2012 - 2013
NCAA
NATIONAL
STUDY OF
SUBSTANCE
USE HABITS OF
COLLEGE
STUDENT-
ATHLETES

Sponsored by: The National Collegiate Athletic Association
Indianapolis, Indiana
Dear Student:

This survey of college students is part of the 2012-2013 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 are under the age of 18 you are excused from participation in this survey.

If you have questions regarding the study or survey, please contact Nicole Bracken, study coordinator, at 317/917-6328 or nmbracken@ncaa.org. For questions or concerns about how the study was carried out at your school, please contact Michael Miranda, research review board coordinator, at 317/917-6304 or mmiranda@ncaa.org.

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

GLOSSARY OF TERMS

**Alcohol**: a nervous system depressant. Examples: beer, wine, malt liquor, distilled spirits.

**Amphetamines**: any of a group of drugs that stimulate the nervous system. Examples: Adderall, Benzedrine, Dextadrine, Ecstasy, Methamphetamine, Preludin, Ritalin. Also called: Speed, Dexies, Uppers, Black Beauties, Bennies, Stackers, Yellow Jackets, Mini-THins.

**Anabolic Steroids**: any of a group of testosterone or its synthetic derivatives. Examples: Anavar, Andro or Norandro products, Boldenone, DHEA, Dianabol (D-bol), Nandrolone, Stanolozol, Testosterone.

**Bath Salts**: synthetic stimulants which contain various amphetamine-like chemicals.

**Cigarettes**: a slender roll of cut tobacco enclosed in paper and meant to be smoked and does not include cigars, pipes, or flavored tobacco.

**Cocaine**: a stimulant obtained from coca leaves that is used illicitly for its euphoric effects.

**Ephedrine**: a stimulant usually used as a bronchodilator and decongestant. Examples: ephedra, ma huang.

**Marijuana**: the dried leaves and flowering tops of the pistillate hemp plant that yield tetrahydrocannabinol (THC). Examples: hashish, cannabis.

**Narcotics**: a drug that in moderate doses dulls senses, relieves pain and induces profound sleep, but in excessive doses causes stupor, coma or convulsions. Examples: codeine, heroin, morphine, opium, oxycodone, percoset, tylenol with codeine, vicodin.

**Nutritional/dietary supplements**: herbs, botanicals or any ingredient or product intended to supplement the diet. Examples: amino acids, creatine, chromium, protein powder, nitric oxide, energy drinks, multivitamin and mineral.

**Spit tobacco**: products derived from tobacco plants that are absorbed through mucous membranes which continue the stimulant nicotine. Examples: Copenhagen, Skoal, Red Man.

**Synthetic Cannabinoid**: is a psychoactive herbal and chemical product that, when consumed, allegedly mimics the effects of cannabis. For purposes of this study, this substance will be referred to as synthetic marijuana. Examples: 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 “GLOSSARY OF TERMS” 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 circle that indicates your answer. Please stay within the circle and do not mark spaces between the circles. Please use only pencil or black ink.

Example: Correct mark Incorrect marks

SECTION 1: Institutional and Background Information

The following demographic information is collected to allow for the analysis of national trends by sex, year in school, sport and so on. Such information has proven valuable for NCAA policymakers in previous years.

1. What is your sex? (Mark ONE)
   - Female
   - Male

2. What is your current age? (Mark ONE)
   - 18-20
   - 21-23
   - 24+

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

4. How do you describe yourself? (Mark ALL that apply)
   - American Indian or Alaskan Native
   - Asian
   - Black or African American
   - Hispanic or Latino
   - Native Hawaiian or Pacific Islander
   - White
   - Other

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

6. Sport (Mark ONE)
   - Baseball
   - Basketball
   - Cross country
   - Field hockey
   - Football
   - Golf
   - Gymnastics
   - Ice hockey
   - Lacrosse
   - Rowing
   - Soccer
   - Softball
   - Swimming/diving
   - Tennis
   - Track and field - indoor and/or outdoor
   - Volleyball
   - Wrestling

7. Which of the following best describes your current overall grade-point average on a 4.0 scale? (Mark ONE)
   - A (3.84-4.00)
   - A- (3.50-3.83)
   - B+ (3.37-3.49)
   - B (2.84-3.16)
   - B- (2.50-2.83)
   - C+ (2.17-2.49)
   - C (1.84-2.16)
   - C- (1.50-1.83)
   - D or below (< 1.50)
   - I have not yet received any grades

8. With whom do you currently live during the school year? (Mark ONE)
   - I live alone
   - With parents, family or a significant other
   - With teammates or other student-athletes only
   - With a mix of student-athletes and others
   - Only with other students who are not athletes
   - Only with others who are not students at this school

9. Where do you currently live during the school year? (Mark ONE)
   - Residence hall or other campus housing
   - Fraternity/sorority house
   - Off campus apartment/house
<table>
<thead>
<tr>
<th>Alcohol</th>
<th>Amphetamines</th>
<th>Anabolic steroids</th>
<th>&quot;Bath salts&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

12. Within the last 12 months, about how often have you used the following substances? (Mark ONE for each substance)

<table>
<thead>
<tr>
<th>Alcohol</th>
<th>Amphetamines</th>
<th>Anabolic steroids</th>
<th>&quot;Bath salts&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

13. Please indicate the MAIN REASON you used(d) the following substances: (Mark ONE for each substance)

<table>
<thead>
<tr>
<th>Alcohol</th>
<th>Amphetamines</th>
<th>Anabolic steroids</th>
<th>&quot;Bath salts&quot;</th>
</tr>
</thead>
<tbody>
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<td></td>
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</table>

14. Please indicate when you used(d) the following substances in relation to practice and/or competition: (Mark ONE for each substance)

<table>
<thead>
<tr>
<th>Alcohol</th>
<th>Amphetamines</th>
<th>Anabolic steroids</th>
<th>&quot;Bath salts&quot;</th>
</tr>
</thead>
<tbody>
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</table>

15. Please indicate when you used(d) the following substances in relation to your competitive season: (Mark ONE for each substance)

<table>
<thead>
<tr>
<th>Alcohol</th>
<th>Amphetamines</th>
<th>Anabolic steroids</th>
<th>&quot;Bath salts&quot;</th>
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<tbody>
<tr>
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<td></td>
</tr>
</tbody>
</table>

SECTION 2: Substance Use Experience
16. Please indicate how often you have experienced the following while drinking during the last 12 months: (Mark ONE for each substance)

- Had a hangover
- Got nauseated or vomited
- Performed poorly on a test or important project
- Missed a class
- Showed up late or missed practice or game
- Performed poorly in practice or game
- Been hurt or injured
- Got into an argument/fight
- Had a memory loss
- Done something I later regretted
- Been criticized by someone I know
- Thought I might have a drinking or other drug problem
- Had feelings of depression, feeling sad for two weeks or longer
- Tried unsuccessfully to stop drinking
- Damaged property, pulled fire alarm, etc.
- Been in trouble with police or other college authorities
- Drove a car while under the influence
- Been arrested for DWI/DUI

18. Mark the MAIN REASON why you have never used or have stopped using the following substances: (Mark ONE for each substance)

- Concerned about what it might do to my health
- No desire to use
- Afraid of the consequences of using
drug-experienced friends
- Felt I needed to use drug to get high or to feel good
- Alcohol
- Amphetamines
- Anabolic steroids
- "Bath salts"
- Cigarettes
- Cocaine
- Ephedrine
- Marijuana
- Spit tobacco
- Synthetic marijuana

SECTION 3:
Substance Information and Sources

19. What are your sources of information about each of the following: (Mark ONE for each substance)

- Amphetamines
- Anabolic steroids
- "Bath salts"
- Cocaine
- Dietary supplements
- Ephedrine
- Marijuana
- Synthetic marijuana
- Narcotic pain medication
- ADHD medication
20. Where do (did) you get the following substances: (Mark ONE for each substance)
   - Amphetamines
   - Anabolic steroids
   - “Bath salts”
   - Cocaine
   - Dietary supplements
   - Ephedrine
   - Marijuana
   - Synthetic marijuana
   - Narcotic pain medication
   - ADHD medication

SECTION 4:
Prescription Drugs and Dietary Supplements

21. Within the last 12 months, have you taken any attention deficit-hyperactivity disorder (ADHD) medications with or without a prescription? (Mark ALL that apply)
   - I have not taken attention deficit-hyperactivity disorder (ADHD) medications
   - I have taken Adderall OR Ritalin with a prescription
   - I have taken Adderall OR Ritalin without a prescription
   - I have taken OTHER attention deficit-hyperactivity disorder (ADHD) medications

22. Within the last 12 months, have you taken any of these asthma medications with or without a prescription? (Mark ALL that apply)
   - I have not taken asthma medications
   - I have taken Albuterol (e.g. Proair, Proventil) with a prescription
   - I have taken Albuterol (e.g. Proair, Proventil) without a prescription
   - I have taken OTHER prescription asthma medications

23. Within the last 12 months, have you taken any of these pain management medications with or without a prescription? (Mark ALL that apply)
   - I have not taken pain management medications
   - I have taken Tylenol with Codeine, Vicodin, Oxycontin OR Percocet with a prescription
   - I have taken Tylenol with Codeine, Vicodin, Oxycontin OR Percocet without a prescription
   - I have taken OTHER prescription pain management medications

24. Have you continued use of pain management medications beyond their intended use? (Mark ONE)
   - I have never used pain management medications
   - Yes
   - No

25. For what purpose have you continued use of pain management medications beyond their intended use? (Mark ALL that apply)
   - I have not taken these medications beyond their intended use
   - Recreation
   - Sports injury
   - Injury outside of sports
   - Surgery due to athletics injury
   - Surgery due to non-athletics injury
   - Other

26. Which of the following performance enhancers have you taken while in college? (Mark ALL that apply)
   - I have not taken any of the items listed below
   - Andro or nandro product
   - Beta-methyl butyrate (HMB)
   - Clenbuterol
   - Dehydroepiandrosterone (DHEA)
   - Epitestosterone
   - Erythropoietin (EPO)
   - Gamma hydroxybutyrate (GHB)
   - Human chorionic gonadotrophin (HCG)
   - Human growth hormone (HGH) - Injected form
   - Human growth hormone (HGH) - Oral form
   - Insulin
   - Testosterone
   - Testosterone boosters

27. Which of the following dietary supplements have you taken while in college? (Mark ALL that apply)
   - I have not taken any of the items listed below
   - Amino acids
   - Chromium
   - Creatine
   - Glucosamine
   - General multivitamin
   - Multivitamin with caffeine
   - Multivitamin and mineral with other additives

28. Which of the following have you taken while in college? (Mark ALL that apply)
   - I have not taken any of the items listed below
   - Diuretics (e.g. water pills)
   - Energy boosters (e.g. energy drinks/shots)
   - Protein products
   - Sleep aid (e.g. Ambien)
   - Weight gain products
   - Weight loss products
SECTION 5: Drug Testing

29. Have YOU ever been drug tested by any of the following: (Mark ONE for each line)
   - Your college’s drug testing program
   - The NCAA
   - A national or international sports governing body

30. To your knowledge, have other members of YOUR TEAM been drug tested by any of the following: (Mark ONE for each line)
   - Your college’s drug testing program
   - The NCAA
   - A national or international sports governing body

31. There has been a lot of discussion about whether athletes should be tested for drug use. Please indicate your level of agreement with the following statements: (Mark ONE for each line)
   - All professional athletes should be tested
   - All Olympic athletes should be tested
   - All college athletes should be tested by their school
   - All college athletes should be tested by the NCAA
   - Drug testing by individual colleges has deterred college athletes from using drugs
   - Drug testing by the NCAA has deterred college athletes 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

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.