Maybe some students just don't care?
The relationship between frequency of drinking and mental health outcomes.

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INTRO
- Drinking in college students is associated with increases in anxiety and depression.
- Research has been unable to clarify how coping styles influence alcohol frequency and quantity.
- This research seeks to elaborate on the relationship between drinking frequency with mental health, coping, and substance use.

METHODS
- College students (n=29) were recruited from central New York.
- Participants were 18 years of age, and reported drinking at least bimonthly and had 5+ (females) or 6+ drinks (males) in a single occasion.
- Participants completed measures of drinking, substance use, stress (PSS), anxiety (STAI), social anxiety (SIAS-6), and coping (Brief Cope).
- Drink frequency was dichotomized into more or less. Binge drinking was trichotomized into more than weekly, weekly and less than weekly.
- Relationships between drinking and continuous variables were examined with ANOVA and with categorical variables χ^2 was used.

RESULTS
- Participants who drank several times a week or more did not differ from those who drank once a week or less on the CESD, SIAS-6, STAI, and PSS, but they did engage in active coping less frequently (2.8 vs. 3.4, F = 4.6, p <.05)
- For trait anxiety, $F(1,26) = 4.1$, $p = 0.053$, and perceived stress, $F(1,26) = 4.0$, $p = 0.056$, there was a trend for quadratic relationships between frequency of binge drinking and mental health issues. Participants who binge drank less than weekly and more than weekly had lower scores than those who binge drank weekly.

DISCUSSION
- We hypothesize that the people who drink more than weekly score low on anxiety and stress because they are less concerned about their responsibilities in college.
- Participants who binge less than weekly have less stress and anxiety because they are engaging in less maladaptive behavior.
- Those who binge drink weekly may be trying to balance their concern about responsibilities while trying to fit in time to drink, leading to stress and potential mental health issues.

College students who binge drank a lot (greater than weekly) or a little (less than weekly) had a trend for LESS perceived stress and anxiety than those who binge drank a middle amount (weekly).
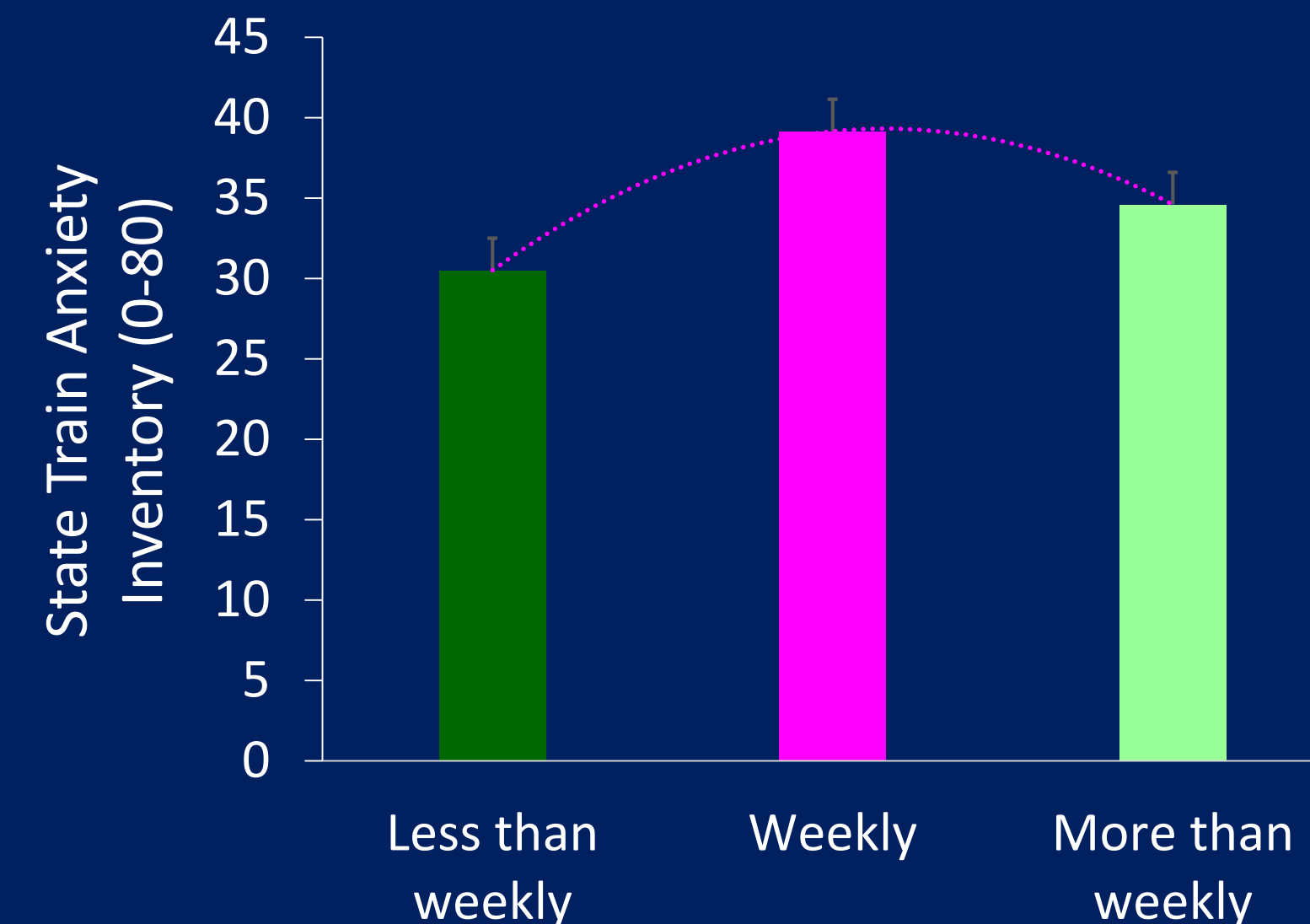
The effect of frequency of binge drinking on perceived stress
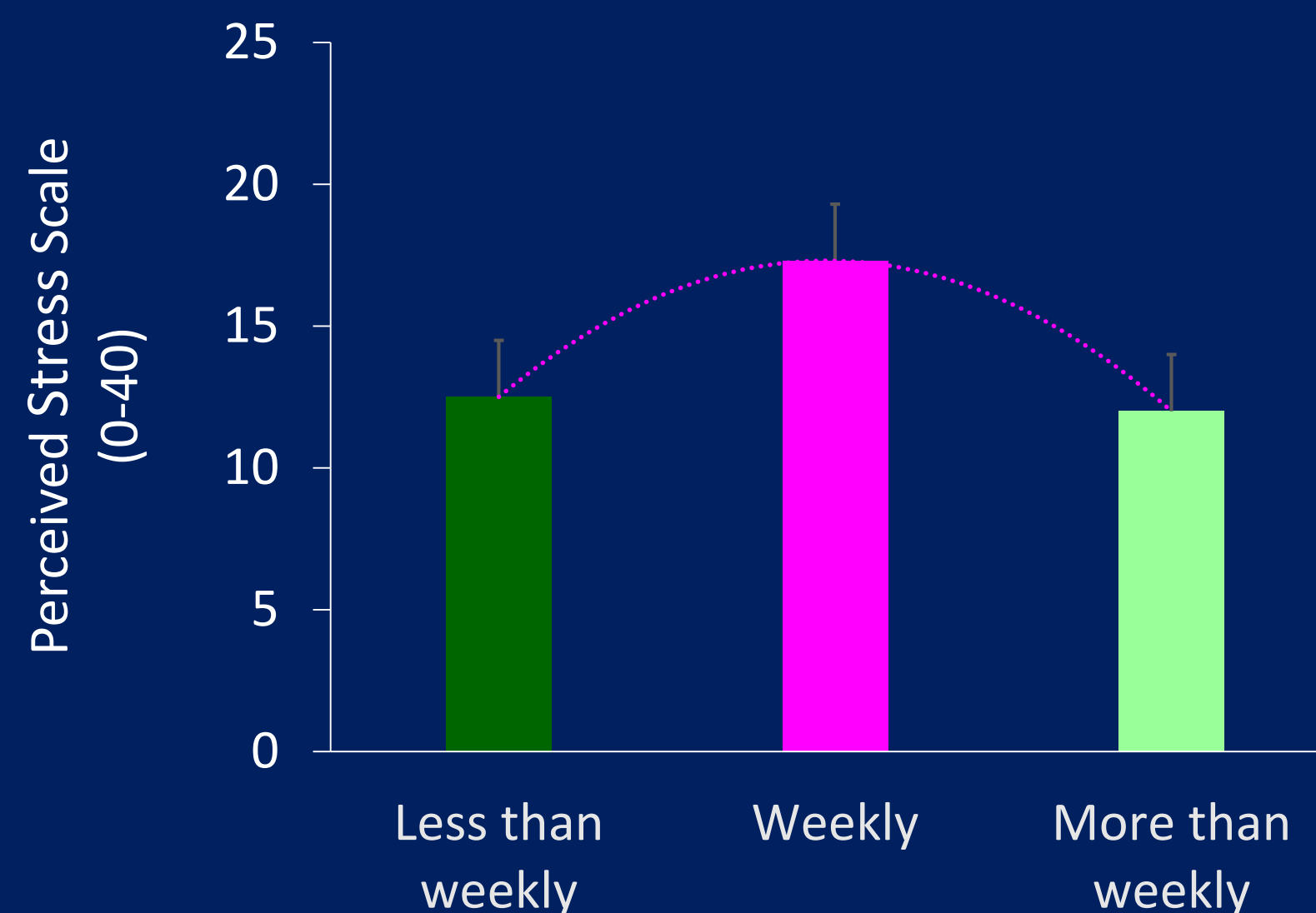
The effect of frequency of binge drinking on anxiety

Demographics of binge drinking groups

Variable	Total n (%)	Less than weekly n (%)	Weekly binge n (%)	More than weekly binge n (%)
Sex				
Female	18 (62.1)	4 (66.7)	7 (53.8)	7 (70.0)
Race				
White	23 (83.3)	5 (79.3)	11 (84.6)	7 (70.0)
Social Life				
Greek	8 (27.6)	0 (0.0)	3 (23.1)	5 (50.0)
Athletics				
On Team	8 (27.6)	2 (33.3)	4 (30.8)	2 (20.0)
Freetime				
1-2 hours/day	7 (24.1)	1 (16.7)	5 (38.5)	1 (10.0)
3-4 hours/day	14 (48.3)	2 (33.3)	6 (46.2)	6 (60.0)
> 4 hours/day	8 (27.6)	3 (50.0)	2 (15.4)	3 (30.0)
Employment				
Has Job	13 (44.8)	4 (66.7)	6 (46.2)	3 (30.0)

Relationship of mental health with binge drinking group

Variables	< weekly binge M (SD)	Weekly binge M(SD)	> weekly binge M(SD)	F (p)
Coping Style				
Active	3.2 (0.7)	3.0 (0.6)	3.2 (0.9)	0.4 (0.68)
Substance Use	1.4 (0.5)	1.6 (0.8)	2.1 (0.7)	1.9 (0.16)†
Self-Distraction	2.8 (0.9)	3.1 (0.8)	2.7 (0.6)	1.0 (0.38)
Denial	1.0 (0.2)	1.2 (0.3)	1.4 (0.6)	1.3 (0.28)
Emotional Support	3.3 (0.5)	3.1 (0.8)	3.3 (0.9)	0.2 (0.79)
Instrumental Support	3.3 (0.8)	3.2 (0.7)	3.1 (0.7)	0.1 (0.92)
Behav. Disengagement	1.2 (0.3)	1.4 (0.5)	1.3 (0.5)	0.7 (0.51)
Venting	2.4 (1.1)	2.2 (0.5)	2.1 (0.8)	0.3 (0.72)
Positive Reframing	3.3 (0.7)	3.2 (0.8)	3.3 (0.8)	0.0 (0.98)
Planning	3.5 (0.3)	3.2 (0.7)	3.5 (0.8)	0.6 (0.54)
Humor	2.7 (0.9)	2.8 (0.7)	3.1 (1.1)	0.5 (0.64)
Acceptance	3.4 (0.6)	3.0 (0.6)	3.2 (0.8)	0.9 (0.42)
Religion	1.9 (1.2)	1.6 (0.9)	2.2 (1.3)	0.9 (0.41)
Self blame	2.6 (0.7)	2.5 (0.9)	2.4 (0.8)	0.2 (0.85)
Depression				
CESD-10 Score (sum)	2.2 (1.7)	4.6 (3.0)	3.9 (3.2)	1.5 (0.24)
Social anxiety				
SIAS-6 Score (mean)	0.4 (0.4)	0.8 (0.5)	0.5 (0.6)	1.1 (0.34)

† Linear trend between substance use coping and binge drinking group F (1,1) = 3.6, p = 0.68

Relationship of mental health with drinking frequency group

Variables	Total M (SD)	Weekly or less drinking M(SD)	> Weekly drinking M(SD)	F (p)
Coping Style				
Active	3.1 (0.7)	3.4 (0.5)	2.8 (0.7)	4.6 (0.04)*
Substance Use	1.7 (0.8)	1.7 (0.7)	1.8 (0.8)	0.2 (0.68)
Self-Distraction	2.9 (0.8)	2.8 (0.8)	3.0 (0.7)	0.3 (0.61)
Denial	1.2 (0.4)	1.2 (0.3)	1.3 (0.5)	0.3 (0.60)
Emotional Support	3.2 (0.8)	3.5 (0.4)	2.9 (1.0)	3.5 (0.07)
Instrumental Support	3.2 (0.7)	3.2 (0.8)	3.1 (0.7)	0.1 (0.77)
Behav. Disengagement	1.3 (0.4)	1.4 (0.5)	1.3 (0.5)	0.1 (0.74)
Venting	2.2 (0.8)	2.3 (0.8)	2.1 (0.8)	0.8 (0.38)
Positive Reframing	3.2 (0.7)	3.4 (0.6)	3.0 (0.8)	2.3 (0.14)
Planning	3.3 (0.7)	3.5 (0.5)	3.2 (0.8)	2.4 (0.13)
Humor	2.9 (0.9)	2.6 (0.7)	2.9 (0.8)	2.2 (0.15)
Acceptance	3.1 (0.7)	3.3 (0.5)	3.0 (0.7)	2.4 (0.13)
Religion	1.9 (1.1)	1.7 (1.0)	2.0 (1.2)	0.8 (0.39)
Self blame	2.4 (0.8)	2.6 (0.7)	2.3 (0.9)	0.7 (0.42)
Depression				
CESD-10 Score (sum)	3.9 (2.9)	3.4 (2.9)	4.2 (3.0)	0.6 (0.45)
Social anxiety				
SIAS-6 Score (mean)	0.6 (0.5)	0.5 (0.4)	0.6 (0.6)	0.2 (0.63)
Anxiety				
STAI Trait Anxiety (sum)	35.8 (9.0)	34.6 (8.9)	36.9 (9.2)	0.5 (0.49)
Stress				
Perceive Stress (sum)	14.5 (6.9)	15.0 (5.6)	14.0 (8.1)	0.1 (0.71)

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