

BACKGROUND

- Risky alcohol use behaviors are most prevalent in individuals 18- 25 years
- Many pharmacy students fall within that age range and may be exhibiting these behaviors

OBJECTIVES

- Identify trends in alcohol use among pharmacy students
- Determine the biggest motives behind alcohol use in pharmacy students
- Identify ways the School of Pharmacy can support students outside of the curriculum

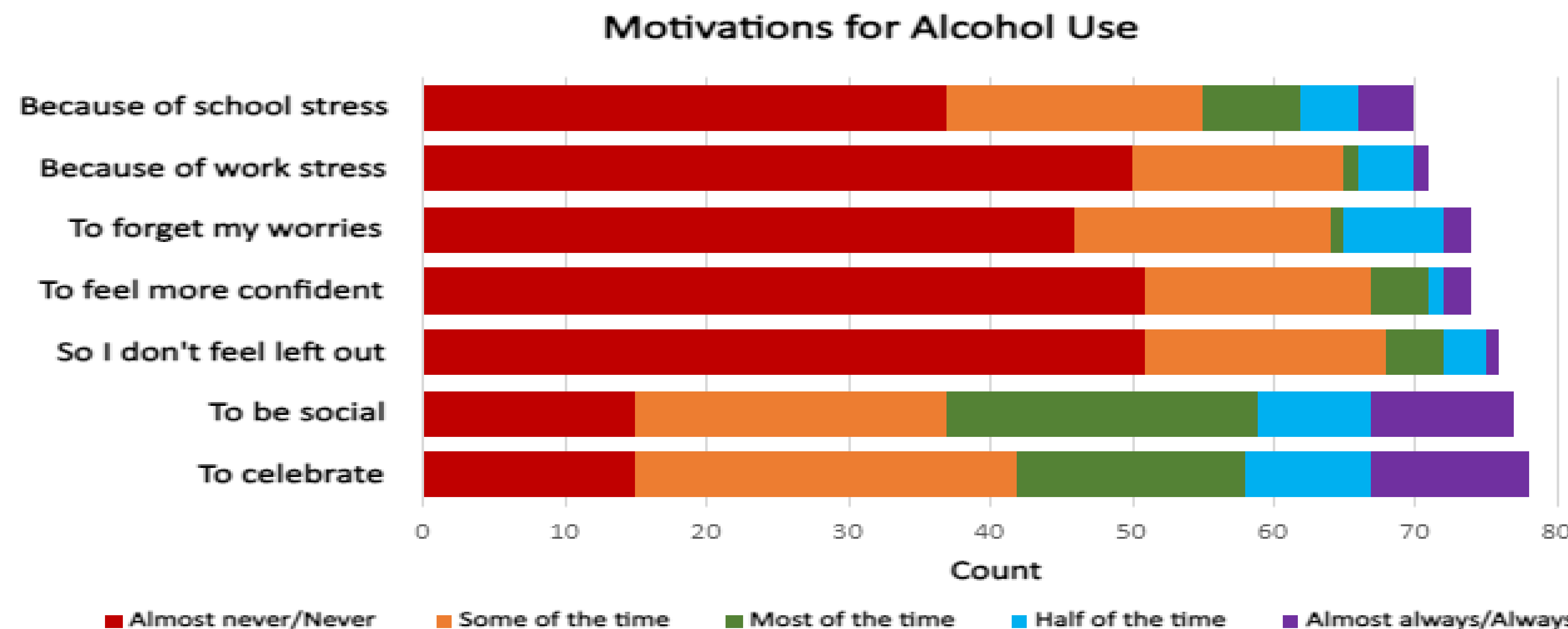
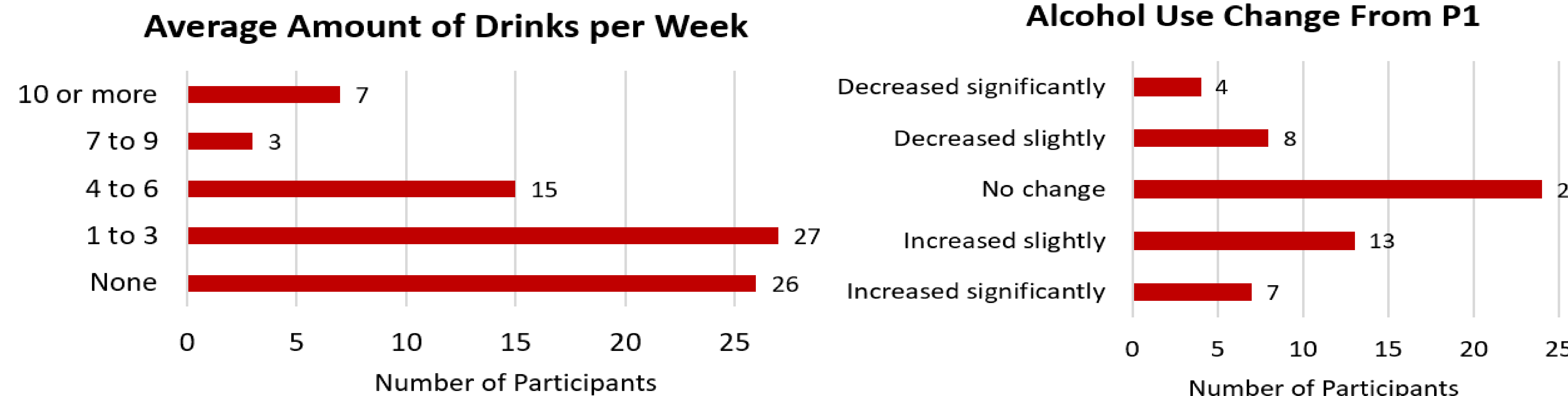
METHODS

- An electronic survey was sent out to approximately 300 SIUe SOP students (P1-P4)
- Data was collected from Sep. 5, 2023 – Sep. 25, 2023
- Students were asked about demographics, alcohol use habits, and ways the school can provide support
- Data was analyzed using descriptive statistics

RESULTS

Respondent Demographics:

- 83 responses
 - Female: 72%, Male: 28%
 - Age RANGE:
 - 18-25 years old: 86%
 - 26-35 years old: 12%
 - 36-45 years old: 2%
 - Class Designation:
 - P1: 18%
 - P2: 21%
 - P3: 22%
 - P4: 39%
 - 90% reported part-time work throughout the school year



- **Most common reported motives for alcohol use:**
 - Social (38%)
 - Celebrations (32%)
- **Participant suggested opportunities for further support from the School of Pharmacy (n=23)**
 - Friday night events
 - Post-therapeutics exam events
 - Self-care items
 - Hobbies – crafts, yoga, etc.
 - Confidence building exercises

CONCLUSION

- Results indicate that pharmacy students have had minimal changes to alcohol use and most students do not use alcohol for stress management.
- Implementing more SOP social events and education on the risks of alcohol would be beneficial to student well-being. This data will be shared with SOP well-being and resilience committee to further enhance student wellness.

REFERENCES

1. SAMHSA, Center for Behavioral Health Statistics and Quality. 2021 National Survey on Drug Use and Health. Accessed July 11, 2023.