Original Research Article

An assessment of alcohol consumption using the alcohol use disorders identification test: self-report version questionnaire among students pursuing professional courses

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ABSTRACT

Background: Harmful use of alcohol is accountable for 7.1% and 2.2% of the global burden of disease for males and females respectively. Alcohol is the leading risk factor for premature mortality and disability among those aged 15 to 49 years, accounting for 10% of all deaths in this age group. Objectives of current study were to assess the prevalence of alcohol consumption among study participants.

Methods: Current study is a cross sectional study with sample size of 410 (male: 49%, female 51%). The alcohol use disorders identification test self-report version by WHO was taken as study tool. Data Collection was done online through Google forms and data analysis was done using SPSS trial version.

Results: Mean age of the participants was 21.95±3.03 years. Prevalence of alcohol consumption was found in 17.1% study participants.

Conclusions: Alcohol use varies among different academic streams across varied socio demographic backgrounds. Interventions including in campus counselling are need of the hour.

Keywords: AUDIT, Alcohol consumption, Professional, Medical students

INTRODUCTION

Youth is most of the time is curious to have an experience of all that is available in their environment. Same applies to the various substances which are addictive in nature like tobacco and alcohol. Youth during their college days are under peer pressure which may have a role in trying these addictive substances. Alcohol is a toxic and psychoactive substance with dependence producing properties. Harmful use of alcohol is accountable for 7.1% and 2.2% of the global burden of disease for males and females respectively. Alcohol is the leading risk factor for premature mortality and disability among those aged 15 to 49 years, accounting for 10 percent of all deaths in this age group. Alcohol is the leading risk factor for premature mortality and disability among those aged 15 to 49 years, accounting for 10% of all deaths in this age group. Alcohol consumption accounts for 5.9% of annual global deaths, a significant proportion of which occur among youth.

Objectives

Objectives of current study were to assess the prevalence of alcohol consumption students pursuing professional
courses and to know the factors associated with alcohol consumption among study participants.

**METHODS**

**Study type, population and duration**

This was a descriptive, cross sectional study carried out among the students pursuing various professional courses including medical, paramedical, nursing, pharmacy, engineering, law, business administration and education in Western part of Uttar Pradesh. The study was conducted during 1st February 2020 to 14th March 2020.

**Sample size**

Sample size was calculated by using the following formula for cross sectional studies

\[ N = 3.84 \times P(1-P)/d^2 \]

Where P is taken as 39.4% based on the study of Verenkar et al.\(^3\) Taking absolute precision d=5%. The sample size came out to be 366, addition of 10% for nonresponse the minimal sample size came out to be 404. Final sample size was 410.

**Inclusion criteria**

Inclusion criterion for current study was all students more than 18 years of age giving voluntary consent to participate in the study by submitting the filled Google form.

**Exclusion criteria**

Exclusion criteria for current study were all students younger than 18 years of age and students who did not give consent to participate in the study by not submitting the filled Google form.

**Study tool**

The alcohol use disorders identification test self-report version by WHO was used to collect data along with socio demographic information of the study participants. Part two of the questionnaire had the questions from the WHO AUDIT (the alcohol use disorders identification test) self-report version. Participants from a private medical college, engineering college, management college, law college, college of pharmacy, college of paramedical sciences, college of nursing, district institute for education and training (DIET) and University students were contacted through their emails or Whatsapp groups along with the details about the purpose of the study and voluntary nature of their participation. No identifying information was collected and complete anonymity was maintained. A total of 410 students sent back the Google forms with responses. Informed voluntary consent was taken.

**Data analysis**

Data was received in Excel sheet through Google forms. After data cleaning the data was analysed using SPSS.

**RESULTS**

Male participants were 201 (49%) whereas females were 209 (51%) among study participants. Mean age of the study participants was 21.95±3.03 years. Prevalence of alcohol consumption was found in 70 (17.1%) study participants. Male gender, never married status, higher socioeconomic status, hosteller and pursuing medical education were found to be statistically significant factors associated with consumption of alcoholic drinks (Table 1).

![Figure 1: Distribution of study participants on the basis of professional courses they are pursuing.](image1)

![Figure 2: Distribution of study participants on the basis of risk level of alcohol consumption.](image2)
DISCUSSION

Prevalence of alcohol consumption was found to be 39.4%. Prevalence among females was higher (40.6%) compared to Males (38%) as concluded in the study by Verenkar et al whereas the mean age was 21 years (21.1±1.4) and males reported higher consumption of alcohol as reported by Shekhawat et al similar to present study.3,6 Results are also comparable with those reported by Ramanan et al 48% study subjects in the study conducted by Kumar et al had ever consumed alcohol, which was significantly higher among males similar to present study.3,7 Chaudhary et al reported that about 87.3% study subjects were non-problem drinkers, 6.8% were in hazardous category, 2.3% were in harmful category and 3.6% were dependent users in their study.7,8 Htet et al from their study conducted among university students in Myanmar reported the overall, prevalence of alcohol consumption as 20.3% (males: 36.0%, females: 10.8%).9

Table 1: Association between alcohol consumption and socio demographic factors.

| Socio demographic factor                  | Never taken alcohol N (%) | df | P value |
|-------------------------------------------|----------------------------|----|---------|
| Gender                                    | Male                       | 150 (36.6) | 4 | 0.000 |
| Age group (yr)                            | 18-23                      | 299 (72.9) | 12 | 0.000 |
| Hosteller or residing with family         | With family                | 188 (45.9) | 4 | 0.000 |
| Marital status                            | Never Married              | 321 (78.3) | 12 | 0.000 |
| SE class as per modified BG Prasad        | INR 7533 and above         | 141 (34.4) | 16 | 0.000 |
| Professional course                       | Medical                    | 95 (23.2)  | 24 | 0.000 |

Limitations

Limitation of current study was many determinants of patterns of alcohol consumption could not be included due to limitation of resources; including time.

CONCLUSION

Alcohol use varies among different academic streams across varied socio demographic backgrounds. Interventions including in campus demographic counselling are need of the hour.

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Conflict of interest: None declared

Ethical approval: The study was approved by the Institutional Ethics Committee

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