Changes in alcohol consumption and stress level in the freshmen year at university
Claes Andersson, Mats Berglund, Kent O Johnsson and Agneta Öjehagen
Clinical Alcohol Research, Lund University, Malmö, Sweden

Introduction
Alcohol consumption during the 18-25 year period predicts adult alcohol consumption considerably better than adolescent drinking data (S Eaton and Schuckit, 2005).
Stress is strongly associated with frequency of heavy drinking (Sander et al., 2005).
There are effective intervention methods to reduce risky alcohol consumption (Muthén et al., 2005).

Aim
- Does implementation of an intensive combined alcohol and stress program reduce alcohol consumption and the stress level more than a minimal intervention program at 12 months follow up?
- How does the development of alcohol consumption relate to stress when using trajectories?

Sample
A total number of 2,841 freshmen entered two middle size Swedish Universities and were invited to participate in an alcohol and stress research program. At baseline 2,032 freshmen accepted to participate. The 12 months follow up rate was 1,611.

Design

Results

Conclusions

The AUDIT scores in the male populations differed significantly from the start with the highest scores at the Control University.
The dropout rate differed also significantly with a much higher rate in the Intervention University probably explained by the crisis in the university system with the strongest influence on the most northern university in Sweden.

There were no significant differences in the AUDIT score between the Intervention University and the Control University. Women but not men in the Intervention University significantly reduced their stress score more than in the Control University.

In the students with high initial AUDIT score there was no reduced Stress. Students with increased AUDIT scores lowered their level of Stress.

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