[2022]
Y1CBP
Full Report
[Statewide Report]

Nebraska Collegiate Prevention Alliance

2022 Y1CBP Full Report – Statewide
January 2023

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The mission of the Methodology and Evaluation Research Core Facility (MERC) is to provide state-of-the-art methodological support and services that promote and sustain excellence in the social and behavioral sciences through active collaborations with existing centers, initiatives, and units. The facility includes service units that support innovative approaches to sample design, data collection, analysis, and evaluation in a collaborative environment of transdisciplinary research. MERC is a service center at the University of Nebraska-Lincoln.

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OVERVIEW

This report is an analysis of data from the 2020-2022 administrations of the Year 1 College Behavior Profile (Y1CBP) to entering first-year students across the state of Nebraska. The Y1CBP is a web-based survey designed as an alcohol prevention tool for delivery to the general student population and reflects their use and perceptions prior to their time on campus. As a result, Y1CBP data are not valid as a measure of campus-wide drinking. These data are not a substitute for a valid campus-level survey of students for obtaining general alcohol/marijuana use indicators such as in the Nebraska Assessment of College Health Behaviors (NACHB), or American College Health Association (ACHA) survey.

The Y1CBP provides personalized feedback to students based on the input of their own use of alcohol/marijuana and self-reports of harms, as well as their campus norms. Across the state, these campus norms are based on the previous administrations of the Y1CBP and include both behavioral and attitudinal information. As a population-level prevention tool, the Y1CBP contains a feedback track for those students who do not use alcohol/marijuana. Instead of personalized feedback of using alcohol/marijuana, it provides reinforcement for the abstinence choice. Other aspects of educational information and social norms messages are the same.

The results in this report are valid for examining the characteristics related to alcohol/marijuana use of the entering first-year class. This includes the extent to which entering students have misperceptions about student alcohol/marijuana-related behaviors and attitudes at your school. This can be used to help design social norm messages and prevention programming for new students. You can use these data to assess whether the entering first-year students reflect the general alcohol/marijuana use patterns of high school students in your service area or deviate from these in meaningful ways. You can also use Y1CBP data over time to detect changes in the alcohol/marijuana use patterns of your entering students that might suggest need for further prevention and intervention.

METHODS

The Y1CBP is completed on a web-based platform hosted by the University of Nebraska – Lincoln. Student response data were analyzed using SPSS V.29. In 2022, the Y1CBP was completed by 7881 entering first-year students, with an average age of 18 (4616 Women and 3265 Men, 5552 NE residents, 2329 non-residents).

All drinking behaviors are computed from the daily drinking diary in the Y1CBP. The diary asks students to report their typical drinking week in the past month by recording the number of drinks by alcohol type and the number of hours drinking each day. The standard definition for binge drinking is having five or more drinks for men and four or more drinks for women in a single setting. A student is classified as a binger if they report having five (men) or four (women) drinks in one setting. Abstainers are determined within the Y1CBP as students who report never drinking or not drinking within the past year. These students receive abstainer feedback.

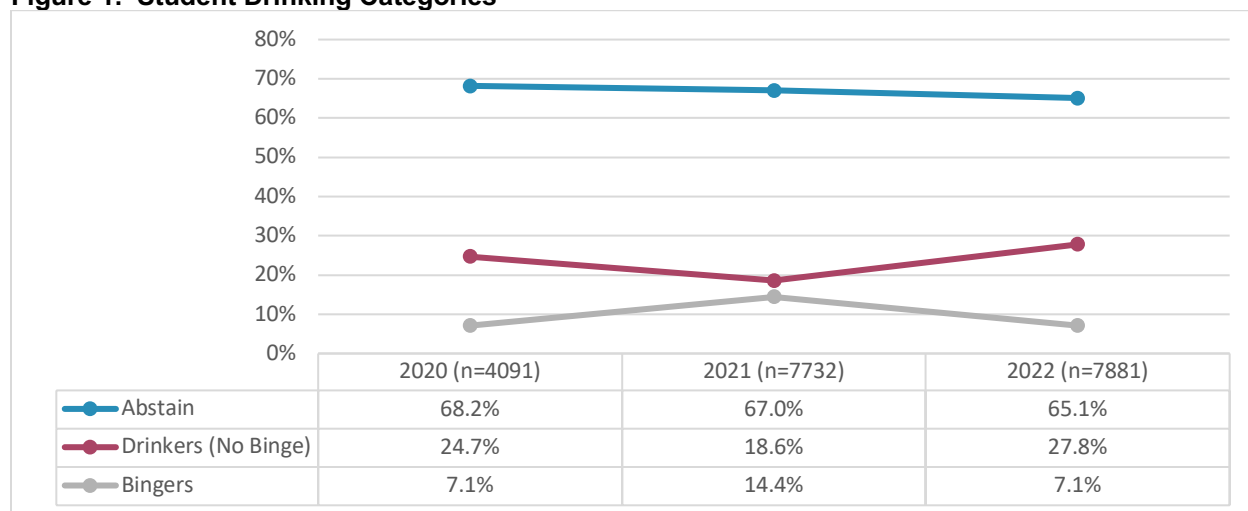Drinks per week are calculated from the total number of drinks reported for the week in the one-week diary. The average drinks per occasion are computed by dividing the total number of drinks reported for the week by the number of days on which drinking is indicated. The number of days drinking per month is computed by taking the number of days on which drinking is reported in the one-week diary and multiplying by 4.2.

STUDENT SELF-REPORTED DRINKING

Drinking Patterns

Drinking patterns are shown in Figure 1. Overall, 65.1% of entering students reported abstaining from alcohol in 2022, which was slightly lower than the previous year. Meanwhile, 7.1% of students reported binge drinking, which was lower than the previous year. This compares to 17.5% of Nebraska high school seniors who reported binge drinking on the 2021 Youth Risk Behavior Survey (YRBS). It depicts that entering students binge drank much less than the nearest Nebraska peer group.

Figure 1. Student Drinking Categories

	2020 (n=4091)	2021 (n=7732)	2022 (n=7881)
Abstain	68.2%	67.0%	65.1%
Drinkers (No Binge)	24.7%	18.6%	27.8%
Bingers	7.1%	14.4%	7.1%

Students' actual and perceived average drinks per occasion and drinks per week are shown in Figures 2 through 3. In 2022, students reported drinking about 1.8 drinks per drinking occasion, as presented in Figure 2, which was the lowest in the previous years. In comparison, entering students thought that their peers consumed much higher levels of alcohol than they did (5.1 drinks per occasion) which continues the upward trends of recent years.

Figure 2. Average Drinks per Occasion
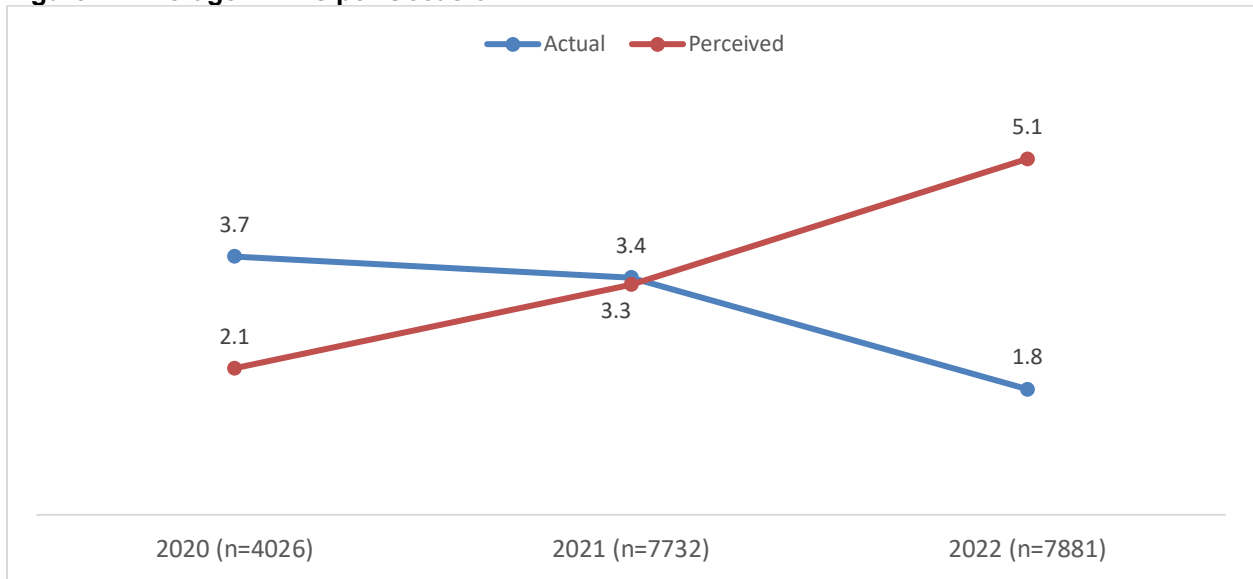
Meanwhile, entering students who used alcohol reported drinking 3.1 drinks per week in 2022, as presented in Figure 3, which is lower than the previous years. In comparison, entering students perceived that their fellow students drank 8.2 drinks per week.

Figure 3. Drinks per Week
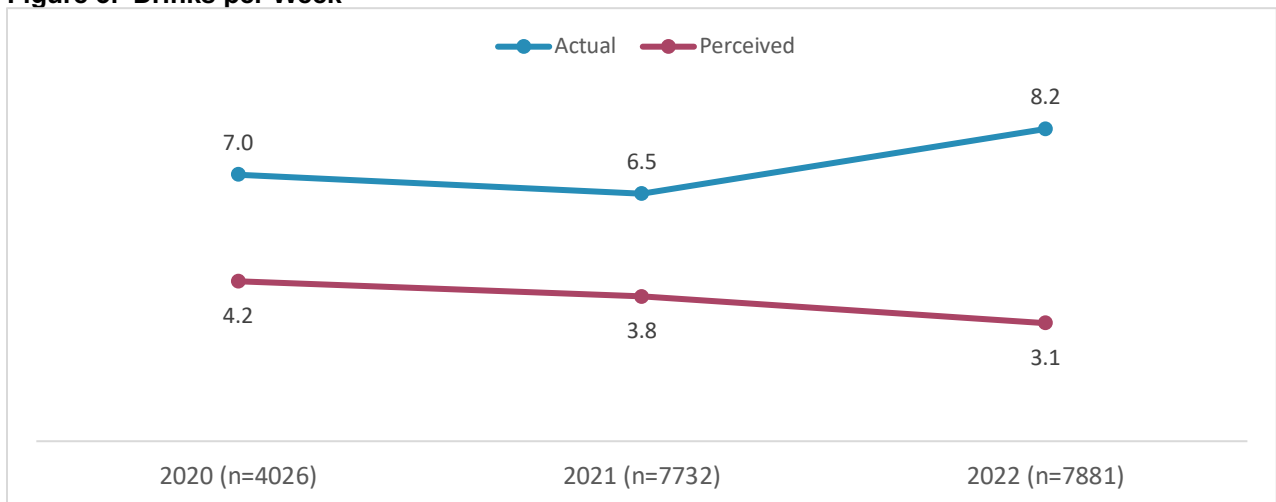
Lastly, incoming 2022 students reported drinking an average of 4.6 times per month. Students estimated that their peers drank 13.2 times per month, much more than the actual behavior.

Drinking Related Harms

In 2022, 2.8% of entering students reported drinking and driving in the past 30 days, which is less than the previous years as shown in Figure 4. This percentage was about three times lower than the 7.7% of Nebraska high school seniors reported on the 2021 YRBS.

Figure 4. Drinking and Driving Past 30 Days
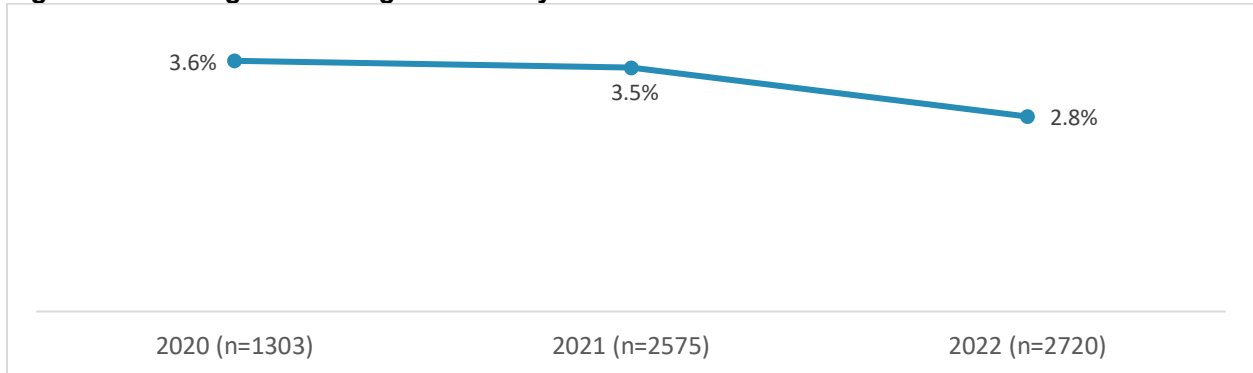
In 2022, 4.3% of entering students reported riding with a drunk driver in the past 30 days (Figure 5). This rate is significantly lower than the 13.9% rate reported by high school seniors on the 2021 YRBS.

Figure 5. Riding with a Drunk Driver in the Past 30 days
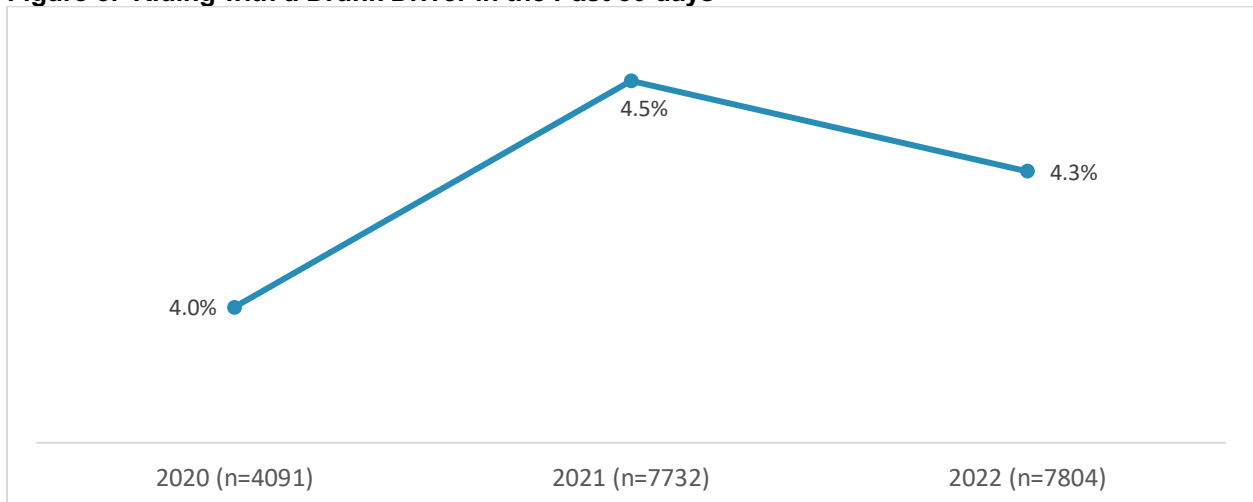
Total Experienced Harms

The Rutgers Alcohol Problem Index (RAPI) is a 23-item self-administered screening tool for assessing drinking-related harms/problems in students; the Y1CBP adapted 16 items from the RAPI. In 2022, entering students who used alcohol averaged 2.0 reported problems on the RAPI, as presented in Figure 6. The level was similar to the previous year.

Figure 6. Rutgers Alcohol Problem Index (RAPI)

2020 (n=1300)	2021 (n=2557)	2022 (n=2751)
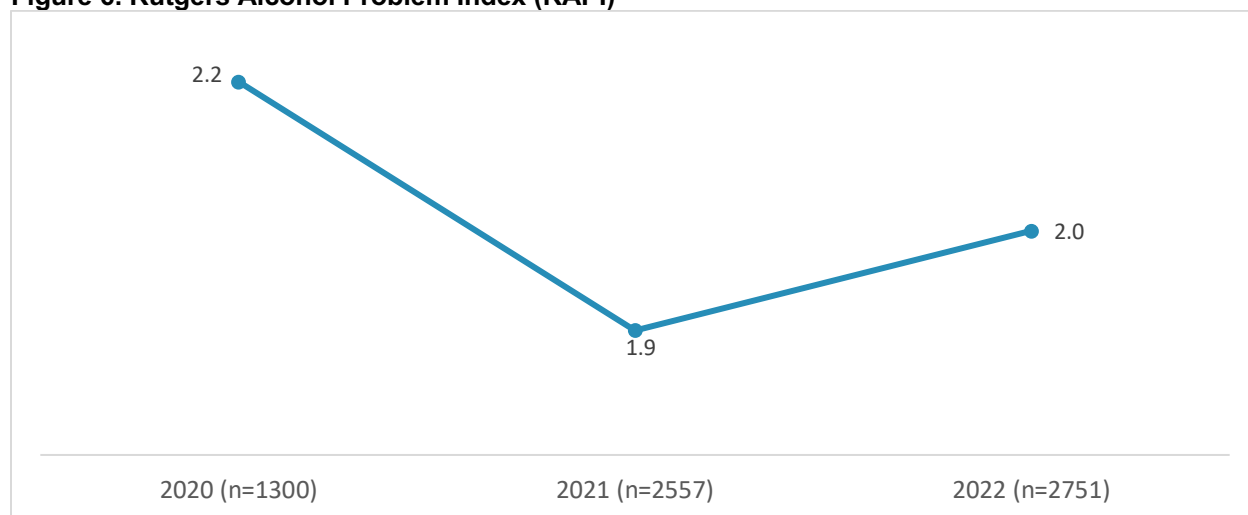
Meanwhile, 14.9% of entering student drinkers reported five or more problems, which is considered an important cut-off for negative drinking outcomes. This number was slightly lower than the previous years, as shown in Figure 7.

Figure 7. Five or More Problems

2020 (n=1300)	2021 (n=2557)	2022 (n=2751)
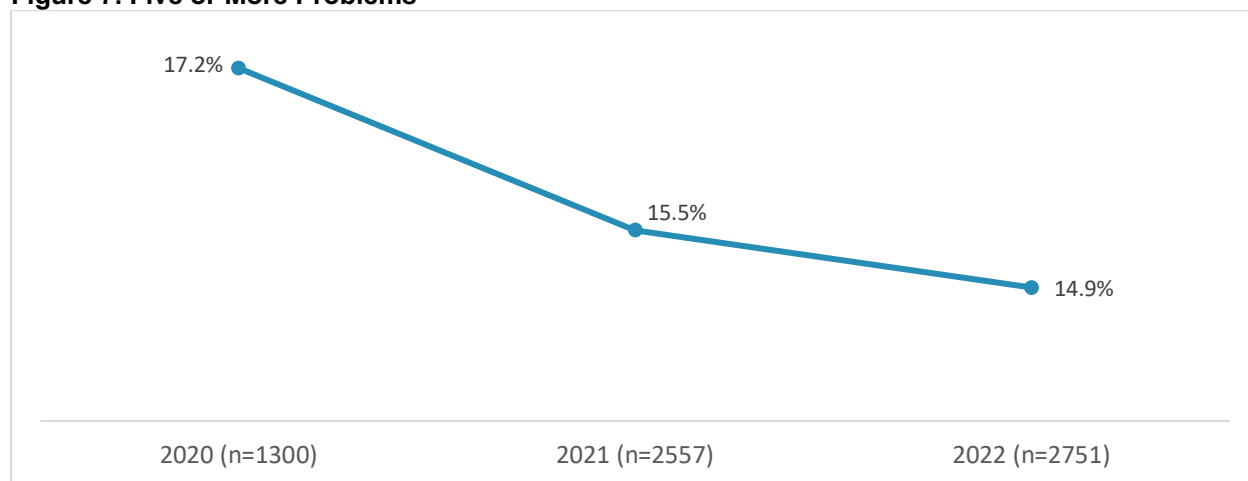
Student Perceptions

Student perceptions are shown in Figure 8 through 10. In 2022, entering students thought that almost half of their peers disapproved of drinking so much that one gets sick (48%), one cannot remember part of the previous evening (50%), and one gets into situations that may be regretted later (56%) (Figure 8). These rates have changed little during this time period.

Figure 8. Perceptions – Reason for Peers' Disapproval of Drinking So Much
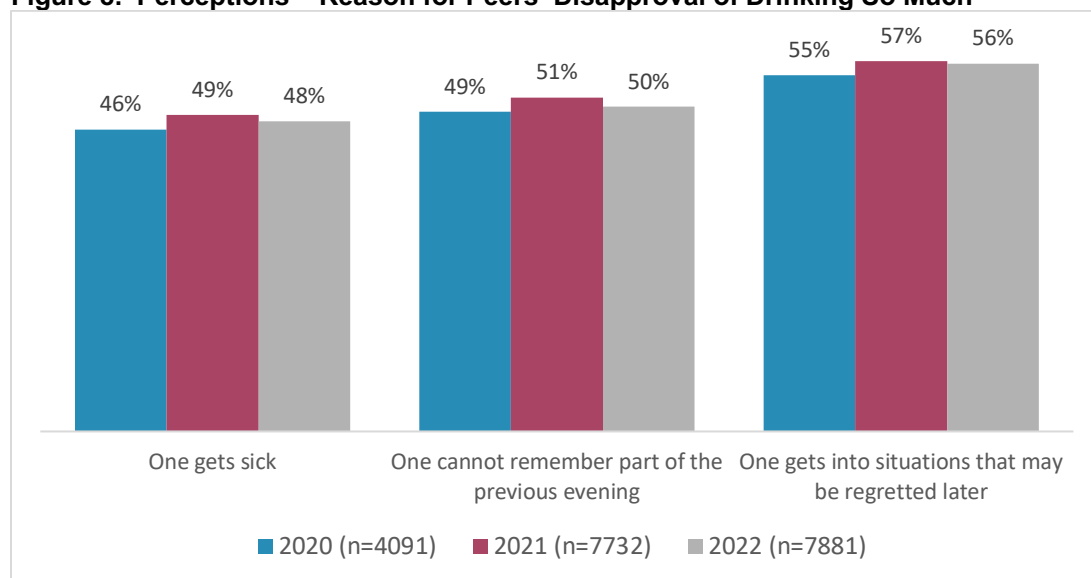
Entering students perceived less disapproval for drinking and driving than was actually reported by respondents. Students thought that more than three quarters (77%) of peers disapproved of drinking and driving when nearly all (96%) disapproved (Figure 9). This pattern is consistent with the previous years. It is clear that entering students overestimated the support for dangerous drinking among their peers. These discrepancies suggest a need to address normative perceptions in prevention materials.

Figure 9. Actual and Perceived Disapproval of Drink and Drive

Figure 10. Perceptions - Bystander Intervention
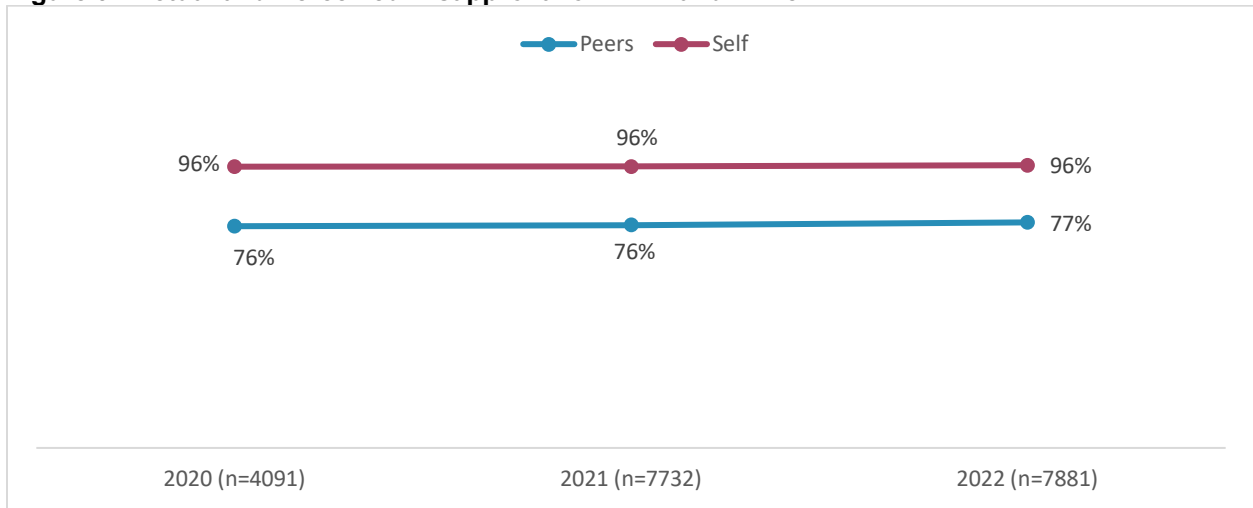
Respondents were asked what percentage of students think something should be done when witnessing certain sexual situations (Figure 10). Entering students believed more than 8 out of 10 peers thought something should be done if someone was taking sexual advantage of another person (85%) or being taken advantage of sexually (84%). The percentages were similar to the previous years.

When students (n=7,881) were asked to respond with their level of agreement with the statement, "If both people are drunk, it can't be rape," only (6%) agreed or strongly agreed, as shown in Figure 11.

Figure 11. Agreement on the statement "If both people are drunk, it can't be rape."

"If both people are drunk, it can't be rape"

| 2% | 4% | 15% | 25% | 54% |

■ Strongly Agree ■ Agree ■ Neither Agree Nor Disagree ■ Disagree ■ Strongly Disagree
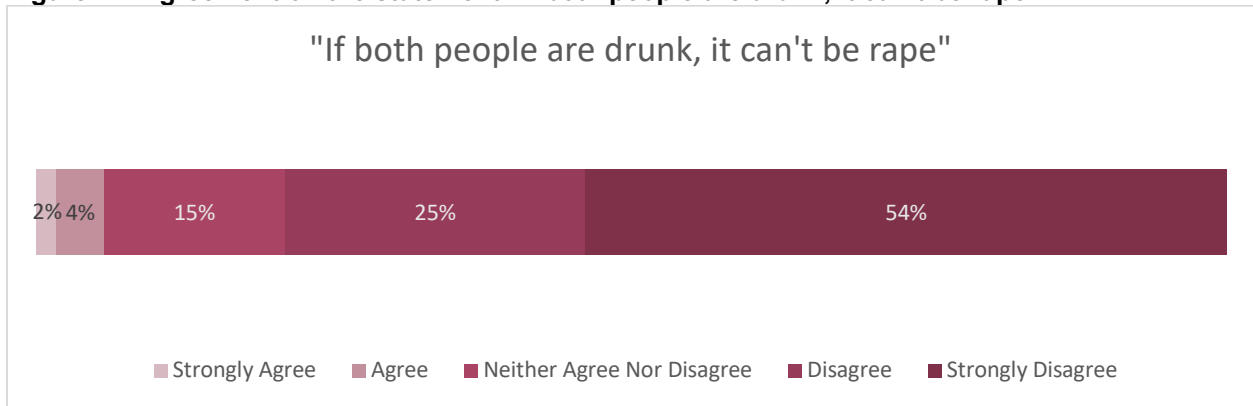
STUDENT SELF-REPORTED USE OF MARIJUANA

Approximately 14% of entering students reported using marijuana in the past year. Among those who did not use marijuana in the past year, 9% reported having ever used it (Figure 12).

Figure 12. Marijuana Use – Past Year vs. Ever

Marijuana Use - Past Year (n=7881)   14.4%

Marijuana Use - Ever (n=6754)   9.0%
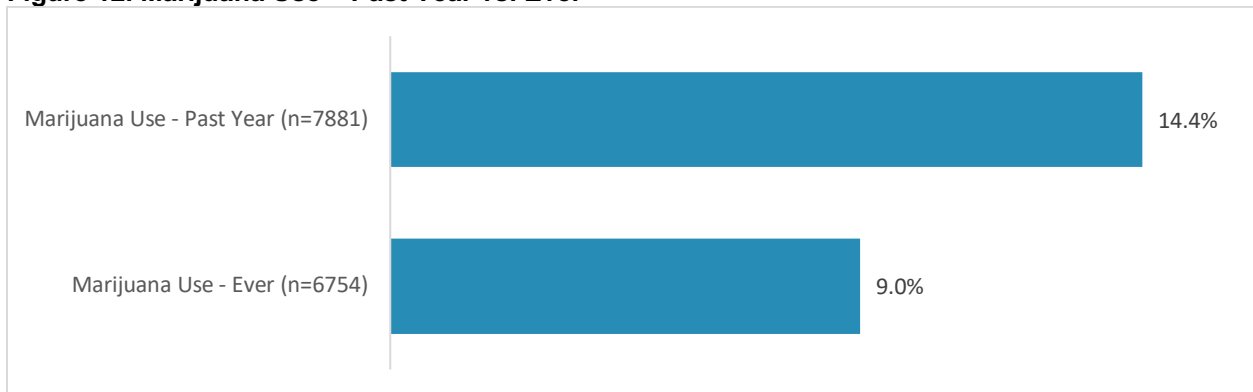
Students who used marijuana in the last year (n=1,134) were asked about the types of marijuana they used (Figure 13). Three out of four (73%) reported using marijuana, 53% report using marijuana derivatives, and 58% used marijuana edibles (Figure 13).

Figure 13. Marijuana use Frequency

Figure 13 data:

Category	Never	1-6 times/year	1-2 times/month	1-2 times/week	3+ times/week	Daily
Marijuana	27%	42%	13%	8%	5%	6%
Marijuana Derivatives	47%	28%	12%	6%	4%	4%
Marijuana Edibles	42%	44%	10%	3%	1%	
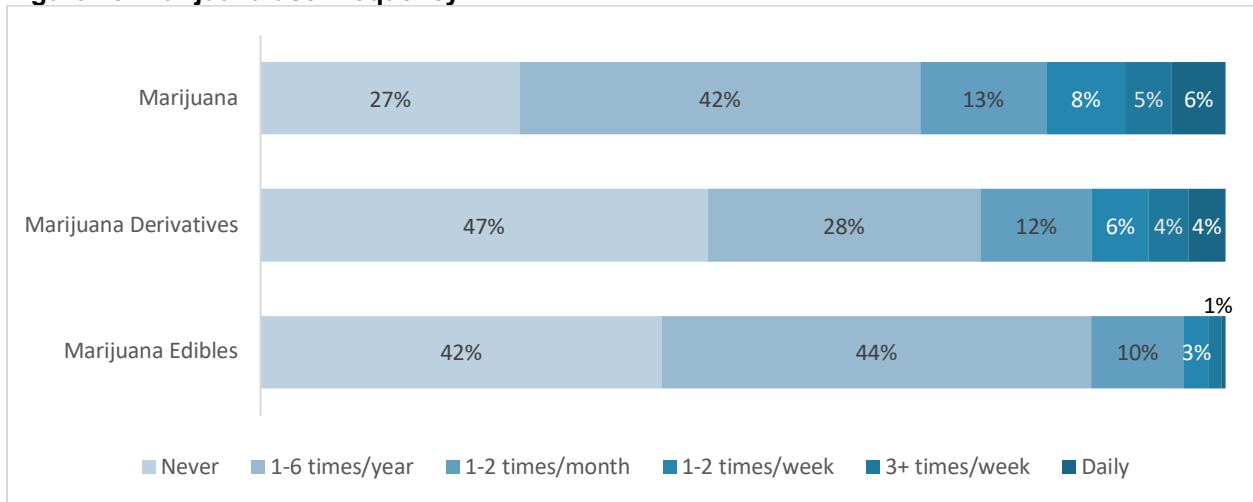
Entering students (n=7,881) believed that 88% of their peers use marijuana. Students believed 81% of their peers used marijuana derivatives, and 85% used marijuana edibles (Figure 14).

Figure 14. Perception- Peers' Marijuana use

Figure 14 data:

Category	Never	1-6 times/year	1-2 times/month	1-2 times/week	3+ times/week	Daily
Marijuana	12%	26%	26%	19%	11%	6%
Marijuana Derivatives	19%	36%	26%	13%	5%	2%
Marijuana Edibles	15%	36%	30%	13%	5%	1%
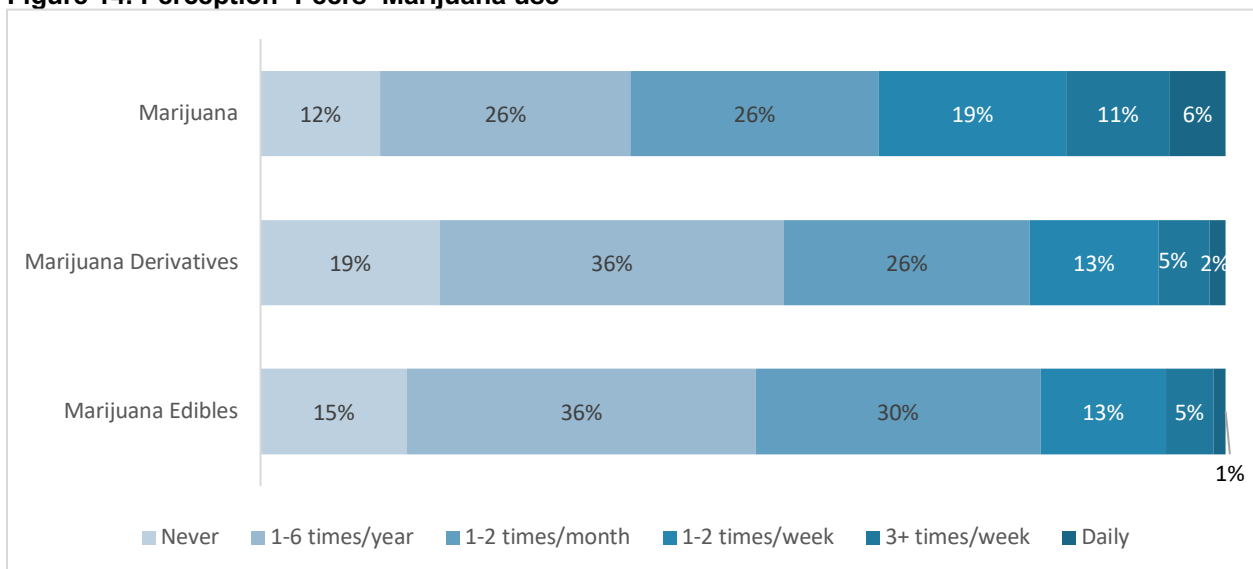
Among marijuana users (n=902), about 18% reported they are either ready, or thinking about changing their pattern of marijuana use. Approximately one in four (29.0%) said they were or currently trying to change their pattern of use. The remaining 53.1% do not feel a need to change their marijuana use (Figure 15).

Figure 15. Intention to change Marijuana use

No need	53.1%
Thinking about	9.8%
Ready	8.2%
Currently	29.0%
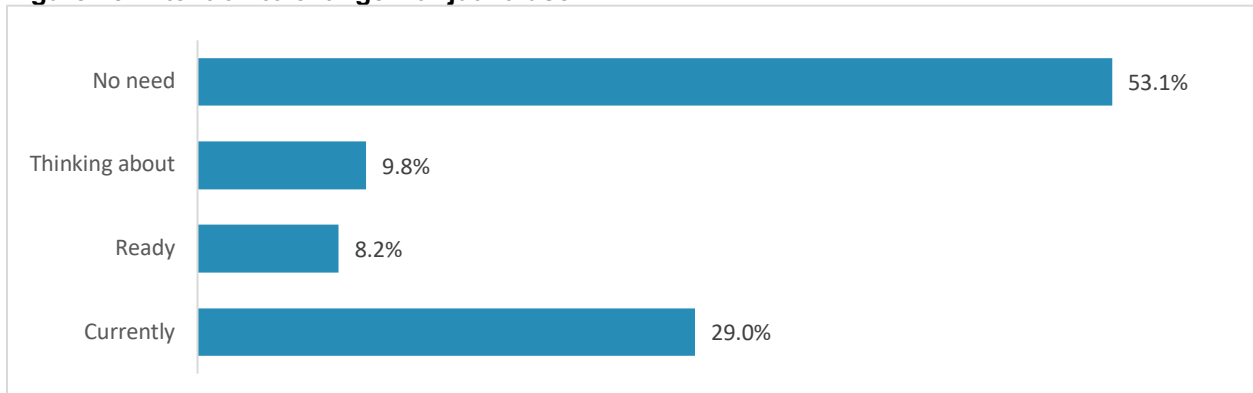
Marijuana Related Harms

Among students who used marijuana (n=1,131), about two thirds reported never driving after use in the past year. About 11% reported driving at least once after using marijuana, while 19.8% reported driving more than once after using marijuana, as presented in Figure 16.

Figure 16. Driving after Marijuana use

5+ times	9.5%
3-5 times	4.1%
2 times	6.2%
1 time	11.10%
0 times	69.1%
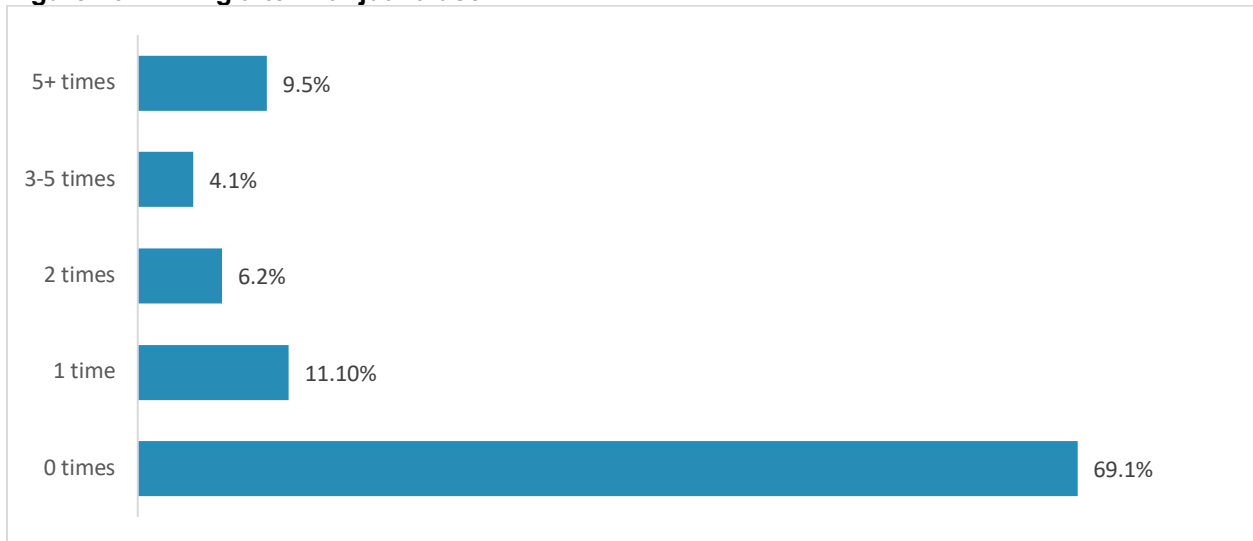
About four out of five entering students (n=7,881) reported they did not ride with a driver who used marijuana (Figure 17).

Figure 17. Riding with a driver who used marijuana

5+ times	3.8%
3-5 times	3.0%
2 times	4.0%
1 time	6.3%
0 times	83%
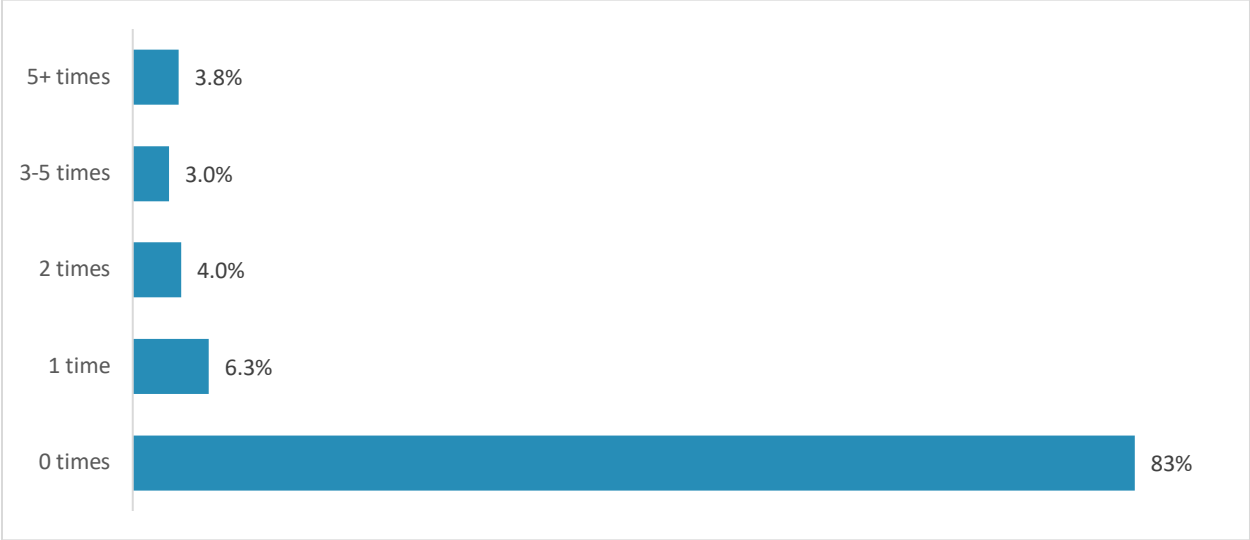
SUMMARY

Overall, about two-thirds of entering NEPCA first-year students reported abstinence in 2022 similar to prior years. Seven percent of incoming students reported binge drinking. In terms of drinking-related harms, entering students reported low levels of drinking and driving, and riding with a drunk driver, which were much lower than behaviors reported by high school seniors in the 2021 YRBS.

Despite some of these positive results, entering students reported experiencing problems because of their drinking. Nearly one out of six (14.9%) first-year students reported five or more RAPI problems. This suggests a need to provide programming and counseling for students who are having problems and not relying only on interventions designed to reduce consumption as these alone may not be enough. Few students reported driving under the influence of marijuana, and the majority of students reported not riding as passenger with a driver who had used marijuana.

Entering students expressed similar misperceptions about levels of drinking and marijuana use among their peers as in the past years. They were especially likely to misperceive the norms about support for drinking and driving, and marijuana use frequency. These findings suggest that social norms marketing to entering students may be a desirable strategy and that the social norms messages in the Y1CBP are an important feedback tool for addressing these misperceptions.

APPENDIX: 2022 Y1CBP Summary Tables

Table 1. Drinking Categories 2022

	All	
	Frequency	Percent
Abstain	5130	65.1%
Drinkers	2193	27.8%
Bingers	588	7.1%
Total	7881	100.0%

Table 2. Student Drinking 2022

	All	
	N	Mean
Drinks per Week	2704	3.14
Average Drinks per Occasion	2704	1.83
Times Drink per Month	2704	4.63

Table 3. Drink and Drive Past 30 Days 2022

	All	
	Frequency	Percent
No	2643	97.2%
Yes	77	2.8%
Total	2720	100.0%

Table 4. Ride with Drunk Driver Past 30 Days 2022

	All	
	Frequency	Percent
No	7467	95.7%
Yes	337	4.3%
Total	7804	100.0%

Table 5. Student Perceptions on other's drinking behaviors 2022

	All	
	N	Mean
Perceptions Average Drinks per Occasion	7881	5.07
Perceptions Drinks per 'Week	7881	8.15
Perceptions Times per month	7881	13.22
Perceptions Disapprove Drink so much that one gets sick.	7881	47.57%
Perceptions Disapprove Drink so much that one cannot remember part of the previous evening.	7881	49.79%
Perceptions Disapprove Drink so much that one gets into situations that may be regretted later.	7881	56.4%
Perceptions Disapprove Drink and Drive	7881	76.9%
Perceptions Think something should be done if they see someone being taken advantage of sexually. *	7881	84.28%
Perceptions Think something should be done if they see someone taking sexual advantage of another person. *	7881	85.28%

* Note: The wording of "first-year students" was not specified in the question.

Table 6. Average Number of Problems on the Rutgers Alcohol Problem Index (RAPI) 2022

	All	
	N	Mean
RAPI	2751	2.02

Table 7. Five or more Problems on the Rutgers Alcohol Problem Index (RAPI) 2022

	All	
	Frequency	Percent
No	2341	85.1%
Yes	410	14.9%
Total	2751	100.0%

Table 8. Agreement on the statement "If both people are drunk, it can't be rape." 2022

	All	
	Frequency	Percent
Strongly Agree	133	1.7%
Agree	313	4%
Neither Agree nor Disagree	1194	15.2%
Disagree	1995	25.3%
Strongly Disagree	4246	53.9%
Total	7881	100.0%

Table 9. Approve of Drinking and Driving 2022

	All	
	Frequency	Percent
No	7597	96.4%
Yes	284	3.6%
Total	7881	100.0%

Table 10. Marijuana Use Past Year 2022

	All	
	Frequency	Percent
No	6747	85.6%
Yes	1134	14.4%
Total	7881	100.0%

Table 11. Marijuana Use Ever 2022

	All	
	Frequency	Percent
No	6145	91%
Yes	609	9%
Total	6754	100.0%

Table 12. Frequency of Marijuana Use 2022

	All	
	Frequency	Percent
Never	305	26.9%
1-6 times/year	471	41.5%
1-2 times/month	148	13.1%
1-2 times/week	93	8.2%
3+ times/week	54	4.8%
Daily	63	5.6%
Total	1134	100.0%

Table 13. Frequency of Marijuana Derivatives Use 2022

	All	
	Frequency	Percent
Never	527	46.5%
1-6 times/year	322	28.4%
1-2 times/month	131	11.6%
1-2 times/week	67	5.9%
3+ times/week	47	4.1%
Daily	40	3.5%
Total	1134	100.0%

Table 14. Frequency of Marijuana Edibles Use 2022

	All	
	Frequency	Percent
Never	471	41.5%
1-6 times/year	504	44.4%
1-2 times/month	109	9.6%
1-2 times/week	30	2.6%
3+ times/week	15	1.3%
Daily	5	0.4%
Total	1134	100.0%

Table 15. Perceived Frequency of Other's Marijuana Use 2022

	All	
	Frequency	Percent
Never	980	12.4%
1-6 times/year	2045	25.9%
1-2 times/month	2026	25.7%
1-2 times/week	1531	19.4%
3+ times/week	845	10.7%
Daily	454	5.8%
Total	7881	100.0%

Table 16. Perceived Frequency of Other's Marijuana Derivatives Use 2022

	All	
	Frequency	Percent
Never	1462	18.6%
1-6 times/year	2812	35.7%
1-2 times/month	2009	25.5%
1-2 times/week	1050	13.3%
3+ times/week	415	5.3%
Daily	133	1.7%
Total	7881	100.0%

Table 17. Perceived Frequency of Other's Marijuana Edible Use 2022

	All	
	Frequency	Percent
Never	1195	15.2%
1-6 times/year	2843	36.1%
1-2 times/month	2328	29.5%
1-2 times/week	1023	13%
3+ times/week	388	4.9%
Daily	104	1.3%
Total	7881	100.0%

Table 18. Intention to change Marijuana Use 2022

	All	
	Frequency	Percent
Currently	261	28.9%
Ready	74	8.2%
Thinking about	88	9.8%
No need	479	53.1%
Total	902	100.0%

Table 19. Total Race Demographic

Race	Frequency	Percent
White	6071	77%
Black/African American	247	3%
Native Hawaiian/Other Pacific Islander	13	0%
American Indian/Alaska Native	40	1%
Asian	308	4%
Multi-Racial	610	8%
Other Race	0	0%
Unknown	81	1%

Table 20. Total Ethnicity Demographic

Ethnicity	Frequency	Percent
Latino	512	6%
Not Latino	7,289	92%
Unknown	0	0%

Table 21. Total Age Demographic

Age	Frequency	Percent
15 – 17	737	9.4%
18 – 20	6674	84.7%
21 – 24	208	2.6%
25 – 44	238	3.0%
45 – 64	25	0.3%
65 and older	0	0%