

## 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

Wu, et al., (2007)

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## 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



Source: Eisenberg, et al., (2007)

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## 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)

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**Example:**  
*Impact on judgment and decision making*

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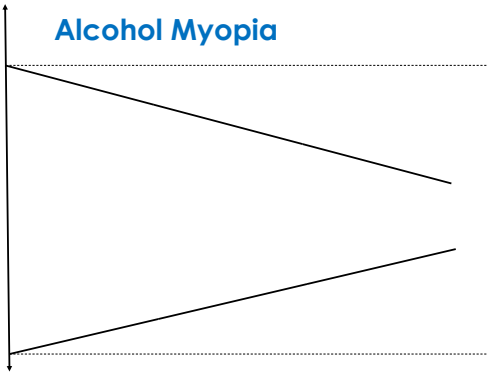
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**Alcohol Myopia**



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**Example:**  
*Impact on sleep*

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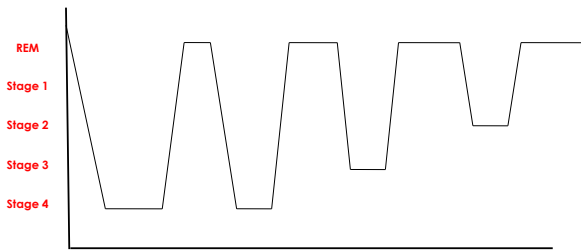
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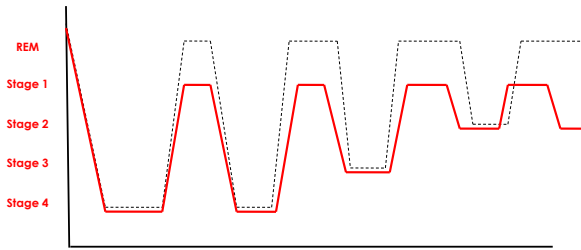
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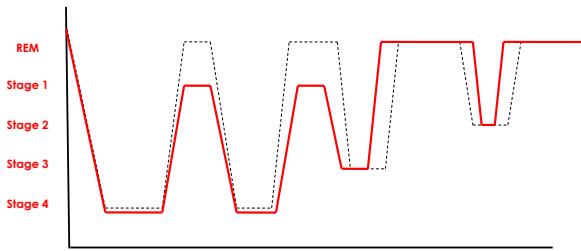
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Next day, increase in:  
 •Anxiety  
 •Irritability  
 •Jumpiness

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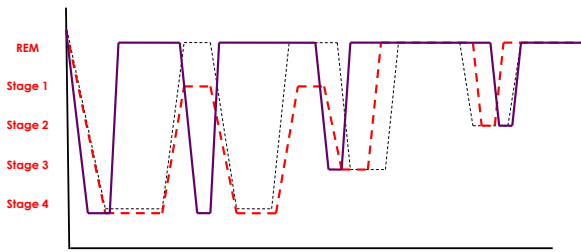
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Next day, increase in:  
 -Anxiety  
 -Irritability  
 -Jumpiness  
 Next day, feel:  
 -Fatigue

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**Example:**  
*Time spent intoxicated*

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**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%)

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***This overlap has  
implications for  
screening, prevention,  
and intervention efforts***

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