

Brief Overview Mental Health and Alcohol & Marijuana Use

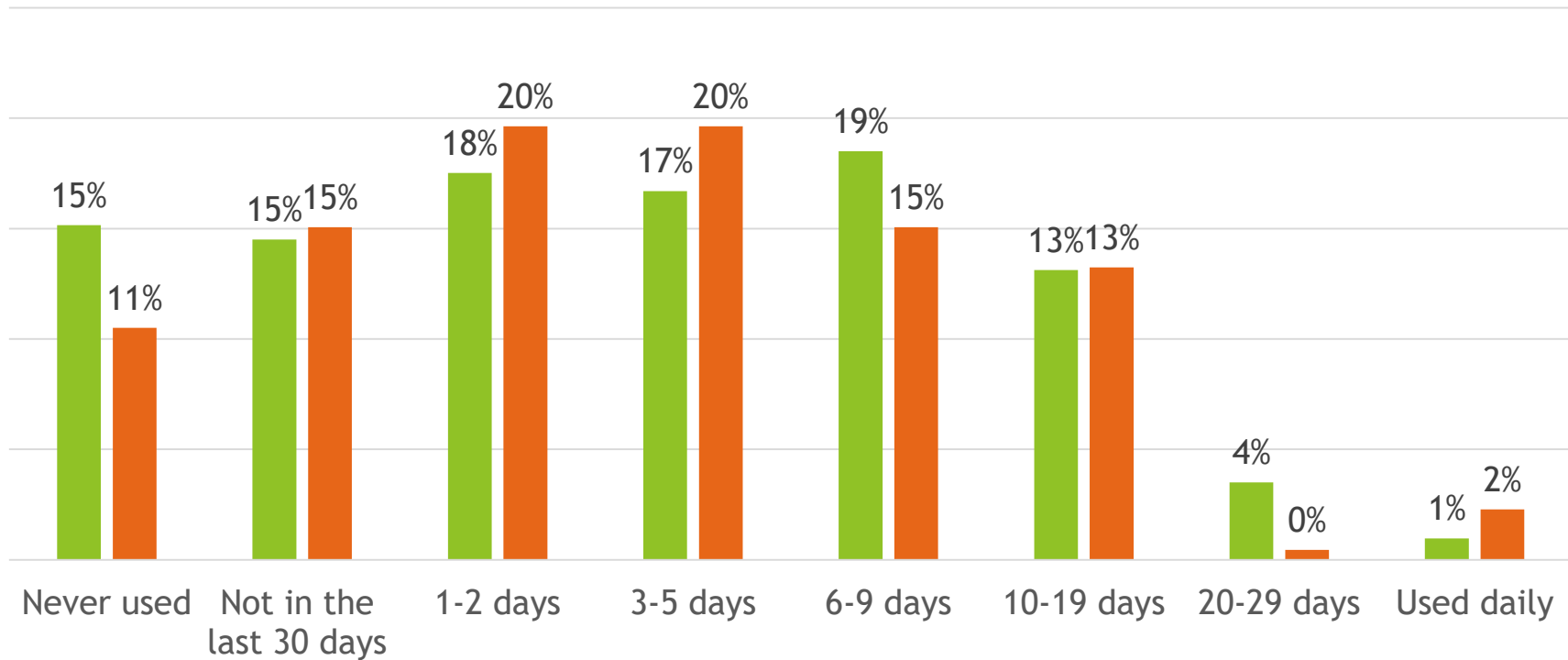
USC NCHA 2017 & Healthy Minds 2016 Data

USC NCHA 2017 Data- Alcohol Use

- ▶ 71% of students reported they have used alcohol in the past 30 days.
- ▶ 38% of students reported binge drinking (5 or more drinks) in the past 2 weeks.
- ▶ Students perceive that 95% of their peers have used alcohol within the past 30 days
- ▶ 33% of students report consuming 5 or more drinks the last time they “partied” or socialized

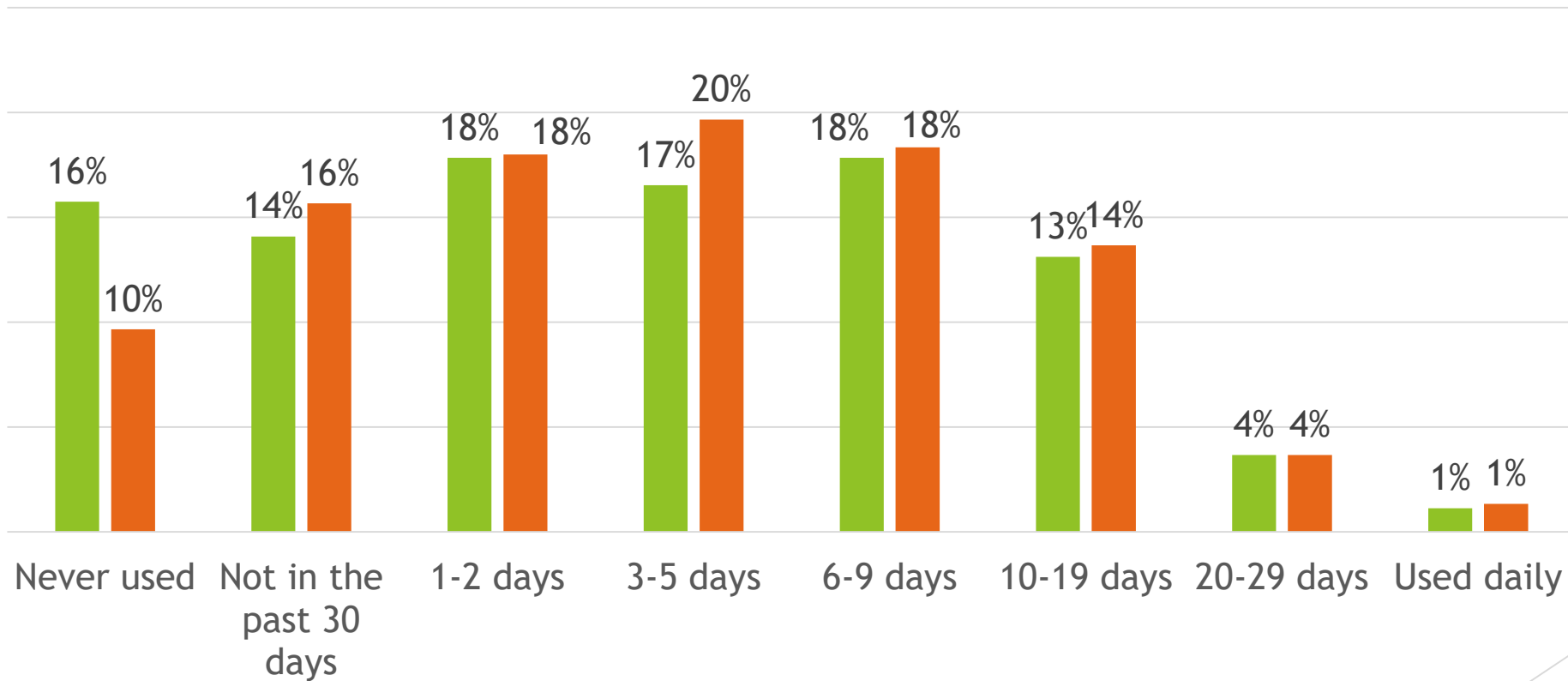
Diagnosis of depression (yes/no) and reported alcohol use in the past 30 days.

■ No diagnosis of depression ■ Yes Diagnosis of depression



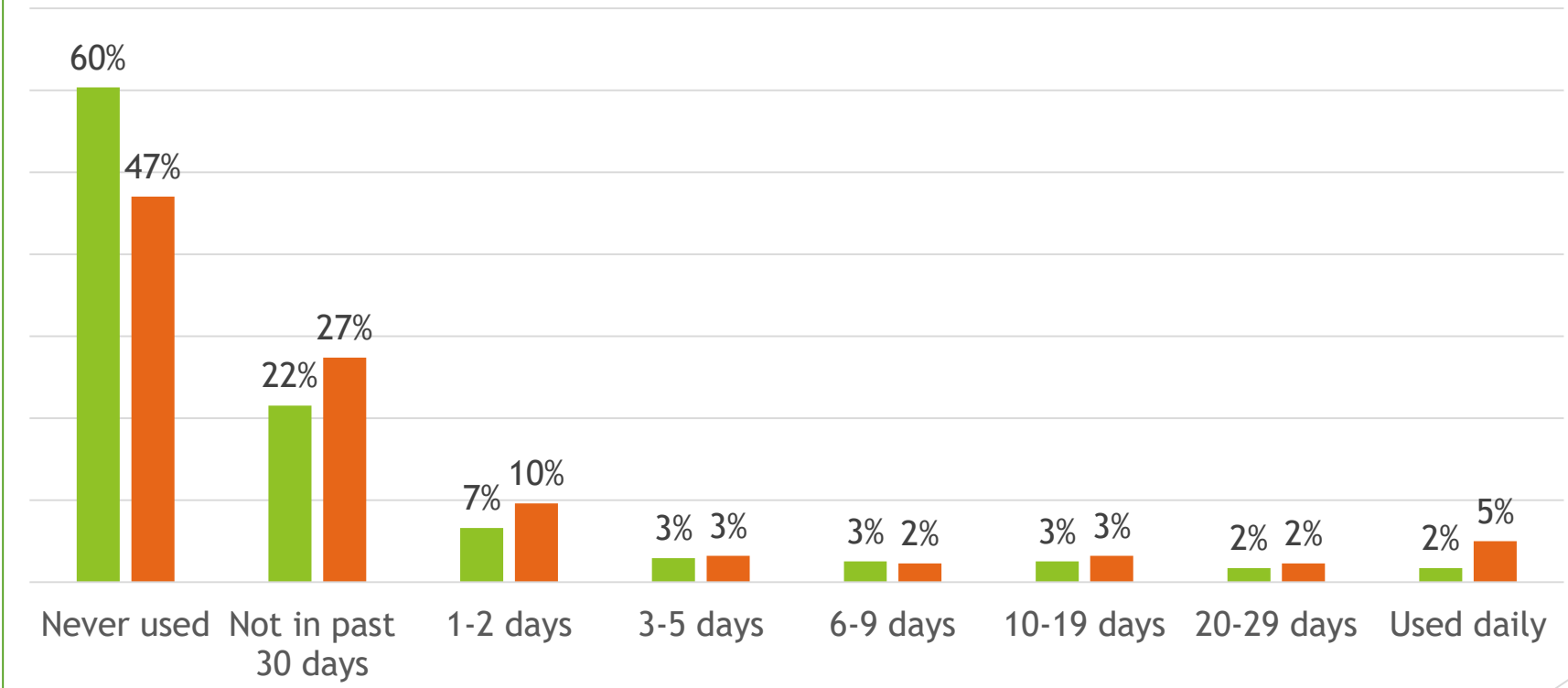
Diagnosis of anxiety (yes/no) and reported alcohol use in the past 30 days.

■ No diagnosis of anxiety ■ Yes diagnosis of anxiety



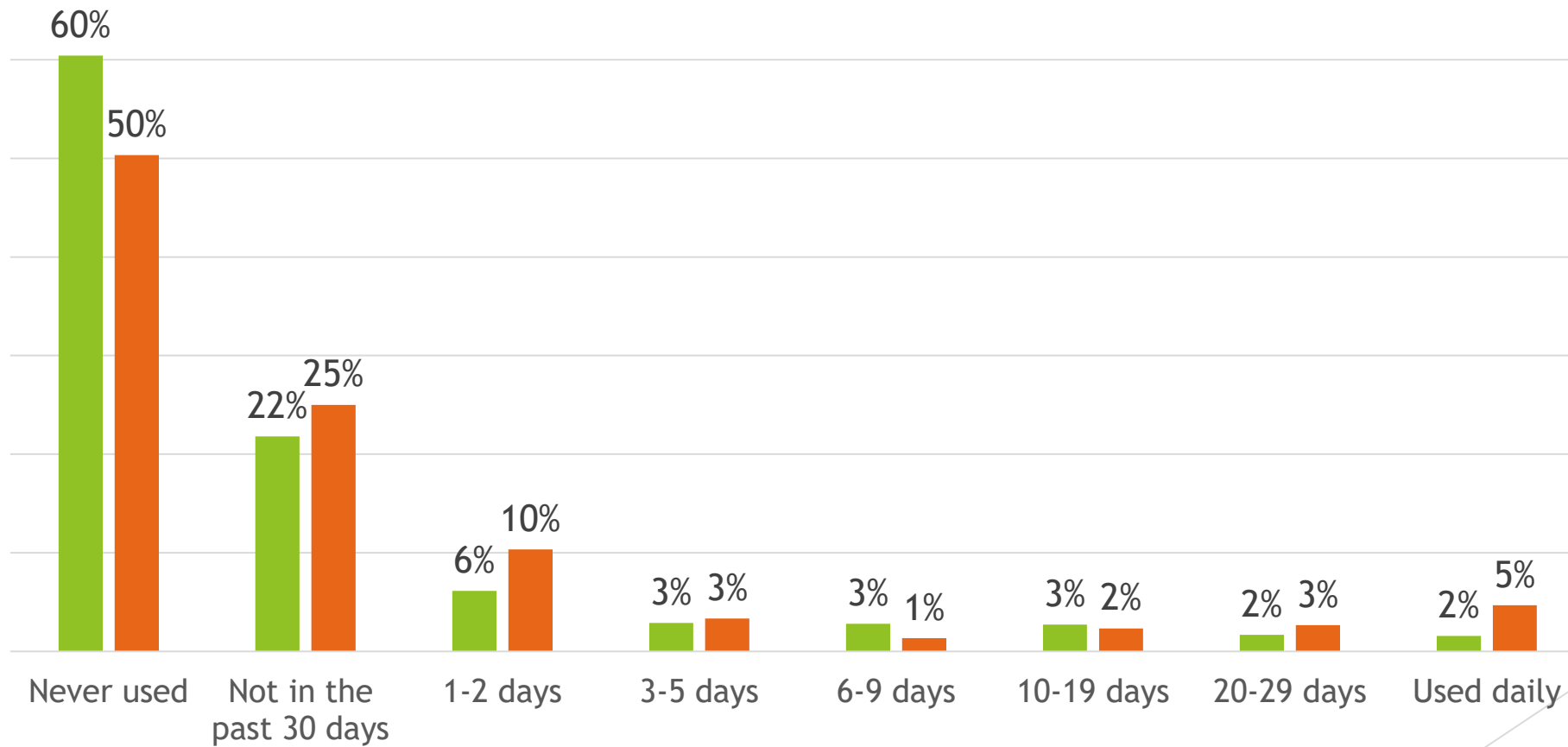
Diagnosis of depression (yes/no) and reported marijuana use in the past 30 days.

■ No diagnosis of depression ■ Yes diagnosis of depression



Diagnosis of anxiety (yes/no) and reported marijuana use in the past 30 days.

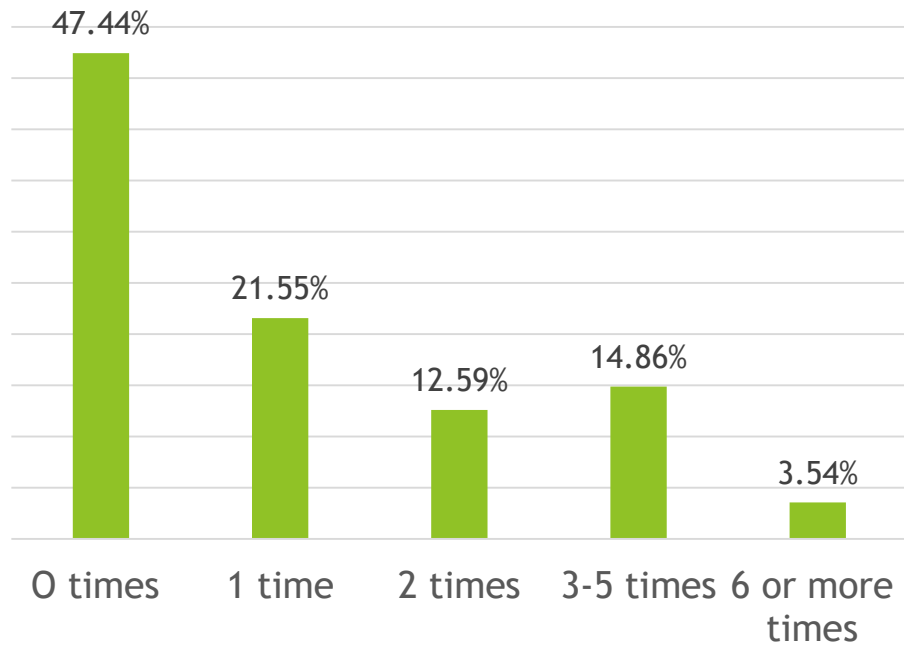
■ No diagnosis of anxiety ■ Yes diagnosis of anxiety



Not Apples to Apples but.....

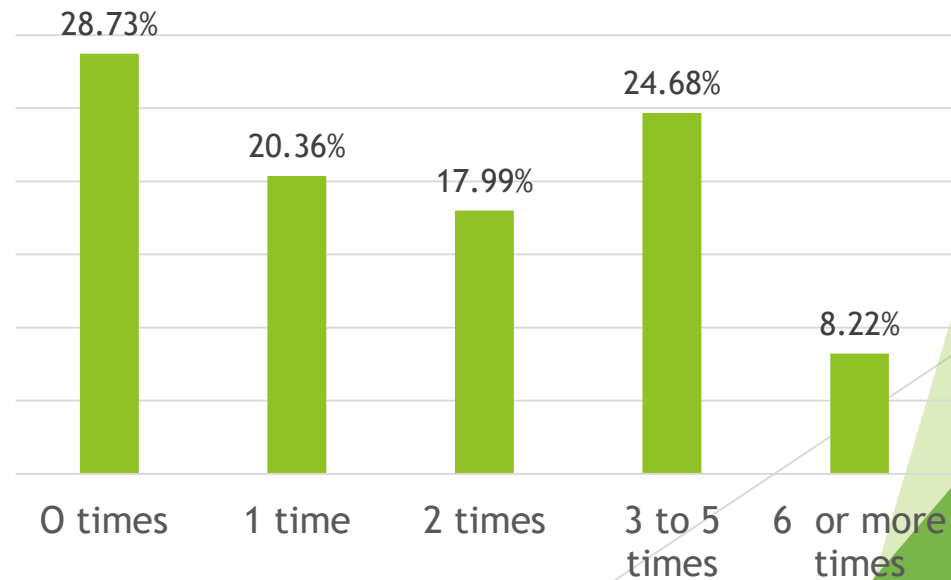
NCHA Data 2017

Students who drank in the last 30-days, number of times they had 5 or more drinks at a sitting in the past 2 weeks



Healthy Minds Data 2016

Students who drank in the past 2 weeks, number of times they had 4/5 or more alcoholic drinks in a row in the past 2 weeks



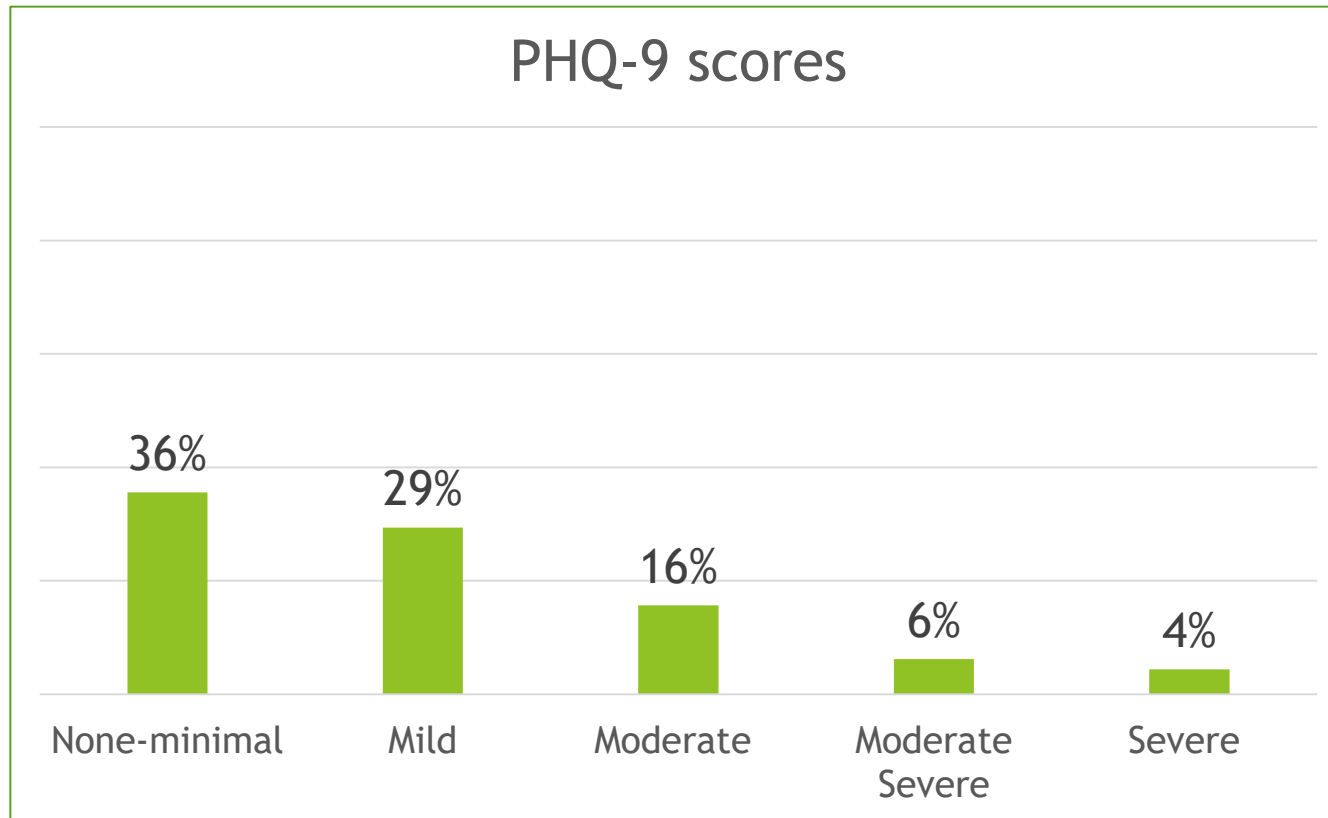
USC Healthy Minds 2016 Data- Alcohol Use

- ▶ 67% reported having used alcohol in the past 2 weeks.
- ▶ For students reporting use, 71% reported binge drinking 1 or more times in the past 2 weeks.

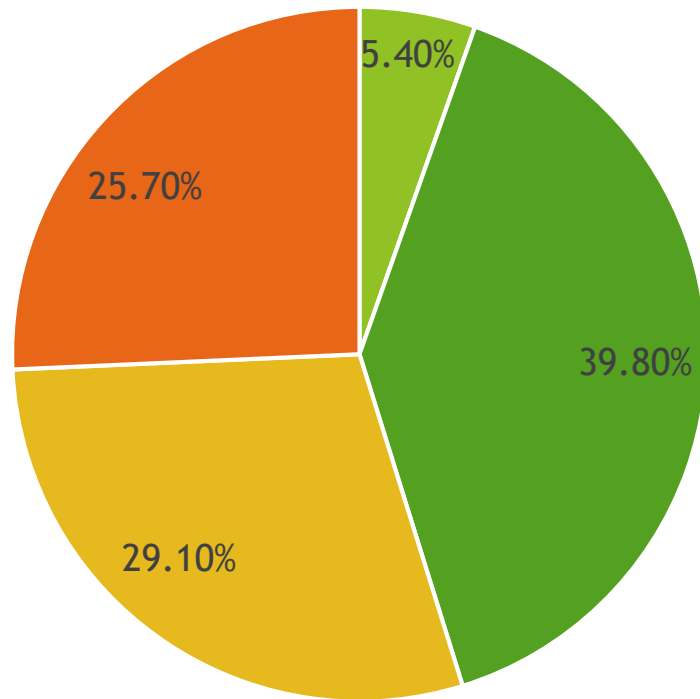
* females- 4 or more drinks; males 5 or more drinks

Healthy Minds 2016 Data

PHQ-9 Scores N=1090

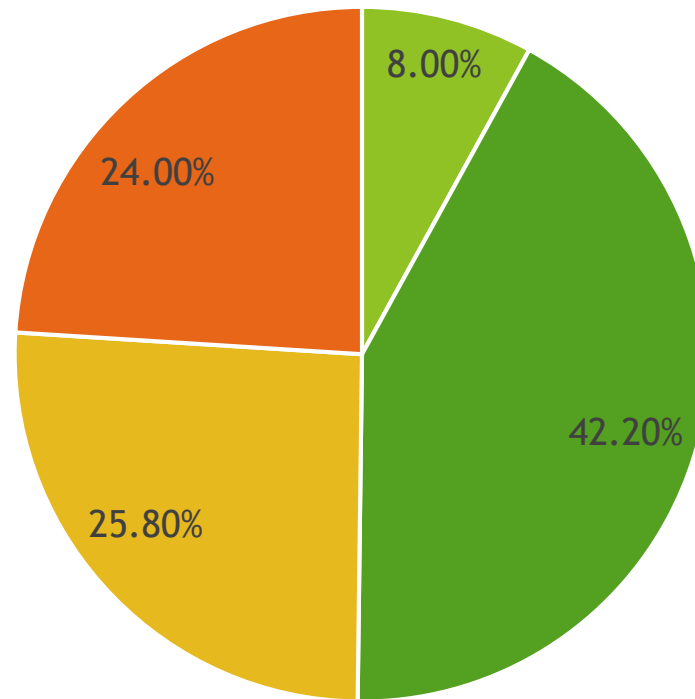


Reported drinking alcohol in the past 2 weeks & PHQ-9 Score



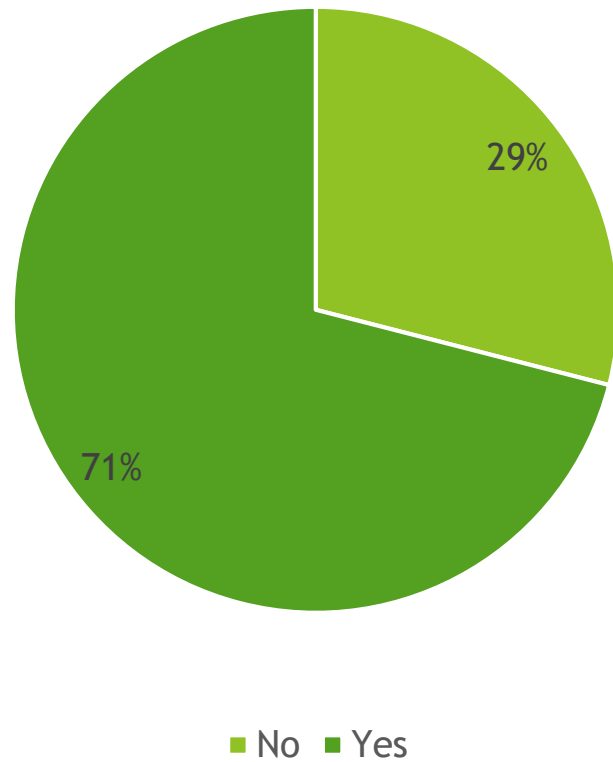
■ None ■ Mild ■ Moderate ■ Severe

Reported not drinking in the past 2 weeks & PHQ-9 score



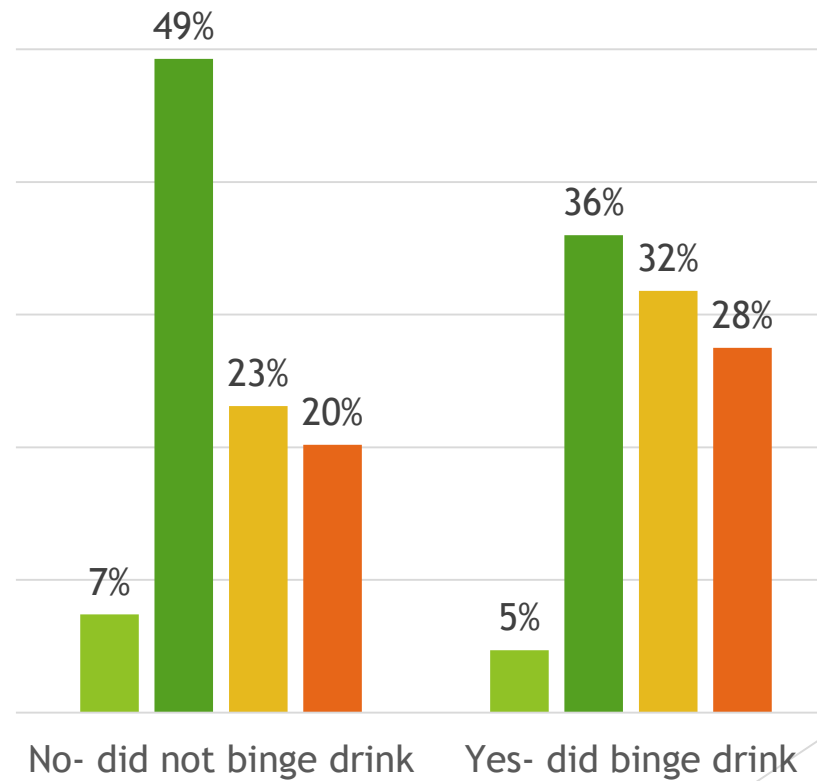
■ None ■ Mild ■ Moderate ■ Severe

Of students who reported drinking in the past 2 weeks, % who reported binge drinking.
N=697



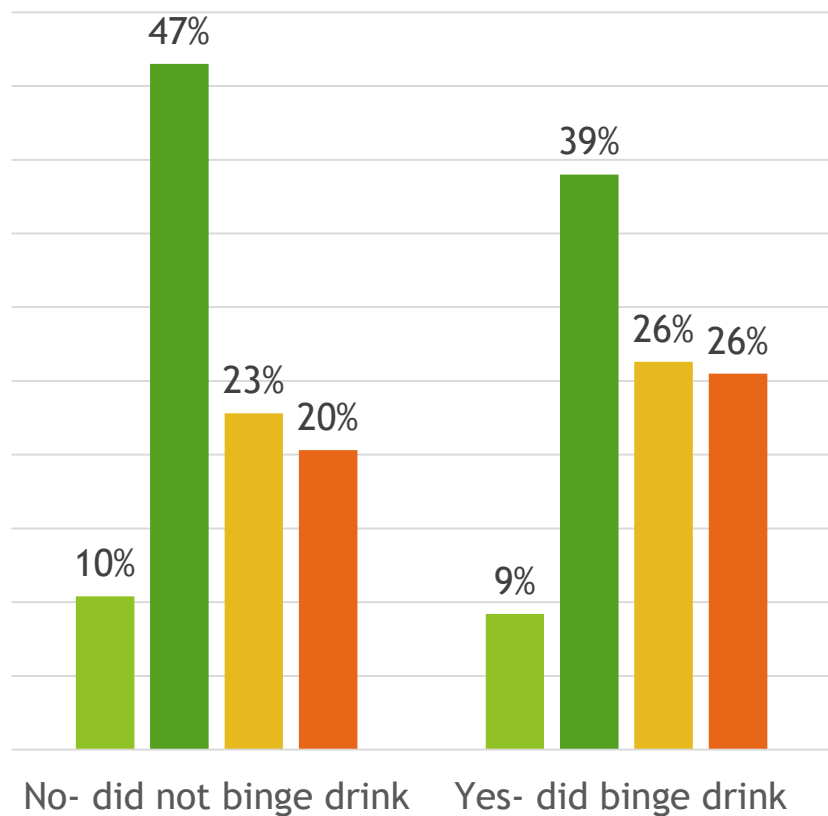
Reported binge drinking (yes/no) and PHQ-9 score.

■ None ■ Mild ■ Moderate ■ Severe



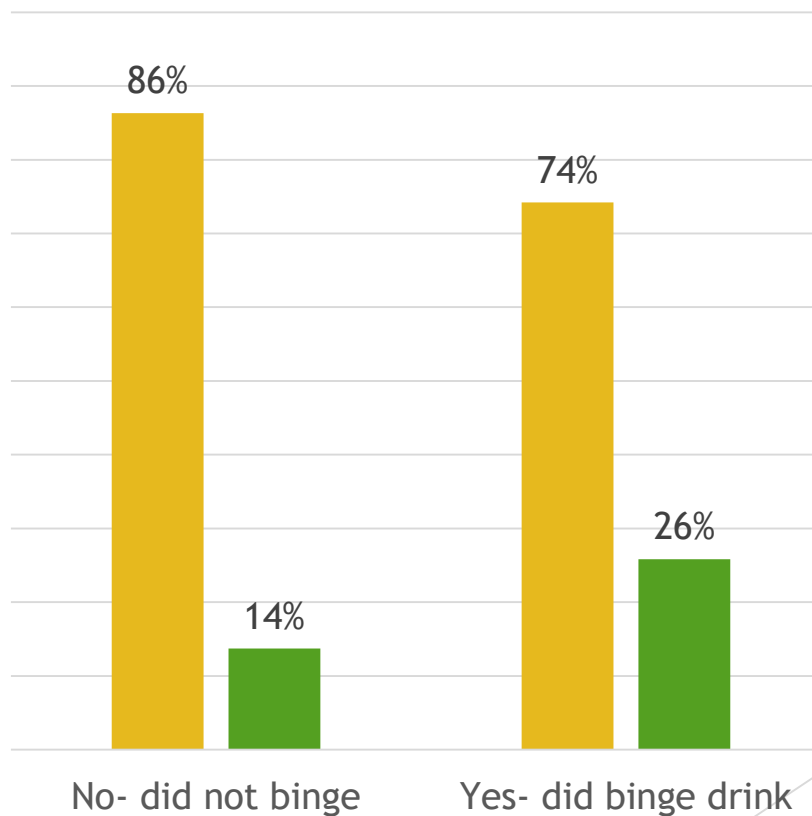
Reported binge drinking in the past 2 weeks & GAD-7 score.

■ None ■ Mild ■ Moderate ■ Severe



Reported binge drinking (yes/no) and SCOFF score.

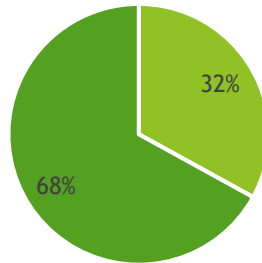
■ <1 ■ >2



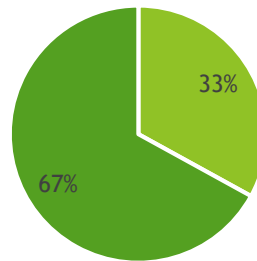
USC Healthy Minds Study

Mental Health & Alcohol Use

- ▶ 137 students reported both drinking in the past 2 weeks and having been diagnosed with depression. 68% (93) of this group reported binge drinking in the past 2 weeks.



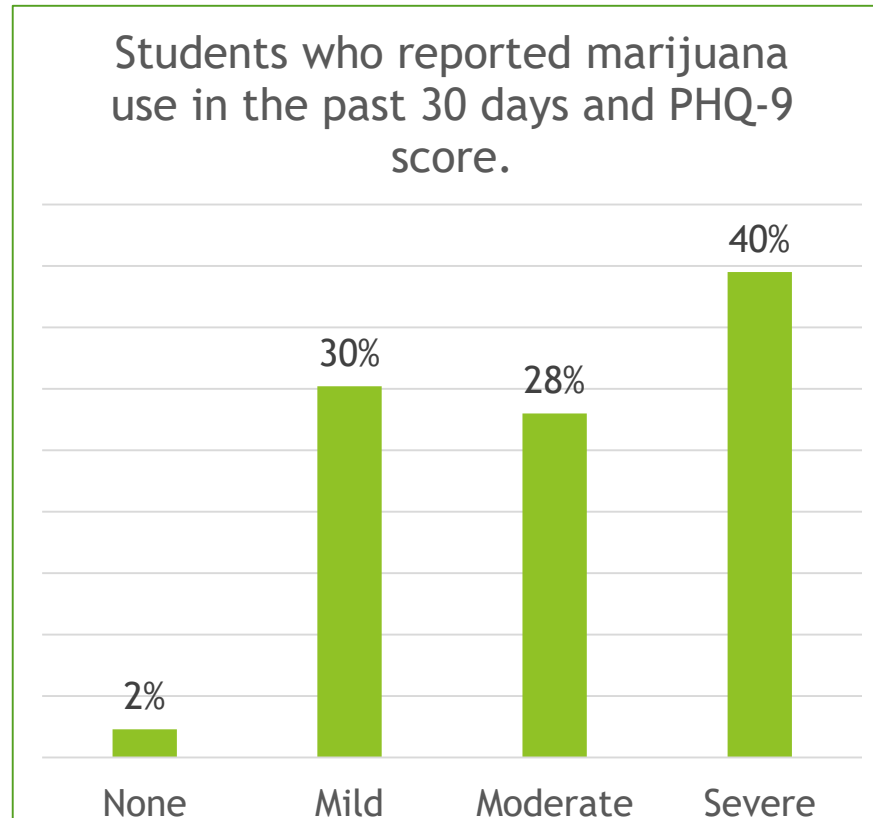
- ▶ 168 students reported both drinking in the past 2 weeks and having been diagnosed with anxiety. 67% (112) of this group reported binge drinking in the past 2 weeks.



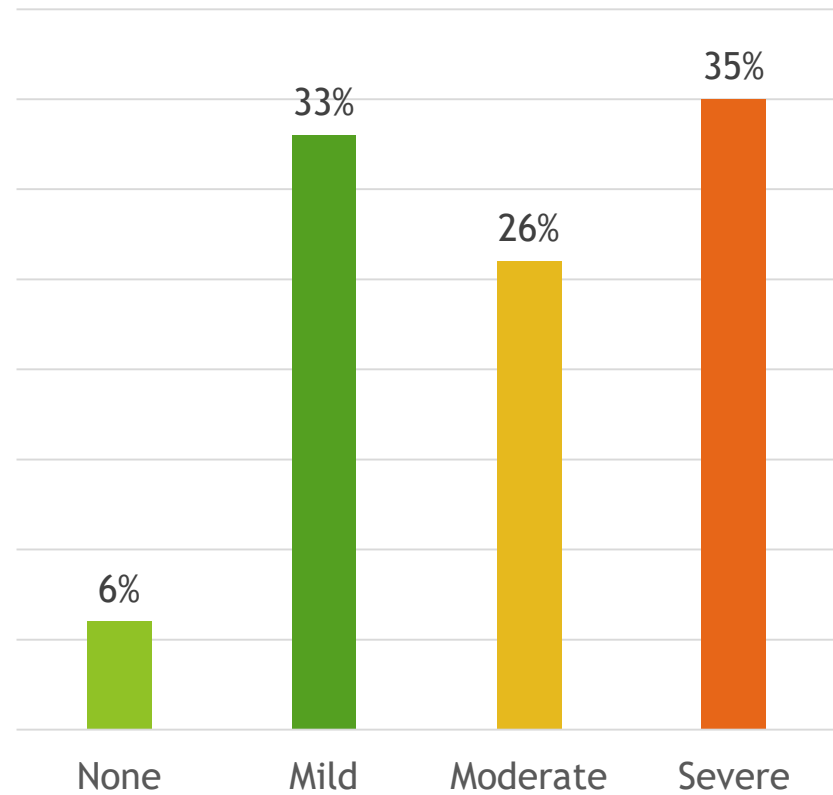
USC Healthy Minds Study

Mental Health & Marijuana Use

- ▶ 177 respondents reported having used marijuana in the past 30 days.
 - ▶ 24% of students reporting marijuana use also reported being diagnosed with depression.



Students who reported marijuana use in the past 30 days and GAD-7 score.



Students who reported marijuana use in the past 30 days and SCOFF score.

