



Trajectory analyses of a randomised trial in university students with risky alcohol consumption



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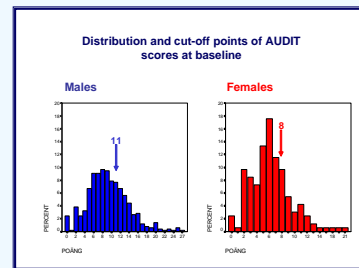
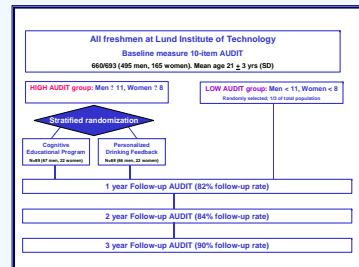
Background

Trajectory analyses have during the last years improved the understanding of university students drinking.

During the years in university large changes occur in their drinking habits.

Therefore we performed a trajectory analysis on a sample from a randomized controlled trial.

Present sample



Results of the randomised controlled trial

	Cognitive intervention	Post mailed feedback	Difference between groups	ANCOVA
AUDIT total	-1.7 [-2.6, -0.7]	-2.7 [-3.6, -1.7]	-1.0 [-2.5, 0.4]	-0.8 [-2.0, 0.4]
Males	-1.7 [-2.8, -0.4]	-3.1 [-4.2, -1.8]	-1.4 [-3.2, 0.4]	-1.2 [-2.7, 0.3]
Females	-1.8 [-2.8, -0.8]	-1.9 [-3.3, -0.2]	-0.1 [-2.0, 1.9]	-0.3 [-1.4, 2.0]

Method

Semiparametric group-based modeling was used to determine groups of drinking trajectories in university students (Nagin, 1999, Nagin and Land, 1993).

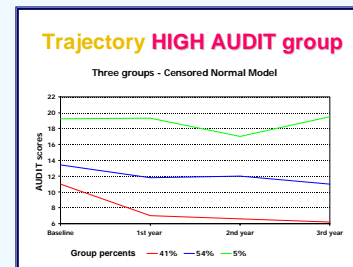
AUDIT was used as instrument.

Outcome of semiparametric group-based modeling

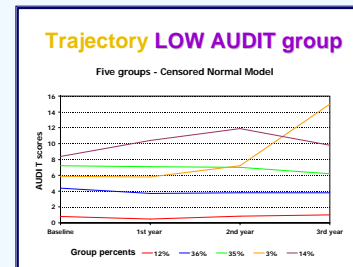
HIGH AUDIT group		LOW AUDIT group	
Model (factors)	BIC	Model (factors)	BIC
2	-1672	2	-1460
3	-1657 (Best model)	3	-1436
4	-1657	4	-1425
5	-1671	5	-1413 (Best model)
6	-1664	6	-1414

Analyses based on Item 3 in AUDIT (binge drinking) or over/under cut of points in AUDIT gave no interpretable models

Results



In the **HIGH AUDIT group** there was no relationship between trajectories and type of intervention (Cognitive Educational Program versus Personalized Drinking Feedback).



Summary

- A 3-factor model was the best model for **HIGH AUDIT group**.
- 5% of the subjects reported a stable heavy drinking pattern over all years.
- 41% reported decreasing AUDIT-scores and 54% quite unchanged scores.
- No relationship between trajectories and type of intervention.

- For the **LOW AUDIT group** a 5-factor model gave the best results, where 14% reported early increasing in AUDIT-scores and 3% reported late increasing.
- Remaining subjects reported a stable pattern over all years.