

College Drinking Influences Scale
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Abstract

Objective

The authors developed and validated measures of college drinking expectations, psychosocial influences, and values.

Participants

Freshmen at college entry (N = 320) and the end of freshman year (N = 420) participated.

Methods

The College Drinking Influences Survey, administered in paper and Web-based versions, consists of 3 distinct scales: (1) the College Drinking Expectations Scale assesses expectations for drinking norms and consequences; (2) the Psychosocial Drinking Inventory evaluates social influences, stress, and sensation seeking; and (3) the Drinking Values Scale assesses drinking decisions based on personal choice, social responsibility, and institutional obligation.

Results

Factor analysis, interitem reliability, and correlations with existing instruments demonstrated validity and reliability. Differences between the sexes were in predicted directions, and multiple regression using subscale scores as predictors accounted for significant variance in drinking behaviors across the freshman year.

Conclusions

Data support the usefulness of the scales for identifying student alcohol risk and protective factors.

COLLEGE DRINKING INFLUENCE SCALE (CDIS)

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Details about the psychometric properties of the CDIS can be found in: Fisher, C.B., Fried, A.L., & Anushko, A.E. (2007). Development and Validation of the College Drinking Influences Survey. *Journal of American College Health, 56*, 217-228.

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The 53-item College Drinking Influences Scale (CDIS) consists of 3 distinct scales: (1) the Psychosocial Drinking Inventory (PDI); (2) the Drinking Values Scale (DVS); and the College Drinking Expectations Scale (CDES). The CDIS was administered to 340 freshmen at college entry and to 223 freshmen at the end of the year. Factor analyses and inter-item reliability were conducted and confirmed predicted relationships with existing instruments. Analyses using subscale scores as predictors of drinking behaviors across the freshmen year support the usefulness of this instrument for understanding factors contributing to college student drinking choices and evaluating programs designed to influence these choices.

Psycho-social Drinking Inventory (PDI)

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Factor analyses on the Psychosocial Drinking Inventory (PDI) yielded a 3 factor solution (variance explained was 53% and 56% at T1 and T2 respectively). The first factor (1), labeled "Social influences" was composed of 10 items describing the influence of peers, parents, and resident life staff on drinking decisions. Items on the second factor (2), labeled "Stress Reduction," were characterized by 10 items endorsing drinking as a response to distress or anxiety over dating, friendship problems, academic failure, and family conflict. The final factor (3), labeled "Sensation Seeking" included 12 items endorsing drinking behavior if it increased the likelihood of risk associated with drinking, i.e. disturbing others, taking sexual risks, starting fights or arguments. Individual scores are evaluated by the mean of the total subscale for every scale. Numbers in parentheses indicate which subscale the question belongs to.

BELOW ARE SITUATIONS THAT MAY INFLUENCE WHETHER OR NOT SOME COLLEGE STUDENTS DECIDE TO DRINK ALCOHOL ON OR OFF CAMPUS.

Imagine yourself as you are right now. Place a check under the column that best **reflects how likely you would be to drink** in the situation.

	EXTREMELY UNlikely to drink	SOMEWHAT UNlikely to drink	SOMEWHAT likely to drink	VERY likely to drink	EXTREMELY likely to drink
1. If I felt I had let myself down. (2)					
2. If I was worried about family problems at home. (2)					
3. If I had trouble sleeping. (2)					
4. If I had an argument with my roommate. (2)					
5. If other students did not seem to like me. (2)					
6. If I were out with friends and they stopped by a bar for a drink (1)					
7. If friends were talking about how good a new drink tasted. (1)					
8. If my date was drinking. (1)					
9. If I were at a party and other people were drinking. (1)					
10. If drinking associated violations were not always reported or enforced on or off campus. (1)					
11. If I was at a party where most people were older than I. (1)					

	EXTREMELY UNlikely to drink	SOMEWHAT UNlikely to drink	SOMEWHAT likely to drink	VERY likely to drink	EXTREMELY likely to drink
12. If my parents and I had often discussed the risks of drinking at college. (1)					
13. If I were at a restaurant and the people with me ordered drinks. (1)					
14. If my friends brought a 6-pack into my room. (1)					
15. If someone I was interested in dating asked me to go for a drink. (1)					
16. If other people were treating me unfairly (2)					
17. If I were feeling depressed (2)					
18. If I was angry. (2)					
19. If I felt my professors were too demanding. (2)					
20. If my grades were poor despite my efforts. (2)					
21. If violations associated with drinking (such as vandalism, fighting, or DWIs) would be placed in my permanent school record. (3)					
22. If my drinking would prevent my roommate from studying. (3)					
23. If I knew I sometimes start fights or arguments with my friends when I drink. (3)					
24. If I knew that when I drink, I get very loud in a way that disturbs others. (3)					
25. If I knew my parents would be hurt if they found out I had been guilty of an alcohol violation. (3)					
26. If the neighborhood bars would prevent other students from drinking if I behaved in a drunken manner. (3)					
27. If my drinking would hurt the school's reputation. (3)					
28. If my friends would get in trouble if I brought alcohol into their room. (3)					
29. If there were a chance I would take sexual risks when I got drunk. (3)					
30. If there were a risk that my money would be stolen if I got drunk. (3)					
31. If there was a risk that I might be sexually or physically assaulted if I got drunk. (3)					

Drinking Values Scale (DVS)

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Factor analyses on the Drinking Values Scale (DVS) produced a three-factor solution (variance explained was 47% and 50% for T1 and T2 respectively). Factor one (1) was labeled "Social Responsibility" and included 3 items indicating it was wrong to drink because of negative consequences for self and others. The second factor (2) was labeled "Personal Choice" and included 4 items that described drinking as a personal decision. The third factor (3), labeled "Institutional Obligations" included 3 items reflecting a valuing of the reason for university rules prohibiting drinking. Individual scores are evaluated by the mean of the total subscale for every scale. Numbers in parentheses indicate which subscale the question belongs to.

USING THE SCALE BELOW, PLEASE RATE HOW MUCH YOU DISAGREE OR AGREE WITH THE FOLLOWING STATEMENTS

	Strongly Disagree	Disagree	Somewhat Agree	Agree	Strongly Agree
1. How much a person drinks is not a matter of right or wrong but a matter of personal choice. (2)					
2. Drinking to excess is wrong because it can have unfavorable effects on others. (1)					
3. Drinking a lot (5 or more drinks in a row) is okay as long as you know you can handle it. (2)					
4. Drinking alcohol heavily is wrong because it affects not only you but others as well. (1)					
5. An occasional alcoholic drink is okay for anyone who enjoys it. (2)					
6. There is nothing wrong with having one or two drinks. (2)					
7. Rules about drinking on campus are meant to protect students. (3)					
8. Excessive drinking violates the rights of other students. (1)					
9. The university has an obligation to parents of students to monitor and enforce drinking policies. (3)					
10. The resident advisor has an obligation to enforce university drinking policies (3)					

COLLEGE DRINKING EXPECTATIONS SCALE (CDES)

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As anticipated factor analyses on the College Drinking Expectations Scale (CDES) produced a two-factor solution (variance explained was 40% and 44% at T1 and T2 respectively). Factor one (1) was labeled "Drinking Norms" and included 5 items indicating drinking was expected to be a normal part of college life. Factor two (2) was labeled "Drinking Consequences" and included 7 items indicating drinking was expected to lead to negative physical, social and academic consequences. Individual scores are evaluated by the mean of the total subscale for every scale. Numbers in parentheses indicate which subscale the question belongs to.

USING THE SCALE BELOW, PLEASE RATE HOW MUCH YOU DISAGREE OR AGREE WITH THE FOLLOWING STATEMENTS

	Strongly Disagree	Disagree	Somewhat Agree	Agree	Strongly Agree
1. Most college students drink alcohol in the dorms. (2)					
2. Most college students drink alcohol off campus. (2)					
3. Drinking is a normal part of college life. (2)					
4. If I drink I may do things I would not ordinarily do. (1)					
5. If I drink I may do things that would get me in trouble. (1)					
6. Drinking could affect my studying and lower my grades. (1)					
7. Drinking is unhealthy. (1)					
8. Drinking might lead to injury to myself or others. (1)					
9. Drinking by other students can affect my studying. (1)					
10. Drinking by other students can put me at risk for physical or sexual assault. (1)					
11. When I am at college, I expect to drink alcohol on campus. (2)					
12. When I am at college, I expect to drink alcohol off campus. (2)					