Dr. Thomas Paskus  
Principal Research Scientist  
National Collegiate Athletic Association  
P.O. Box 6222  
Indianapolis, Indiana 46206-6222

Dear Tom:

I am pleased to inform you that the NCAA Research Review Board (RRB) conducted a full board review of, and approved, the “National Study of Substance Use Habits of College Student-athletes.”

The RRB also granted a *Waiver of Documentation of Consent* as the consent documentation would provide the only link to the specific participants in the study.

According to the RRB Standard Operating Procedures, a continuing review for this study must be scheduled within 12 months. Therefore, to ensure adherence to the protocol, please forward all required documentation to the RRB Administrator by September 15, 2017. The RRB Administrator will issue a reminder for you closer to the deadline.

Please let me know if you have any questions.

Sincerely,

Steven L. Willborn  
Chair, NCAA Research Review Board  

SLW:mm
SECTION A

PROJECT TITLE: National study of Substance Use Habits of College Student-athletes ______________________________

PRINCIPAL INVESTIGATOR NAME: Thomas Paskus, PhD. ______________________________

EMAIL: tpaskus@ncaa.org ________________________ EXTENSION: 317-917-6304 ________________________

GROUP/DEPARTMENT: NCAA Research ________________________________

CO-PRINCIPAL INVESTIGATOR NAME: ______________________________

EMAIL: __________________________________ EXTENSION: ______________________________

GROUP/DEPARTMENT: __________________________________

TODAY’S DATE: September 16, 2016 __________________ ANTICIPATED START DATE: November 1, 2016 ______________________________

(New Submission Only)

SECTION B

Dates. List the anticipated beginning and termination dates for the proposed research. A list of the projected dates of completion of major milestones in the progress of proposed research should be included. This list must include a date for submission of the final report.

BEGINNING DATE: November 1, 2016 _______ TERMINATION DATE: October 31, 2017 ______________________________

<table>
<thead>
<tr>
<th>MILESTONES</th>
<th>DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>RRB Review</td>
<td>September, 2016</td>
</tr>
<tr>
<td>Distribution to campuses</td>
<td>December, 2016</td>
</tr>
<tr>
<td>Data collection Closes</td>
<td>May, 2017</td>
</tr>
<tr>
<td>Analysis begins</td>
<td>July, 2017</td>
</tr>
<tr>
<td>Initial Publication of findings</td>
<td>November, 2017</td>
</tr>
<tr>
<td>Full report Issued</td>
<td>January, 2018</td>
</tr>
</tbody>
</table>

SECTION C

Proposal. Attach a detailed summary of the research to be undertaken; i.e., a clear statement of purpose, an indication of the practical application of the results and a statement outlining the importance of this research to the NCAA membership. Include any additional background or rationale pertinent to the request.
SECTION D

Human Subjects Certification. If this research involves the use of human subjects, certification must be provided that this project has been reviewed by the NCAA Research Review Board (RRB) for the protection of human subjects. Please refer to the RRB Standard Operating Procedures should you have questions about the terms or general procedures herein. Consult the, RRB Administrator, Chair, or Vice Chair for more detailed information.

1. Is this a ☑ NEW PROPOSAL;
   ☐ RESUBMISSION OF A PROPOSAL NOT PREVIOUSLY REVIEWED BY THE RRB;
   ☐ resubmission of a proposal PREVIOUSLY REVIEWED BY THE RRB; OR A
   ☐ submission of a MAJOR CHANGE TO AN RRB approved PROPOSAL?

2. Are human subjects involved? ☑ YES ☐ NO

   Human subjects are defined as a living individual about whom an investigator conducting research obtains (1) data through intervention or interaction with the individual, or (2) identifiable private information.

   If NO then skip to the end, sign and return the document to the NCAA Research Department.

3. Do you consider this research to involve greater than minimal risk? ☐ YES ☑ NO

   "Minimal risk" means that the probability and magnitude of harm or discomfort anticipated in the research are not greater, in and of themselves, than those ordinarily encountered in daily life or during the performance of routine psychological examinations or tests.

4. Are you requesting:
   ☐ Exempt Status? Go to Item 5.
   ☑ Full Board Review? Skip to Item 7.

5. For Exempt Status please sign this form, complete a REQUEST FOR EXEMPTION form and return both documents to the NCAA Research Department.

6. For Expedited Review please sign this form, complete a REQUEST FOR EXPEDITED REVIEW form and return both documents to the NCAA Research Department.

7. For Full-Board Review, please sign this form and return it to the NCAA Research Department.

No approval can be granted and no protocol implemented without RRB approval or determination of exemption.

PRINCIPAL INVESTIGATOR SIGNATURE:

DATE: September 26, 2016

2
Background and Purpose

This study is the ninth in a series conducted for or by the NCAA to measure the substance use patterns of NCAA college student-athletes. The initial National Study of the Substance Use and Abuse Habits of College Student-Athletes was published in 1985. That study and two subsequent replications were conducted for the NCAA by researchers at Michigan State University. The studies were again replicated in 1997 and 2001 by the NCAA research staff with the assistance of Dr. Percy Bates from the University of Michigan. The 2005, 2009 and 2013 replications were conducted by the NCAA research staff. The current 2016 study will also be administered by the NCAA research staff.

Purpose

The results of this study will provide NCAA policymakers with data related to current levels of drug and alcohol use by student-athletes, and how those levels have changed over time. These data will also provide information regarding why student-athletes do or do not use specific substances, where they obtain illegal drugs, when they started to use drugs and attitudes regarding different drugs. In addition, the data will provide insight about student-athletes' attitudes regarding drug testing. Even with minor sampling and survey administration differences, the data from 2016-2017 should be comparable with prior data as both sampling structures were designed to provide a random sample from the overall student-athlete population at NCAA member institutions.

Methods

Sampling

All active member institutions of the NCAA will be asked to participate and each institution will be sampled. This sampling plan was devised to achieve an appropriate representation of all NCAA student-athletes while minimizing burden to institutions by asking that all student-athletes on no more than three teams be surveyed on any campus. The teams surveyed will be determined by a computer-generated random draw. Schools may opt to replace teams with the assistance of NCAA research staff. Approximately 15 percent of teams within each NCAA championship sport will be asked to participate under this plan. Any institution asked to survey football would only survey that sport due to the size of the team.

Survey Administration (See attached directions)

Once institutions are identified and sports assigned, a letter will be sent to the faculty athletics representative (FAR) at each member institution. The letter asks for the FAR's cooperation in conducting the survey, and it identifies the athletics teams that institution is asked to survey. Detailed instructions for administration of the survey are provided to the FAR, including sample materials to assist with submission to the campus institutional review board. These instructions, and the instructions that are printed on the survey form, make it clear to the student-athletes that cooperation in this study is completely voluntary and that all responses will be anonymous. The FAR is instructed to give the survey to all members of a particular team on the same occasion in a
classroom type setting. The FAR is provided with a pre-addressed, pre-paid envelope in which student-athletes are to deposit surveys upon completion. Then, the last student-athlete to complete the survey is asked to seal the envelope and see that it is ready to send to Scantron Corporation. No identifying information about the student-athletes or the institution will be collected. It is intended that these procedures will reassure student-athletes that the process will be anonymous. Even with these measures to ensure anonymity, self-reported data of this kind can be problematic due to the sensitive nature of the issues. Therefore, absolute levels of use might be underestimated in a study such as this. However, broad trends in use patterns across years and among types of drugs have shown to be a valid use of these data.

**Questionnaire**

The 2016-2017 questionnaire has been slightly revised due to changes requested by the NCAA Sport Science Institute staff as well as the NCAA Competitive Safeguards and Medical Aspects of Sport (CSMAS) Committee. The questions remain largely consistent with previous studies. The list of drugs that are included in this survey were adapted and amended based on the concerns of CSMAS. In all, there are four sections to this survey. The first section provides background and demographic questions. The second section is an overview of substance use. The following section asks about performance enhancing substances and dietary supplements. The final section asks for student perspectives on drug testing. No information that could be used to identify a particular student-athlete or institution is collected by this survey.

**Analysis**

Once the surveys are received at the Scantron Corporation, the survey data will be entered into a database by Scantron. Scantron will scan the forms and forward data to the NCAA in an SPSS file. The data will then be checked for inconsistencies, and questionable data will be removed from the database. Scantron will shred the processed surveys after the NCAA has received and approved the final data. The SPSS library of statistical packages will be used to compile the descriptive statistics to be reported in this study.
DIRECTIONS FOR ADMINISTRATION OF SURVEY INSTRUMENT:
2016-17 NCAA NATIONAL STUDY OF SUBSTANCE USE HABITS
OF COLLEGE STUDENT-ATHLETES

1. The faculty athletics representative (FAR) at each NCAA member school participating in the 2016-17 study will receive via Scantron Corporation the following materials from the NCAA:

   a. Notification of approval by NCAA Research Review Board (RRB);
   b. Institutional Review Board (IRB) information sheet;
   c. Notification of the sports to be surveyed at each school (see cover memo);
   d. Copies of the survey instrument;
   e. Copies of “Addiction Treatment” information sheets;
   f. Directions for administration of survey instrument with a scripted statement for FAR; and
   g. Pre-printed packages for shipment of surveys to Scantron.

2. This study has been reviewed and approved for human subject considerations by the NCAA RRB. Individual campuses may still ask that this study be reviewed by the local IRB. It is the responsibility of the FAR on each campus to ensure that institutional policies are followed.

   The FAR will make arrangements with the athletics department to schedule a session to survey all student-athletes on teams selected for participation in the study.

   The survey should be administered by the FAR in a group setting with all members of the team present. If the FAR is being asked to survey more than one team, he/she may survey each team separately or combine the teams into one group, whichever the FAR prefers. The time, date and location of the survey administration session should be made known to all student-athletes on the team(s) being surveyed. Student-athletes should be able to complete the survey within approximately 30 minutes.

   **ALL SURVEYS SHOULD BE ADMINISTERED AND RETURNED TO SCANTRON CORPORATION BY MAY 1, 2017.**

3. Sufficient copies of the surveys should be included in each packet. Please notify Michael Miranda, associate director of research, at the NCAA (mmiranda@ncaa.org or 317/917-6304) if additional copies are needed. The FAR should not photocopy additional surveys themselves as the scanning devices will not be able to read responses on photocopied forms.

   The FAR will place the pre-printed, pre-paid return package supplied by the NCAA in a convenient location in the room where the testing is being done so that each student-athlete may place his/her completed survey directly into that package without anybody else handling the survey. **Completed surveys should not be handled by the FAR.**
4. Before administering the surveys, the FAR should obtain a contact phone number for a campus or local counseling service that will offer free or low cost counseling to any student-athlete who may wish to speak with a mental health professional. This contact information should be clearly posted in the room in which the surveys are administered. In addition, a sheet will be available with the contact information for national counseling services and websites.

5. The FAR should bring #2 pencils, or pens with blue or black ink, for the student-athletes to the survey administration. **The surveys must NOT be completed in red ink.**

6. The FAR and any assistants from his/her staff will administer the survey to the student-athletes. All staff from the athletics department (e.g., coaches) should leave the room before the survey is distributed. The FAR will read aloud to the student-athletes the attached scripted statement that details the purpose of the study and the directions for completion of the survey. Any student-athletes who are not yet 18 years of age or have not reached the age of majority in your state will be asked not to participate in the study and will be asked to leave the room.

   The FAR will explain the survey instrument to the student-athletes, describe the purpose of the national study and note that responses will not be personally identifiable once the survey is turned in. The student-athletes must be informed that participation in the study is entirely voluntary and that they are free to turn in their survey at any time during the testing procedure. Student-athletes who wish not to complete the survey in its entirety may answer only those questions they wish (if any) and return the survey to the pre-printed return package. Student-athletes should be advised that the NCAA will publish aggregate results of the survey in fall of 2017. These published results will be available for download from the NCAA website; the director of athletics’ office and the FAR will be notified when the results are available.

   The FAR will inform the student-athletes that when they have completed the survey, they should place it directly into the pre-printed return package that has been prepared for mailing the surveys back to Scantron. Neither the FAR nor any member of the athletics department should handle any student-athlete’s survey.

7. The last student-athlete present will place his/her survey form into the pre-printed return package, and will seal the package. All surveys handled by student-athletes—completed or not—should be returned directly to the return package; never to the FAR or any other campus or athletics administrator. All survey forms must be returned before the student-athletes leave the session. Students are encouraged to take the “Additional Resources” page with them. Extra surveys not administered to student-athletes can be destroyed by the FAR.

8. The FAR will send the surveys to Scantron in the pre-printed, pre-paid return package supplied by the NCAA. The return addressee should be Scantron, not the institution.

9. Questions regarding administration of the surveys should be referred to:

   Michael Miranda, NCAA associate director of research.
   317/917-6304 or mmiranda@ncaa.org

The NCAA and FARA thank you for your assistance with this important research project.
Pass out the “Addiction Treatment” information sheet and the survey instrument. Instruct the student-athletes not to begin the survey until you finish reading the following statement:

Thank you for your participation in the 2016-17 NCAA National Study of Substance Use Habits of College Student-Athletes. Your participation in this study is greatly appreciated.

If there is anyone here who is less than 18 years of age, you are excused from any further participation in this study and should leave at this time. Thank you for your time.

This is a study of the experiences and opinions of college student-athletes on substance use. You will be asked about your experiences with a variety of drugs and alcohol, and about behaviors taking place under the influence of drugs or alcohol. Your responses will be used to better formulate effective strategies for programming, education and intervention to benefit individuals involved in substance use.

Participation in this study is completely voluntary. You may choose not to answer any question, or to discontinue your participation at any time without penalty. Your voluntary completion of this survey constitutes your informed consent to participate. This survey should take approximately 30 minutes or less to complete. When you have completed the survey, please place it in the pre-printed return package located here. (Show student-athletes where the package is located.) The last person to complete the survey should seal the package to ensure that it is ready to be mailed. Do not return any surveys directly to me. All surveys, completed or not, should be put directly into the return package.

For this study to have scientific merit, it is important that you answer the questions thoughtfully and honestly. This survey asks a few questions that may seem repetitive so that all of you are answering the same number of questions regardless of whether you engage in substance use. This format is used to help maintain anonymity of anyone reporting substance use. Again, this information is being collected anonymously. We won’t ask you to identify yourself or your school. That means nobody, including the researchers, will know your identity or be able to match your response to your school. Results will only be reported in terms of national trends and trends within sports. Those results will be available on the NCAA website in fall 2017. The director of athletics and FAR will be notified by the NCAA when the national results are available.

Some of the questions in this survey may deal with some personal topics. You do not have to answer any question that you do not wish to answer. You should have been provided a resource sheet that details how to contact someone to talk to in case you should feel the need to discuss any substance use issues raised by this survey. Has anyone not received the “Addiction Treatment” sheet? (Distribute resource sheet to any student who has not yet received one.) I have also posted the contact number(s) for a local counseling center. Thank you again for your participation in this very important study. You may now begin the survey.
Dear Student:

This survey of college students is part of the 2016-2017 NCAA National Study of Substance Use Habits of College Student-Athletes. This nationwide study of college student-athletes seeks to assess your opinions and experiences with alcohol and other drugs. The results of this study will be used to develop programming and educational initiatives that will assist all of us associated with college athletics.

If this study is to be helpful, it is important that you answer each question thoughtfully and honestly. If you find a question that you feel you cannot answer honestly, we would prefer that you leave it blank. This information is being collected anonymously. We will not ask you to identify yourself or your school. That means nobody, including the NCAA or the researchers, will know your identity or be able to match your responses to your team or your school.

Results that are reported will be in terms of sport trends or national averages; an individual’s response will never be reported in isolation.

Your participation in this study is voluntary. You can omit answers to any question or discontinue your participation in the study at any time without penalty. Your voluntary completion of this questionnaire constitutes your informed consent to participate in the study.

If you have questions regarding the study or survey, or questions or concerns about how the study was carried out at your school, please contact Michael Miranda, NCAA Associate Director of Research, at 317/917-6304 or mmiranda@ncaa.org.

Thank you very much for your participation in this important national study!

**DRUG SECTION DEFINITIONS**

**Anabolic steroids** – synthetic derivatives of testosterone that promote muscle growth. Examples are andro or norandro products, bodenone, DHEA, dianabol, epi-trenbolone, methasterone, stanozolol.

**Dietary Supplements** – an over-the-counter product (not food) intended to supplement the diet, that contains herbs, botanicals or other dietary ingredient marketed as a means to improve nutrition, health or performance.

**Marijuana** – THC, tetrahydrocannabinol, the primary psychoactive agent in marijuana. Marijuana may be ingested in various forms, including smoked, or via “edibles”, or vaporized through THC oil or wax.

**Narcotics** – Pain relievers derived from opium and its synthetic substitutes. Examples are codeine, morphine, oxycodone, Percocet, Vicodin.

**Stimulants** – Drugs that stimulate the central nervous system. Examples are amphetamine, benzedrine, cocaine, dexadrine, ecstasy, ephedrine, methamphetamine, methylphenidate.

**Synthetic cannabis**, also inaccurately called “synthetic marijuana” – plant-based products that have been treated with artificial psychoactive compounds. Examples are K2, Spice.
INSTRUCTIONS

Read each question carefully. For most questions, you are asked to mark only one answer. If more than one answer is required, you will be asked to “mark all that apply” or be given other instructions. Please reference the “DRUG SECTION DEFINITIONS” on page 1 for definitions of the substances listed.

Do not write your name or your school’s name on the survey form.

When you are finished, place your completed survey in the envelope provided for collection. This survey will take approximately 15 – 25 minutes to complete. If you have any questions, please ask the faculty member who distributed the survey.

Mark the oval that indicates your answer. Please stay within the oval and do not mark spaces between the ovals. Please use only pencil or black ink.

Example: Correct mark Incorrect marks

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

SECTION I: Institutional and Background Information

1. Are you playing on men’s or women’s team(s)? (Mark ONE)
   - Men’s
   - Women’s

2. In what NCAA division does your team compete? (Mark ONE)
   - Division I
   - Division II
   - Division III

3. The main NCAA sport you play: (Mark ONE)
   - Baseball
   - Basketball
   - Bowling
   - Cross Country
   - Fencing
   - Field Hockey
   - Football
   - Golf
   - Gymnastics
   - Ice Hockey
   - Lacrosse
   - Rifle
   - Rowing
   - Skiing
   - Soccer
   - Softball
   - Swimming/Diving
   - Tennis
   - Track (indoor or outdoor)
   - Volleyball (indoor or beach)
   - Water Polo
   - Wrestling

4. What is your current academic standing? (Mark ONE)
   - Freshman
   - Sophomore
   - Junior
   - Senior
   - Graduate student

5. How do you describe yourself? (Select all that apply)
   - American Indian or Alaskan Native
   - Asian or Asian American
   - Black or African American
   - Hispanic or Latino
   - Native Hawaiian or Pacific Islander
   - White
   - Multiracial
   - Other

6. What is your current age? (Mark ONE)
   - 18-20
   - 21 or older

7. Are you a transfer student? (Mark ONE)
   - No
   - Yes, from a 2-year college
   - Yes, from another 4-year NCAA college
   - Yes, from a 4-year non-NCAA college

8. Did you receive education regarding NCAA banned drugs and supplements before you began participating in your sport at your current school?
   - No
   - Yes
**SECTION II: Substance Use Experience**

14. How often have you used or do you currently use tobacco (or other nicotine products) by the following methods? (Mark ONE for each product)

<table>
<thead>
<tr>
<th>Method</th>
<th>Never used</th>
<th>In the last year</th>
<th>Weekly</th>
<th>Monthly</th>
<th>Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigarettes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cigars</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>E-cigarettes</td>
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<tr>
<td>Hookah</td>
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<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Spit tobacco</td>
<td></td>
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</tr>
</tbody>
</table>

15. How often have you used or do you currently use marijuana by the following methods? (Mark ONE for each substance)

<table>
<thead>
<tr>
<th>Method</th>
<th>Used, but not in the last year</th>
<th>Used, but not in the last year</th>
<th>In the last year</th>
<th>In the last year</th>
<th>Never used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inhale (e.g., smoke, vape, dab)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Ingest (e.g., edibles, oils, tinctures)</td>
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<td></td>
</tr>
<tr>
<td>Apply to skin (e.g., cannabis-infused lotions)</td>
<td></td>
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<td></td>
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</tr>
<tr>
<td>Use synthetic “marijuana” (e.g., K2, Spice, etc.)</td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

16. Please indicate the reasons you have used marijuana within the last year: (Mark ALL that apply)

<table>
<thead>
<tr>
<th>Reason</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have not used marijuana within the last year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social use</td>
<td></td>
<td></td>
</tr>
<tr>
<td>To aid sleep</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anxiety or depression</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pain management</td>
<td></td>
<td></td>
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<tr>
<td>Other</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

17. At the start of this school year, what were the marijuana laws in your college’s state? (Mark ONE)

<table>
<thead>
<tr>
<th>Law</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marijuana was legal for recreational and medical use</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marijuana was legal for medical use only</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marijuana use was not legal in this state</td>
<td></td>
<td></td>
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<tr>
<td>I don’t know</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
18. How often have you used or do you currently use the following substances? (Mark ONE for each substance)

<table>
<thead>
<tr>
<th>Substance</th>
<th>Never used</th>
<th>Before High School</th>
<th>High School</th>
<th>College</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LSD</td>
<td></td>
<td></td>
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<tr>
<td>Methamphetamine</td>
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<tr>
<td>Heroin</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Amphetamines</td>
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<td></td>
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</tr>
<tr>
<td>Cocaine</td>
<td></td>
<td></td>
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<tr>
<td>Ecstasy / Molly</td>
<td></td>
<td></td>
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<tr>
<td>Anabolic steroids (e.g., testosterone)</td>
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<tr>
<td>Human growth hormone (HGH)</td>
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<tr>
<td>Nonsteroidal anti-inflammatory drugs (e.g., ibuprofen, naproxen, aspirin, etc.)</td>
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<tr>
<td>Injectable Toradol (ketorolac)</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Tylenol or acetaminophen</td>
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<tr>
<td>ADHD stimulants (e.g., Adderall, Ritalin, Concerta, Vyvanse, etc.)</td>
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<tr>
<td>Narcotic pain medication (e.g., Vicodin, Oxycontin, Percocet, Dilaudid, Morphine, Tylenol with Codeine, etc.)</td>
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</tr>
<tr>
<td>Ultracept, Ultram or Tramadol</td>
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</tr>
</tbody>
</table>

19. When did you first use the following substances? (Mark ONE for each substance)

<table>
<thead>
<tr>
<th>Substance</th>
<th>Never used</th>
<th>Before High School</th>
<th>High School</th>
<th>College</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cigarettes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>E-cigarettes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spit tobacco</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marijuana</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Synthetic marijuana</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LSD</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Methamphetamine</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heroin</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amphetamines</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cocaine</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ecstasy / Molly</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anabolic steroids (e.g., testosterone)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Human Growth Hormone (HGH)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ADHD stimulants (e.g., Adderall, Ritalin, Concerta, Vyvanse, etc.)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Narcotic pain medication (e.g., Vicodin, Oxycontin, Percocet, Dilaudid, Morphine or Tylenol with Codeine, etc.)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

20. Within the last year, when have you used the following substances in relation to your competitive season? (Mark ONE for each substance)

<table>
<thead>
<tr>
<th>Substance</th>
<th>Not used in the last year</th>
<th>Only during the off season and competitive season</th>
<th>During BOTH the off season and competitive season</th>
<th>Only during the competitive season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cigarettes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>E-cigarettes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spit tobacco</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marijuana</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Synthetic marijuana</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LSD</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Methamphetamine</td>
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<td></td>
<td></td>
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</tr>
<tr>
<td>Heroin</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amphetamines</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cocaine</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ecstasy / Molly</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

21. Within the last year, have you used the following substances specifically to prepare for a practice or competition? (Mark ONE for each substance)

<table>
<thead>
<tr>
<th>Substance</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spit Tobacco</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marijuana</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amphetamines</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cocaine</td>
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<td></td>
</tr>
<tr>
<td>Anabolic steroids (e.g., testosterone)</td>
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<tr>
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<td></td>
<td></td>
</tr>
<tr>
<td>Narcotic pain medication (e.g., Vicodin, Oxycontin, Percocet, Dilaudid, Morphine or Tylenol with Codeine, etc.)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
22. Please indicate why you have **never used** or have **stopped** using the following substances: (Mark ALL that apply for each substance)

<table>
<thead>
<tr>
<th>Reason</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fear of getting drug tested</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Afraid of becoming addicted</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hurt personal relationships</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hurt my academic performance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hurt my athletic performance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No desire to experience the effects</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Against my beliefs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Concerned about what it might do to my health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I still use the substance</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Alcohol...........................................  
Cigarettes ......................................  
E-cigarettes....................................  
Spit tobacco...................................  
Marijuana.......................................  
Other illicit drugs (e.g., LSD, Heroin, Cocaine, etc.) ..................  
Performance enhancing drugs....

23. If you drink alcohol, typically how many drinks do you have in one sitting? (Mark ONE)

- [ ] I do not drink alcohol
- [ ] 1
- [ ] 2
- [ ] 3
- [ ] 4
- [ ] 5
- [ ] 6
- [ ] 7
- [ ] 8
- [ ] 9
- [ ] 10+

One drink=  
One 12 oz. beer  
One 4 oz. glass of wine  
One 12 oz. wine cooler  
One mixed drink (w/ 1 shot)  
One shot glass of liquor

24. On average, how many times per week do you drink more than 5 drinks in one sitting (if you are a male), or more than 4 drinks in one sitting (if you are a female)? (Mark ONE)

- [ ] I do not drink alcohol
- [ ] 1 day a week
- [ ] 2 days a week
- [ ] 3-4 days a week
- [ ] 5-6 days a week
- [ ] Every day

25. Within the last year, have you experienced any of the following as a consequence of drinking alcohol? (Mark ONE for each experience)

<table>
<thead>
<tr>
<th>Consequence</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Experienced interrupted sleep or sleep loss</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had a hangover</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Performed poorly on a test or important project</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Missed a class</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Showed up late or missed practice or a game</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Performed poorly in practice or game</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physically injured yourself</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Got into an argument/fight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Forgot where you were or what you did</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Done something you later regretted</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Been criticized by someone you know</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thought you might have a drinking or other drug problem</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had feelings of depression, feeling sad for two weeks or longer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tried unsuccessfully to stop drinking</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Damaged property, pulled fire alarm, etc.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Been in trouble with the police or other college authorities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drove a car while under the influence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rode in a car with a driver who was under the influence</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Had unprotected sex</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

26. Within the last year, under what conditions have you taken the following medications? (Mark ALL that apply)

- [ ] ADHD stimulants (Adderall, Ritalin, Concerta or Vyvanse) **without** a prescription
- [ ] ADHD stimulants (Adderall, Ritalin, Concerta or Vyvanse) **with** a prescription
- [ ] Narcotic pain medication (e.g., Vicodin, Oxycontin, Percocet, Dilaudid, Morphine or Tylenol with Codeine, etc.) **without** a prescription
- [ ] Narcotic pain medication (e.g., Vicodin, Oxycontin, Percocet, Dilaudid, Morphine or Tylenol with Codeine, etc.) **with** a prescription
- [ ] I have not taken any of the medications listed
27. Within the last year, have you taken any of the following medications outside of their intended use, taking a dosage different from or taking it longer than what was prescribed or recommended? (Mark ALL that apply)
   - Ibuprofen, naproxen, aspirin or other nonsteroidal anti-inflammatory drugs
   - Tylenol or acetaminophen
   - Adderall, Ritalin, Concerta or Vyvanse
   - Vicodin, Oxycontin, Percocet, Dilaudid, Morphine or Tylenol with Codeine
   - Ultracet, Ultram or Tramadol
   - Injectable Toradol or Ketorolac
   - I have not used pain management medications beyond their intended use within the last year

SECTION III: Performance Enhancers and Dietary supplements

28. Within the last year, have you taken any of the following performance enhancers? (Mark ALL that apply)
   - Andro or norandro
   - Hydroxy methylbutyrate (HMB)
   - Clenbuterol
   - Dehydroepiandrosterone (DHEA)
   - Epitestosterone
   - Erythropoietin (EPO)
   - Gamma hydroxbutyrate (GHB)
   - Human chorionic gonadotrophin (HCG)
   - Human growth hormone (HGH) – Injected form
   - Human growth hormone (HGH) – Oral form
   - Insulin
   - Prohormones
   - Testosterone boosters
   - Other anabolic agents
   - I have not taken any of the items listed

29. Within the last year, have you taken any of the following? (Mark ALL that apply)
   - General multivitamin
   - Multivitamin and mineral with other additives (e.g., caffeine, probiotics, herbal ingredients, etc.)
   - Calcium
   - Iron
   - Probiotic
   - Fish oil
   - Glucosamine and/or chondroitin
   - Amino acids (e.g., BCAAs, L-arginine, L-carnitine, beta-Alanine, etc.)
   - Protein products (e.g., whey, casein, soy, etc.)
   - Creatine
   - Energy drinks (e.g., Red Bull, Monster, 5-Hour Energy, etc.)
   - Pre-workout products
   - Brain/memory enhancer (i.e., nootropics)
   - Diuretics (e.g., water pills)
   - Prescription sleep aid (e.g., Ambien, Xanax, Ativan)
   - Non-prescription sleep aid (e.g., Benadryl, diphenhydramine, melatonin)
   - Herbal supplements (e.g., turmeric, milk thistle, Echinacea, fenugreek, garcinia cambogia, etc.)
   - Weight gain products
   - Thermogenic/fat burners/weight loss products
   - I have not taken any of the items listed

SECTION IV: Drug Testing Beliefs

30. There has been a lot of discussion about whether athletes should be tested for use. Please indicate your level of agreement with the following statements: (Mark ONE for each line)
   - If I use banned substances in the next year, I am likely to get caught ............
   - All college athletes should be tested for performance enhancing drugs (e.g., steroids) by their school ............
   - All college athletes should be tested for marijuana by their school ............
   - All college athletes should be tested for performance enhancing drugs (e.g., steroids) by the NCAA ............
   - All college athletes should be tested for marijuana by the NCAA ............
   - Drug testing by individual colleges has deterred college athletes from using drugs ............
   - Drug testing by the NCAA has deterred college athlete from using drugs ............
   - Imposing team penalties (such as disqualification of the team when a member tests positive for banned drugs) would be fair and appropriate ............
   - I have not taken any of the items listed
THANK YOU!

This completes the questionnaire. Thank you for your participation in this study. To ensure your anonymity, please put your completed questionnaire in the collection envelope.
NATIONAL RESOURCES FOR SERVICES REGARDING ISSUES ADDRESSED IN THIS SURVEY

Alcohol and Other Drugs:
SAMHSA Center for Substance Abuse Treatment
http://findtreatment.samhsa.gov/
1-800-662-HELP (4357), 1-800-487-4889 (TTY)

National Institute on Alcohol Abuse and Alcoholism
https://www.niaaa.nih.gov/alcohol-health

Mental Health:

National Suicide Prevention Lifeline
www.suicidepreventionlifeline.org/
1-800-273-TALK (8255)

Mental Health Services Guide
https://www.mentalhealth.gov/

Support for Sport
(mental health referral for student-athletes)
http://supportforsport.org

Relationship/Sexual Violence
https://www.notalone.gov

NCAA Contact Information:
If you have questions regarding the study or survey, or questions or concerns about how the study was carried out, please contact Michael Miranda, NCAA Associate Director of Research, at 317/917-6304 or mmiranda@ncaa.org.

For support on campus visit your local student health services office.