Appendix A

University of Washington

University Life and Substance Use Questionnaire

Please answer each of the following questions by circling the appropriate number. Your response is entirely voluntary, but because only a few students were selected, every response is important to us. You do not have to answer every question. Please do not put your name on the questionnaire; your response is completely anonymous.

To request disability accommodations, contact the Disability Services Office, 543-6450 (Voice); 543-6452 (TDD); 685-3885 (FAX); access @ u.washington.edu (e-mail).

GENERAL INFORMATION

1. Your class level:
   1. freshman
   2. sophomore
   3. junior
   4. senior
   5. 5th-year student
   6. graduate student
   7. professional student
   8. other

2. Your age:
   1. 17 or younger
   2. 18
   3. 19
   4. 20
   5. 21
   6. 22-25
   7. 26-30
   8. 31-35
   9. 36 or older

3. Your gender:
   1. female
   2. male

4. Your ethnicity:
   1. Black/African American
   2. Hawaiian/Pacific Islander
   3. Asian
   4. White/Caucasian
   5. Hispanic
   6. American Indian/Alaskan Native
   7. combination
   8. other

5. a. Your cumulative UW grade-point average: ______
   b. Grade-point average of your most recently completed quarter at UW: ______

6. Number of quarters you have attended the UW:
   1. 1-3
   2. 4-6
   3. 7-9
   4. 10-12
   5. 13 or more

7. Which of the following best describes your current living situation?
   1. I live in a campus residence hall with no roommate.
   2. I live in a campus residence hall with a roommate(s).
   3. I live in a fraternity or sorority house.
   4. I live in University family housing, or on-campus single student apartments.
   5. I live off campus with my parents.
   6. I live off campus with my partner only.
   7. I live off campus with my child/children only.
   8. I live off campus with my partner and child/children.
   9. I live off campus with acquaintances.
   10. I live off campus alone.
8. To what extent do you feel you are part of the University community?
   1. I feel very much a part of the University community.
   2. I feel more a part of the University community than not.
   3. I sometimes feel I am not a part of the University community.
   4. I often feel I am not a part of the University community.

Please comment on your response:

9. To what extent are you satisfied with your involvement at the University?

10. How would you define your current level of drinking?
   1. non-drinker
   2. light
   3. moderate
   4. heavy

11. How would you describe your level of drinking in high school?
   1. non-drinker
   2. light
   3. moderate
   4. heavy

12. Think of the occasion you drank the MOST alcohol this past month. How much did you drink?
   1. 0 drinks
   2. 1-2 drinks
   3. 3-4 drinks
   4. 5-6 drinks
   5. 7-8 drinks
   6. more than 8 drinks

13. Which of the following best describes the pattern of your alcohol use since enrolling at the UW?
   1. decreased
   2. increased
   3. remained the same

14. What is the average number of drinks you consume per week?

15. On a given weekend evening, how much alcohol (in drinks) do you typically consume? (Estimate over the past three months.)
   1. 0 drinks
   2. 1-2 drinks
   3. 3-4 drinks
   4. 5-6 drinks
   5. 7-8 drinks
   6. more than 8 drinks

16. On a given evening during the week, how much alcohol (in drinks) do you typically consume? (Estimate over the past three months.)
   1. 0 drinks
   2. 1-2 drinks
   3. 3-4 drinks
   4. 5-6 drinks
   5. 7-8 drinks
   6. more than 8 drinks

17. Think back over the last two weeks. How many times have you had five or more drinks at a sitting?
   1. none
   2. once
   3. twice
   4. 3 to 5 times
   5. 6 to 9 times
   6. 10 or more times

18. How much alcohol do you think most UW students typically consume when they are partying?
   1. 0 drinks
   2. 1-2 drinks
   3. 3-4 drinks
   4. 5-6 drinks
   5. 7-8 drinks
   6. more than 8 drinks
19. How many drinks do you expect to consume when celebrating your 21st birthday? If you are already 21, how many drinks did you consume when celebrating your 21st birthday?

1. 0 drinks
2. 1-2 drinks
3. 3-4 drinks
4. 5-6 drinks
5. 7-8 drinks
6. more than 8 drinks

20. How many drinks do most UW students consume when celebrating their 21st birthdays?

1. 0 drinks
2. 1-2 drinks
3. 3-4 drinks
4. 5-6 drinks
5. 7-8 drinks
6. more than 8 drinks

**OTHER DRUG USE**

(Remember that your responses are confidential.)

21. Have you ever used illicit (i.e., illegal) drugs? 1. yes 2. no

22. Please circle how frequently you currently use the following substances and whether your use has decreased, increased or remained the same while at the UW. For prescription drugs indicate your use of the substance only if: a) it was not prescribed for you or b) you used it for the experience or feeling it caused.

<table>
<thead>
<tr>
<th>Substance Category</th>
<th>Frequency</th>
<th>Use at UW</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 = never use</td>
<td>5 = once or twice a week</td>
</tr>
<tr>
<td></td>
<td>2 = less than once a month</td>
<td>6 = three or four times a week</td>
</tr>
<tr>
<td></td>
<td>3 = about once a month</td>
<td>7 = nearly every day</td>
</tr>
<tr>
<td></td>
<td>4 = two or three times a month</td>
<td>8 = once a day or more</td>
</tr>
</tbody>
</table>

23. Please circle how frequently you believe most UW students typically use the following substances.

<table>
<thead>
<tr>
<th>Substance Category</th>
<th>Frequency</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 = never use</td>
</tr>
<tr>
<td></td>
<td>2 = less than once a month</td>
</tr>
<tr>
<td></td>
<td>3 = about once a month</td>
</tr>
<tr>
<td></td>
<td>4 = two or three times a month</td>
</tr>
</tbody>
</table>

a. Alcohol
b. Cigarettes
c. Marijuana or hashish
d. Other illicit (i.e., illegal) drugs
24. Which of the following best describes your status as a (cigarette) smoker?
   1. I have never been a smoker.
   2. I used to smoke, but stopped at least one year ago.
   3. I used to smoke, but stopped within the past 12 months.
   4. I'm a current smoker and would like to stop.
   5. I'm a current smoker and have no plans to stop any time soon.

UNDERSTANDING OF HEALTH/SAFETY RISKS AND SERVICES

25. Do you believe that UW students generally have a good understanding of the health risks associated with use of:
   - alcohol? 1. yes 2. no 3. unsure
   - tobacco? 1. yes 2. no 3. unsure
   - other drugs? 1. yes 2. no 3. unsure

26. Do you believe that understanding the health risks associated with alcohol, tobacco and other drug use decreases other students’ use of:
   - alcohol? 1. yes 2. no 3. unsure
   - tobacco? 1. yes 2. no 3. unsure
   - other drugs? 1. yes 2. no 3. unsure

27. If you or a friend were experiencing difficulties because of alcohol and/or other drug abuse, would you seek assistance?
   for yourself? 1. yes 2. no 3. unsure
   for someone else? 1. yes 2. no 3. unsure

   If yes, where would you seek assistance? (It is okay to choose more than one.)
   1. UW Hall Health Primary Care Center/Mental Health Clinic
   2. UW Counseling Center
   3. Addictive Behaviors Research Center/UW Psychology Department
   4. residence hall advisor
   5. Substance Abuse Educator in the residence halls
   6. AA or Al Anon meetings on or near campus
   7. an off-campus resource
   8. friend
   9. family member
   10. don't know

28. If you wouldn’t seek assistance, what factor(s) would keep you from obtaining help for yourself or a friend? (It is okay to choose more than one.)
   1. cost
   2. concern about imposing
   3. not really knowing what to do
   4. uncertainty about whether or not there really was a problem
   5. concern that someone might find out
   6. other

29. Have you sought assistance for alcohol and/or other drug abuse since enrolling at the University?
   for yourself? 1. yes 2. no
   for someone else? 1. yes 2. no

   If yes, where did you seek such assistance? (Please list)
30. Please indicate how often you have experienced the following due to your drinking or other drug use during the last year.

<table>
<thead>
<tr>
<th>Frequency</th>
<th>1 = never</th>
<th>2 = once</th>
<th>3 = twice</th>
<th>4 = 3 to 5 times</th>
<th>5 = 6 to 9 times</th>
<th>6 = 10 or more times</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Had a hangover</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>b. Performed poorly on a test or important project</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>c. Been in trouble with police, residence hall, or other college authorities</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>d. Damaged property, pulled fire alarm, etc.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>e. Gotten into an argument or a fight</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>f. Gotten nauseated or vomited</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>g. Driven a car while under the influence</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>h. Missed a class/work</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>i. Been criticized by someone I know</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>j. Thought I might have a drinking or other drug problem</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>k. Had a memory loss</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>l. Done something I later regretted</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>m. Been arrested for DWI/DUI</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>n. Been taken advantage of sexually</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>o. Taken advantage of another sexually</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>p. Engaged in unprotected sex</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>q. Tried unsuccessfully to stop using alcohol or other drugs</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>r. Seriously thought about suicide</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>s. Seriously tried to commit suicide</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>t. Been hurt or injured</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>u. Went to class or work intoxicated or high</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>v. Passed out</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>w. Neglected responsibilities</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>x. Drank or used more than I had planned/wanted to</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

31. Are you planning to change the amount you drink within the next three months?
   1. no
   2. yes, I plan to decrease the amount I drink
   3. yes, I plan to increase the amount I drink

32. Has anyone in your family ever had a problem with alcohol or other drugs?
   1. yes
   2. no

CAMPUS RESPONSE TO ISSUES RELATED TO ALCOHOL AND OTHER DRUGS

University of Washington policy on alcohol or other drug use (from the brochure, Your Safety... Your Health: A Student Guide to Campus Safety and Substance Awareness, which is distributed to all students):

Generally, possession and consumption of alcoholic beverages are not permitted on campus. The exceptions are 1) meetings or other functions when a state banquet permit has been obtained, or 2) in residence hall rooms or apartments with the doors closed, except that kegs or other common source containers are never allowed in the residence halls. As prescribed by State law, it is illegal to sell alcohol without a permit and no one under age 21 is permitted to consume alcohol. Furthermore, the unlawful possession, use, distribution, or manufacture of alcohol or controlled substances on the University campus or during University-sponsored activities is prohibited.

33. Were you previously aware of University policies on alcohol and other drug use?
   1. yes
   2. no

If yes, do you believe they are enforced?
   1. yes
   2. no
   3. no basis to judge
34. Following is a list of UW educational programs and printed materials coordinated during 2003-2004 and/or 2004-2005 and related to alcohol and other drugs.

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Y</th>
<th>N</th>
<th>Y</th>
<th>N</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Fling</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Sobriety tests with goggles that simulate intoxication / tricycle obstacle course</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Alcohol 101 CD-ROM</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Alcohol Poisoning pamphlet</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Advertisements in The Daily</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>HUB Games Area Nights</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Swing dances/movie nights/karaoke in the HUB</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Alcohol and Substance Awareness Nights at men's/women's basketball games</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Finding Out What You Need to Know About Alcohol and Other Drugs brochure</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Alcohol Awareness Week Events (dodgeball, comic speaker, etc.)</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Great American Smokeout</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Body outlines</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>HUB art gallery display</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Programs presented in the residence halls</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Programs presented in the Greek Chapters</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Ads with the phrase, &quot;0-4 drinks&quot;</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Safe Spring Break events/goodie bags</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>Tabling on the HUB Lawn</td>
<td>Y</td>
<td>N</td>
<td>Y</td>
<td>N</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

34d. Are there other programs you would like to see?

35. Which of the following may influence the extent of your alcohol use? (Circle as many as apply.)

1. state or federal law
2. University policies regarding alcohol and other drugs
3. rules of living group
4. awareness of health risks
5. lifestyle choice
6. influence of friends
7. influence of family
8. religious beliefs
9. classes on Friday
10. classes in the mornings
11. alcohol advertising in The Daily
12. alcohol promotions at local establishments
13. availability of alcohol-free fun events
14. University educational efforts (specify: _________________________________)
15. other

36. Which of the following may influence the extent of your illicit drug use? (Circle as many as apply.)

1. state or federal law
2. University policies regarding alcohol and other drugs
3. rules of living group
4. awareness of health risks
5. lifestyle choice
6. influence of friends
7. influence of family
8. religious beliefs
9. classes on Friday
10. classes in the mornings
11. availability of substance-free fun events
12. University educational efforts (specify: _________________________________)
13. other

37. Additional comments?