Empirically-Based Prevention Programs for College Students: Where Are We & Where Are We Going?

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Acknowledgments

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- Jack Yeh, BS
>20 million U.S. college students

- 54% female
- ~9 out of every 13 students is white (non-Hispanic)
- ~12 million are between 18 and 24 years old
- As few as 30% complete in 4 years

Sources: U.S. Census Bureau (2015 data); UCLA Higher Education Research Institute
The goal of prevention is to avoid, reduce, or alter trajectories of problem behaviors before they reach an apex of crisis, leading to better outcomes than if nothing was done.

(Dickerson, Dervensky, and Gupta, 2002).
Continuum of Involvement

In the United States:

- **12%** of adolescents
- **16%** of college students
- **6%** of adults

(References: Lesieur et al., 1991; Neighbors, Lostutter, Larimer, & Takushi, 2002; Shaffer, Hall, & Vanderbilt, 1999; Winters, Bengston, Door, & Stinchfield, 1998;)

Gambling Continuum:
- **No gambling**
- **Non-problem gambling**
- **Subclinical “problem” gambling**
- **Diagnosable pathological gambling**
Contributing Factors for College Student Rates of Disordered Gambling

- Newly acquired independence
- Access to cash/credit
- Novice to money management
- Gambling is socially acceptable
- Gambling widely available
- Gambling is (+ and -) reinforcing
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Absolute Poker
Disordered gambling students report higher alcohol use, poorer academic performance, more mental health symptoms, and greater suicidal ideation.

(Crockford & el-Guebaly, 1998; Lesieur et al. 1991; Takushi et al., 2002; Whiteside, et al., 2005)
Correlates* or Risk Factors

- Gender (men)
- Ethnicity (Asian and Native American)
- **Athletes**
- **Greek affiliation**
- Family history (genetic and/or socialization)
- Age of onset (early gambling = problems later)
- Early big win
- AOD use*
- Depression and/or anxiety*
- Sensation seeking and impulsivity*
Prevalence of College Alcohol or Gambling Policies in U.S. Colleges and Universities

Shaffer et al, 2005
Conclusions

Lack of college policies on gambling and recovery signify missed opportunities to:

- Inform students about the risks of excessive gambling
- Provide recovery-oriented measures designed to support student persistence

Shaffer et al, 2005
Task Force Recommendations

1. Establish a campus-wide committee to develop and monitor a comprehensive policy on gambling.

2. Ensure that college policies are consistent with local, state, and federal laws.

3. Strive for consistency and universal application with prohibitions and restrictions on gambling and alcohol use at special events.

4. Promote campus-community collaborations that focus on reducing problems with student drinking and gambling.

5. Encourage adjustments in disciplinary action applied to violators of gambling rules if the student seeks assistance from health or counseling services.
Task Force Recommendations

6. Make reasonable accommodations for students focused on recovery from a problem with gambling or alcohol.

7. Measure student attitudes, behaviors, and problems with gambling through campus surveys or by incorporating such measures into existing campus health-related surveys.

8. Promote campus-wide awareness of (1) pathological gambling as a mental health disorder that has a high rate of comorbidity with alcohol use and other addictive disorders, and (2) responsible gaming principles.

9. Employ evidence-based strategies to identify and help students with gambling and alcohol problems. Strengthen the capacity of counseling services to identify and treat gambling disorders.

10. Strengthen the capacity of counseling services to identify and treat gambling disorders.
College Student Drinking Prevention

Brief Alcohol Screening and Intervention for College Students
A Harm Reduction Approach

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John S. Baer
Daniel R. Kivlahan
G. Alan Marlatt
College Student Prevention Program

- Randomized clinical trial with assignment to a Personalized Feedback Intervention (PFI), Cognitive–Behavioral Intervention (CBI) or Assessment-Only Control (AOC).

**Personal Feedback For**

### Gambling Behaviors

According to the information provided, you started gambling at the age of 18.

- **Currently** you gamble about 2-3 times per month.
- In the past six months you engaged in the following types of gambling:
  - Played cards for money.
  - Bet on horses, dogs, or other animals.
  - Bet on sports.
  - Played dice games.
  - Went to a casino.
  - Played the numbers or bet on lotteries.
  - Played bingo.
  - Played the stock and/or commodities market.
  - Played slot, poker, or other gambling machines.
  - Played a game of skill (such as bowling or pool) for money.
  - Gambled on the internet.

You indicated that you had lost between $60 and $100 in the past month of gambling.

- Compared to other college students, your percentile rank is 96. This means that about 4% of students gamble more often than you do.
- You indicated that you thought an average UW student gambles about 2-3 times per month.
- You also reported that you thought an average UW student lost between $100 and $200 per month.

### Gambling Losses

![Graph showing gambling frequency and losses](image)

### Alcohol Behaviors

According to the information you provided, the number of occasions you drank was **0 times per week**.

- The average amount you drank on weekends was 2 drinks.
- Compared to other college students, your percentile rank is **32**.
- This means that about 68% of other students drink more than you do.
- About 25% of students don't drink at all.

You told us that you believed that the average student drank 4 times each week and during each occasion, she/he consumed about 8 drinks. The actual drinking norm for other UW students is 2 times a week, drinking about 2-3 drinks on each occasion.

You **sometimes** drink when you gamble.

### Positive Effects of Expectations from Gambling

You indicated the following reasons for gambling and positive effects of gambling for you. These include:

- **Casinos are glamorous, exciting places.**
- **I feel great when I win a bet.**
- **Gambling is a way to socialize.**
- **Gambling gives me something to do when I am bored.**
- **Gambling is a way to win or make money.**

### Family History

We consider your risk based on family history to be **high**.
Personal Feedback For

Gambling Behaviors
According to the information provided, you started gambling at the age of 18.
Currently you gamble about 2-3 times per month.
In the past six months you engaged in the following types of gambling:
- Played cards for money.
- Bet on horses, dogs, or other animals.
- Bet on sports.
- Played dice games.
- Went to a casino.
- Played the numbers or bet on lotteries.
- Played bingo.
- Played the stock and/or commodities market.
- Played slot, poker, or other gambling machines.
- Played a game of skill (such as bowling or pool) for money.
- Gambled on the internet.
You indicated that you had lost between $50 and $100 in the past month of gambling.
Compared to other college students, your percentile rank is 96. This means that about 4% of students gamble more often than you do.
You indicated that you thought an average UW student gambles about 2-3 times per month.
You also reported that you thought an average UW student lost between $100 and $200 per month.

Alcohol Behaviors
According to the information you provided, you drank 0 times per week.
The average amount you drank on each drinking day was 0.
Compared to other college students, your percentile rank is 0. This means that about 99.5% of other students drink more often than you do.
You told us that you believed that the drinking norms for your group were 2 drinks for men and 1 drink for women.
You sometimes drink when you go to a bar.

Positive Effects of Excessive Drinking
You indicated the following positive effects of excessive drinking:
- Casinos are glamorous, exciting, and fun. I feel great when I win a lot of money.
- Gambling is a way to socialize.
- Gambling gives me something to do when I'm bored.
- Gambling is a way to win money.

Gambling Frequency
- Your estimated frequency of gambling per year: 3365 times.

Gambling Losses
- Your estimated average loss per year for UW students: $2,500.

Family History
We consider your risk based on family history to be high.
Positive Effects of/Expectations from Gambling

You indicated the following reasons for gambling and positive effects of gambling for you. These include:

- Casinos are glamorous, exciting places.
- I feel great when I win a bet.
- Gambling is a way to socialize.
- Gambling gives me something to do when I am bored.
- Gambling is a way to win or make money.
# Longitudinal Results Summary

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<thead>
<tr>
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<th>BMI 6-Month</th>
<th>BMI 12-Month</th>
<th>CBT 6-Month</th>
<th>CBT 12-Month</th>
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<tbody>
<tr>
<td><strong>Frequency</strong></td>
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<td><strong>Expenditure</strong></td>
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<td><strong>Problems</strong></td>
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<td><strong>Normative Discrepancy</strong></td>
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<td><strong>Illusions of Control</strong></td>
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<td><strong>DSM-IV Symptoms</strong></td>
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Discussion

- Both PFI and CBI associated with significant reductions in gambling problems and DSM-IV severity at 6-month follow-up; PFI also significantly reduced gambling frequency.

- Neither intervention reduced gambling expenditure.

- PMI reduced gambling norms, whereas CBI reduced illusions of control.
  - Perceived norms mediated PFI intervention effects.

- Most effects were not maintained at 12-months: May suggest natural maturation out of gambling problems or assessment reactivity.
Personalized Feedback Interventions for College Students

- Five published peer-review papers.
  - In-person & web-based
  - Harm Reduction Approach
  - Motivational Interviewing/Motivational Enhancement Theory
- Assessment Process
- Personalized Feedback
Personalized Feedback Interventions for College Students

- Findings
  - Gambling Frequency
  - Gambling Quantity
  - Reduced Problems
  - Changed gambling norms
  - Reduced co-use of alcohol and gambling
Limitations

- Self-Report
- Mostly large universities
- Assessment effects
- Effects are short-lived
Future Directions

NSiGHT Research Study
Resources

- The Evergreen Council on Problem Gambling
  - [http://www.evergreencpg.org/](http://www.evergreencpg.org/)
  - 800-573-6133 (24 hours 7 days/week)

- Oregon Problem Gambling Resource
  - [https://www.opgr.org](https://www.opgr.org)
  - 1-877-695-4648 (My-LIMIT)

- More Information about College Student Gambling (NCRG)
  - [http://www.collegegambling.org/](http://www.collegegambling.org/)
Contact Information

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