

**NCAA Study of Substance Use Habits of
College Student-Athletes**

Questionnaire Cumulative Results

Presented to:

**The National Collegiate Athletic Association
Committee on Competitive Safeguards and
Medical Aspects of Sports**

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by:

The NCAA Research Staff

STUDENT-ATHLETE QUESTIONNAIRE

This questionnaire is part of a nationwide study of college student-athletes. The questions ask about your opinions and experiences with alcohol and other drugs.

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. **All your answers will be kept strictly confidential and anonymous.** Only the researchers will see the completed questionnaires. Also, only national questionnaire results will be reported -- no individual athlete, team, or school results. **It will be impossible for anyone to identify your answers.**

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.

Be sure to read the instructions carefully before you begin. If you have any questions, ask the individual administering the survey. Thank you for your help in this important national study.

SECTION 1 – Institutional and Background Information

The following section of questions asks for information about your college athletic and academic career.

1. What is your school's NCAA Division?
 33.8 I-A 22.4 II
 6.6 I-AA 33.5 III
 3.7 I-AAA

2. What year of eligibility are you in? **(Mark one)**
 36.9 First year 13.8 Fourth year
 25.4 Second year 2.6 Fifth year
 21.3 Third year

3. On a 4.0 grading scale what is your overall college grade point average? **(Mark one)**
 58.0 3.0-4.0
 40.5 2.0-2.9
 1.3 1.0-1.9
 0.1 0-0.9

(If you are a freshman, what was your overall high school grade point average?) _____

4. In which sports do you participate? **(Check all that apply)**

<u>Men</u>	<u>Women</u>
11.3 Baseball	6.8 Basketball
6.5 Basketball	0.0 Bowling
2.9 Cross Country	3.5 Cross Country
0.1 Fencing	0.0 Fencing
19.0 Football	1.7 Field Hockey
2.1 Golf	1.3 Golf
0.0 Gymnastics	0.5 Gymnastics
1.7 Ice Hockey	0.2 Ice Hockey
2.3 Lacrosse	2.3 Lacrosse
0.0 Rifle	0.0 Rowing
0.0 Skiing	0.1 Skiing
6.2 Soccer	6.4 Soccer
2.0 Swimming/Diving	5.1 Softball
1.9 Tennis	3.4 Swimming/Diving
4.6 Track and field, Indoor	2.6 Tennis
5.1 Track and field, Outdoor	5.5 Track and field, Indoor
0.1 Volleyball	5.9 Track and field, Outdoor
0.2 Water Polo	4.3 Volleyball
3.0 Wrestling	0.0 Water Polo

The following questions ask background information about you. We are asking these questions so that we can better compare college athletes to other college students.

1. How old are you? _____ years
 0.1 17 18.0 21 0.7 Not answered or answer out of range
 22.5 18 7.7 22
 26.1 19 1.9 23
 21.9 20 1.0 24 or above

2. What is your gender? **(Mark one)** 38.7 Female 61.3 Male

3. What is your ethnicity? **(Mark one)**
- | | | | |
|------|--------------------------------|------|---------------------|
| 0.8 | American Indian/Alaskan Native | 4.0 | Hispanic |
| 2.0 | Asian/Pacific Islander | 75.6 | White, Non-Hispanic |
| 14.3 | Black, Non-Hispanic | 3.2 | Other |
4. Where do you live now? **(Mark one)**
- | | |
|------|--|
| 57.1 | Residence Hall |
| 1.2 | Fraternity/Sorority house |
| 36.3 | Apartment/house (other than a fraternity/sorority) |
| 4.3 | Parent's Home |
| 1.1 | Other |
5. Does your college or university have a drug testing program for student-athletes? (separate from NCAA drug testing program)
- | | |
|------|-----------------------|
| 41.2 | No → Go to Question 9 |
| 58.8 | Yes |
6. Have you ever been tested in your college's drug testing program?
- | | |
|------|-----|
| 68.3 | No |
| 31.7 | Yes |
7. To your knowledge, have other members of your team been tested in your college's drug testing program?
- | | |
|------|-----|
| 35.6 | No |
| 64.4 | Yes |
8. Has the possibility of drug testing by your college discouraged you from using banned substances?
- | | |
|------|--|
| 11.1 | No |
| 30.6 | Yes |
| 58.3 | I would not have used banned substances regardless |
9. To your knowledge, has the NCAA conducted drug testing on student athletes at your college (separate from your college's drug testing program)?
- | | |
|------|----------------------|
| 45.8 | No → Go to Section 2 |
| 54.2 | Yes |
10. Has the possibility of drug testing by the NCAA discouraged you from using banned substances?
- | | |
|------|--|
| 9.6 | No |
| 31.0 | Yes |
| 59.4 | I would not have used banned substances regardless |
11. Have you ever been tested by the NCAA drug testing program?
- | | |
|------|-----|
| 72.9 | No |
| 20.8 | Yes |
12. Do you know anyone who has been drug tested by the NCAA?
- | | |
|------|-----|
| 35.0 | No |
| 65.0 | Yes |
13. Have you ever been tested by a national or international sports governing body drug testing program (not the NCAA)?
- | | |
|------|-----|
| 92.6 | No |
| 7.4 | Yes |

14. There has been a lot of discussion about whether athletes should be physically tested for drug use. Do you agree or disagree with the following?

		<u>Agree</u>	<u>Disagree</u>	<u>No Opinion</u>
	(Mark one for each line)			
a.	All professional athletes should be tested.	78.0	11.1	10.9
b.	All Olympic athletes should be tested.	89.3	4.5	6.3
c.	All college athletes should be tested by <u>their school</u> .	58.7	24.2	17.1
d.	All college athletes should be tested by <u>the NCAA</u> .	63.7	20.8	15.6
e.	Drug testing by <u>individual colleges</u> has deterred college athletes from using drugs.	54.6	22.1	23.3
f.	Drug testing by <u>the NCAA</u> has deterred college athletes from using drugs.	60.3	20.8	18.9
g.	Imposing team penalties (such as disqualification of an entire team when a member tests positive for banned drugs) would be fair and appropriate.	43.7	43.8	12.5

SECTION 2

The following questions are about **ANABOLIC STEROIDS** (Not purchased over the counter as nutritional supplements).
Examples: boldenone nandrolone stanozolol testosterone

- When, if ever, did you start using anabolic steroids? **(Mark one)**

97.9	Have never used	0.8	High school
0.2	Before junior high	0.3	Freshman year of college
0.1	Junior high	0.6	After freshman year of college
- Have you recently used any anabolic steroids? **(Mark one)**

0.5	Yes, in the last month
0.7	Yes, in the last 12 months.
98.8	No → Go to Question 7
- What is the **ONE MAIN REASON** you use anabolic steroids? **(Mark one)**

18.9	For a sports-related injury or illness	6.3	To prevent injury
7.7	For a non-sports related injury or illness	12.2	To improve physical appearance
44.4	To improve athletic performance	10.6	For weight loss/weight gain
- Where do you get your anabolic steroids? **(Mark all that apply)**

7.3	Coach	10.5	Teammate or other athlete	13.9	Internet
5.6	Athletic Trainer	17.4	Friend or family	12.1	Retail store
4.9	Team physician	3.4	Pro scout or agent	3.9	Magazine or catalogue
8.3	Other physician	2.2	Strength coach	23.3	Other
2.0	Dietician				
- During the competitive season of your sport, do you use anabolic steroids more or less than during the off-season? **(Mark one)**

71.7	I don't use anabolic steroids during the competitive season
10.2	Less during the competitive season
13.7	No difference between competitive season and off-season
4.4	More during the competitive season
- Do the members of your coaching staff know you use anabolic steroids? **(Mark one)**

24.1	I'm certain they know
29.3	I'm not sure if they know or not
46.6	I'm certain they don't know

7. If you **have never used** or have **stopped using anabolic steroids**, mark the **ONE MAIN REASON why**.
- | | | | |
|------|---|------|-------------------------------------|
| 35.3 | Concerned about what it might do to my health | 23.7 | No desire to experience the effects |
| 19.3 | Against my beliefs | 6.2 | Illegal |
| 0.4 | Others would disapprove | 1.2 | Costs too much |
| 0.7 | Hard to get | 0.6 | Hurt my athletic performance |
| 0.1 | Had a bad experience with it | 0.3 | Afraid of becoming addicted |
| 0.2 | Didn't get the desired effects | 2.3 | Fear of losing my eligibility |
| 2.1 | Afraid of the consequences of being caught | 5.1 | Other |
| 2.2 | Don't like it | | |
| 0.2 | Coach's rules | | |
8. Which of the following other substances, if any, have you used in the last **12 months: (Mark all that apply)**
- | | | | |
|-----|-------------------------------------|-----|-----------------------------|
| 1.2 | Human growth hormone | 0.3 | Clenbuterol |
| 0.2 | Human chorionic gonadotrophin (HCG) | 0.1 | Erythropoietin (EPO) |
| 0.3 | Epitestosterone | 0.2 | GHB (gamma hydroxybutyrate) |
| 0.5 | THG (tetrahydrogestinone) | | |

SECTION 3

The following questions are about **EPHEDRINE (Ephedra or Ma Huang)**.

1. When, if ever, did you start using Ephedrine? **(Mark one)**
- | | | | |
|------|--------------------|-----|--------------------------------|
| 90.7 | Have never used | 6.2 | High school |
| 0.2 | Before junior high | 1.5 | Freshman year of college |
| 0.4 | Junior high | 1.0 | After freshman year of college |
2. Have you recently used any Ephedrine? **(Mark one)**
- | | |
|------|-----------------------------|
| 0.8 | Yes, in the last month |
| 1.7 | Yes, in the last 12 months. |
| 97.5 | No → Go to Question 7 |
3. What is the **ONE MAIN REASON** you use Ephedrine? **(Mark one)**
- | | | | |
|------|---------------------------------------|------|--------------------------------|
| 14.4 | For health reasons in general | 4.7 | To prevent injury |
| 5.9 | To recover from any injury or illness | 10.1 | To improve physical appearance |
| 27.3 | To improve athletic performance | 37.6 | For weight loss |
4. Where do you get your Ephedrine? **(Mark all that apply)**
- | | | | | | |
|-----|------------------|-----|---------------------------|------|------------------------|
| 6.4 | Coach | 1.6 | Other physician | 8.2 | Nutritionist/dietician |
| 3.8 | Athletic Trainer | 5.5 | Teammate or other athlete | 6.0 | Internet |
| 2.7 | Team physician | 8.6 | Friend or family | 2.4 | Magazine or catalogue |
| 1.3 | Strength coach | 0.9 | Pro scout or agent | 56.0 | Retail Store |
| 8.4 | Other | | | | |
5. During the competitive season of your sport, do you use Ephedrine more or less than during the off-season? **(Mark one)**
- | | |
|------|---|
| 63.6 | I don't use Ephedrine during the competitive season |
| 11.4 | Less during the competitive season |
| 15.8 | No difference between competitive season and off-season |
| 9.3 | More during the competitive season |
6. Do the members of your coaching staff know you use Ephedrine? **(Mark one)**
- | | |
|------|----------------------------------|
| 12.9 | I'm certain they know |
| 29.9 | I'm not sure if they know or not |
| 57.2 | I'm certain they don't know |

7. If you **have never used** or have **stopped using Ephedrine**, mark the **ONE MAIN REASON why**.
- | | | | |
|------|---|------|-------------------------------------|
| 38.9 | Concerned about what it might do to my health | 23.8 | No desire to experience the effects |
| 16.2 | Against my beliefs | 5.4 | Illegal |
| 0.3 | Others would disapprove | 0.6 | Costs too much |
| 0.7 | Hard to get | 0.7 | Hurt my athletic performance |
| 0.5 | Had a bad experience with it | 0.2 | Afraid of becoming addicted |
| 0.6 | Didn't get the desired effects | 1.8 | Fear of losing my eligibility |
| 1.1 | Afraid of the consequences of being caught | 6.1 | Other |
| 2.9 | Don't like it | | |
| 0.2 | Coach's rules | | |
8. Which of the following are your sources of information for taking Ephedrine: **(Mark all that apply)**
- | | | | |
|------|---------------------------|------|-----------------|
| 22.5 | Nutritionist/dietician | 7.4 | Other physician |
| 15.9 | Coach | 12.3 | Parent |
| 23.5 | Athletic trainer | 17.2 | Friend |
| 7.2 | Strength coach | 9.7 | Retail store |
| 11.2 | Teammate or other athlete | 21.8 | Internet |
| 4.7 | Team physician | 17.7 | Other |

SECTION 4

The following questions are about **NUTRITIONAL/DIETARY SUPPLEMENTS (other than Ephedrine)**.

Examples: Amino acids, creatine, DHEA, Andro or Norandro products, thermogenics, chromium, protein products

1. When, if ever, did you start using nutritional supplements/dietary supplements? **(Mark one)**
- | | | | |
|------|--------------------|------|--------------------------------|
| 56.2 | Have never used | 28.9 | High school |
| 1.4 | Before junior high | 6.5 | Freshman year of college |
| 2.6 | Junior high | 4.3 | After freshman year of college |
2. Have you recently used any nutritional supplements/dietary supplements (excluding multi-vitamins): **(Mark one)**
- 69.7 No → Go to Question 7
- 16.4 Yes, in the last 12 months
- 13.9 Yes, in the last month → Please check all that currently apply:
- | | | | |
|------|----------------------------|------|-----------------------------|
| 20.4 | Amino acids | 1.6 | Chromium |
| 39.6 | Creatine | 70.4 | Protein products |
| 1.2 | DHEA | 2.4 | Sexual Performance Enhancer |
| 3.5 | Andro or norandro products | 17.3 | Other supplement products |
| 1.9 | HMB | | |
| 5.1 | Thermogenics (weight loss) | | |
3. What is the **ONE MAIN REASON** you use nutritional supplements/dietary supplements? **(Mark one)**
- | | | | |
|------|---------------------------------------|------|--------------------------------|
| 23.4 | For health reasons in general | 2.4 | To prevent injury |
| 4.0 | To recover from any injury or illness | 9.5 | To improve physical appearance |
| 38.3 | To improve athletic performance | 22.4 | For weight loss/weight gain |
4. Where do you usually get your nutritional supplement/dietary supplements s? **(Mark all that apply)**
- | | | | | | |
|-----|------------------|------|---------------------------|------|------------------------|
| 3.7 | Coach | 1.7 | Other physician | 11.7 | Nutritionist/dietician |
| 5.5 | Athletic Trainer | 2.8 | Teammate or other athlete | 9.6 | Internet |
| 0.7 | Team physician | 11.1 | Friend or family | 3.2 | Magazine or catalogue |
| 7.7 | Strength coach | 0.5 | Pro scout or agent | 67.3 | Retail Store |
| 2.8 | Other | | | | |
5. During the competitive season of your sport, do you use nutritional supplements/dietary supplements more or less than during the off-season? **(Mark one)**
- 30.9 I don't use nutritional supplements during the competitive season
- 29.2 Less during the competitive season
- 30.3 No difference between competitive season and off-season
- 9.6 More during the competitive season

6. Do the members of your coaching staff know you use nutritional supplements/dietary supplements? **(Mark one)**
 32.5 I'm certain they know
 49.3 I'm not sure if they know or not
 18.1 I'm certain they don't know
7. If you **have never used** or have **stopped using nutritional supplements/dietary supplements**, mark the **ONE MAIN REASON why**.
- | | |
|--|--|
| 17.9 Don't like it | 0.5 Coach's rules |
| 22.1 Concerned about what it might do to my health | 25.0 No desire to experience the effects |
| 9.3 Against my beliefs | 7.4 Costs too much |
| 0.5 Others would disapprove | 0.9 Hurt my athletic performance |
| 0.7 Had a bad experience with it | 2.1 Fear of losing my eligibility |
| 5.8 Didn't get the desired effects | 6.9 Other |
| 0.9 Afraid of the consequences of being caught | |
8. Which of the following are your sources of information for taking nutritional supplements/dietary supplements: **(Mark all that apply)**
- | | | |
|--------------------------------|---------------------|------------------------------------|
| 27.5 Nutritionist/dietician | 3.8 Team physician | 20.6 Internet |
| 17.2 Coach | 8.8 Other physician | 0.6 Resource Exchange Center (REC) |
| 23.2 Athletic trainer | 20.2 Parent | 7.1 Other |
| 14.3 Strength coach | 24.9 Friend | |
| 16.6 Teammate or other athlete | 17.2 Retail store | |
9. Does your college or university educate you about the potential risks of testing positive from using nutritional supplements/dietary supplements?
 33.9 No
 66.1 Yes

SECTION 5

The following questions are about SPIT TOBACCO (both leaf and snuff):

Examples: Copenhagen, Skoal, Red Man

1. When, if ever, did you start using spit tobacco? **(Mark one)**
- | | |
|------------------------|------------------------------------|
| 78.9 Have never used | 12.2 High school |
| 0.9 Before junior high | 3.6 Freshman year of college |
| 2.4 Junior high | 2.0 After freshman year of college |
2. Have you recently used any spit tobacco: **(Mark all that apply)**
- 12.3 Yes, in the last month
 4.0 Yes, in the last 12 months
 83.7 No → Go to Question 8
3. What is the **ONE MAIN REASON** you use spit tobacco? **(Mark one)**
- 47.5 Recreational or social purposes
 20.6 Helps me deal with the stresses of college life and college athletics
 2.3 Improves my athletic performance
 27.5 Makes me feel good
 2.1 Helps me fit in with the team
4. During the competitive season of your sport, do you use spit tobacco more or less than during the off-season? **(Mark one)**
- 25.6 I don't use spit tobacco during the competitive season
 15.8 Less during the competitive season
 38.8 No difference between competitive season and off-season
 19.9 More during the competitive season
5. Do the members of your coaching staff know you use spit tobacco? **(Mark one)**
- 34.7 I'm certain they know
 36.6 I'm not sure if they know or not
 28.7 I'm certain they don't know

6. How often do you use spit tobacco? **(Mark one)**
52.1 Less than once per day
39.6 1 to 5 times per day
6.3 6 to 10 times per day
2.0 More than 10 times per day
7. Do you use spit tobacco at the following times? **(Mark all that apply)**
54.9 Before practice 15.4 During competition
39.1 Before competition 77.2 After practice
23.4 During practice 65.7 After competition
8. If you **have never used** or have **stopped using spit tobacco**, mark the **ONE MAIN REASON** why.
50.2 Concerned about what it might do to my health 25.4 Don't like it
1.0 Others would disapprove 9.8 Against my beliefs
0.9 Prohibited by NCAA in practice and competition 0.3 Coach's rules
1.3 Didn't get the desired effects 0.8 Costs too much
1.4 Afraid of becoming addicted 1.3 Hurt my athletic performance
7.8 Other
9. Which of the following personnel uses spit tobacco? **(Mark all that apply)**
23.3 Head coach 23.3 Other athletic department staff
11.2 Athletic trainer 11.0 Officials
12.3 Strength coach 21.2 Umpires
56.8 Other coach

SECTION 6

The following questions are about CIGARETTES:

1. When, if ever, did you start using cigarettes? **(Mark one)**
78.5 Have never used 11.6 High school
1.7 Before junior high 2.6 Freshman year of college
3.9 Junior high 1.7 After freshman year of college
2. Have you recently smoked any cigarettes? **(Mark one)**
9.2 Yes, in the last month
4.9 Yes, in the last 12 months
85.9 No —> Go to Question 7
3. What is the **ONE MAIN REASON** you smoke cigarettes? **(Mark one)**
65.2 Recreational or social purposes
18.8 Helps me deal with the stresses of college life and college athletics
1.8 Improves my athletic performance
14.1 Makes me feel good
4. During the competitive season of your sport, do you smoke cigarettes more or less than during the off-season? **(Mark one)**
56.2 I don't smoke cigarettes during the competitive season
28.4 Less during the competitive season
13.6 No difference between competitive season and off-season
1.8 More during the competitive season
5. Do the members of your coaching staff know you smoke cigarettes? **(Mark one)**
7.0 I'm certain they know
25.9 I'm not sure if they know or not
67.1 I'm certain they don't know
6. How often do you smoke cigarettes? **(Mark one)**
11.7 Daily; If so, please specify: (see below) 9.6 Weekends only
11.9 Couple times a week 66.7 At social occasions with friends only
- Of the respondents who smoked cigarettes daily
79.6 $\frac{1}{2}$ pack or less 15.6 1 pack 4.8 More than one pack

7. If you **have never used** or have **stopped smoking cigarettes**, mark the **ONE MAIN REASON** why.
- | | | | |
|------|---|------|--|
| 56.8 | Concerned about what it might do to my health | 17.4 | Don't like it |
| 0.6 | Others would disapprove | 7.5 | Against my beliefs |
| 0.2 | Afraid of the consequences of being caught | 0.3 | Coach's rules |
| 7.2 | No desire to experience the effects | 0.8 | Costs too much |
| 1.3 | Afraid of becoming addicted | 4.0 | Hurt my athletic performance |
| 0.5 | Didn't get the desired effects | 0.3 | Prohibited by NCAA in practice and competition |
| | | 3.1 | Other |
8. Which of the following, if any, have you smoked in the last **12** months: **(Mark all that apply)**
- | | |
|------|------------------|
| 11.4 | Pipe |
| 82.3 | Cigar |
| 27.4 | Clove cigarettes |

SECTION 7

The following questions are about ALCOHOL use:

One drink = A 12 ounce can (or bottle) of beer
 A 4-ounce glass of wine
 A drink with one shot of liquor
 A 12-ounce bottle of wine cooler

1. When, if ever, did you start using alcoholic beverages? **(Mark one)**
- | | | | |
|------|--------------------|------|--------------------------------|
| 16.3 | Have never used | 50.8 | High school |
| 3.1 | Before junior high | 14.2 | Freshman year of college |
| 11.1 | Junior high | 4.5 | After freshman year of college |
2. Have you recently used any alcoholic beverages? **(Mark one)**
- | | |
|------|----------------------------|
| 65.4 | Yes, in the last month |
| 11.5 | Yes, in the last 12 months |
| 23.1 | No → Go to Question 9 |
3. What is the **ONE MAIN REASON** you use alcoholic beverages? **(Mark one)**
- | | |
|------|---|
| 82.5 | Recreational or social purposes |
| 3.4 | Helps me deal with the stresses of college life and college athletics |
| 0.5 | Improves my athletic performance |
| 13.7 | Makes me feel good |
4. During the competitive season of your sport, do you use alcoholic beverages more or less than during the off-season? **(Mark one)**
- | | |
|------|---|
| 26.7 | I don't use alcoholic beverages during the competitive season |
| 59.4 | Less during the competitive season |
| 12.6 | No difference between competitive season and off-season |
| 1.3 | More during the competitive season |
5. Do you drink alcoholic beverages at the following times? **(Mark all that apply)**
- | | | | |
|-----|--------------------|------|--------------------|
| 2.4 | Before practice | 0.7 | During competition |
| 1.7 | Before competition | 39.1 | After practice |
| 1.0 | During practice | 92.1 | After competition |
6. During a typical school week (7 days), on how many occasions do you usually use alcoholic beverages? **(Mark one)**
- | | | | |
|------|--------|------|-----------|
| 20.6 | None | 11.6 | 3 to 4 |
| 65.0 | 1 to 2 | 2.8 | 5 or more |

7. When you drink alcohol, how many drinks do you usually have at one sitting? **(Mark one)**
- | | | | |
|------|---|------|------------|
| 5.9 | 1 | 12.8 | 6 |
| 10.6 | 2 | 6.1 | 7 |
| 12.0 | 3 | 8.0 | 8 |
| 12.1 | 4 | 2.9 | 9 |
| 11.5 | 5 | 18.1 | 10 or more |
8. Do the members of your coaching staff know you use alcohol? **(Mark one)**
- | | |
|------|----------------------------------|
| 37.6 | I'm certain they know |
| 50.1 | I'm not sure if they know or not |
| 12.3 | I'm certain they don't know |
9. If you **have never used** or have stopped using alcohol, mark the **ONE MAIN REASON** why.
- | | | | |
|------|---|------|-------------------------------------|
| 25.9 | Concerned about what it might do to my health | 4.2 | Coach's rules |
| 14.2 | Against my beliefs | 7.5 | No desire to experience the effects |
| 1.5 | Others would disapprove | 7.5 | I am under 21 years old |
| 5.0 | Had a bad experience with it | 2.9 | Costs too much |
| 0.8 | Didn't get the desired effects | 10.2 | Hurt my athletic performance |
| 3.4 | Afraid of the consequences of being caught | 1.4 | Afraid of becoming addicted |
| 9.5 | Don't like it | 4.1 | Other |
| 1.8 | Fear of losing my eligibility | | |

SECTION 8

The following questions are about **AMPHETAMINES (Excluding Ecstasy)**. These are sometimes used to lose weight or to gain energy. **Examples: Adderall Benzedrine Preludin Dexedrine Methamphetamine**

Also called: Speed Dexies Uppers Black Beauties Bennies Stackers Yellow Jackets Mini-Thins

1. When, if ever, did you start using amphetamines? **(Mark one)**
- | | | | |
|------|--------------------|-----|--------------------------------|
| 93.4 | Have never used | 3.4 | High school |
| 0.4 | Before junior high | 1.3 | Freshman year of college |
| 0.5 | Junior high | 1.0 | After freshman year of college |
2. Have you recently used any amphetamines? **(Mark one)**
- | | |
|------|----------------------------|
| 2.5 | Yes, in the last month |
| 1.6 | Yes, in the last 12 months |
| 95.9 | No → Go to Question 9 |
3. What is the **ONE MAIN REASON** you use amphetamines? **(Mark one)**
- | | |
|------|---|
| 9.7 | To improve athletic performance |
| 27.9 | For the treatment of attention deficit disorder |
| 4.1 | For a non-sports related injury or illness |
| 14.2 | For social or personal reasons |
| 25.9 | To give me more energy |
| 4.4 | As an appetite suppressant to lose weight |
| 13.9 | Other |
4. Where do you get your amphetamines? **(Mark all that apply)**
- | | | | |
|------|------------------|------|---------------------------|
| 5.0 | Coach | 8.2 | Teammate or other athlete |
| 1.8 | Strength Coach | 43.6 | Friend or relative |
| 2.5 | Athletic trainer | 0.9 | Pro scout or agent |
| 3.9 | Team physician | 3.9 | Internet / mail order |
| 23.6 | Other physician | 13.6 | Other source |

5. During the competitive season of your sport, do you use amphetamines more or less than during the off-season? **(Mark one)**
- 38.7 I don't use amphetamines during the competitive season
 17.8 Less during the competitive season
 35.8 No difference between competitive season and off-season
 7.6 More during the competitive season
6. Do you use amphetamines at the following times? **(Mark all that apply)**
- 45.5 Before practice 14.8 During competition
 41.6 Before competition 34.9 After practice
 14.2 During practice 35.1 After competition
7. On how many different occasions have you used amphetamines during the last 12 months? **(Mark one)**
- 36.3 1 to 2 times
 26.1 3 to 9 times
 37.6 10 or more times
8. Do the members of your coaching staff know you use amphetamines? **(Mark one)**
- 21.2 I'm certain they know
 26.3 I'm not sure if they know or not
 52.4 I'm certain they don't know
9. If you **have never used** or have stopped using amphetamines, mark the **ONE MAIN REASON** why.
- | | |
|--|--|
| 48.4 Concerned about what it might do to my health | 18.3 No desire to experience the effects |
| 14.3 Against my beliefs | 4.1 Illegal |
| 0.2 Others would disapprove | 0.5 Costs too much |
| 0.7 Hard to get | 1.0 Hurt my athletic performance |
| 0.3 Had a bad experience with it | 0.4 Afraid of becoming addicted |
| 0.6 Didn't get the desired effects | 0.7 Fear of losing my eligibility |
| 0.7 Afraid of the consequences of being caught | 3.1 Other |
| 6.4 Don't like it | |
| 0.2 Coach's rules | |
10. Adderall and Ritalin are sometimes prescribed for attention deficit-hyperactivity disorders (ADHD). During the last 12 months has your physician prescribed either of these drugs to you for the treatment of this condition? **(Mark all that apply)**
- 2.7 Adderall
 1.5 Ritalin
11. In the last 12 months have you used either Adderall or Ritalin without a prescription? **(Mark all that apply)**
- 4.5 Adderall
 1.7 Ritalin

SECTION 9

The following questions are about **MARIJUANA OR HASHISH**.

1. When, if ever, did you start using marijuana or hashish? **(Mark one)**
- | | |
|------------------------|------------------------------------|
| 63.0 Have never used | 24.3 High school |
| 1.1 Before junior high | 4.4 Freshman year of college |
| 5.0 Junior high | 2.2 After freshman year of college |
2. Have you recently used any marijuana or hashish? **(Mark one)**
- 9.2 Yes, in the last month
 11.1 Yes, in the last 12 months
 79.7 No → Go to Question 11

3. What is the **ONE MAIN REASON** you use marijuana or hashish? **(Mark one)**
63.5 Recreational or social purposes
5.9 Helps me deal with the stresses of college life and college athletics
1.1 Improves my athletic performance
29.5 Makes me feel good
4. Where do you usually get your marijuana or hashish? **(Mark all that apply)**
19.5 Teammate or other athlete
75.5 Friend or family
2.1 Pro scout or agent
14.0 Other source
5. During the competitive season of your sport, do you use marijuana or hashish more or less than during the off-season? **(Mark one)**
65.3 I don't use marijuana or hashish during the competitive season
23.8 Less during the competitive season
9.7 No difference between competitive season and off-season
1.2 More during the competitive season
6. Do you use marijuana or hashish at the following times? **(Mark all that apply)**
12.2 Before practice
7.2 Before competition
4.0 During practice
2.5 During competition
58.7 After practice
81.2 After competition
7. With whom do you use marijuana or hashish? **(Mark all that apply)**
9.5 Alone
45.1 With teammates
88.0 With friends (other than teammates)
15.0 With significant other
5.9 With parents or relatives
8. On how many different occasions have you used marijuana or hashish during the last 12 months? **(Mark one)**
42.8 1 to 2 times
39.8 On occasion
10.3 Weekly
7.1 Daily
9. When you use marijuana, how many cigarettes (joints, reefers) or equivalent do you usually smoke? (If you shared them with others, count only the amount **you** smoked.) **(Mark one)**
44.5 Less than 1
44.2 1 to 2
8.1 3 to 4
3.1 5 or more
3.1 5 or more
10. Do the members of your coaching staff know you use marijuana or hashish? **(Mark one)**
5.3 I'm certain they know
24.6 I'm not sure if they know or not
70.1 I'm certain they don't know
11. If you **have never used** or have stopped using marijuana or hashish, mark the **ONE MAIN REASON** why.
36.5 Concerned about what it might do to my health
1.4 Others would disapprove
5.5 Afraid of the consequences of being caught
0.5 Hard to get
1.3 Had a bad experience with it
15.2 No desire to experience the effects
1.0 Afraid of becoming addicted
1.0 Didn't get the desired effects
2.9 Fear of losing my eligibility
8.9 Don't like it
11.5 Against my beliefs
7.5 Illegal
0.4 Coach's rules
0.7 Costs too much
2.9 Hurt my athletic performance
2.8 Other

SECTION 10

The following questions are about ECSTASY.

1. When, if ever, did you start using ecstasy? **(Mark one)**

96.3 Have never used	2.5 High school
0.1 Before junior high	0.4 Freshman year of college
0.2 Junior high	0.5 After freshman year of college

2. Have you recently used any ecstasy? **(Mark one)**

0.4 Yes, in the last month
0.8 Yes, in the last 12 months
98.9 No → Go to Question 8

3. What is the **ONE MAIN REASON** you use ecstasy? **(Mark one)**

44.5 Recreational or social purposes
8.7 Helps me deal with the stresses of college life and college athletics
10.7 Improves my athletic performance
36.1 Makes me feel good

4. Where do you usually get your ecstasy? **(Mark all that apply)**

15.0 Teammate or other athlete	6.2 Pro scout or agent
68.9 Friend or family	20.9 Other source

5. During the competitive season of your sport, do you use ecstasy more or less than during the off-season? **(Mark one)**

70.7 I don't use ecstasy during the competitive season
12.5 Less during the competitive season
12.0 No difference between competitive season and off-season
4.8 More during the competitive season

6. On how many different occasions have you used ecstasy during the last 12 months? **(Mark one)**

72.3 1 to 2 times
18.5 3 to 9 times
9.2 10 or more

7. Do the members of your coaching staff know you use ecstasy? **(Mark one)**

22.9 I'm certain they know
18.4 I'm not sure if they know or not
58.7 I'm certain they don't know

8. If you **have never used** or have **stopped using ecstasy**, mark the **ONE MAIN REASON** why.

47.5 Concerned about what it might do to my health	19.9 No desire to experience the effects
14.0 Against my beliefs	6.5 Illegal
0.3 Others would disapprove	0.6 Costs too much
0.7 Hard to get	0.8 Hurt my athletic performance
0.4 Had a bad experience with it	0.5 Afraid of becoming addicted
0.2 Didn't get the desired effects	0.4 Fear of losing my eligibility
0.7 Afraid of the consequences of being caught	2.6 Other
4.7 Don't like it	
0.2 Coach's rules	

SECTION 11

The following questions are about PSYCHEDELICS, also called HALLUCINOGENS (Excluding ECSTASY).

**Examples: Mescaline LSD Peyote Acid Psilocybin Mushrooms PCP
Ketamine (Special K) DXM Foxy**

1. When, if ever, did you start using psychedelics? **(Mark one)**

94.9 Have never used	3.0 High school
0.2 Before junior high	0.7 Freshman year of college
0.4 Junior high	0.8 After freshman year of college

2. Have you recently used any psychedelics? **(Mark one)**

0.6 Yes, in the last month
1.9 Yes, in the last 12 months
97.6 No → Go to Question 8

3. What is the **ONE MAIN REASON** you use psychedelics? **(Mark one)**

52.4 Recreational or social purposes
6.4 Helps me deal with the stresses of college life and college athletics
3.2 Improves my athletic performance
38.0 Makes me feel good

4. Where do you usually get your psychedelics? **(Mark all that apply)**

11.3 Teammate or other athlete	6.2 Pro scout or agent
68.9 Friend or relative	20.9 Other source

5. During the competitive season of your sport, do you use psychedelics more or less than during the off-season? **(Mark one)**

67.3 I don't use psychedelics during the competitive season
15.4 Less during the competitive season
14.2 No difference between competitive season and off-season
3.1 More during the competitive season

6. On how many different occasions have you used psychedelics during the last 12 months? **(Mark one)**

69.7 1 to 2 times
24.0 3 to 9 times
6.3 10 or more

7. Do the members of your coaching staff know you use psychedelics? **(Mark one)**

8.9 I'm certain they know
18.2 I'm not sure if they know or not
72.9 I'm certain they don't know

8. If you **have never used** or have **stopped using psychedelics**, mark the **ONE MAIN REASON** why.

46.6 Concerned about what it might do to my health	0.1 Coach's rules
14.8 Against my beliefs	20.6 No desire to experience the effects
0.3 Others would disapprove	5.8 Illegal
1.0 Hard to get	0.4 Costs too much
0.5 Had a bad experience with it	0.7 Hurt my athletic performance
0.3 Didn't get the desired effects	0.3 Afraid of becoming addicted
0.6 Afraid of the consequences of being caught	0.5 Fear of losing my eligibility
5.0 Don't like it	2.6 Other

SECTION 12

The following questions are about **COCAINE/CRACK**

1. When, if ever, did you start using cocaine/crack? **(Mark one)**

96.5 Have never used	1.6 High school
0.2 Before junior high	0.7 Freshman year of college
0.1 Junior high	0.8 After freshman year of college

2. Have you recently used any cocaine/crack? **(Mark one)**

0.9 Yes, in the last month
1.2 Yes, in the last 12 months
97.9 No → Go to Question 10

3. What is the **ONE MAIN REASON** you use cocaine/crack? **(Mark one)**

52.8 Recreational or social purposes
6.7 Helps me deal with the stresses of college life and college athletics
6.3 Improves my athletic performance
34.3 Makes me feel good

4. Where do you usually get your cocaine/crack? **(Mark all that apply)**

17.1 Teammate or other athlete
69.2 Friend or relative
8.6 Pro scout or agent
13.2 Other source

5. During the competitive season of your sport, do you use cocaine/crack more or less than during the off-season? **(Mark one)**

63.3 I don't use cocaine/crack during the competitive season
19.8 Less during the competitive season
12.4 No difference between competitive season and off-season
4.5 More during the competitive season

6. Do you use cocaine/crack at the following times? **(Mark all that apply)**

28.6 Before practice	6.2 During competition
16.7 Before competition	39.5 After practice
9.0 During practice	55.2 After competition

7. When you use cocaine/crack, with whom do you use it? **(Mark all that apply)**

16.3 Alone
26.2 With teammates
72.4 With friends (other than teammates)
10.6 With significant other
7.5 With parents or relatives

8. On how many different occasions have you used cocaine/crack during the last 12 months? **(Mark one)**

47.8 1 to 2 times
29.7 3 to 9 times
22.5 10 or more times

9. Do the members of your coaching staff know you use cocaine/crack? **(Mark one)**

13.8 I'm certain they know
14.0 I'm not sure if they know or not
72.2 I'm certain they don't know

10. If you **have never used** or have **stopped using cocaine/crack**, mark the **ONE MAIN REASON** why.
- | | | | |
|------|---|------|-------------------------------------|
| 47.4 | Concerned about what it might do to my health | 0.1 | Coach's rules |
| 15.4 | Against my beliefs | 19.8 | No desire to experience the effects |
| 0.2 | Others would disapprove | 6.5 | Illegal |
| 0.3 | Hard to get | 0.7 | Costs too much |
| 0.2 | Had a bad experience with it | 0.7 | Hurt my athletic performance |
| 0.2 | Didn't get the desired effects | 0.9 | Afraid of becoming addicted |
| 0.5 | Afraid of the consequences of being caught | 0.4 | Fear of losing my eligibility |
| 4.4 | Don't like it | 2.4 | Other |

SECTION 13

1. What effect has your use of the following had on your athletic performance?

(Mark one for each line)		Have			
		Never <u>Used</u>	<u>Harmful</u>	<u>No Effect</u>	<u>Helpful</u>
a.	Spit tobacco	77.2	1.6	20.2	1.0
b.	Alcoholic beverages	19.3	20.3	59.1	1.4
c.	Marijuana or hashish	65.9	9.1	23.7	1.3
d.	Anabolic steroids	94.8	.8	2.8	1.6
e.	Cocaine/crack	94.0	1.5	4.1	0.4
f.	Amphetamines (uppers)	92.6	1.3	4.6	1.4
g.	Psychedelics (hallucinogens/LSD)	93.3	1.5	4.8	0.3
h.	Ephedrine (ephedra/ ma huang)	89.3	1.7	4.8	4.2
i.	Protein	46.1	0.6	11.9	41.4
j.	Vitamins and minerals	32.3	0.7	16.3	50.7
k.	Cigarettes	76.9	11.6	10.7	0.8
l.	Creatine	76.2	1.3	6.0	16.5
m.	Andro products or DHEA	93.6	0.8	3.1	2.5
n.	Caffeine	39.1	8.7	40.9	11.3

2. What effect has your use of the following had on your general health? **(Mark one for each line)**

		Have Never			
		<u>Used</u>	<u>Harmful</u>	<u>No Effect</u>	<u>Helpful</u>
a.	Spit tobacco	77.6	7.4	14.7	0.3
b.	Alcoholic beverages	21.6	21.2	56.0	1.3
c.	Marijuana or hashish	66.3	10.2	22.5	1.0
d.	Anabolic steroids	94.6	1.6	3.3	0.6
e.	Cocaine/crack	93.7	2.3	3.8	0.2
f.	Amphetamines (uppers)	92.5	2.1	4.4	0.9
g.	Psychedelics (hallucinogens/LSD)	93.1	2.2	4.4	0.3
h.	Ephedrine (ephedra/ ma huang)	89.6	3.1	5.4	1.9
i.	Protein	47.6	0.7	13.1	38.6
j.	Vitamins and minerals	34.4	0.8	10.7	54.0
k.	Cigarettes	77.5	12.0	9.7	0.8
l.	Creatine	78.0	2.1	9.4	10.5
m.	Andro products or DHEA	93.5	1.5	3.8	1.2
n.	Caffeine	44.4	9.5	39.6	6.5

3. How many of your teammates would you estimate have used any of these substances in the last 12 months?
(Mark one for each line)

	<u>None</u>	<u>Almost None</u>	<u>Less than Half</u>	<u>More than Half</u>
a. Spit tobacco	46.0	17.9	22.1	14.0
b. Alcoholic beverages	7.6	4.7	12.5	75.2
c. Marijuana or hashish	29.3	29.2	32.1	9.5
d. Anabolic steroids	76.2	19.2	4.1	0.6
e. Cocaine/crack	83.0	14.2	2.3	0.5
f. Amphetamines (uppers)	80.6	15.4	3.3	0.7
g. Psychedelics (hallucinogens/LSD)	83.4	13.7	2.3	0.5
h. Ephedrine (ephedra/ma huang)	78.3	16.0	4.3	1.4
i. Protein	31.6	17.1	23.7	27.6
j. Vitamins and minerals	21.4	13.4	27.7	37.6
k. Cigarettes	35.2	33.1	24.9	6.7
l. Creatine	56.5	19.1	17.0	7.4
m. Andro products or DHEA	79.8	14.6	4.5	1.1
n. Caffeine	31.6	14.9	16.0	37.5

4. Please indicate how often you have experienced the following due to your drinking or drug use during the last 12 months.

(Mark one for each line)	<u>Never</u>	<u>Once or Twice</u>	<u>3-5 Times</u>	<u>6 or More Times</u>
a. Had a hangover	33.6	28.6	14.8	23.1
b. Performed poorly on a test or important project	67.6	22.5	6.6	3.3
c. Been in trouble with police, residence hall, or other college authorities	82.3	15.2	1.7	0.8
d. Damaged property, pulled fire alarm, etc.	89.9	7.2	1.7	1.2
e. Got into an argument or a fight	62.4	26.5	7.5	3.7
f. Got nauseated or vomited	48.0	34.1	12.2	5.7
g. Drove a car while under the influence	72.9	17.2	4.9	5.0
h. Missed a class	59.5	21.9	10.3	8.3
i. Performed poorly in practice or game	71.5	20.6	5.6	2.3
j. Showed up late or missed practice or game	90.0	7.6	1.5	0.9
k. Been criticized by someone I know	68.4	22.1	5.8	3.7
l. Thought I might have a drinking or other drug problem	91.4	5.7	1.7	1.2
m. Had a memory loss	70.5	18.4	6.6	4.4
n. Done something I later regretted	59.9	27.4	8.2	4.5
o. Been arrested for DWI/DUI	97.7	1.7	0.3	0.3
p. Have been taken advantage of sexually	88.8	8.4	1.3	1.5
q. Have taken advantage of another sexually	95.1	3.5	0.6	0.7
r. Tried unsuccessfully to stop using	94.9	3.7	0.8	0.6
s. Had feelings of depression, feeling sad for two weeks or longer	89.6	7.0	1.9	1.4
t. Been hurt or injured	79.6	15.6	3.4	1.4

5. Defining "hazing" as any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm regardless of the person's willingness to participate:
- a. Have you been a victim of hazing in your college sports program?
- | | | | | | |
|------|-----|---------------------------------|------|-----|---------|
| 91.9 | No | | | | |
| 8.1 | Yes | → If yes, was alcohol involved? | 50.6 | Yes | 49.4 No |
- b. Have you participated in hazing of teammates?
- | | | | | | |
|------|-----|---------------------------------|------|-----|---------|
| 92.4 | No | | | | |
| 7.6 | Yes | → If yes, was alcohol involved? | 50.6 | Yes | 49.4 No |
6. Please indicate how long it took you to complete this survey.
- | | |
|------|------------------------|
| 34.1 | Less than 15 minutes |
| 55.5 | 16 to 25 minutes |
| 8.5 | 26 to 35 minutes |
| 1.0 | 36 to 45 minutes |
| 0.9 | Longer than 45 minutes |

Thank you for taking the time to participate in this important study.

The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports
 The National Collegiate Athletic Association
 May 24, 2004 Research Staff: DMD