

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

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INTRODUCTION

Co-use of alcohol and cannabis has increased among college students.¹ Different components of interventions are associated with reduced alcohol or cannabis use, but scant research has examined interventions for co-use.²⁻⁶ 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-Use	1-Month No Co-Use
Baseline Co-Use	Cont. Co-Use	Stopped Co-Use
Baseline No Co-Use	Initiated Co-Use	Never Co-Used

Condition type

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

Drinking motives

- Drinking Motives Questionnaire⁹
- 5 items for each dimension (social [$\alpha = .89$], coping [$\alpha = .87$], enhancement [$\alpha = .86$], conformity [$\alpha = .85$])

College alcohol beliefs

- College Life Alcohol Salience Scale¹⁰
- 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.**

Procedure and Analysis

- Data were collected as part of a larger RCT³; 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 (.003)	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)⁸ 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.

Take a picture to download more information



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