

A STUDY OF NCAA DIVISION I ATHLETES
ON THE USE AND EFFECTS OF COMBINING
ALCOHOL & ENERGY DRINKS

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ABSTRACT

The three main purposes of this study were (a) to determine the quantity-frequency rates of alcohol use, combined use (using an energy drink within plus or minus four hours of consuming alcohol), and energy drink use in a population of D-I athletes, (b) to compare reported risk taking behaviors and negative health consequences within combined users ($n = 132$), and (c) to investigate differences between men and women on reported risk taking behaviors. A total of 401 student athletes from a large Division I university participated in the study. From the complete Quick Drink Screen (QDS) sample of 401 athletes, 315 or 78.55% used alcohol, 150 or 37.41% combined, and 194 or 48.62% used energy drinks within the past year. Results indicated that combined users consumed significantly more alcohol than athletes that used alcohol only. However, combined users consumed nearly double the amount of alcohol when they did not combine energy drinks with alcohol. Yet, results of the Brief Comprehensive Effects of Alcohol (B-CEOA) and Combined Use (B-CEOCU) expectancy measures still indicated that when athletes combined they took significantly more risks and experienced significantly more negative consequences. Results also indicated that men took significantly more risks than women while drinking alcohol only and combining.