Key Findings from the 2018 College Prescription Drug Study

Dr. Anne McDaniel, Dr. Erica Phillips, Nicki Adams & Blake Marble
Center for the Study of Student Life & Student Life Student Wellness Center

Q&A: Your questions will be submitted to the staff and answered at the end of the webinar. Any questions we do not address during the webinar will be shared via email along with a recording of the webinar.

The audio is by default through your computer's speakers. If you would like to call in, click "view audio options".
COLLEGE PRESCRIPTION DRUG STUDY

- Introduction to the College Prescription Drug Study
- Frequency of Use & Access to Prescription Drugs
- Reasons for Use & Consequences of Use
- Alcohol & Other Drugs
- Education & Resources
- Prescribed Medication Behaviors
- Translating CPDS Findings into Practice

What is CPDS?
During Spring 2018…

- Administered to random samples of students attending 26 institutions across the U.S.
  - Eighteen 4-Year Public Institutions
  - Seven 4-Year Private Institutions
  - One 2-Year Public Institution
- A total of 113,999 students were invited to participate
  - 19,539 responded for a response rate of 17.1%

![Frequency of Use & Access to Prescription Drugs](go.osu.edu/cpdskeyfindings)
Have you ever used the following for non-medical reasons?

- Pain Medications: 9.1%
- Sedatives: 9.4%
- Stimulants: 15.9%

Ever misused prescription drugs by class rank:

<table>
<thead>
<tr>
<th>Class</th>
<th>Pain Medication</th>
<th>Sedatives</th>
<th>Stimulants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshman Year</td>
<td>8%</td>
<td>6%</td>
<td>10%</td>
</tr>
<tr>
<td>Sophomore Year</td>
<td>10%</td>
<td>8%</td>
<td>15%</td>
</tr>
<tr>
<td>Junior Year</td>
<td>10%</td>
<td>10%</td>
<td>18%</td>
</tr>
<tr>
<td>Senior Year</td>
<td>12%</td>
<td>25%</td>
<td>20%</td>
</tr>
<tr>
<td>Graduate (Master’s)</td>
<td>15%</td>
<td>15%</td>
<td>26%</td>
</tr>
<tr>
<td>Graduate (Doctoral)</td>
<td>26%</td>
<td>7%</td>
<td>11%</td>
</tr>
<tr>
<td>Graduate (Professional)</td>
<td>18%</td>
<td>8%</td>
<td>9%</td>
</tr>
</tbody>
</table>

In the past 12 months, how often did you use the following for non-medical reasons?

- Pain Medications: 44% 47%
- Sedatives: 38% 42%
- Stimulants: 0% 3%

Note: Self-reported estimates of use in the last 12 months among students who indicated they had ever used a prescription drug for non-medical reasons; students who responded “prefer not to say” are not presented in charts but are included in calculation.
When did you start using the following for non-medical reasons?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Pain Medications</th>
<th>Sedatives</th>
<th>Stimulants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middle school or earlier</td>
<td>22%</td>
<td>42%</td>
<td>42%</td>
</tr>
<tr>
<td>High school</td>
<td>22%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>College</td>
<td>22%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Between college and graduate school</td>
<td>22%</td>
<td>44%</td>
<td>44%</td>
</tr>
<tr>
<td>Graduate/Professional School</td>
<td>22%</td>
<td>44%</td>
<td>44%</td>
</tr>
</tbody>
</table>

Note. Self-reported among students who indicated they had ever used a prescription drug for non-medical reasons; students who responded "prefer not to say" are not presented in charts but are included in the percentage calculation.

How easy is it for you to obtain the following prescription drugs? (% Very or Somewhat Easy to Obtain)

- Pain Medications
- Sedatives
- Stimulants

Means by which students obtain prescription drugs for non-medical use

- From a friend
- From a peer who is not a friend
- From a relative

Notes on charts:
- Self-reported among students who indicated they had ever used a prescription drug for non-medical reasons; students who responded "prefer not to say" are not presented in charts but are included in the percentage calculation.
## Reasons for Use & Consequences of Use

### Top 5 Reasons for Non-Medical Use of Prescription Drugs

<table>
<thead>
<tr>
<th>Pain Medications</th>
<th>Sedatives</th>
<th>Stimulants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get high (43.1%)</td>
<td>Sleep (52.8%)</td>
<td>Study or improve grades (79.2%)</td>
</tr>
<tr>
<td>Relieve pain (40.2%)</td>
<td>Relieve anxiety (48.7%)</td>
<td>See what it was like (22.6%)</td>
</tr>
<tr>
<td>See what it was like (34.2%)</td>
<td>Get high (34.4%)</td>
<td>Enhance social situations (21.9%)</td>
</tr>
<tr>
<td>Relieve anxiety (31.1%)</td>
<td>See what it was like (26.7%)</td>
<td>Get high (15.0%)</td>
</tr>
<tr>
<td>Sleep (26.8%)</td>
<td>Feel better (19.8%)</td>
<td>Like way they feel (12.4%)</td>
</tr>
</tbody>
</table>

### Most frequently reported consequences among student respondents

**Pain medications**
- 22% Experienced memory loss
- 17% Done things I wish I hadn’t
- 11% Depressed

**Sedatives**
- 5% Positive effect on grades
- 5% Experienced memory loss
- 7% Depressed

**Stimulants**
- 63% Positive effect on grades
- 52% Emotional problems

1. Response option: "Experienced a positive impact on your academics as a result of your use"  
2. Response option: "Experienced emotional or psychological problems"
How often do you use drugs or alcohol to manage your stress?

- Frequently: 5%
- Sometimes: 15%
- Rarely: 25%
- Never: 55%

n = 18,766

Do you ever use the following prescription medications while drinking alcohol?

- Pain Meds (n = 1,177):
  - Rarely: 22%
  - Sometimes: 15%
  - Often: 5%
  - Very Often: 1%
  - Never: 51%

- Sedatives (n = 1,130):
  - Rarely: 21%
  - Sometimes: 23%
  - Often: 15%
  - Very Often: 1%
  - Never: 50%

- Stimulants (n = 1,910):
  - Rarely: 5%
  - Sometimes: 15%
  - Often: 5%
  - Very Often: 1%
  - Never: 75%

Note: Students who responded “I’d rather not say” are not included in the percentage calculations.
### Education & Resources

**Illicit Drugs Used in Place of Prescription Drug Misuse**

<table>
<thead>
<tr>
<th>Drug</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana</td>
<td>93%</td>
</tr>
<tr>
<td>Cocaine</td>
<td>38%</td>
</tr>
<tr>
<td>MDMA</td>
<td>28%</td>
</tr>
<tr>
<td>Hallucinogens</td>
<td>37%</td>
</tr>
<tr>
<td>Inhalants</td>
<td>7%</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>6%</td>
</tr>
<tr>
<td>Heroin</td>
<td>4%</td>
</tr>
<tr>
<td>Fentanyl</td>
<td>2%</td>
</tr>
</tbody>
</table>

**Awareness of Resources to Help with Prescription Drug Safety**

- Yes, on-campus: 38%
- Yes, off-campus: 19%
- No: 44%

**Awareness of Where to Go for Help if Concerned or Worried about Misuse**

- Yes, on-campus: 42%
- Yes, off-campus: 37%
- No: 21%
Prescribed Medication Behaviors

Where do you store your prescription medications? (n = 3,946)

- Unlocked medical cabinet: 33%
- Unlocked drawer/cabinet: 48%
- Purse or backpack: 11%
- Locked space: 8%
- Other place: 7%

Have you done the following with your prescribed medications in the last 12 months?

- Kept after medically needed:
  - Stimulants (n = 1,212): 18%
  - Sedatives (n = 1,347): 26%
  - Pain Medications (n = 3,134): 36%
- Sold to friend or peer: 2%
- Given to friend or peer: 7%
Translating CDPS Findings into Practice

Ohio State Initiatives
- Social Norm Campaigns
  - Descriptive (Behavioral) Norms
  - Injunctive (Attitudinal) Norms
- Peer-Led Workshop Series
  - Knowledge, Attitudes, Behavior, and Skill Building
  - Target 1st and 2nd Year Students and High Risk Populations
- Collaborations: Taking a Holistic Approach
  - Data = Buy-In

Ohio State Initiatives
- Screening, Brief Intervention, and Referrals
  - ScreenU Rx
- Drug Take Back Days / Drug Collection Unit
  - Student Health Services
SAMHSA’s Strategic Prevention Framework (SPF)

- Identify Who’s At Risk
  - Organized according to the socio-ecological model
- Implement Strategies
  - Education
  - Tracking and Monitoring
  - Proper Medication Disposal
  - Harm Reduction
  - Multi-Component

SAMSHA’s Guide to Preventing Rx Misuse

- Identify Who’s At Risk
  - Organized according to the socio-ecological model
- Implement Strategies
  - Education
  - Tracking and Monitoring
  - Proper Medication Disposal
  - Harm Reduction
  - Multi-Component

Key Takeaways
Want to know more?

http://go.osu.edu/cpdsresults