Alcohol and Drug Use Disorders

- Past year prevalence:
  - Alcohol abuse: 12.5%
  - Alcohol dependence: 8.1%
  - Any drug abuse: 2.3%
  - Any drug dependence: 5.6%
- Only 3.9% of full-time college students with an alcohol use disorder received any alcohol services in the past year
- Only 2.4% of those who screen positive and did not receive services perceived a need for services


Depression

- 72% of college students who screened positive for major depression felt they needed help
- Only 36% of these received medication or therapy of any kind


Psychiatric Comorbidity

- Diagnosis of depression carries increased risk for co-occurring substance abuse or anxiety disorder (Weissman, et al., 1996)
- Co-occurrence of depression and AOD use increases the risk of suicide (Ross, 2004)
Example: Impact on judgment and decision making

Alcohol Myopia

Example: Impact on sleep
Next day, increase in:

- Anxiety
- Irritability
- Jumpiness
Next day, increase in:
- Anxiety
- Irritability
- Jumpiness

Next day, feel:
- Fatigue

**Example:**
*Time spent intoxicated*

**Rate of oxidation**
- BAC predictably goes down by .016% per hour
- .08%?
  - 5 hours
    - (.080%...064%...048%...032%...016%...000%)
- .16%?
  - 10 hours
    - (.160%...144%...128%...112%...096%...080%...064%...048%...032%...016%...000%)
- .24%?
  - 15 hours
    - (.240%...224%...208%...192%...176%...160%...144%...128%...112%...096%...080%...064%...048%...032%...016%...000%)
This overlap has implications for screening, prevention, and intervention efforts