

Gambling, binge drinking, and mental health among Indiana's incoming and current college students

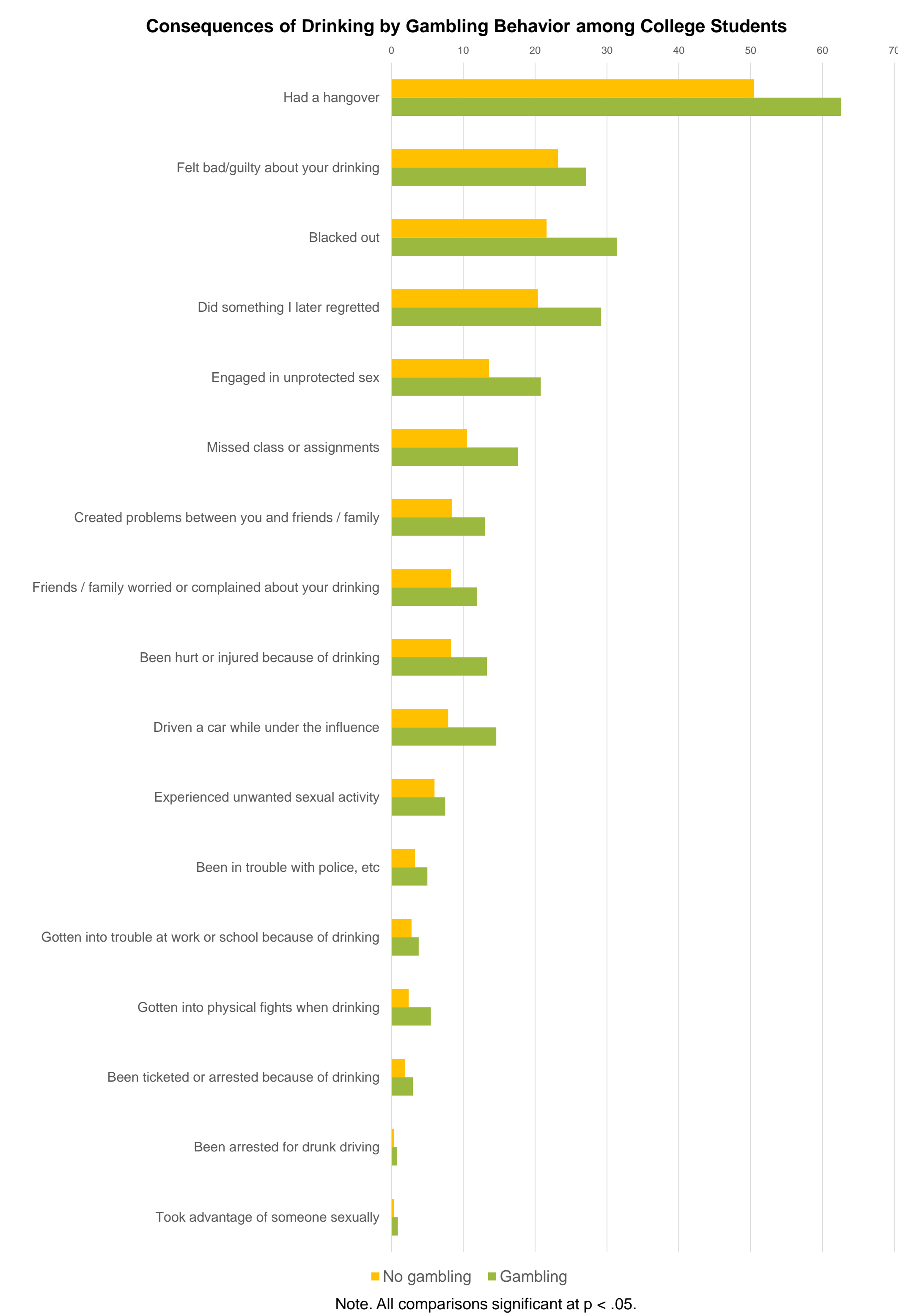
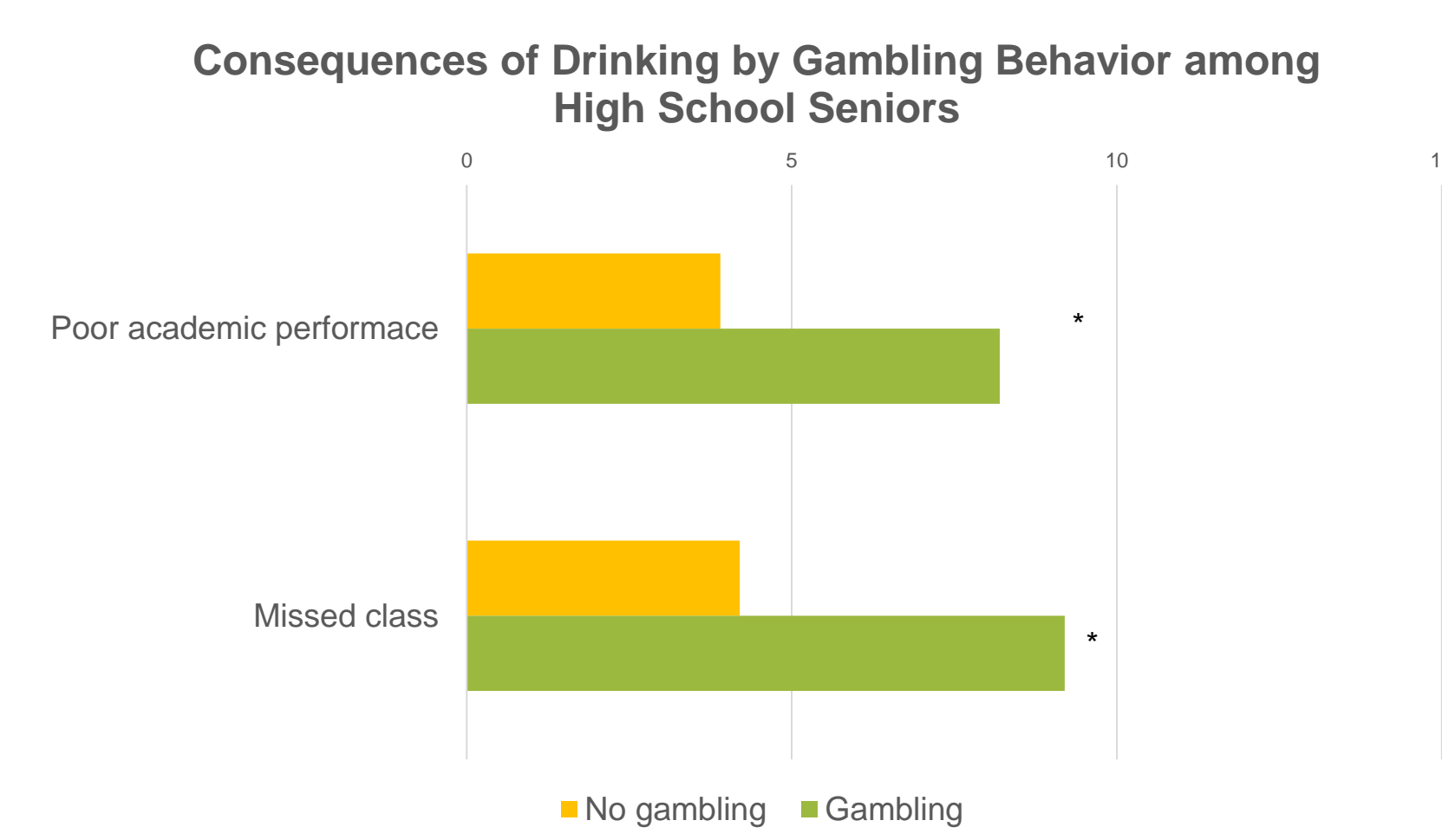
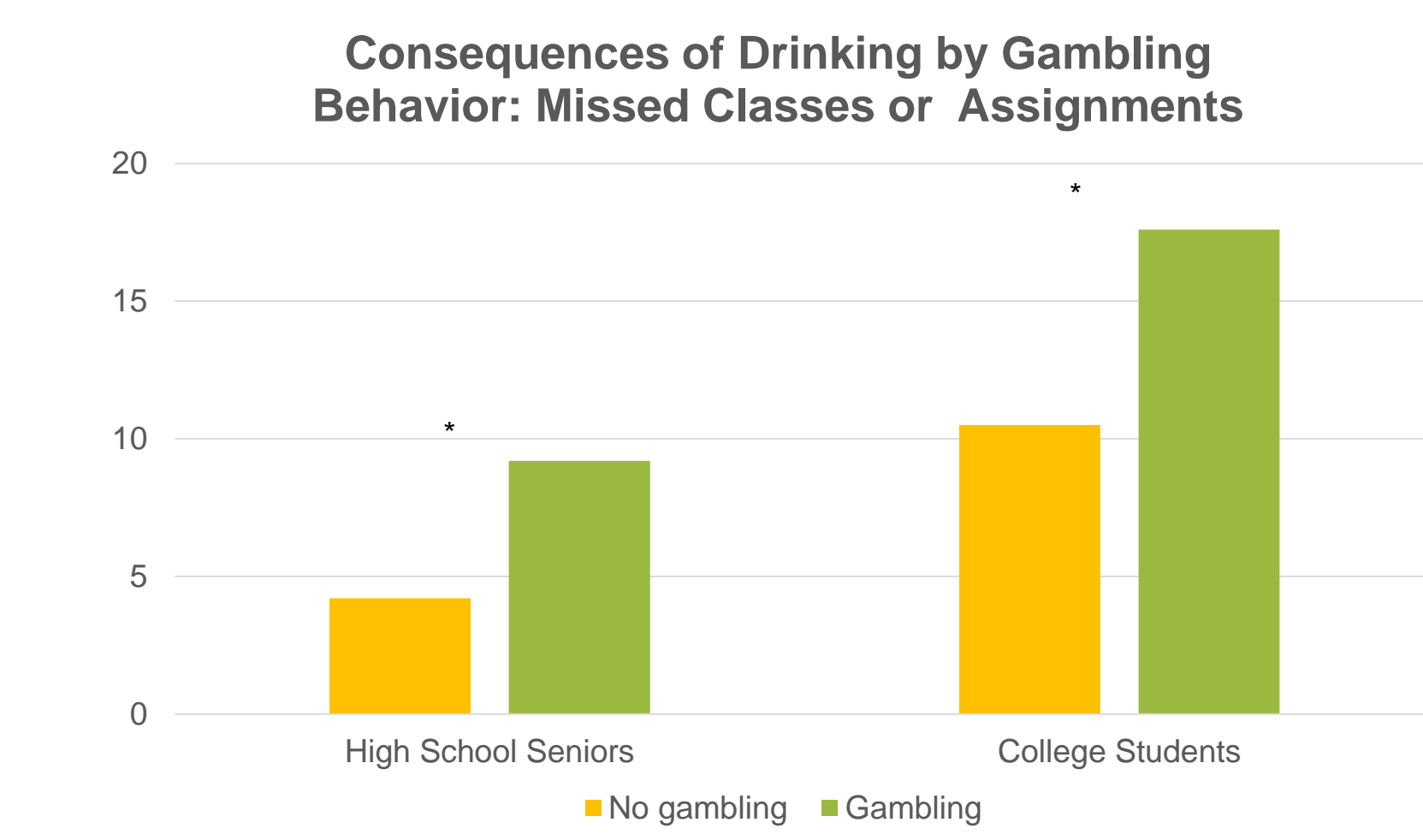
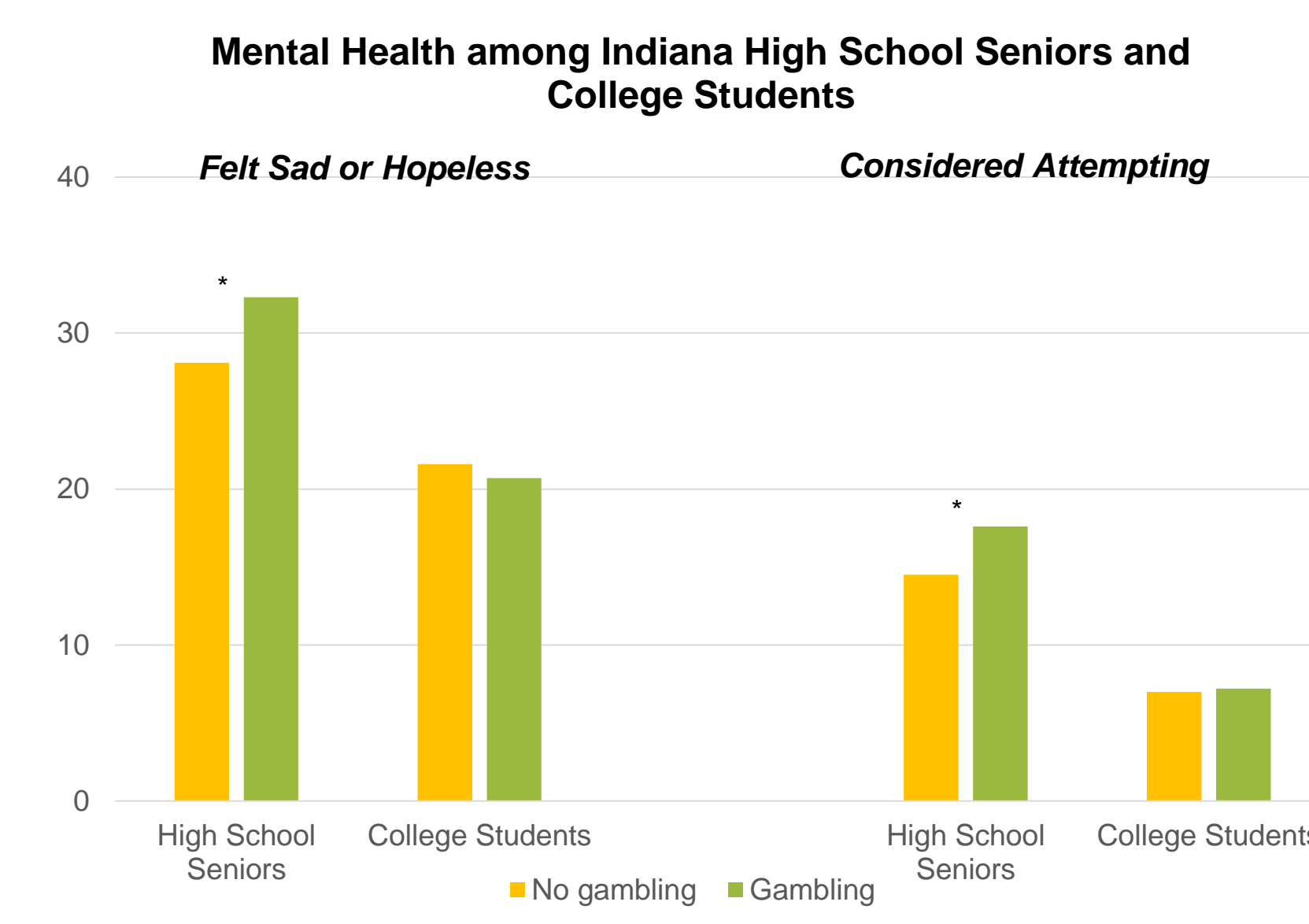


SCHOOL OF PUBLIC HEALTH
INDIANA UNIVERSITY
Bloomington

Desiree Reynolds, MPH, MCHES, Rosie King, MPH, Mikyoung Jun, PhD, MPH, MCHES, & Mary Lay, MPH, MCHES, CPS

Abstract

This study investigates the prevalence of gambling behaviors among Indiana incoming college freshman and current college students related to binge drinking, consequences of drinking, and mental health. There have been studies regarding college gambling behaviors and consequences of gambling behaviors in Indiana, but not a study looking at the data related to binge drinking or mental health of the students. This study aims to review the gambling prevalence data for incoming and current college students to see if those students also participated in binge drinking behaviors or had consequences related to their drinking. This study will also review those students who reported gambling behavior and consequences as related to their reporting of mental health concerns such as thoughts of suicide. Results of this study will be used for the purposes of providing data for college wellness and prevention efforts through programs designed to provide holistic treatment of the college student and better serve their addiction and mental health needs. This research will also raise awareness within the college setting and to college administration regarding the co-occurring nature of gambling behaviors and addiction or mental health issues. Data used is from the 2016 Indiana Youth Survey, an annual statewide cross-sectional survey of alcohol, tobacco, and other drug use, from 6th through 12th grades. For this study only 12th graders were included (n=10,698). Among these students, 21.4% of youth reported some form of gambling behavior. Data from college students is from the 2016 Indiana College Substance Use Survey (n=9,317). Among the participants, 45.0% reported gambling behaviors. Both surveys include responses from students in Indiana on gambling, binge drinking, mental health including suicide and consequences for alcohol and gambling. Preliminary results from both surveys indicate those students who reported gambling behavior were significantly more likely to also report binge drinking and experiences negative consequences associated with drinking. The 12th grade students who reported any gambling behavior were also significantly likely to report having experienced mental health concerns.



Results

Data set includes 10,698 high school seniors (grade 12) in Indiana in both private and public school settings in 2016 and 9,317 college students in Indiana. Of these students gambling behavior and students feeling “sad or hopeless” or “considered attempting suicide” was significant for high school seniors. Both high school seniors and college students who gambling and also engaged in binge drinking reported high percentages for missing class or assignments. For college students all area’s of consequences of drinking (blacked out, later regretted, in trouble, etc.) were higher for those students who also reported gambling behavior. All chi - square comparisons that were statistically significant at p < .05 are marked with *.

Discussion

More research in the area of high school and college gambling as it relates to mental health and binge drinking needs to be done. Research indicates that addictions issues are often co-occurring in regards to gambling. Stronger screening and brief intervention needs to be done with high school and college students to address gambling and alcohol issues. School counselors and advisors need to be aware of the increased mental health concern that may prevalent with students who gambling. Asking questions regarding gambling behaviors is a critical step in understanding the student mental health status. Knowing this data will allow Indiana high schools and colleges to better tailor efforts to address the co-occurring issues of gambling, binge drinking, and mental health issues.

Learning Objectives

- Discuss high school seniors and college student gambling in relation to binge drinking, consequences of drinking, and mental health.
- Describe the Indiana Youth Survey and the Indiana College Substance Use Survey in relation to the prevalence of youth gambling in Indiana.
- Apply data trends to future study in high school student and college gambling prevention and treatment.

Gambling and Binge Drinking Behavior

| | No gambling | Gambling |
|-------------------|-------------|----------|
| No binge drinking | 67.6% | 15.2% |
| Binge drinking | 11.2% | 6.0% |

| | No gambling | Gambling |
|-------------------|-------------|----------|
| No binge drinking | 36.9% | 27.4% |
| Binge drinking | 15.4% | 20.3% |

References

- Gassman, R., Jun, M., Samuel, S., Agle, J. D., King, R., Ables, E., Lee, J., & Wolf, J. (2016). *Indiana Youth Survey – 2016*. Bloomington, IN: Indiana Prevention Resource Center.
- King, R.A. & Jun, M. (2016). *Results of the Indiana College Substance Use Survey – 2016*. Bloomington, IN: Indiana Prevention Resource Center.
- LaBrie, R.A., Shaffer, H.J., LaPlante, D.A., & Weschler, H. (2003). Correlates of College Student Gambling in the United States. *Journal of American College Health*, 52(2), 53-62.
- Stinchfield, R., Kushner, M. G., & Winters, K. C. (2005). Alcohol use and prior substance abuse treatment in relation to gambling problem severity and gambling treatment outcome. *Journal of Gambling Studies*, 21(3), 273-297.
- Winters, K. C., & Anderson, N. (2000). Gambling involvement and drug use among adolescents. *Journal of Gambling studies*, 16(2-3), 175-198.