Trajectory analyses of a randomised trial in university students with risky alcohol consumption

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Background

Trajectory analyses have during the last years improved the understanding of university students drinking. During the years in university large changes occur in their drinking habits. Therefore we performed a trajectory analysis on a sample from a randomized controlled trial.

Present sample

Distribution and cut-off points of AUDIT scores at baseline

Outcome of semiparametric group-based modeling

Results of the randomised controlled trial

Method

Semiparametric group-based modeling was used to determine groups of drinking trajectories in university students (Nagin, 1999; Nagin and Land, 1993). AUDIT was used as instrument.

Results

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Results

A 3-factor model was the best model for HIGH AUDIT group. 5% of the subjects reported a stable heavy drinking pattern over all years. 41% reported decreasing AUDIT-scores and 54% quite unchanged scores. No relationship between trajectories and type of intervention.

Summary

For the LOW AUDIT group a 5-factor model gave the best results, where 14% reported early increasing in AUDIT-scores and 3% reported late increasing. Remaining subjects reported a stable pattern over all years.