

SUBSTANCE USE BY PROFESSIONALS AT YOUNGSTOWN STATE UNIVERSITY

A NEEDS ASSESSMENT

Julie DeGalan
Center for Urban Studies
Youngstown State University
Youngstown, Ohio 44555
(216) 742-3355

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Executive Summary

Almost 700 full-time faculty, staff, and administrators at YSU responded to a survey: (1) asking about views on the use of alcohol and certain drugs, (2) measuring the extent of self-reported use, (3) asking whether employees felt drug and/or alcohol use were a problem on the YSU campus, and (4) establishing whether a confidential help program, if one were available, would be utilized by those who felt they needed help. The major findings are:

1. Most employees consumed alcohol, but use varied;
2. Incidences of alcohol abuse (being drunk) were uncommon;
3. The majority of employees consumed alcohol regularly, but limited their consumption to 1 or 2 drinks;
4. Alcohol consumption did not affect most employees' work performance;
5. Respondents didn't feel there was a problem at YSU with employees drinking on the job;
6. Most employees didn't drink and drive, and didn't think it safe to drive after having more than 2 drinks;
7. Very few employees took certain prescription drugs, but over one-fourth of them took pain pills;
8. Very few respondents had recently experimented with the drugs listed;
9. The majority of respondents used the listed drugs under a doctor's supervision;
10. Use of marijuana and psychotherapeutic drugs by employees was low;
11. Only a few people indicated that they had knowledge of drug use on campus;
12. Respondents didn't feel there was a problem at YSU with drug abuse on the job;
13. Employees disapproved of activities related to cigarette, alcohol, and drug use;
14. Four people indicated that they had a drug/alcohol problem, and were not seeking help for that problem;
15. Of those employees who commented on participating in a confidential campus drug/alcohol program, most indicated that they didn't need help, but a few employees volunteered their time if a program was started.

Methodology

Survey Population

At the request of the Office of Personnel Services, the Center for Urban Studies at Youngstown State University sent out 1,472 questionnaires dealing with the topic of alcohol/drug use (see Appendix A) to all full-time faculty, administrators, and classified personnel at Youngstown State University during Spring Term 1985. The attached cover letter asked respondents to participate in a study that sought to enhance knowledge of the University's urban environment. In order to encourage candid answers and insure anonymity, respondents were asked not to identify themselves and to return questionnaires via U.S. Mail. Of the 1,472 questionnaires that were sent out, 678 were returned making the response rate for the study 46.1 percent.

Questionnaire Design

One important factor considered in designing the questionnaire was comparability of data. Some data were available for alcohol and drug use in Mahoning County[1] and in the United States[2], and it was important to be able to determine how different drug/alcohol use at YSU was as compared to the other two groups of people.

[1] Community Mental Health Needs Assessment, Mahoning County.

[2] National Survey on Drug Abuse: Main Findings, 1979 and 1982.

The main purposes of the survey were to determine employees views of the use of alcohol and certain drugs, to measure the extent of self-reported use, to see whether employees felt drug and/or alcohol use were a problem on the YSU campus and establish whether a confidential help program, if one were available, would be utilized by those who felt they needed help.

Findings

Alcohol-related Questions

MOST EMPLOYEES CONSUMED ALCOHOL, BUT USE VARIED.

Faculty, staff, and administrators were asked: How often do you drink alcohol (i.e., beer, wine, whiskey, spirits, etc.)? Some 673 people answered the question (refer to Table 1) and approximately one-third (30.9%) of them said that they drank once a month; about an equal number (30.3%) indicated that they drank every week. One-fifth of the employees, or 20.2 percent, said that they had one to two drinks a year. Some respondents (12.3%) indicated that they never drank, and the number of employees who said that they drank every day was the smallest (6.2%).

Similar figures on alcohol consumption were available for Mahoning County (refer to Table 2). Higher percentages of YSU employees drank once a month, or every week when compared to the numbers for Mahoning County, which were 20.8 percent and 21.1 percent, respectively. A much larger percent of Mahoning County residents (31.8%) reported that they never drank when compared to YSU's 12.3 percent. But an equal percentage (6.2%) at YSU and in the county said they drank every day.

INCIDENCES OF ALCOHOL ABUSE (BEING DRUNK) WERE UNCOMMON.

Employees were asked how often during the past year they had been drunk (see Table 3). Over three-quarters (77.7%) of the 677 respondents answered that they had never been drunk. Some people (16.7%) reported being drunk once or twice during the year, and few employees said they were drunk once a month (3.7%), or every week (1.8%). One person (0.1%) reported being drunk everyday.

THE MAJORITY OF EMPLOYEES CONSUMED ALCOHOL REGULARLY, BUT LIMITED THEIR CONSUMPTION TO 1 OR 2 DRINKS.

Two questions referred to the maximum amount of alcohol that had been consumed. The first question said, Over the past thirty days, what is the most you had to drink on any one day? Fewer than one-half (43.2%) of the respondents said the most they had was one or two drinks (see Table 4). Slightly over one-fourth (26.3%) answered that they had not had any drinks over the past thirty days. Some people (16.7%) had three or four drinks on any one day. Seven percent of the respondents said that they consumed 5 or 6 drinks, 3.4 percent had 7 or 8 drinks, 0.9 percent had 9 or 10 drinks, and 2.5 percent had 11 or more drinks on any one day.

The second question asked, On how many different days did you have this number of drinks? The answers to this question were examined by the maximum number of drinks reportedly taken on any one day (see Table 5). It appears that those respondents who reported having the fewest (1-2) number of drinks on any one day spread out their consumption throughout the month, whereas the majority of those saying they had 7 or more drinks on any given day limited this level of consumption to 1 or 2 days a month.

National data were available for one day maximum consumption so comparisons could be made between YSU employee drinking habits and national habits (refer to Table 6). For purposes of this discussion, only those people who reported taking at least one drink were considered. A higher percentage of YSU respondents (58.6%) reported having 1 to 2 drinks maximum on any one day than was true nationally (41.7%). About the same number, 22.6 percent--YSU and 24.9 percent--nation, said that 3-4 drinks had been consumed over one 24-hour period. A higher percentage of respondents in the national survey (24.9%) reported taking 5-10 drinks in a day when compared to YSU (15.4%). And fewer YSU employees (3.4%) said that they had 11 or more drinks in a day than was reported for the nation (8.5%).

ALCOHOL CONSUMPTION DID NOT AFFECT MOST EMPLOYEES' WORK PERFORMANCE.

A series of questions concerning alcohol-related problems at work, at home, and with the law were presented. One question asked, Over the past year, has your immediate supervisor spoken to you about problems with your drinking? Only 1 person of the 676 who responded (0.1%) answered yes to this question (refer to Table 7). When employees were asked if they had ever taken a drink on campus while they were supposed to be working, 39 people out of 669 (5.8%) answered that they had (see Table 8). Respondents were queried about the number of days during the past year that they were unable to come to work because of their drinking (refer to Table 9). Virtually everyone (99.0%) said that they had not lost any days at work for this reason. Two people (0.3%) indicated that they had each lost 2 days, one person lost 3 days, another 10 days, one 15 days, and another 25 days due to drinking.

Marital problems caused by drinking was another issue addressed in the survey. Employees were asked, How often over the past year has your spouse left you or threatened to leave you because of your drinking? Almost everyone (99.5%) said that this had never occurred (see Table 10). Two people (0.3%) said it had happened three times, and one person (0.2%) indicated that this situation had occurred 40 times.

Employees were asked about the number of times in the past year they had been arrested because of their drinking. As with the previous two questions, almost everyone (99.4%) reported never having been arrested; four people said they had. Two employees (0.3%) indicated that they were arrested once, one person (0.2%) was arrested twice, and another (0.2%) reported being arrested 45 times (see Table 11).

A number of questions addressed the topic of known and perceived alcohol use at YSU by faculty, staff, and administrators. Employees were asked, Do you personally know of YSU employees who drink on the job? Ninety of the 638 who responded (14.1%) indicated that they did know about drinking on the job (see Table 12). About one-fourth of these 90 people (26.7%) knew of one employee who drank on the job, a slightly larger percentage (30.2%) said that they knew of 2 employees, 15.1 percent knew 3, 10.5 percent knew 4, and 17.6 percent knew 5 or more employees who drank on the job (refer to Table 13).

Employees responded to the question, How many different times over the past year have you observed any YSU employee behaving as though they had been drinking or taking drugs? Four-fifths of those who answered (80.8%) said that they had never observed this (see Table 14). Five percent indicated that they had observed one employee whose actions appeared to be

impaired, 3.2 percent had seen 2, 3.4 percent saw 3, 0.8 percent observed 4 employees, and 6.9 percent saw 5 or more employees acting as though they had been drinking or taking drugs.

The figures for the two questions listed above are difficult to interpret because it is impossible to say whether a number of different individuals are drinking on the job, or whether just a few people are, and more than one person has observed it.

RESPONDENTS DIDN'T FEEL THERE WAS A PROBLEM AT YSU WITH EMPLOYEES DRINKING ON THE JOB.

Perceptions of the level of alcohol use at YSU were gauged in the responses to the question, How much of a problem is the use of alcohol by YSU employees on the job? Almost three-fourths (72.6%) answered that this was not at all a problem (refer to Table 15). About one-fourth (24.4%) said that alcohol use by employees was somewhat of a problem, and 3 percent said it was very much a problem.

MOST EMPLOYEES DIDN'T DRINK AND DRIVE, AND DIDN'T THINK IT SAFE TO DRIVE AFTER HAVING MORE THAN 2 DRINKS.

Three questions were asked about drinking and driving; the first one said, How many times in the last year did you drive an automobile immediately after drinking alcohol? Almost three-fourths (71.5%) indicated that they had never done this (see Table 16). A small percentage (4.2%) said they drove after drinking one time, twice (5.3%), three times (3.2%), or four times (1.4%). Of those responding, 14.4 percent answered that they had driven an automobile five or more times immediately after drinking.

Data were available for Mahoning County concerning drinking and driving (refer to Table 17). The question asked of the county residents was slightly different,[1] but the questions were comparable. A slightly larger percentage of YSU employees (4.2%) than Mahoning County residents (2.0%) indicated that they had driven once after drinking alcohol. About the same percentage of YSU respondents (5.3%) and Mahoning County respondents (5.7%) drove two times after consuming alcohol. Larger percentages of YSU employees drove three, four, five, and six or more times after drinking than did county residents.

Two hypothetical questions about drinking and driving were presented to respondents. The first one asked, Suppose some friends got together for an hour or two after work before driving home for dinner; in this situation, how many drinks do you think the average person could have and still drive safely? The majority of respondents (42.1%) said that the average person could handle two drinks (see Table 18). Slightly fewer employees (34.2%) indicated one drink. Over 10 percent (11.2%) said the average person couldn't handle any drinks before driving. Some (8.9%) responded with 3 drinks, or 4 drinks (2.0%), and few people (1.7%) said the average person could have 5 or more drinks and still drive safely.

[1] How many times in the last year did you drive an automobile after drinking alcohol?

The second hypothetical question asked, What about yourself? If you were getting together with friends like this for an hour or two, how many drinks could you have and still drive safely? About one-third (34.6%) of the respondents said they could have 2 drinks and still drive safely (refer to Table 19). A few less people (32.1%) answered one drink. Some respondents (17.9%) felt they couldn't drink at all and drive safely. Less than 10 percent (8.0%) felt they could consume 3 drinks, and 3.4 percent said 4 drinks without jeopardizing their safety while driving. Very few employees (4.1%) felt they could have 5 or more drinks and still drive safely.

Drug-Related Questions

A number of questions concerning use of prescription and non-prescription drugs were presented; they included recency of use, knowledge and perception of drugs on campus, approval ratings of drug and alcohol habits, and use of and need for help programs.

VERY FEW EMPLOYEES TOOK CERTAIN PRESCRIPTION DRUGS, BUT OVER ONE-FOURTH OF THEM TOOK PAIN PILLS.

The first question asked, During the past year, have you taken any of the following prescribed drugs...nerve medicine, sleeping pills, anti-depressants, major tranquilizers, weight loss, or pain pills? Less than 10 percent of the respondents indicated that they had taken any of the drugs listed, except for pain pills (see Table 20); over one-fourth used these. About 8 percent (8.1%) said they took nerve medicine. Much smaller numbers of people used sleeping pills (3.6%), anti-depressants (3.4%), major tranquilizers (0.9%), or weight loss pills (3.7%). Pain pills were taken by 29 percent of the respondents.

This information can be examined in more detail by determining whether those people who were using drugs were only taking one drug each, or whether a smaller number of people were taking multiple drugs. Table 21 shows the number of drugs taken, and the number of people taking each amount. The majority of respondents (64.9%) were not using any drugs. About one-quarter of them (25.7%) were taking one of the drugs listed; 7.1 percent were using two. Few people (1.6%) were taking three drugs, and even fewer were taking 4 (0.1%), 5 (0.3%), or 6 (0.3%) drugs.

Data were available, at the county level, for use of prescribed drugs (refer to Table 22). Nerve medicine was taken by 10.2 percent of Mahoning County residents, a slightly higher number than YSU's 8.1 percent. About the same percentage of county residents as YSU employees reported taking sleeping pills (3.3% vs. YSU's 3.6%), anti-depressants (2.4% vs. 3.4% for YSU), and major tranquilizers (0.3% vs. YSU's 0.9%).

VERY FEW RESPONDENTS HAD RECENTLY EXPERIMENTED WITH THE DRUGS LISTED.

Respondents were then asked, Often doctors prescribe pills for medical reasons. Sometimes people take the pills listed above (nerve medicine, sleeping pills, anti-depressants, major tranquilizers, weight loss, and pain pills) to see how they work or to feel good. Did you ever take any of these pills just to see what they were like and how they would work? A small percentage (3.7%) said they had taken these pills to see what they were like (see Table 23). Next, respondents were asked, Did you ever take any of these kinds of pills just to enjoy the feeling they give you? Fewer people (3.0%) answered yes to this question.

If an employee responded affirmatively to either of the two questions listed above, he/she was asked when the most recent time was that he/she took any of these pills for non-medical reasons. One-third (33.3%) said they tried the pills more than five years ago (refer to Table 24). Some employees (9.3%) indicated the drugs had been used within the past week. A few more people (12.5%) answered that their non-medical use had taken place within the past month, while 16.7 percent said they had used the drugs within the past six months. It had been six months to a year since 12.5 percent of the respondents had taken any of these pills, and 12.5 percent had used them from one to five years ago.

Last use of drugs for non-medical purposes by YSU employees can be compared to national data available for 1982. In each of the three categories: (see Table 25) past month, past year but not past month, and not past year, YSU percentages of use were lower than the national figures. For past month use, YSU showed 0.7 percent, while the nation showed 3 percent. Past year but not past month use was 1 percent at YSU, and 4.1 percent for the nation. The no-use-in-the-past-year figure for YSU was 1.6 percent, while the national figure was higher at 7.8 percent.

THE MAJORITY OF RESPONDENTS USED THE LISTED DRUGS UNDER A DOCTOR'S SUPERVISION.

The final question in this series asked, Were the drugs you took above prescribed by a doctor? Most of the respondents (63.2%) said they didn't take any drugs (refer to Table 26), over one-fourth (28.3%) indicated that the drug use had been prescribed. A few people (3.1%) said some of the drugs used were prescribed, and some were not. But 5.4 percent of those people answering admitted that the drugs they took were not prescribed.

Information on medical versus non-medical use of certain pills was available for the nation for 1982 (see Table 27). About one-fourth (25.6%) of the national survey population said that the drugs they took were prescribed by a doctor, as compared to 28.3 percent for YSU. On the other hand, fewer people (5.4%) at YSU took drugs without a prescription when compared to the national figure (7.2%).

USE OF MARIJUANA AND PSYCHOTHERAPEUTIC DRUGS BY EMPLOYEES WAS LOW.

Use of other drugs was explored in a series of questions: Have you used any of the following drugs within the past year, marijuana? Hash? LSD? Cocaine? Heroin? Few people reported having taken these drugs--6.7 percent said they had used marijuana, 2.6 percent had taken cocaine, 0.9 percent reported using hashish, 0.6 percent took LSD within the last year, and 0.5 percent used heroin (see Table 28).

The method previously employed to determine the number of respondents taking multiple prescribed drugs is also useful here for determining multiple use of other drugs. Table 29 breaks down the number of people using 1, 2, 3, 4, or 5 of the drugs listed. Almost every employee (93.2%) reported not having used any of the substances listed within the past year. One drug was taken by 4.3 percent of the respondents, 1.5 percent reported using 2 drugs, and 1 percent used 3 or more drugs.

National figures for 1982 were also available for comparison. Twenty percent of the national survey population reported using marijuana or hash within the past year, compared to 7.5 percent for YSU (refer to Table 30). National use was also higher for cocaine (8.5%) and LSD (2.7%) when compared to YSU figures: cocaine, 2.5 percent and LSD, 0.6 percent. The percentage using heroin was about the same for both groups--0.2 percent nationally and 0.4 percent at YSU.

ONLY A FEW PEOPLE INDICATED THAT THEY HAD KNOWLEDGE OF DRUG USE ON CAMPUS.

Knowledge of, and opinions about drug use on campus were gauged in a series of questions. The first one asked, Do you personally know of YSU employees who take any of the drugs mentioned above while working on the job? Very few respondents (2.7%) knew of employees who took drugs (refer to Table 31). Of those people responding affirmatively, five employees (35.7%) knew of 1 person, 4 employees (28.6%) knew of 2 people; one employee (7.1%) knew of 3 people, and four respondents (28.6%) knew of 5 or more employees taking drugs while on the job at YSU (see Table 32).

As with the alcohol-related questions, these numbers were difficult to interpret because it was impossible to say whether 18 different individuals were known to be using drugs while on the job, or whether just a few people were using drugs and more than one person knew about it.

RESPONDENTS DIDN'T FEEL THERE WAS A PROBLEM AT YSU WITH DRUG ABUSE ON THE JOB.

Employees were asked, How much of a problem is drug abuse by YSU employees on the job? The majority (82.5%) responded that it is not at all a problem (refer to Table 33). Some people (15.6%) indicated that drug use is somewhat of a problem, and a few people (1.9%) thought it was very much a problem.

YSU employees responded to the question, How many times over the past year have you observed an exchange or sharing of drugs (e.g., marijuana,

pills, etc.) between people on campus? Almost everyone (93.3%) said they had never observed this. Ten people (1.6%) reported seeing one exchange, 1.1 percent saw two exchanges, the same number (1.1%) saw three, two respondents (0.3%) saw four, and 2.7 percent witnessed 5 or more exchanges or sharing of drugs on campus. Here again it is impossible to say whether one exchange had multiple observers, or there were a number of exchanges seen by only one person.

Opinions about campus drug sources were gauged by responses to the question, In your opinion, are drugs brought on campus mostly by non-University people or by University employees? Over three-fourths of the respondents (79.8%) had no opinion about this. Some employees (17.5%) thought non-University people were the source, while just a few others (2.7%) thought that University people were the source.

Respondents were asked whether they disapproved of people (who are 18 or older) doing each of a series of 19 alcohol- or drug-related activities. These activities included: smoking one or more packs of cigarettes per day, trying marijuana once or twice, smoking marijuana occasionally, smoking marijuana regularly, trying LSD once or twice, taking LSD regularly, trying heroin once or twice, taking heroin occasionally, taking heroin regularly, trying a barbiturate once or twice, taking barbiturates regularly, trying an amphetamine once or twice, taking amphetamines regularly, trying cocaine once or twice, taking cocaine regularly, trying one or two drinks of an alcoholic beverage, taking one or two drinks nearly every day, taking four or five drinks nearly every day, and having five or more drinks once or twice each weekend.

EMPLOYEES DISAPPROVED OF ACTIVITIES RELATED TO CIGARETTE, ALCOHOL, AND DRUG USE.

There was only one activity in this entire group that had a majority of people not disapproving. Over three-fourths (78.3%) said they didn't disapprove of trying one or two drinks of an alcoholic beverage (see Table 36). About 40 percent of the respondents didn't disapprove of trying marijuana once or twice. Approximately one-third didn't disapprove of taking one or two drinks nearly every day (31.2%) or smoking one or more packs of cigarettes per day (30.0%). One-fourth of the respondents (25.7%) didn't disapprove of smoking marijuana occasionally.

The activities that many people (70% or more) strongly disapproved of included: taking heroin regularly (87.1%), taking heroin occasionally (84.3%), trying heroin once or twice (80.0%), taking cocaine regularly (81.9%), taking cocaine once or twice (70.1%), taking LSD regularly (81.3%), trying LSD once or twice (70.6%), taking barbiturates regularly (79.9%), taking amphetamines regularly (79.1%), and taking four or five drinks nearly every day (71.5%). The pattern is one of less disapproval of trying a substance, and increasing disapproval with increased use of the substance.

ONLY A FEW PEOPLE INDICATED THAT THEY WEREN'T SEEKING HELP FOR THEIR DRUG/ALCOHOL RELATED PROBLEM.

The final four questions sought to gain more information on employee need for help with substance use/abuse. Employees were asked, Have you

ever visited a physician, priest, psychologist, or counselor for a drinking or drug problem? Eight people (1.3%) said yes (see Table 37). Those employees who answered no were then asked, Why didn't you make a visit because of a drinking or drug problem? Almost everyone (99.3%) responded that they didn't have a problem (refer to Table 38). Two people (0.3%) gave the answer "they couldn't help me;" one person said he/she was ashamed to get help and another indicated he/she didn't want others to find out.

Everyone was asked, If a confidential program on campus was established to help employees with drinking or drug-related problems, would you participate? Forty-six people (7.6%) said yes (see Table 39). Those people who answered no responded to the question, Why wouldn't you participate? Here again, most employees (96.4%) said they didn't have a problem (refer to Table 40). Three people answered "they couldn't help me." One person said he/she would be ashamed to.

OF THOSE EMPLOYEES WHO COMMENTED ON PARTICIPATING IN A CONFIDENTIAL CAMPUS DRUG/ALCOHOL PROGRAM, MOST INDICATED THAT THEY DIDN'T NEED HELP, BUT A FEW EMPLOYEES VOLUNTEERED THEIR TIME IF A PROGRAM WAS STARTED.

Forty-five people wrote in comments about participating in a confidential program on campus (refer to Table 41). About one-third of them (31.1%) said it was a good idea, but they didn't need help. A few less people (28.9%) weren't interested or didn't need help. Some respondents (17.8%) wanted to volunteer help if a program were started. Four employees (8.9%) said if they needed help, they would seek it elsewhere, or help on

campus wouldn't be confidential. Two people (4.4%) answered that they didn't have any expertise to offer to a program like that. One person suggested using existing programs rather than starting one at YSU, another said smokers need help, too; a third person said stress workshops were needed, and finally, someone said that students may also need help in these areas.

Conclusion

The purpose of this survey was to find out about views on and use of alcohol and drugs by professionals at YSU. Most of the employees who completed the questionnaire disapproved of people in general participating in virtually every activity related to tobacco, alcohol, and drug use that was listed. When it came to personal use, however, most respondents (85%) did consume alcohol, and about one-fourth of them were taking at least one prescribed drug. Very few people were using marijuana or psychotherapeutic drugs.

When YSU employees' use of alcohol and drugs were compared to levels of use in the county and in the Nation, it was determined:

1. a higher percentage of YSU employees were drinking, and drinking and driving than was true for the county;
2. levels of drug use at YSU and in the county were about the same; and
3. levels of maximum alcohol consumption and drug use were lower at YSU than was true nationally.

There were only 4 people on campus who reported not seeking help for a drinking or drug problem. Two of these people wouldn't participate in a program if one were established; the other two did not indicate whether they would participate. It appears that even if some kind of confidential help program was established, virtually no one would use it.

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Table 1
Alcohol Consumption*

| Frequency | N | % |
|--------------------|-----|------|
| Never | 83 | 12.3 |
| 1-2 a year | 136 | 20.2 |
| About once a month | 208 | 30.9 |
| Every week | 204 | 30.3 |
| Every day | 42 | 6.2 |

*How often do you drink alcohol (i.e., beer, wine, whiskey, spirits, etc.)?

Table 2
Alcohol Consumption* Compared

| Frequency | Percent | |
|-----------------------|---------|------------------------------|
| | YSU | Mahoning County ¹ |
| Never | 12.3 | 31.8 |
| Once or twice a year | 20.2 | -- |
| Once or twice a month | -- | 20.2 |
| Once a month | 30.9 | 20.8 |
| Every week | 30.3 | 21.1 |
| Every day | 6.2 | 6.2 |

*How often do you drink alcohol (i.e., beer, wine, whiskey, spirits, etc.)?

¹Source: "Community Mental Health Needs Assessment, Mahoning County,"
Center for Urban Studies.

Table 3
Alcohol Abuse*

| Frequency | Number | Percent |
|------------------|--------|---------|
| Never | 526 | 77.7 |
| 1-2 times a year | 113 | 16.7 |
| Once a month | 25 | 3.7 |
| Every week | 12 | 1.8 |
| Every day | 1 | 0.1 |

*How often during the last year have you been drunk?

Table 4
One Day Maximum Consumption*

| Number of Drinks | N | % |
|------------------|-----|------|
| 0 | 177 | 26.3 |
| 1-2 | 290 | 43.2 |
| 3-4 | 112 | 16.7 |
| 5-6 | 47 | 7.0 |
| 7-8 | 23 | 3.4 |
| 9-10 | 6 | 0.9 |
| 11+ | 17 | 2.5 |

*Over the past thirty days, what is the most you had to drink on any one day?

Table 5

Maximum Consumption Number of Days*

| No. of Drinks | Number of Days | | | | | | |
|---------------|----------------|----|----|----|---|------|-----|
| | 1 | 2 | 3 | 4 | 5 | 6-10 | >10 |
| 1-2 | 136 | 62 | 19 | 14 | 9 | 18 | 10 |
| 3-4 | 55 | 33 | 7 | 3 | 2 | 7 | 2 |
| 5-6 | 22 | 12 | 4 | 3 | 1 | 3 | 1 |
| 7-8 | 13 | 7 | 0 | 1 | 0 | 0 | 0 |
| 9-10 | 3 | 3 | 0 | 0 | 0 | 0 | 0 |
| >11 | 6 | 3 | 1 | 1 | 1 | 0 | 3 |

*On how many different days did you have this number of drinks?

Table 6

One Day Maximum Consumption* Compared

| Number of Drinks | Percent** | |
|------------------|-----------|---------------|
| | YSU | Nation (1979) |
| 1-2 | 58.6 | 41.7 |
| 3-4 | 22.6 | 24.9 |
| 5-10 | 15.4 | 24.9 |
| 11+ | 3.4 | 8.5 |

*Over the past thirty days, what is the most you had to drink on any one day?

**Percent of those who had taken at least one drink.

Table 7

Employer Responded to Drinking*

| | N | % |
|-----|-----|------|
| Yes | 1 | 0.1 |
| No | 675 | 99.9 |

*Over the past year, has your immediate supervisor spoken to you about problems with your drinking?

Table B
Drink At Work*

| | N | % |
|-----|-----|------|
| Yes | 39 | 5.8 |
| No | 630 | 94.2 |

*Have you ever taken a drink on campus while you were supposed to be working?

Table 9
Days Lost at Work*

| Number of Days | N | % |
|----------------|-----|------|
| 0 | 609 | 99.0 |
| 2 | 2 | 0.3 |
| 3 | 1 | 0.2 |
| 10 | 1 | 0.2 |
| 15 | 1 | 0.2 |
| 25 | 1 | 0.2 |

*As a result of your drinking, how many days during the past year were you unable to come to work?

Table 10

Marital Problems Caused by Drinking*

| Number of Times | N | % |
|-----------------|-----|------|
| 0 | 584 | 99.5 |
| 3 | 2 | 0.3 |
| 40 | 1 | 0.2 |

*How often over the past year has your spouse left you or threatened to leave you because of your drinking?

Table 11

Number of Times Arrested*

| Number of Times | N | % |
|-----------------|-----|------|
| 0 | 629 | 99.4 |
| 1 | 2 | 0.3 |
| 2 | 1 | 0.2 |
| 45 | 1 | 0.2 |

*How many times in the past year have you been arrested because of your drinking?

Table 12

Know Employees Who Drink*

| | N | % |
|-----|-----|------|
| Yes | 90 | 14.1 |
| No | 548 | 85.9 |

*Do you personally know of YSU employees who drink on the job?

Table 13

Number of Employees Known to Drink*

| Number of Employees Drinking | N | % |
|------------------------------|----|------|
| 1 | 23 | 26.7 |
| 2 | 26 | 30.2 |
| 3 | 13 | 15.1 |
| 4 | 9 | 10.5 |
| 5 | 6 | 7.0 |
| 6-10 | 6 | 7.0 |
| 11+ | 3 | 3.6 |

*If yes, how many people do you know drink on the job?

Table 14

Observed Drunk Employees*

| Number of Times | N | % |
|-----------------|-----|------|
| 0 | 502 | 80.8 |
| 1 | 31 | 5.0 |
| 2 | 20 | 3.2 |
| 3 | 21 | 3.4 |
| 4 | 5 | 0.8 |
| 5 | 10 | 1.6 |
| 6-10 | 13 | 2.1 |
| 11+ | 19 | 3.2 |

*How many different times over the past year have you observed any YSU employee behaving as though they had been drinking or taking drugs?

Table 15

Alcohol Use at YSU*

| | N | % |
|-----------------------|-----|------|
| Very much a problem. | 15 | 3.0 |
| Somewhat of a problem | 124 | 24.4 |
| Not at all a problem | 369 | 72.6 |

*How much of a problem is the use of alcohol by YSU employees on the job?

Table 16
Drinking and Driving*

| Number of Times | N | % |
|-----------------|-----|------|
| 0 | 445 | 71.5 |
| 1 | 26 | 4.2 |
| 2 | 33 | 5.3 |
| 3 | 20 | 3.2 |
| 4 | 9 | 1.4 |
| 5 | 18 | 2.9 |
| 6-10 | 31 | 5.0 |
| 11+ | 40 | 6.5 |

*How many times in the last year did you drive an automobile immediately after drinking alcohol?

Table 17

Drinking and Driving* Compared

| Number of Drinks | Percent | |
|------------------|---------|-----------------|
| | YSU | Mahoning County |
| 1 | 4.2 | 2.8 |
| 2 | 5.3 | 5.7 |
| 3 | 3.2 | 1.7 |
| 4 | 1.4 | .6 |
| 5 | 2.9 | .6 |
| 6+ | 11.5 | 10.8 |

YSU wording--How many times in the last year did you drive an automobile immediately after drinking alcohol?

Mahoning County wording--During the past year, how many times have you driven an automobile after drinking alcohol?

Table 18

Drinking and Driving - Average Person*

| Number of Drinks | N | % |
|------------------|-----|------|
| 0 | 72 | 11.2 |
| 1 | 220 | 34.2 |
| 2 | 271 | 42.1 |
| 3 | 57 | 8.9 |
| 4 | 13 | 2.0 |
| 5 | 5 | 0.8 |
| 6-10 | 4 | 0.7 |
| 11+ | 1 | 0.2 |

*Suppose some friends got together for an hour or two after work before driving home for dinner. In this situation, how many drinks do you think the average person could have and still drive safely?

Table 19

Drinking and Driving--Employee*

| Number of Drinks | N | % |
|------------------|-----|------|
| 0 | 116 | 17.9 |
| 1 | 208 | 32.1 |
| 2 | 224 | 34.6 |
| 3 | 52 | 8.0 |
| 4 | 22 | 3.4 |
| 5 | 11 | 1.7 |
| 6-10 | 12 | 2.0 |
| 11+ | 2 | 0.4 |

*What about yourself? If you were getting together with friends like this for an hour or two, how many drinks could you have and still drive safely?

Table 20

Use of Prescribed Drugs*

| Drug | N | % |
|---------------------|-----|------|
| Nerve medicine | 55 | 8.1 |
| Sleeping pills | 24 | 3.6 |
| Anti-depressants | 23 | 3.4 |
| Major tranquilizers | 6 | 0.9 |
| Weight loss | 25 | 3.7 |
| Pain pills | 196 | 29.0 |

*During the past year, have you taken any of the following prescribed drugs?

Table 21
Number of Prescribed Drugs* Used

| Number of Drugs | N | % |
|-----------------|-----|------|
| 0 | 440 | 64.9 |
| 1 | 174 | 25.7 |
| 2 | 48 | 7.1 |
| 3 | 11 | 1.6 |
| 4 | 1 | 0.1 |
| 5 | 2 | 0.3 |
| 6 | 2 | 0.3 |

*Prescribed drugs include: nerve medicine, sleeping pills, anti-depressants, major tranquilizers, weight loss, and pain pills.

Table 22

Use of Prescribed Drugs* Compared
(percents)

| Drug | YSU | Mahoning County |
|---------------------|-----|-----------------|
| Nerve medicine | 8.1 | 10.2 |
| Sleeping pills | 3.6 | 3.3 |
| Anti-depressants | 3.4 | 2.4 |
| Major tranquilizers | 0.9 | 0.3 |

*During the past year, have you taken any of the following prescribed drugs?

Table 23

Non-Medical Drug Use*

| | Yes | % |
|---------------------------|-----|-----|
| a. See what drug was like | 25 | 3.7 |
| b. Enjoy the feeling | 20 | 3.0 |

*Often doctors prescribe pills for medical reasons. Sometimes people take the pills listed above to see how they work or to feel good. Did you ever take any of these pills just to see what they were like and how they would work? Did you ever take any of these kinds of pills just to enjoy the feeling they gave you?

Table 24

Last Non-Medical Drug Use*

| | N | % |
|------------------------|---|------|
| Within past week | 2 | 8.3 |
| Within past month | 3 | 12.5 |
| Within past six months | 4 | 16.7 |
| Six months to a year | 3 | 12.5 |
| More than a year | 2 | 8.3 |
| More than two years | 1 | 4.2 |
| More than five years | 8 | 33.3 |
| Not sure | 1 | 4.2 |

*If yes to a or b, when was the most recent time you took any of these pills for non-medical reasons?

Table 25

Non-Medical Drug Use* Compared

| | Percent** | |
|---------------------------|-----------|-------------|
| | YSU | Nation-1982 |
| Past month | 0.7 | 3.0 |
| Past year, not past month | 1.0 | 4.1 |
| Not past year | 1.6 | 7.8 |

*When was the most recent time you took any of these pills (nerve medicine, sleeping pills, anti-depressants, major tranquilizers, weight loss, pain pills) for non-medical reasons?

**Percent of total survey population.

Table 26
Prescribed Use*

| | N | % |
|-----------------------------|-----|------|
| 1. Yes | 146 | 28.3 |
| 2. Some were, some were not | 16 | 3.1 |
| 3. No | 28 | 5.4 |
| 4. I didn't take any drugs | 326 | 63.2 |

*Were the drugs you took above prescribed by a doctor?

Table 27

Prescribed Use Compared

| | YSU* | Percent** Nation 1982 |
|-----|------|--------------------------|
| Yes | 28.3 | 25.6 |
| No | 5.4 | 7.2 |

*Were the drugs you took above prescribed by a doctor?

**Percent of survey population.

Table 28

Use of Other Drugs*

| Drug | N | % |
|-----------|----|-----|
| Marijuana | 45 | 6.7 |
| Hashish | 6 | 0.9 |
| LSD | 4 | 0.6 |
| Cocaine | 17 | 2.6 |
| Heroin | 3 | 0.5 |

*Have you used any of the following drugs within the past year?

Table 29

Number of Other Drugs* Used

| Number of Drugs | N | % |
|-----------------|-----|------|
| 0 | 632 | 93.2 |
| 1 | 29 | 4.3 |
| 2 | 10 | 1.5 |
| 3 | 4 | 0.6 |
| 4 | 1 | 0.1 |
| 5 | 2 | 0.3 |

*Other drugs include: marijuana, hash, LSD, cocaine, and heroin.

Table 30

Use of Other Drugs* Compared

| | Percent** | |
|-------------------|-----------|-------------|
| | YSU | Nation 1982 |
| Marijuana or Hash | 7.5 | 20.0 |
| LSD | 0.6 | 2.7 |
| Cocaine | 2.5 | 8.5 |
| Heroin | 0.4 | 0.2 |

*Have you used any of the following drugs within the past year?

**Percent of survey population.

Table 01

Know Employees Who Take Drugs*

| | N | % |
|-----|-----|------|
| Yes | 18 | 2.7 |
| No | 639 | 97.3 |

*Do you personally know of YSU employees who take any of the drugs above while working on the job?

Table 32

Employees Who Take Drugs at Work*

| Number of Employees | N | % |
|---------------------|---|------|
| 1 | 5 | 35.7 |
| 2 | 4 | 28.6 |
| 3 | 1 | 7.1 |
| 5 | 1 | 7.1 |
| 6-10 | 3 | 21.4 |

*if yes, how many people do you know who take these drugs on the job?

Table 33

Drug Abuse on the Job*

| | N | % |
|---------------------------|-----|------|
| 1. Very much of a problem | 9 | 1.9 |
| 2. Somewhat of a problem | 75 | 15.6 |
| 3. Not at all a problem | 397 | 82.5 |

*How much of a problem is drug abuse by YSU employees on the job?

Table 34
Observed Exchange of Drugs*

| Number of Times | N | % |
|-----------------|-----|------|
| 0 | 598 | 93.3 |
| 1 | 10 | 1.6 |
| 2 | 7 | 1.1 |
| 3 | 7 | 1.1 |
| 4 | 2 | 0.3 |
| 5 | 4 | 0.6 |
| 6-10 | 6 | 1.3 |
| 11+ | 5 | 0.8 |

*How many times over the past year have you observed an exchange or sharing of drugs (e.g., marijuana, pills, etc.) between people on campus?

Table 35
Campus Drug Sources*

| Source | N | % |
|-----------------------|-----|------|
| Non-university people | 112 | 17.5 |
| University employees | 17 | 2.7 |
| No opinion | 510 | 79.8 |

*In your opinion, are drugs brought on campus mostly by non-University people or by University employees?

Table 36

Disapproval of Drug/Alcohol-Related Activities*
(Percent)

| | Don't Disapprove | Disapprove | Strongly Disapprove |
|---|---------------------|------------|------------------------|
| a. Smoking one or more packs of cigarettes per day | 30.0 | 35.4 | 34.5 |
| b. Trying marijuana (pot, grass) once or twice. . . . | 39.5 | 24.5 | 36.0 |
| c. Smoking marijuana occasionally. | 25.7 | 30.3 | 43.9 |
| d. Smoking marijuana regularly . | 9.4 | 28.1 | 62.5 |
| e. Trying LSD once or twice. . . | 8.8 | 20.6 | 70.6 |
| f. Taking LSD regularly. | 2.4 | 16.3 | 81.3 |
| g. Trying heroin (smack, horse) once or twice | 4.2 | 15.8 | 80.0 |
| h. Taking heroin occasionally. . | 1.9 | 13.8 | 84.3 |
| i. Taking heroin regularly . . . | 1.8 | 11.1 | 87.1 |
| j. Trying a barbiturate (downer, goofball, red, yellow, etc.) once or twice | 11.6 | 28.4 | 60.1 |
| k. Taking barbiturates regularly | 2.5 | 17.7 | 79.8 |
| l. Trying an amphetamine (upper, pep pill, bennie, speed) once or twice. | 13.8 | 27.4 | 58.9 |
| m. Taking amphetamines regularly | 2.5 | 18.4 | 79.1 |
| n. Trying cocaine once or twice. | 10.9 | 19.0 | 70.1 |
| o. Taking cocaine regularly. . . | 3.3 | 14.9 | 81.8 |
| p. Trying one or two drinks of an alcoholic beverage (beer, wine, liquor) | 78.3 | 12.1 | 9.6 |
| q. Taking one or two drinks nearly every day. | 31.2 | 42.2 | 26.6 |
| r. Taking four or five drinks nearly every day. | 4.1 | 24.4 | 71.5 |
| s. Having five or more drinks once or twice each weekend. . | 17.1 | 31.4 | 51.4 |

*Individuals differ in whether or not they disapprove of people doing certain things. Do YOU disapprove of people (who are 18 or older) doing each of the following?

Table 37
Sought Help*

| | N | % |
|-----|-----|------|
| Yes | 8 | 1.3 |
| No | 607 | 98.7 |

*Have you ever visited a physician, priest, psychologist, or counselor for a drinking or drug problem?

Table 38

Why Help Not Sought*

| | N | % |
|-----------------------------------|-----|------|
| 1. I don't have a problem | 595 | 99.3 |
| 2. I was ashamed to | 1 | 0.2 |
| 3. I was afraid | 0 | 0.0 |
| 4. They couldn't help me | 2 | 0.3 |
| 5. Didn't want others to find out | 1 | 0.2 |

*If no, why didn't you make a visit because of a drinking or drug problem?

Table 39

Confidential Program Participation*

| | N | % |
|-----|-----|------|
| Yes | 46 | 7.6 |
| No | 563 | 92.4 |

*If a confidential program on campus were established to help employees with drinking or drug-related problems, would you participate?

Table 40

Why Not Participate*

| | N | % |
|--|-----|------|
| 1. I don't have a problem | 538 | 96.4 |
| 2. I would be ashamed to | 1 | 0.2 |
| 3. I would be afraid to | 0 | 0.0 |
| 4. They couldn't help me | 3 | 0.5 |
| 5. I wouldn't want others to find out | 0 | 0.0 |
| 6. Other (included in Table 4) | 16 | 2.9 |

*If no, Why wouldn't you participate?

Table 41
Comments on Program

| Comments | N | % |
|---|----|------|
| 1. Good idea, but don't need help | 14 | 31.1 |
| 2. Not interested/don't need help | 13 | 28.9 |
| 3. Would volunteer help if program started | 8 | 17.8 |
| 4. Would seek help elsewhere/wouldn't be confidential on this campus | 4 | 8.9 |
| 5. Don't have expertise to offer | 2 | 4.4 |
| 6. Don't need to start a program, use existing programs | 1 | 2.2 |
| 7. Smokers need help | 1 | 2.2 |
| 8. Need stress workshops | 1 | 2.2 |
| 9. Students need help, too | 1 | 2.2 |