0.6	0.6	0.4

Note. Out of students who reported ever drinking alcohol (n = 7,677).

Table 12. Percentage of Students Who Reported Experiencing Select Consequences in the Past Year as a Result of Someone Else's Drinking, by Age, 2018

	Under 21	21 - 25	26 or older
Had to take care of another student who drank too much	53.8	52.7	7.6
Had your studying or sleep interrupted	38.6	36.4	6.2
Had to act as a designated driver for another student because he or she drank	32.7	41.7	7.5
Found vomit in the halls or other areas of your residence	29.7	22.6	2.8
Had your belongings or property damaged	13.4	17.5	2.3

RISK FACTORS

PERCEPTION OF PEER BEHAVIORS AND BELIEFS

Students between the ages of 21 – 25 were most likely to overestimate the percentage of students who used alcohol in the past month. The actual rate was 63.3%, but nearly half of the students in this age category overestimated the percentage, compared to approximately one-third of the underage students and students over 25 years. The students over 25 were more likely to believe their friends would disapprove of their binge drinking or using marijuana compared to the younger students. Students between 21 – 25 were least likely to believe their friends would disapprove of their binge drinking or marijuana use.

Table 13. Perceived Percentage of Students at Your School Who Used Alcohol in the Past Month, by Age of Respondent, 2018

	Under 21	21 - 25	26 or older
0% - 19%	5.5	3.8	13.4
20% - 39%	16.2	10.9	18.2
40% - 59%	24.1	19.8	23.0
60% - 79%	37.4	40.7	31.2
60% – 69%	17.8	17.9	12.6
70% - 79%	19.6	22.7	18.6
80% - 100%	16.8	24.8	14.2

Table 14. Mean Number of Drinks Respondents Think the Typical Student Consumed the Last Time He/She “Partied/Socialized”, by Age, 2018 (range = 0 – 30)

	Under 21	21 - 25	26 or older
Mean	4.5	4.8	4.0
Standard Deviation	2.4	2.4	2.6

Figure 4. Percentage of Students Who Indicated Select Number of Drinks They Think the Typical Student Consumed the Last Time He/She “Partied/Socialized”, by Age, 2018

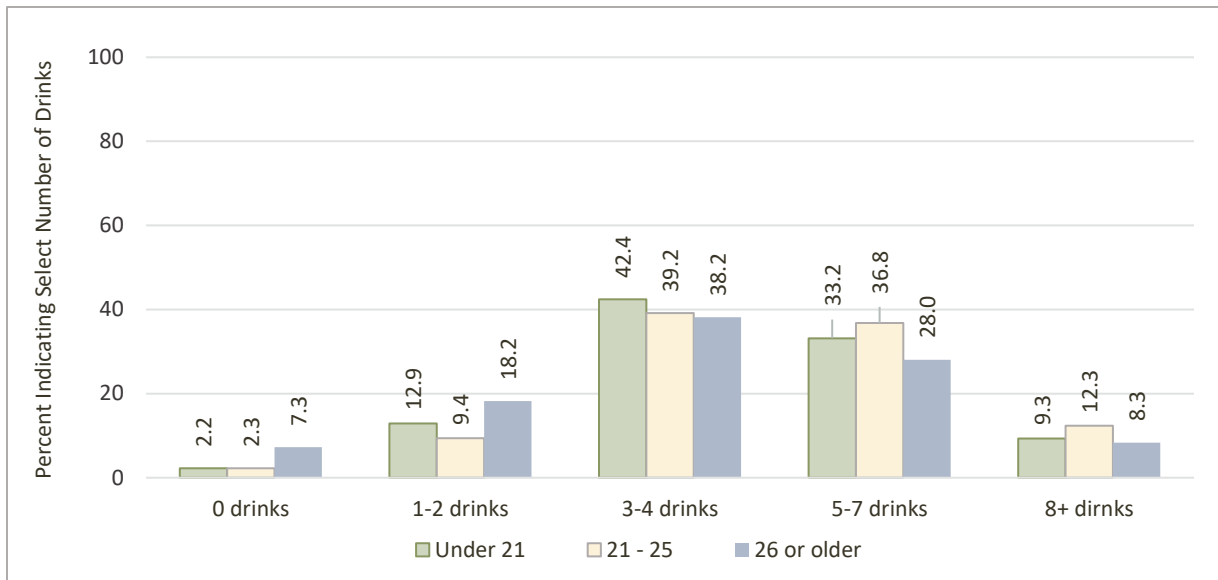


Table 15. Percentage of Students Who Thought Their Close Friends Would Disapprove of Their Use of Select Substances, by Age, 2018

	Under 21	21 - 25	26 or older
Having five or more alcoholic drinks in one sitting	44.3	33.5	50.0
Using marijuana	46.0	42.7	57.3
Using prescription medication not prescribed to you	82.4	80.5	83.5

Note: Responses of “Strongly Disapprove” or “Somewhat Disapprove” are included.

MENTAL HEALTH

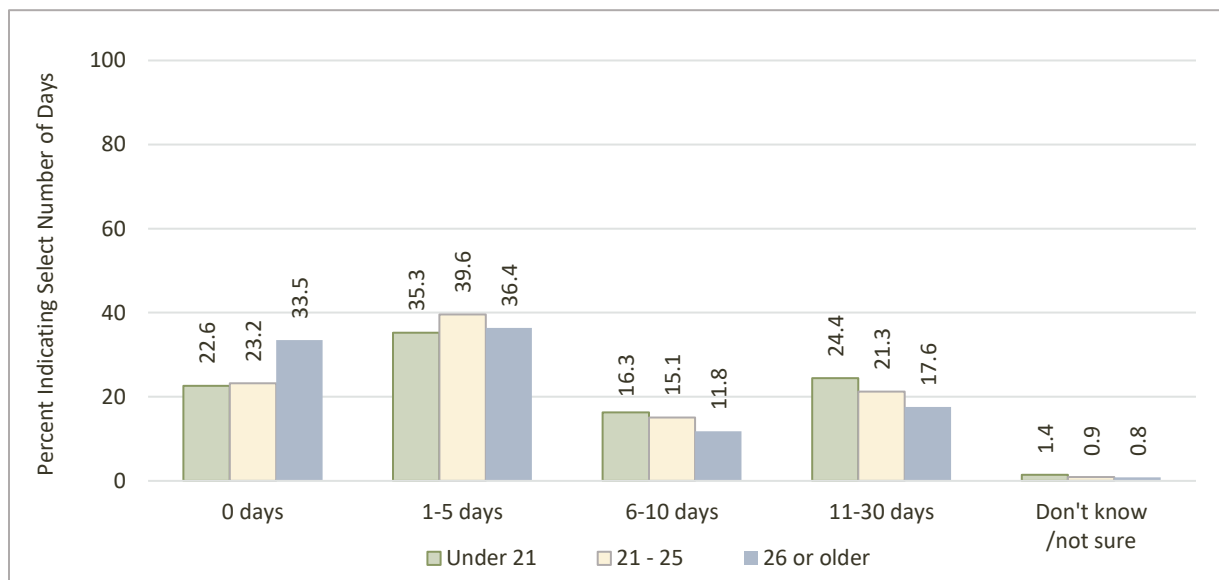
Students under 21 years of age reported the highest number of mentally unhealthy days. They also reported the highest rate of feeling sad or hopeless and of seriously considering suicide. Students over 25 years of age reported the lowest rates on all of the mental health indicators.

Table 16. Mean Number of Mentally Unhealthy Days During the Past Month, by Age, 2018 (range = 0 – 30)

	Under 21	21 - 25	26 or older
Mean	7.5	6.8	5.8
Standard Deviation	8.3	7.9	8.0

Note. Survey question: “Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”

Figure 5. Percentage of Students Who Indicated Select Number of Days During Past Month That Their Mental Health Was Not Good, by Age, 2018



Note. Survey question: “Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”

Table 17. Percentage of Students Who Reported Feeling Sadness or Suicidal Ideation in the Past Year, by Age, 2018

	Under 21	21 - 25	26 or older
Felt sad or hopeless	27.7	25.8	19.2
Seriously considered attempting suicide	10.7	9.5	5.5

Note: Sadness survey question: “During the past 12 months did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?”

GAMBLING BEHAVIOR

Students under 21 were less likely than older students to report gambling, although there was little variation in the percentages who experienced consequences as a result of their gambling. Students over 25 years of age were more likely to report playing the lottery.

Figure 6. Percentage of Students Who Reported Any Gambling Behaviors or Consequences in the Past Year, by Age, 2018

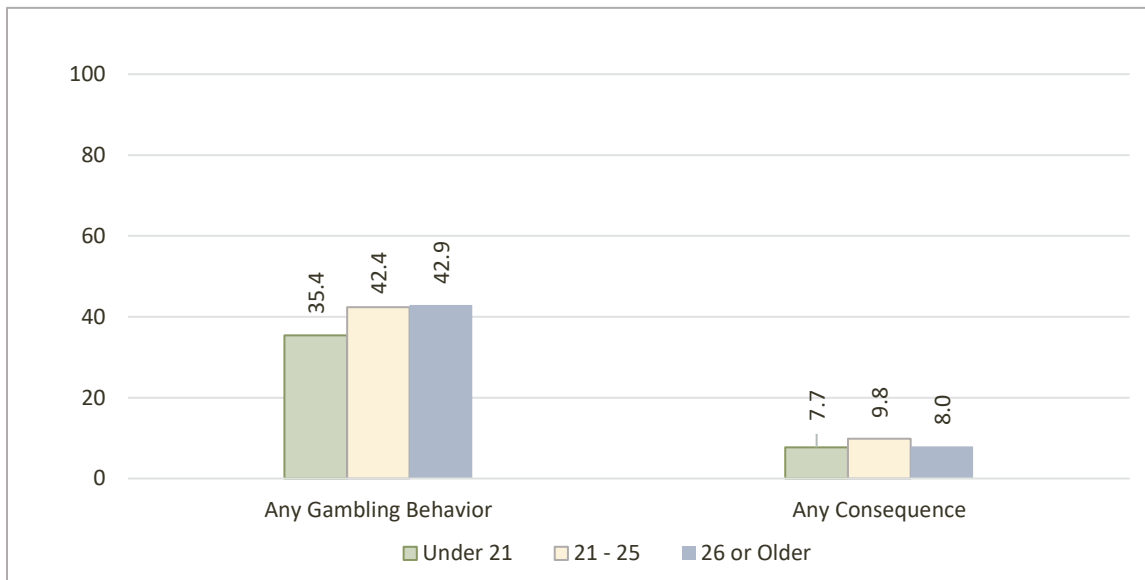
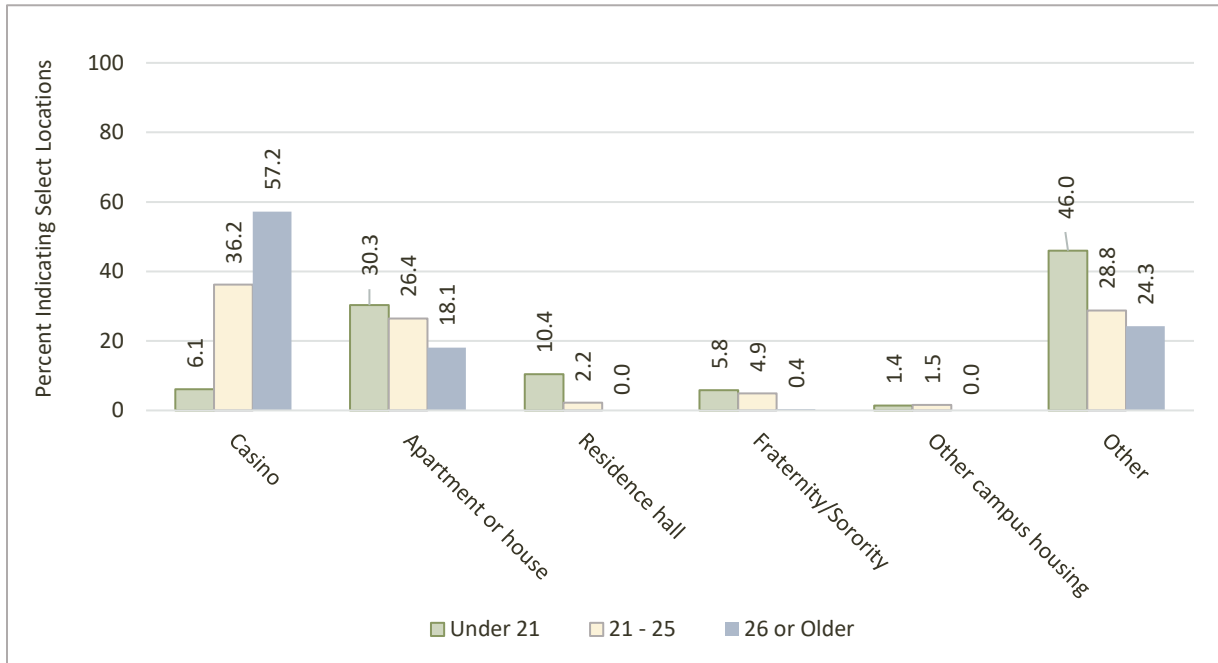


Table 18. Percentage of Students Who Reported Select Gambling Behaviors in the Past Year, by Age, 2018

	Under 21	21 - 25	26 or older
Lottery	20.2	24.1	35.7
Personal challenges/dares	15.2	12.2	4.7
Card games	10.1	12.5	9.2
Sports	10.9	12.5	7.5
At a casino	2.6	15.9	17.3
Personal games of skill	9.5	10.1	6.7
Bingo	5.5	5.7	4.9
Online gambling	2.0	1.8	0.9
At informal locations	0.7	0.6	0.4
Bet/gambled in other ways	4.6	5.5	3.3

Figure 7. Percentage of Students Who Gambled in the Past Year, Who Reported Select Locations as Their Most Frequent Gambling Location, by Age, 2018



Note. Does not include students who only gambled online or playing the lottery (n = 2,296).

Table 19. Percentage of Students Who Gambled in the Past Year, Who Reported Select Consequences as a Result of Their Gambling, by Age, 2018

	Under 21	21 - 25	26 or older
Lost possessions or money	18.2	18.3	14.7
Felt bad about gambling	5.9	7.8	6.3
Issues with friends and family	2.8	1.7	1.4
Academic problems	1.6	1.4	0.8
Poor health	1.3	1.4	1.0
Issues with legal system	0.7	0.5	0.2

Note: n = 3,694.

CHARACTERISTICS OF SURVEY PARTICIPANTS

Table 20. Demographic Characteristics of Survey Participants, 2018

	Frequency	Percent
Gender		
Male	3,523	36.8
Female	5,968	62.4
Transgender	70	0.7
Age		
Under 21	5,216	54.6
21 - 25	3,142	32.9
26 or older	1,203	12.6
Race		
White	7,896	82.6
Black/African American	534	5.6
Asian	451	4.7
Native American/Alaskan Native	39	0.4
Hawaiian/Pacific Islander	23	0.2
More than one race	344	3.6
Other	243	2.5
No answer	31	0.3
Ethnicity		
Hispanic	630	6.6
Non-Hispanic	8,915	93.2
No answer	16	0.2
Classification		
1 st year undergraduate	2,876	30.1
2 nd year undergraduate	2,175	22.7
3 rd year undergraduate	1,983	20.7
4 th year undergraduate	1,437	15.0
5 th year or more undergraduate	438	4.6
Grad/professional	530	5.5
Not seeking degree	45	0.5
Other	48	0.5
No answer	29	0.3

Table 20 (continued)

Student status		
Full-time	8,681	90.8
Part-time	867	9.1
No answer	13	0.1
Location of residence		
Fraternity/sorority house	665	7.0
Campus residence hall	3,506	36.7
Other on-campus housing	655	6.9
Off-campus	4,694	49.1
No answer	41	0.4
Greek affiliation		
Yes	1,712	17.9
No	7,826	81.9
No answer	23	0.2