

# CHANGES IN ALCOHOL AND CANNABIS CO-USE STATUS BY TYPE OF INTERVENTION, DRINKING MOTIVES, AND COLLEGE ALCOHOL BELIEFS



Jennifer L. Shipley, M.S., M.P.H. & Abby L. Braitman, Ph.D.

# INTRODUCTION

Co-use of alcohol and cannabis has increased among college students.<sup>1</sup> Different components of interventions are associated with reduced alcohol or cannabis use, but scant research has examined interventions for co-use.<sup>2-6</sup> College alcohol beliefs may be important components for interventions targeting co-use given links to use for both substances via protective behavioral strategies (PBS) among those who co-use.7 Days with higher social motives may also be more likely to be days young adults co-use.8 The purpose of this secondary examination was to explore the impact of alcohol intervention conditions and alcohol-related cognitions on co-use status over time.

# **METHOD**

# **Participants**

- N = 326 college students;  $M_{age} = 19.85$  (SD = 1.65)
- 76.1% cisgender women, 41.7% White, 53.1% Black, 12.0% more than one race

### **Materials**

Alcohol and cannabis co-use over time (groups represented in this table noting status at each wave)

1-Month Co-

1-Month No

Baseline Co-Use
Use

Co-Use
Stopped Co-Use
Use

Baseline No Co- Initiated Co-Use Never Co-Used Use

### Condition type

 Norms+PBS booster; Norm-only booster; Intervention only

### Drinking motives

- Drinking Motives Questionnaire<sup>9</sup>
- 5 items for each dimension (social [ $\alpha$  = .89], coping [ $\alpha$  = .87], enhancement [ $\alpha$  = .86], conformity [ $\alpha$  = .85])

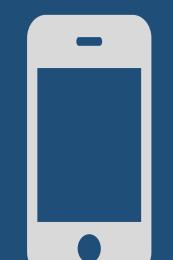
# College alcohol beliefs

- College Life Alcohol Salience Scale<sup>10</sup>
- 15 items ( $\alpha = .88$ )

College students were *less likely* to continue co-use if they received a booster email with **PBS feedback**.

College students were more likely to continue co-use if they consumed alcohol for enhancement or social reasons or had greater college alcohol beliefs.

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jship002@odu.edu

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# **Procedure and Analysis**

- Data were collected as part of a larger RCT<sup>3</sup>; analyses included data from baseline and 1-month follow up
- Multinomial logistic regression analyses were conducted in SPSS v.29
- Predictors: study conditions, drinking motives, college alcohol beliefs
- Outcomes: co-use group
- Controlled for gender and typical alcohol quantity at baseline

# RESULTS

	Cont. Co-Use		Initiated Co- Use		Stopped Co- Use	
	B (p)	OR	B (p)	OR	B (p)	OR
Norms-only booster	-0.09 (.785)	0.92	-0.28 (.680)	0.76	0.05 (.904)	1.05
Norms+PBS booster	-0.84 (.015)	0.43	-0.48 (.480)	0.62	-0.39 (.328)	0.68
Social motives	0.08	1.08	0.06 (.300)	1.06	0.03 (.410)	1.03
Enhancement motives	0.10 (<.001)	1.10	0.03 (.613)	1.03	0.07 (.043)	1.07
Coping motives	0.03 (.326)	1.03	-0.02 (.683)	0.98	-0.02 (.540)	0.98
Conformity motives	-0.78 (.064)	0.46	-0.38 (.649)	0.68	-0.61 (.217)	0.54
College alcohol beliefs	0.04 (.001)	1.04	0.05 (.044)	1.05	0.01 (.566)	1.01

# DISCUSSION

Findings replicate research that select drinking motives are associated with co-use (i.e., social motives)<sup>8</sup> and suggest new areas to explore, such as the association between CABs and co-use over time. Interventions for co-use should consider including feedback about PBS and CABs via boosters. More research is needed to determine if cannabis specific or co-use specific norms and PBS feedback should be included in booster emails.

## For questions or comments, please contact:

Jennifer L. Shipley, M.S., M.P.H.
Graduate Student
Department of Psychology, Old Dominion University
Norfolk, VA 23529
jship002@odu.edu

Abby L. Braitman, Ph.D.
Assistant Professor
Department of Psychology, Old Dominion University
Virginia Consortium Program in Clinical Psychology
Norfolk, VA 23529
abraitma@odu.edu

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