

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

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

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by:

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EXECUTIVE SUMMARY

This study is the sixth in a series conducted for or by the NCAA to measure the substance-use patterns of NCAA college student-athletes. The initial National Study of the Substance Use and Abuse Habits of College Student-Athletes was presented in 1985. Subsequent studies have been conducted at four-year intervals.

For the 1997 replication, several changes were made in the survey methodology. However, this study is meant to build on analyses conducted in the previous work. Specifically, the sampling base was broadened so that student-athletes in all NCAA sports would be surveyed, and all NCAA institutions were included in the sample. These were significant changes from the previous studies, when all student-athletes in ten sports at only 11 selected NCAA member institutions were surveyed. Nevertheless, since both sampling plans were designed to represent the entirety of the student-athlete population and the survey questions were similar, if not exactly the same, comparisons across studies are appropriate.

The other major difference between the current replications (1997, 2001, and 2005) and the previous studies was the way in which the surveys were administered. In the past, the researchers traveled to the 11 institutions in the sample and administered the surveys in person. In more recent studies, the surveys were sent to the faculty athletics representative (FAR) on campus. The FAR was given explicit instructions regarding administration of the survey instrument. It is important to keep these differences in mind when comparing the data to those from studies done prior to 1997.

The sampling plan was designed to require survey responses from 12 percent of the student-athletes in all NCAA championship sports at all NCAA divisions. All NCAA member institutions were asked to give the survey instrument to at least one of their athletics teams. These teams were identified by the NCAA in accordance with the sampling plan. The surveys were sent to the institutional FAR who administered the survey at the institution. Provisions were made so that the student-athletes would be assured of confidentiality in the process. A total of 19,676 usable responses were received by the NCAA. Once received, the survey data were cleaned and analyzed by the NCAA research staff. The results from the descriptive analysis include data back to the 1989 study and led to the following findings from the study:

FINDINGS ABOUT ERGOGENIC DRUG USE

- Finding 1: Among the entire group of student-athletes, the use of amphetamines has continually increased since 1997. The use of ephedrine, first calculated in 1997, has remained stable. Anabolic steroid use has decreased slightly from 2001.
- Finding 2: Analysis by division indicates that amphetamine use has increased across all divisions with use highest in Division III. Conversely, anabolic steroid use has decreased in all three divisions. Ephedrine use decreased in Division II, but was relatively stable in the other two divisions.

FINDINGS ABOUT SOCIAL DRUG USE

- Finding 3: Among the entire group of student-athletes, the use of alcohol has decreased dramatically, while spit tobacco and marijuana use are also at the lowest levels since the study began. Reported use of cocaine is up just slightly from 2001.
- Finding 4: Analysis by division indicates that the usage of alcohol, psychedelics, marijuana and cigarettes seem to be down in all divisions. Spit tobacco is down in all divisions, but more so in Divisions II and III. Cocaine usage is up slightly in all

divisions since 2001. Further, Division III continues to report the highest rates of social drug use of all three divisions, with the exception of spit tobacco usage which is slightly higher in Division II for 2005.

FINDINGS ABOUT USAGE WITHIN ETHNIC AND SPORT GROUPS

- Finding 5: Amphetamine use continued an upward trend for both Whites and African-Americans. However, African-Americans still report the lowest rates of drug usage for amphetamines and all social drugs. Anabolic steroid use was reported at an all time lowest level for Whites and was used by African-Americans and others at a slightly higher rate. Ephedrine use has decreased within all ethnic groups reported.
- Finding 6: Amphetamine use has increased in all men's sports except basketball, football and swimming. Tennis, gymnastics, soccer and volleyball were the only sports for women that did not report increased amphetamine use. Anabolic steroid use is down for men and women with the exception of men's swimming and water polo and women's ice hockey. Social drug use generally decreased for both men and women, but more consistently so across women's sports.

FINDINGS ABOUT FREQUENCY AND INITIAL USE OF DRUGS

- Finding 7: The vast majority of student-athletes who reported using marijuana during the previous 12 months used it only 1 or 2 times or "occasionally", a decrease from the previous report. The number of respondents who reported smoking more than 2 marijuana cigarettes also decreased significantly from 2001.
- Finding 8: Over 85% of student-athletes who reported using alcohol in the last year say they did so an average of two or fewer times per week an increase from 2001. While the number of student-athletes using alcohol decreased from 2001, the number of student-athletes drinking more than 5 drinks in a sitting increased significantly.
- Finding 9: A similar trend to the alcohol use was reported in cigarette use. The number of daily users decreased dramatically with many more student-athletes reporting that they only smoke at social occasions. However, there was an increase among smokers in those who smoke a pack or more a day.
- Finding 10: The percent of student-athletes using ergogenic drugs during high school or before increased significantly. Over two thirds of amphetamine, ephedrine and nutritional supplement use now appears to start prior to college. Over half of anabolic steroid use begins mostly in high school as well.
- Finding 11: Reversing a previous trend, over half of the cocaine users indicated having first tried cocaine in high school or before. The percent of student-athletes trying alcohol, marijuana or cigarettes in junior high or before also increased.

FINDINGS ABOUT WHY STUDENT-ATHLETES USE DRUGS

- Finding 12: Over half of the users of anabolic steroids say they use them to improve athletic performance. Continuing a trend from 2001, the number of student-athletes using anabolic steroids for the treatment of an injury continued to decrease. The

number of users now stating they use anabolic steroids to improve appearance decreased from 2001.

Finding 13: Use of amphetamines to improve athletic performance appears to be down significantly from the 2001 study. The main reason stated for using amphetamines is for the treatment of attention deficit disorder followed by using to get more energy. The top two reasons stated for using ephedrine reversed order in 2005 to weight loss, followed by to improve athletic performance.

Finding 14: Alcohol, cocaine, marijuana and spit tobacco users are most likely to use for recreational or social reasons. Marijuana, cocaine and spit tobacco users also stated that they use to make them feel good. Spit tobacco users also cite use to help deal with the stress of college life and college athletics. Very few state they use social drugs to improve athletic performance.

FINDINGS ABOUT WHY STUDENT-ATHLETES DO NOT USE DRUGS

Finding 15: The majority of student-athletes who choose not to use ergogenic or social drugs are reporting concerns about health, they do not desire to experience the effects and that the idea of using drugs is against their beliefs.

Finding 16: A main reason given by student-athletes to not use nutritional supplements and spit tobacco is that they do not like it and another top reason given for not using alcohol was that it hurt athletic performance.

FINDINGS ABOUT SOURCES OF DRUGS FOR STUDENT-ATHLETES

Finding 17: The main source for student-athletes who continue to use amphetamines or anabolic steroids is a friend or relative followed by an other physician for amphetamine users and website or mail order for anabolic steroid users. Nutritional supplements are mainly purchased in a retail store.

Finding 18: The primary source for student-athletes who continue to use either cocaine, marijuana, or psychedelics continues to be a friend or relative.

FINDINGS ABOUT STUDENT-ATHLETES' OVERALL PERCEPTION OF DRUG USE

Finding 19: Almost 60 percent of student-athletes continue to believe that their use of alcoholic beverages has no effect on athletic performance or on their general health.

Finding 20: Almost 30 percent of student-athletes stated that one or more times they performed poorly in practice or a game due to drinking or drug use.

FINDINGS ABOUT ATTITUDES TOWARD DRUG TESTING

Finding 21: The number of respondents who believe that the NCAA and their institutions should drug test student-athletes increased from 200,1 with nearly two-thirds believing that the NCAA should drug test student-athletes. The number of respondents believing that drug testing by the NCAA and the institutions has deterred college athletes from using drugs also increased.

Finding 22: There continues to a split among student-athletes surveyed who believe that imposing team penalties for individual positive tests would be fair and appropriate.

FINDINGS ABOUT HAZING AND ALCOHOL USE

Finding 23: Less than ten percent of the respondents reported any involvement in hazing within college sports. Men were more likely than women to be the victim of hazing in their college sports program and to haze others in the program.

Finding 24: For those student-athletes who had been involved in a hazing incident approximately 50 % said that alcohol had been involved. Women were over 10 percent more likely to say that alcohol had been involved in the hazing.

Table of Contents

Introduction	
Methods	
Sampling	
Survey Administration	
Questionnaire	
Subjects	
Analysis	
Results	
Conclusions	
Tables and Figures	
Tables	
1. Demographic Characteristics of the Sample	
2. Ergogenic Drug Use by NCAA Division	
3. Social Drug Use by NCAA Division	
4. Ergogenic Drug Use by Ethnic Group	
5. Social Drug Use by Ethnic Group	
6. Ergogenic Drug Use in Men's Sports	
7. Ergogenic Drug Use in Women's Sports	
8. Social Drug Use in Men's Sports	
9. Social Drug Use in Women's Sports	
10a. Ergogenic Drug Use in Other Men's Sports	
10b. Social Drug Use in Other Men's Sports	
11a. Ergogenic Drug Use in Other Women's Sports	
11b. Social Drug Use in Other Women's Sports	
12. Frequency of Spit Tobacco Use	
13a. Frequency of Cigarette Use	
13b. Amount of Cigarette Use	
14. Initial Use of Ergogenic Drugs	
15. Initial Use of Social Drugs	
16. Main Reason to Use Ergogenic Drugs	
17. Main Reason to Use Social Drugs	
18. Reasons Do Not Use Ergogenic Drugs	
19. Reasons Do Not Use Social Drugs	
20. Sources of Ergogenic Drugs	
21. Sources of Social Drugs	

Figures

- 1a. Patterns of Ergogenic Drug Use
- 1b. Patterns of Alcohol Use
- 1c. Patterns of Marijuana Use
- 1d. Patterns of Spit Tobacco Use
- 1e. Patterns of Cocaine Use

Questionnaire with Overall Results

Introduction

This study is the sixth in a series conducted for or by the NCAA to measure the substance-use patterns of NCAA college student-athletes. The initial National Study of the Substance Use and Abuse Habits of College Student-Athletes was presented in 1985. That study and the two subsequent replications were conducted for the NCAA by researchers at Michigan State University. The 1997 and 2001 studies were conducted by the NCAA research staff with the assistance of Dr. Percy Bates from the University of Michigan. The current study was conducted solely by the NCAA research staff.

This study, while not a direct replication of the previous work, is meant to build on the analysis of trends in the five previous studies. Thus, data are presented that compare results from this study to results from the past work. Such comparisons are possible due to the fact that many questions from the previous surveys were retained in this research. The sampling procedures that were used beginning in 1997, however, were much different than they had been in the previous studies. Specifically, the previous studies sampled athletes on ten specific sports teams at 11 NCAA member institutions. Each institution involved requested survey responses from all members of all ten requested teams. The same ten sports teams were sampled at each institution. The more recent studies, on the other hand, requested data on one or more sport teams from every NCAA member institution. The sampling was designed so that at least 12 percent of institutions sponsoring a given sport in a given NCAA division would be asked to provide data for that particular team. Thus, teams in all NCAA championship sports were sampled in the three most recent replications. The other major difference between the current replications (1997, 2001, and 2005) and the previous studies was the way in which the surveys were administered. In the past, the researchers traveled to the 11 institutions in the sample and administered the survey in person. In the last three studies, the surveys were sent to the faculty athletics representative (FAR) on campus and they were given explicit instructions regarding administration of the instrument. It is important to keep these differences in mind when comparing the 2005 data to those from previous studies.

Even with the sampling and survey administration differences described above, the data from 1997 forward should be able to be compared with prior data as both sampling structures were designed to provide a random sample from the overall student-athlete population at NCAA member institutions. The results of this study will provide NCAA policy makers with data related to current levels of drug and alcohol use by student-athletes, and how those levels have changed over time. These data will also provide information regarding why student-athletes do or do not use specific substances, where they obtain illegal drugs, when they started to use drugs and attitudes regarding different drugs. In addition, the data provide insight about student-athletes' attitudes regarding drug testing. New to the 2005 survey are questions regarding student-athletes participation in hazing and the involvement of alcohol in that hazing.

Methods

Sampling

As stated above, a sampling plan was designed so that at least 12 percent of the NCAA member institutions that sponsor a given sport would be asked to survey their athletes in that sport. The sampling plan was also designed so that no single institution would be asked to give the survey to more than three of its athletics teams. This sampling plan was devised to achieve a better representation of all NCAA student-athletes. It also had the benefit of surveying student-athletes in all NCAA championship sports, as opposed to a selection of ten.

After the sampling plan was devised, Dr. Steven M. Boker, University of Notre Dame, created a computer program that sampled the institutions at random and assigned one to three sports to each NCAA member institution. In the end, 1032 member institutions and 1985 teams were requested to participate in the

study. From that group 19,676 usable survey forms were returned to the NCAA. In contrast to previous years, specific institutions returning surveys were not identified to better assure respondent anonymity. Therefore institutional response rates cannot be calculated. However, based on the total number of surveys returned, we estimate approximately a 70% institutional response rate.

Survey Administration

Once institutions were identified and sports were assigned, a letter was sent to the FAR at each member institution. The letter asked for the FAR's cooperation in conducting the survey, and identified the athletics teams that the institution was being asked to survey. Detailed instructions for conduct of the survey administration were provided to the FAR. These instructions, and the instructions that were printed on the survey form, made it clear to the student-athletes that cooperation in this study was completely voluntary and that all responses would be completely anonymous. The FAR was instructed to give the survey to all members of a particular team on the same occasion. The FAR was provided with a pre-addressed, pre-paid envelope in which student-athletes were to deposit surveys upon completion. Then, the last student-athlete to complete the survey was asked to seal the envelope and see that it was ready to send to the NCAA. No reference to any particular individual or institution was to be printed either inside or outside the return envelope. It was hoped that these procedures would reassure student-athletes that the process would be secure and all responses would remain anonymous. Even with these measures to ensure anonymity, self-report data of this kind can be problematic due to the sensitive nature of the issues. Therefore, absolute levels of use might be underestimated in a study such as this. However, broad trends in use patterns across years and among types of drugs can be attended to with more confidence as to their validity.

Questionnaire

The questionnaire itself was modeled on the one that had been used in the five previous studies, most specifically the 2001 study. The list of eleven specific drugs that were included in the survey was somewhat different from that used in prior work and sections were included for the first time on ephedrine and ecstasy. In all, there were 13 sections to this survey. First, an overview of demographic questions was asked as well as some questions related to drug testing. The 13 sections asked for responses related to the following issues:

1. Demographic information and attitudes about drug use among student-athletes.
2. Specific questions related to anabolic steroid use.
3. Specific questions related to ephedrine use.
4. Specific questions related to nutritional supplements.
5. Specific questions related to spit tobacco use.
6. Specific questions related to cigarettes.
7. Specific questions related to alcohol use.
8. Specific questions related to amphetamine use.
9. Specific questions related to marijuana use.
10. Specific questions related to ecstasy use.
11. Specific questions related to psychedelics/hallucinogen use.
12. Specific questions related to cocaine use.
13. The effects of drug use among teammates and self and participation in hazing

In the 2001 survey there was one question regarding ecstasy use in the last 12 months that was asked under the section for psychedelics/hallucinogen use. In 2005 an entire section of questions regarding ecstasy use was added separate from the questions on other psychedelics.

In the 2001 survey there was one question regarding ephedrine use in the last 12 months that was asked under the section for nutritional supplement use. In 2005 an entire section of questions regarding ephedrine use was added separate from the questions on other nutritional supplements.

In all, data were collected on over 300 variables on the student-athlete questionnaire.

The specific drugs that have been included in the questionnaire have changed over the years. The following table indicates which specific drug classes were included in each study:

DRUGS SURVEYED IN EACH STUDY

Perceived Ergogenic Drugs

1985	1989	1993	1997	2001	2005
Amphetamines	Amphetamines	Amphetamines	Amphetamines	Amphetamines	Amphetamines
Anabolic steroids	Anabolic steroids	Anabolic steroids	Anabolic steroids	Anabolic steroids	Anabolic steroids
Barbiturates and tranquilizers	Barbiturates and tranquilizers	Barbiturates and tranquilizers	Ephedrine	Ephedrine	Ephedrine
Major pain medications	Major pain medication	Major pain medications		Nutritional supplements*	Nutritional supplements*
Anti-inflammatory medications	Weight loss products				
Minor pain medications					
Vitamins/minerals					

* Not all nutritional supplements are ergogenic.

Socially Used Drugs

1985	1989	1993	1997	2001	2005
Alcohol	Alcohol	Alcohol	Alcohol	Alcohol	Alcohol
Cocaine	Cocaine and crack	Cocaine and crack	Cocaine and crack	Cocaine and crack	Cocaine and crack
Marijuana and hashish	Marijuana and hashish	Marijuana and hashish	Marijuana and hashish	Marijuana and hashish	Marijuana and hashish
Spit tobacco	Spit tobacco	Spit tobacco	Spit tobacco	Spit tobacco	Spit tobacco
Psychedelics	Psychedelics		Psychedelics	Psychedelics	Psychedelics
Caffeine	Caffeine			Cigarettes	Cigarettes
Cigarettes					Ecstasy

Subjects

A total of 19,676 usable individual surveys were received from the institutions that responded. Sixty-one percent of the responses were from males and 39 percent were from females. Regarding ethnicity, 76 percent were white, 14 percent were African-American, 4 percent were Hispanic and the remainder were

other races. Forty-four percent of the respondents were from NCAA Division I institutions, 22 percent were from Division II schools, and 34 percent of the respondents were Division III student-athletes. These representation rates are somewhat similar to the proportions of student-athletes in the three divisions: 41 percent of all student-athletes are in Division I, 21 percent in Division II and 39 percent in Division III. Overall there is a slight bias toward Division I respondents, however this difference should not make a serious impact on the interpretation of the overall results.

Analysis

Complete packets of surveys were mailed back directly to Pearson NCS Data Management who was responsible for scanning the surveys into a database. The data were then checked by the NCAA research staff for inconsistencies, and any questionable data were removed from the database. The SPSS library of statistical packages was used to compile the descriptive statistics reported in this study. The usage rates reported are based only on those individuals who actually responded to questions regarding use of specific drugs.

Results

The figures and tables included in this report are similar to those created for the earlier studies conducted on drug use patterns of student-athletes. This was done to maximize our ability to compare data across time. This year's study compares data back to the year 1989 for a more accurate look at four of the drug studies. It is important to note that the usage rates reported in the tables include all individuals who reported using a drug within the past 12 months, regardless of whether they were currently using the drug at the time of the survey.

Table 1 presents demographic characteristics of the sample. Figures 1A and 1B present overall usage data for all of the drug categories included in the survey compared across years. Tables 2 and 3 report drug use by NCAA division and Tables 4 and 5 report the rates by racial/ethnic classification. Tables 6 –9 provide usage rates by sport, but only those sports that were included in prior studies are reported in these tables. Table 10 reports usage rates for all men's sports that were not included in prior studies and Table 11 reports usage rates for all women's sports that were not included in prior studies. Table 12 provides data related to the frequency of spit tobacco usage and Table 13 is a new table, not showing any comparisons, but showing the frequency of cigarette usage. Tables 14 and 15 give information related to the reported age of "first use" for people who are still using drugs in the various categories. Tables 16 and 17 provide information related to the reasons that people who use drugs do so, and Tables 18 and 19 provide the same sort of data for those who do not use drugs. Tables 20 and 21 have data regarding where users who continue to use get their drugs. Finally, the appendix reports response rates for all questions included in the survey on a copy of the survey form. Data that have not been reported in tabular form are available in the appendix.

Conclusions

A review of the data presented in the tables and figures leads to the following sets of findings:

FINDINGS ABOUT ERGOGENIC DRUG USE

- Finding 1: Among the entire group of student-athletes, the use of amphetamines has continually increased since 1997. The use of ephedrine, first calculated in 1997, has remained stable. Anabolic steroid use has decreased slightly from 2001.

- Finding 2: Analysis by division indicates that amphetamine use has increased across all divisions with use highest in Division III. Conversely, anabolic steroid use has decreased in all three divisions. Ephedrine use decreased in Division II, but was relatively stable in the other two divisions.

FINDINGS ABOUT SOCIAL DRUG USE

- Finding 3: Among the entire group of student-athletes, the use of alcohol has decreased dramatically, while spit tobacco and marijuana use are also at the lowest levels since the study began. Reported use of cocaine is up just slightly from 2001.
- Finding 4: Analysis by division indicates that the usage of alcohol, psychedelics, marijuana and cigarettes seem to be down in all divisions. Spit tobacco is down in all divisions, but more so in Divisions II and III. Cocaine usage is up slightly in all divisions since 2001. Further, Division III continues to report the highest rates of social drug use of all three divisions, with the exception of spit tobacco usage which is slightly higher in Division II for 2005.

FINDINGS ABOUT USAGE WITHIN ETHNIC AND SPORT GROUPS

- Finding 5: Amphetamine use continued an upward trend for both Whites and African-Americans. However, African-Americans still report the lowest rates of drug usage for amphetamines and all social drugs. Anabolic steroid use was reported at an all time lowest level for Whites and was used by African-Americans and others at a slightly higher rate. Ephedrine use has decreased within all ethnic groups reported.
- Finding 6: Amphetamine use has increased in all men's sports except basketball, football and swimming. Tennis, gymnastics, soccer and volleyball were the only sports for women that did not report increased amphetamine use. Anabolic steroid use is down for men and women with the exception of men's swimming and water polo and women's ice hockey. Social drug use generally decreased for both men and women, but more consistently so across women's sports.

FINDINGS ABOUT FREQUENCY AND INITIAL USE OF DRUGS

- Finding 7: The vast majority of student-athletes who reported using marijuana during the previous 12 months used it only 1 or 2 times or "occasionally", a decrease from the previous report. The number of respondents who reported smoking more than 2 marijuana cigarettes also decreased significantly from 2001.
- Finding 8: Over 85% of student-athletes who reported using alcohol in the last year say they did so an average of two or fewer times per week an increase from 2001. While the number of student-athletes using alcohol decreased from 2001, the number of student-athletes drinking more than 5 drinks in a sitting increased significantly.
- Finding 9: A similar trend to the alcohol use was reported in cigarette use. The number of daily users decreased dramatically with many more student-athletes reporting

that they only smoke at social occasions. However, there was an increase among smokers in those who smoke a pack or more a day.

- Finding 10: The percent of student-athletes using ergogenic drugs during high school or before increased significantly. Over two thirds of amphetamine, ephedrine and nutritional supplement use now appears to start prior to college. Over half of anabolic steroid use begins mostly in high school as well.
- Finding 11: Reversing a previous trend, over half of the cocaine users indicated having first tried cocaine in high school or before. The percent of student-athletes trying alcohol, marijuana or cigarettes in junior high or before also increased.

FINDINGS ABOUT WHY STUDENT-ATHLETES USE DRUGS

- Finding 12: Over half of the users of anabolic steroids say they use them to improve athletic performance. Continuing a trend from 2001, the number of student-athletes using anabolic steroids for the treatment of an injury continued to decrease. The number of users now stating they use anabolic steroids to improve appearance decreased from 2001.
- Finding 13: Use of amphetamines to improve athletic performance appears to be down significantly from the 2001 study. The main reason stated for using amphetamines is for the treatment of attention deficit disorder followed by using to get more energy. The top two reasons stated for using ephedrine reversed order in 2005 to weight loss, followed by to improve athletic performance.
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FINDINGS ABOUT WHY STUDENT-ATHLETES DO NOT USE DRUGS

- Finding 15: The majority of student-athletes who choose not to use ergogenic or social drugs are reporting concerns about health, they do not desire to experience the effects and that the idea of using drugs is against their beliefs.
- Finding 16: A main reason given by student-athletes to not use nutritional supplements and spit tobacco is that they do not like it and another top reason given for not using alcohol was that it hurt athletic performance.

FINDINGS ABOUT SOURCES OF DRUGS FOR STUDENT-ATHLETES

- Finding 17: The main source for student-athletes who continue to use amphetamines or anabolic steroids is a friend or relative followed by an other physician for amphetamine users and website or mail order for anabolic steroid users. Nutritional supplements are mainly purchased in a retail store.

Finding 18: The primary source for student-athletes who continue to use either cocaine, marijuana, or psychedelics continues to be a friend or relative.

FINDINGS ABOUT STUDENT-ATHLETES' OVERALL PERCEPTION OF DRUG USE

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Finding 20: Almost 30 percent of student-athletes stated that one or more times they performed poorly in practice or a game due to drinking or drug use.

FINDINGS ABOUT ATTITUDES TOWARD DRUG TESTING

Finding 21: The number of respondents who believe that the NCAA and their institutions should drug test student-athletes increased from 200,1 with nearly two-thirds believing that the NCAA should drug test student-athletes. The number of respondents believing that drug testing by the NCAA and the institutions has deterred college athletes from using drugs also increased.

Finding 22: There continues to a split among student-athletes surveyed who believe that imposing team penalties for individual positive tests would be fair and appropriate.

FINDINGS ABOUT HAZING AND ALCOHOL USE

Finding 23: Less than ten percent of the respondents reported any involvement in hazing within college sports. Men were more likely than women to be the victim of hazing in their college sports program and to haze others in the program.

Finding 24: For those student-athletes who had been involved in a hazing incident approximately 50 % said that alcohol had been involved. Women were over 10 percent more likely to say that alcohol had been involved in the hazing.

Table 1

**THE 2005 NCAA STUDY OF SUBSTANCE USE HABITS
OF COLLEGE STUDENT-ATHLETES**

Demographic Characteristics of the Sample

Number of usable surveys = 19,676

GENDER

Men	11,814	60.0%
Women	7,474	38.0%
Not answered	388	2.0%
TOTAL	19,676	100.0%

ETHNICITY

African-American	2,765	14.1%
American-Indian	163	0.8%
Asian	394	2.0%
Hispanic	776	3.9%
White	14,629	74.3%
Other	621	3.2%
Not answered	328	1.7%
TOTAL	19,676	100.0%

ELIGIBILITY

First year	7,211	36.6%
Second year	4,971	25.3%
Third year	4,162	21.2%
Fourth year	2,704	13.7%
Fifth year	504	2.6%
Not answered	124	0.6%
TOTAL	19,676	100.0%

RESIDENCE

Residence Hall	11,138	56.6%
Fraternity/Sorority House	227	1.2%
Apartment/house	7,076	36.0%
Parent's Home	842	4.3%
Other	217	1.1%
Not answered	176	0.9%
TOTAL	19,676	100.0%

DIVISION

I-A	6,551	33.3%
I-AA	1,278	6.5%
I-AAA	714	3.6%
Total Division I	8,543	43.4%
II	4,341	22.1%
III	6,493	33.0%
Not answered	299	1.5%
TOTAL	19,676	100.0%

TABLES 2 AND 3

Ergogenic Drug Use by NCAA Division

<u>Drug</u>	Division I				Division II				Division III			
	1993 (n=1,422)	1997 (n=6,123)	2001 (n=8,776)	2005 (n=8,543)	1993 (n=681)	1997 (n=3,254)	2001 (n=4,867)	2005 (n=4,341)	1993 (n=409)	1997 (n=4,537)	2001 (n=7,520)	2005 (n=6,493)
Amphetamines	2.1%	2.5%	3.2%	4.0%	2.0%	3.3%	3.3%	3.8%	1.9%	3.7%	3.7%	4.6%
Anabolic steroids	1.9%	1.2%	1.6%	1.2%	4.3%	1.1%	2.5%	1.2%	1.9%	1.3%	1.4%	1.0%
Ephedrine	N/A	3.0%	2.4%	2.4%	N/A	4.2%	4.1%	2.6%	N/A	3.8%	2.5%	2.6%
Nutritional Supplements	N/A	N/A	46.0%	33.4%	N/A	N/A	41.5%	27.9%	N/A	N/A	39.8%	28.1%

Social Drug Use by NCAA Division

<u>Drug</u>	Division I				Division II				Division III			
	1993 (n=1,422)	1997 (n=6,123)	2001 (n=8,776)	2005 (n=8,543)	1993 (n=681)	1997 (n=3,254)	2001 (n=4,867)	2005 (n=4,341)	1993 (n=409)	1997 (n=4,537)	2001 (n=7,520)	2005 (n=6,493)
Alcohol	86.3%	79.2%	80.5%	74.7%	89.1%	79.7%	78.8%	74.5%	93.2%	82.6%	83.3%	81.5%
Cocaine/crack	0.6%	1.2%	1.8%	2.0%	1.9%	2.0%	1.6%	1.9%	1.2%	1.5%	1.8%	2.3%
Marijuana/hashish	17.6%	26.4%	26.3%	17.3%	22.5%	29.2%	24.7%	17.8%	33.1%	30.3%	32.5%	25.8%
Spit tobacco	24.3%	21.7%	16.4%	16.2%	30.6%	23.8%	18.3%	16.6%	29.4%	22.6%	19.0%	16.4%
Cigarettes	N/A	N/A	21.3%	12.3%	N/A	N/A	23.8%	14.0%	N/A	N/A	25.5%	16.6%
Psychedelics/hallucinogens	N/A	4.6%	4.5%	2.3%	N/A	6.1%	3.8%	2.0%	N/A	6.6%	5.7%	2.9%

*All N/A's reflect that questions regarding that drug were not asked in that particular year.

TABLES 4 AND 5

Ergogenic Drug Use by Ethnic Group

<u>Drug</u>	White				African-American				Other			
	1993 (n=1,968)	1997 (n=10,850)	2001 (n=16,706)	2005 (n=14,629)	1993 (n=408)	1997 (n=1,883)	2001 (n=2,908)	2005 (n=2,765)	1993 (n=116)	1997 (n=903)	2001 (n=1,611)	2005 (n=1,954)
Amphetamines	2.1%	3.2%	3.6%	4.5%	1.8%	1.3%	1.7%	2.4 %	1.8%	3.2%	4.0%	3.4%
Anabolic steroids	2.6%	1.1%	1.3%	1.0%	2.2%	1.1%	1.5%	1.6%	1.7%	2.1%	2.2%	1.6%
Ephedrine	N/A	3.8%	2.7%	2.5%	N/A	1.2%	0.9%	2.2%	N/A	3.5%	2.4%	1.6%

Social Drug Use by Ethnic Group

<u>Drug</u>	White				African-American				Other			
	1993 (n=1,968)	1997 (n=10,850)	2001 (n=16,706)	2005 (n=14,629)	1993 (n=408)	1997 (n=1,883)	2001 (n=2,908)	2005 (n=2,765)	1993 (n=116)	1997 (n=903)	2001 (n=1,611)	2005 (n=1,954)
Alcohol	91.0%	84.3%	85.1%	82.1%	73.7%	59.6%	59.1%	52.9%	89.7%	77.2%	77.4 %	70.1 %
Cocaine/crack	1.1%	1.6%	1.8%	2.2%	0.4%	0.6%	1.1%	1.4%	3.5%	1.3%	2.8%	1.8%
Marijuana/hashish	22.6%	29.3%	29.2%	19.7%	15.5%	23.5%	21.9%	14.0%	20.9%	27.0%	27.1%	19.7%
Spit tobacco	31.2%	26.0%	20.2%	18.6%	5.0%	5.4%	3.9%	5.3%	29.3%	16.0%	15.4%	12.0%
Cigarettes	N/A	N/A	25.8%	15.3%	N/A	N/A	7.9%	6.0%	N/A	N/A	24.1%	15.2%
Psychedelics/ hallucinogens	N/A	6.5%	5.2%	2.6%	N/A	1.2%	1.8%	1.5%	N/A	4.5%	4.8%	2.0%

*All N/A's reflect that questions regarding that drug were not asked in that particular year.

TABLES 6 AND 7

Ergogenic Drug Use in Men's Sports

<u>Drug</u>	Men's Baseball				Men's Basketball				Men's Football				Men's Tennis				Men's Track/Field			
	1993	1997	2001	2005	1993	1997	2001	2005	1993	1997	2001	2005	1993	1997	2001	2005	1993	1997	2001	2005
Amphetamines	1.7%	1.9%	2.7%	3.9%	0.7%	1.3%	1.5%	1.2%	2.9%	2.1%	4.3%	3.9%	0.0%	3.0%	2.2%	3.9%	1.1%	1.6%	1.4%	3.1%
Anabolic steroids	0.7%	1.9%	2.3%	2.3%	2.6%	0.6%	1.4%	1.5%	5.0%	2.2%	3.0%	2.3%	0.0%	0.5%	0.6%	0.3%	0.0%	1.3%	1.3%	0.8%
Ephedrine	N/A	3.3%	3.2%	3.3%	N/A	1.4%	1.9%	1.0%	N/A	5.3%	3.8%	4.2%	N/A	2.9%	1.6%	1.1%	N/A	2.4%	1.8%	1.8%

Ergogenic Drug Use in Women's Sports

<u>Drug</u>	Women's Basketball				Women's Softball				Women's Swimming				Women's Tennis				Women's Track/Field			
	1993	1997	2001	2005	1993	1997	2001	2005	1993	1997	2001	2005	1993	1997	2001	2005	1993	1997	2001	2005
Amphetamines	1.5%	1.0%	2.0%	2.9%	4.0%	4.7%	3.9%	5.2%	2.2%	4.7%	3.3%	4.4%	0.0%	2.5%	2.7%	2.6%	1.4%	2.1%	1.7%	1.9%
Anabolic steroids	1.5%	0.4%	0.7%	0.3%	1.7%	0.9%	0.8%	0.4%	0.6%	0.8%	1.3%	0.1%	2.7%	0.3%	0.0%	0.2%	2.7%	0.6%	0.6%	0.1%
Ephedrine	N/A	1.8%	1.3%	1.5%	N/A	1.1%	2.3%	2.9%	N/A	0.5%	2.2%	1.7%	N/A	1.9%	1.2%	1.2%	N/A	0.9%	1.3%	1.1%

TABLE 8**Social Drug Use in Men's Sports**

<u>Drug</u>	Men's Baseball				Men's Basketball				Men's Football				Men's Tennis				Men's Track/Field			
	1993	1997	2001	2005	1993	1997	2001	2005	1993	1997	2001	2005	1993	1997	2001	2005	1993	1997	2001	2005
Alcohol	93.1%	80.7%	84.5%	82.1%	86.1%	74.4%	74.1%	63.4%	87.5%	75.2%	77.9%	75.2%	92.4%	76.8%	79.1%	72.5%	83.8%	69.4%	71.5%	68.2%
Cocaine/ crack	1.0%	1.6%	1.3%	2.3%	2.5%	0.6%	1.3%	1.7%	1.4%	1.6%	1.8%	2.4%	0.0%	2.1%	1.6%	1.8%	0.4%	0.8%	0.8%	1.7%
Marijuana/ hash	22.7%	25.8%	27.2%	20.6%	21.0%	25.2%	23.6%	18.5%	23.2%	25.8%	28.2%	21.0%	26.4%	24.4%	27.8%	18.9%	13.3%	16.6%	17.6%	16.1%
Spit Tobacco	54.9%	45.6%	41.2%	42.0%	19.7%	19.2%	12.2%	10.4%	35.6%	30.3%	29.3%	29.8%	35.9%	19.6%	12.8%	10.5%	22.0%	14.4%	12.6%	12.5%
Psychedelics/ hallucinogens	N/A	3.5%	4.0%	2.2%	N/A	3.1%	2.6%	2.3%	N/A	3.9%	5.0%	2.9%	N/A	5.5%	3.1%	2.3%	N/A	3.2%	2.4%	2.0%
Cigarettes	N/A	N/A	23.5%	13.7%	N/A	N/A	14.5%	8.6%	N/A	N/A	18.1%	12.4%	N/A	N/A	26.5%	15.6%	N/A	N/A	25.5%	9.5%

TABLE 9**Social Drug Use in Women's Sports**

<u>Drug</u>	Women's Basketball				Women's Softball				Women's Swimming				Women's Tennis				Women's Track/Field			
	1993	1997	2001	2005	1993	1997	2001	2005	1993	1997	2001	2005	1993	1997	2001	2005	1993	1997	2001	2005
Alcohol	85.3%	78.5%	72.0%	67.4%	91.3%	81.4%	85.8%	80.9%	92.2%	84.3%	88.3%	83.3%	96.1%	78.4%	84.4%	73.1%	82.5%	72.9%	71.3%	64.6%
Cocaine/ crack	0.7%	0.8%	0.8%	0.7%	1.2%	1.8%	1.3%	1.4%	1.7%	1.5%	1.6%	1.1%	0.0%	0.8%	1.5%	1.4%	0.0%	0.2%	0.6%	0.5%
Marijuana/ hash	14.7%	22.4%	21.3%	12.1%	24.2%	26.5%	29.1%	18.2%	29.5%	29.0%	29.9%	19.6%	21.6%	21.4%	20.4%	14.0%	11.5%	17.5%	14.8%	10.4%
Spit Tobacco	7.4%	5.3%	3.5%	1.6%	8.6%	8.5%	4.9%	2.9%	9.5%	5.4%	3.2%	1.4%	10.7%	1.4%	3.6%	1.6%	6.9%	4.1%	1.5%	0.9%
Psychedelics/ hallucinogens	N/A	1.9%	1.6%	0.7%	N/A	2.6%	4.0%	0.9%	N/A	5.6%	3.7%	2.2%	N/A	3.2%	2.1%	0.6%	N/A	2.8%	1.5%	0.5%
Cigarettes	N/A	N/A	18.9%	10.9%	N/A	N/A	35.3%	22.6%	N/A	N/A	31.3%	16.8%	N/A	N/A	30.1%	17.0%	N/A	N/A	11.6%	6.2%

TABLE 10a**Ergogenic Drug Use Patterns in Other Men's Sports**

<u>Sport</u>	Amphetamines			Anabolic steroids			Ephedrine		
	1997	2001	2005	1997	2001	2005	1997	2001	2005
Fencing	4.0%	5.4%	**	0.0%	1.8%	**	4.0%	0.9%	**
Golf	4.4%	1.6%	3.5%	0.9%	1.4%	1.3%	2.5%	1.6%	1.1%
Gymnastics	0.0%	3.2%	**	0.0%	1.1%	**	0.0%	0.0%	**
Ice Hockey	5.6%	4.6%	5.2%	1.2%	1.6%	1.2%	9.1%	3.6%	5.5%
Lacrosse	8.8%	7.2%	13.4%	1.3%	2.2%	1.8%	6.9%	3.9%	4.1%
Rifle	5.0%	**	**	5.0%	**	**	0.0%	**	**
Skiing	0.0%	3.4%	**	0.0%	0.6%	**	18.8%	0.6%	**
Soccer	4.3%	3.0%	5.4%	0.6%	0.9%	0.9%	4.7%	1.6%	1.5%
Swimming	5.9%	4.4%	3.3%	1.3%	0.2%	0.8%	4.7%	3.1%	1.8%
Water Polo	7.1%	5.1%	5.6%	2.8%	5.2%	10.5%	5.8%	3.0%	7.9%
Wrestling	4.0%	6.1%	7.3%	1.9%	1.6%	2.2%	10.4%	4.9%	5.6%

TABLE 10b**Social Drug Use Patterns in Other Men's Sports**

<u>Sport</u>	Alcohol			Cocaine/crack			Marijuana			Spit tobacco			Psychedelics		
	1997	2001	2005	1997	2001	2005	1997	2001	2005	1997	2001	2005	1997	2001	2005
Fencing	68.6%	88.2%	**	2.0%	3.7%	**	27.4%	37.0%	**	5.7%	9.0%	**	7.9%	4.6%	**
Golf	87.2%	83.3%	82.3%	2.4%	1.8%	2.7%	25.1%	27.1%	24.8%	37.4%	27.7%	24.5%	7.3%	3.9%	2.4%
Gymnastics	86.7%	83.9%	**	0.0%	2.2%	**	26.6%	31.9%	**	11.3%	8.5%	**	2.3%	8.5%	**
Ice Hockey	93.4%	93.2%	94.0%	2.8%	2.5%	4.0%	35.5%	28.4%	20.8%	36.3%	35.4%	36.7%	12.8%	6.0%	4.7%
Lacrosse	94.8%	90.2%	94.9%	3.7%	5.0%	8.0%	58.6%	48.6%	47.8%	44.0%	32.4%	27.1%	17.6%	14.4%	9.7%
Rifle	75.0%	**	**	0.0%	**	**	20.0%	**	**	55.0%	**	**	0.0%	**	**
Skiing	93.8%	96.1%	**	0.0%	2.3%	**	56.3%	41.4%	**	43.8%	13.3%	**	13.3%	7.9%	**
Soccer	85.6%	84.3%	79.8%	1.8%	1.8%	2.3%	40.4%	33.2%	28.4%	30.2%	20.7%	16.8%	12.8%	6.4%	4.3%
Swimming	90.8%	84.8%	80.8%	2.4%	2.3%	2.0%	42.5%	38.1%	28.4%	30.6%	18.7%	9.1%	12.3%	8.8%	4.1%
Water Polo	86.1%	92.9%	86.8%	5.8%	7.1%	11.1%	44.4%	58.7%	37.8%	40.9%	25.5%	8.1%	14.1%	23.7%	5.6%
Wrestling	88.9%	85.9%	80.2%	2.5%	2.8%	4.7%	34.6%	30.6%	24.6%	47.2%	38.8%	34.6%	8.7%	8.4%	5.6%

TABLE 11a**Ergogenic Drug Use Patterns in Other Women's Sports**

<u>Sport</u>	Amphetamines			Anabolic steroids			Ephedrine		
	1997	2001	2005	1997	2001	2005	1997	2001	2005
Fencing	0.0%	0.0%	**	0.0%	0.0%	**	3.0%	2.5%	**
Field Hockey	4.6%	4.1%	4.4%	1.5%	0.0%	0.0%	0.5%	1.9%	3.1%
Golf	5.1%	3.0%	4.6%	0.0%	0.5%	0.4%	1.5%	1.9%	3.0%
Gymnastics	3.3%	3.4%	2.1%	0.0%	0.0%	1.0%	1.1%	3.4%	1.1%
Ice Hockey	0.0%	2.4%	4.9%	0.0%	0.8%	2.4%	0.0%	3.2%	11.9%
Lacrosse	3.2%	2.9%	8.6%	0.0%	0.0%	0.0%	1.1%	0.3%	2.7%
Skiing	4.3%	**	**	0.0%	**	**	0.0%	**	**
Soccer	5.3%	4.6%	4.3%	0.5%	0.5%	0.1%	3.3%	1.6%	1.0%
Volleyball	3.0%	4.1%	2.9%	0.8%	0.1%	0.6%	2.1%	1.7%	1.7%

TABLE 11b**Social Drug Use Patterns in Other Women's Sports**

<u>Sport</u>	Alcohol			Cocaine/crack			Marijuana			Spit tobacco			Psychedelics		
	1997	2001	2005	1997	2001	2005	1997	2001	2005	1997	2001	2005	1997	2001	2005
Fencing	78.8%	80.0%	**	0.0%	0.0%	**	12.1%	10.0%	**	3.0%	0.0%	**	3.0%	0.0%	**
Field Hockey	88.8%	88.4%	88.8%	1.0%	2.5%	0.9%	34.9%	38.2%	23.6%	6.6%	4.1%	0.9%	9.3%	5.6%	1.0%
Golf	89.8%	83.9%	75.1%	3.0%	1.4%	2.5%	28.6%	20.9%	14.5%	5.1%	2.9%	4.1%	2.9%	1.6%	0.4%
Gymnastics	75.3%	78.4%	87.5%	0.0%	1.1%	1.1%	21.4%	13.6%	13.5%	5.4%	1.1%	2.1%	1.1%	1.1%	0.0%
Ice Hockey	83.4%	87.9%	92.9%	0.0%	1.6%	0.0%	35.3%	28.5%	34.1%	22.3%	5.6%	19.5%	0.0%	5.8%	2.4%
Lacrosse	95.9%	93.7%	93.3%	1.1%	1.6%	3.6%	51.5%	42.8%	36.5%	12.4%	2.8%	4.6%	14.3%	3.8%	0.9%
Skiing	83.3%	**	**	0.0%	**	**	16.7%	**	**	12.5%	**	**	0.0%	**	**
Soccer	86.9%	87.4%	83.4%	1.1%	1.3%	2.3%	37.6%	29.5%	24.1%	6.0%	3.5%	3.3%	7.6%	4.9%	2.6%
Volleyball	81.9%	77.9%	79.1%	1.2%	1.2%	1.6%	24.6%	22.6%	15.9%	5.0%	2.1%	1.6%	3.4%	3.5%	1.7%

TABLES 12 AND 13a and b

Frequency of Spit Tobacco Use

Percentages Based on Those Who Continue to Use

<u>Times Per Day</u>	1989 (n=399)	1993 (n=465)	1997 (n=1,941)	2001 (n=2,393)	2005 (n=3,163)
Less than once	45.9%	47.7%	36.7%	37.1%	52.1%
One to five	41.1%	40.2%	50.0%	53.4%	39.6%
Six to ten	10.5%	10.1%	10.6%	7.3%	6.3%
Eleven to fifteen	1.8%	0.9%	1.8%	*2.3%	*2.0%
More than fifteen	0.8%	1.1%	0.9%		

*Question was worded on 2001 survey as “more than 10 times per day”.

Frequency of Cigarette Use

Percentages Based on Those Who Continue to Use

<u>Times Per Day</u>	2001 (n=2,377)	2005 (n=2,571)
Daily	26.1%	11.7%
Couple times a week	15.8%	11.9%
Weekends only	10.4%	9.6%
At social occasions with friends only	45.9%	66.7%

Amount of Cigarette Use

Percentages Based on Those Who Smoke Daily

<u>Amount smoked daily</u>	2001 (n=619)	2005 (n=372)
½ pack or less	82.1%	79.6%
1 pack	14.4%	15.6%
More than 1 pack	3.6%	4.8%

TABLE 14

Initial Use of Ergogenic Drugs

Percentages Based on Those Who Continue to Use

<u>Response Choice</u>	Amphetamines			Anabolic steroids			Ephedrine			All nutritional supplements*	
	1997 (n=197)	2001 (n=345)	2005 (n=1223)	1997 (n=61)	2001 (n=100)	2005 (n=397)	1997 (n=254)	2001 (n=520)	2005 (n=1729)	2001 (n=6191)	2005 (n=8271)
Junior high or before	10.1%	5.7%	14.3%	26.9%	15.4%	17.4%	3.4%	3.5%	6.4%	5.7%	9.2%
High school	53.7%	46.2%	51.4%	25.0%	41.8%	39.3%	37.4%	58.0%	66.4%	57.3%	66.1%
During freshman year of college	15.4%	26.0%	19.1%	19.2%	16.5%	16.4%	18.9%	17.3%	16.0%	20.0%	14.7%
After freshman year of college	20.7%	22.1%	15.1%	28.8%	26.4%	27.0%	40.3%	21.2%	11.2%	15.9%	9.9%

*Nutritional Supplement related question was not included previous to the 2001 survey.

TABLE 15**Initial Use of Social Drugs**

Percentages Based on Those Who Continue to Use

*Cigarette related question was not included previous to the 2001 survey.

<u>Response Choice</u>	Alcohol			Cocaine/crack			Marijuana/hashish			Spit tobacco			Cigarettes*	
	1997 (n=9279)	2001 (n=14405)	2005 (n=15849)	1997 (n=78)	2001 (n=139)	2005 (n=647)	1997 (n=1865)	2001 (n=2899)	2005 (n=6865)	1997 (n=1941)	2001 (n=2393)	2005 (n=3982)	2001 (n=4606)	2005 (n=4019)
Junior high or before	14.2%	13.1%	17.0%	10.7%	10.2%	9.9%	8.6%	14.8%	16.3%	17.8%	17.0%	15.5%	16.6%	25.9%
High school	63.2%	64.9%	60.7%	34.7%	32.8%	45.4%	62.7%	63.7%	65.7%	58.7%	57.0%	57.9%	59.0%	53.9%
During freshman year of college	18.2%	17.1%	16.9%	10.7%	21.9%	21.2%	17.4%	12.9%	11.8%	15.0%	16.4%	17.3%	14.6%	12.1%
After freshman year of college	4.3%	4.9%	5.4%	44.0%	35.2%	23.5%	11.4%	8.6%	6.1%	8.4%	9.7%	9.3%	9.8%	8.1%

TABLE 16**Percent of Users' Responses to the Question:**“What is the **one main reason** you use _____?”

Percentages Based on Those Who Continue to Use

<u>Response Choice</u>	Amphetamines			Anabolic steroids			Ephedrine		All nutritional supplements	
	1997 (n=197)	2001 (n=345)	2005 (n=717)	1997 (n=61)	2001 (n=100)	2005 (n=208)	2001 (n=520)	2005 (n=433)	2001 (n=6,191)	2005 (n=5148)
Sport injury	2.7%	2.6%	N/A	28.3%	16.7%	8.1%	N/A	N/A	N/A	N/A
Non-sport injury	9.7%	3.9%	3.4%	23.3%	11.5%	7.7%	N/A	N/A	N/A	N/A
Social/personal reason	24.9%	27.4%	14.1%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Improve my athletic performance	9.2%	23.8%	7.4%	46.7%	42.7%	51.0%	23.6%	30.7%	27.3%	39.7%
Improve my appearance	N/A	N/A	N/A	N/A	19.8%	15.9%	20.3%	11.8%	18.8%	9.8%
Give me more energy	21.1%	21.5%	27.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Appetite suppressant /weight loss	13.5%	11.7%	3.9%	N/A	3.1%	1.1%	21.7%	36.3%	19.7%	23.0%
Other reason	18.9%	9.1%	11.4%	N/A	N/A	N/A	N/A	N/A	N/A	N/A
To recover from injury	N/A	N/A	N/A	N/A	N/A	N/A	5.9%	6.7%	6.0%	3.5%
For health reasons in general	N/A	N/A	N/A	N/A	N/A	N/A	21.5%	11.8%	19.6%	21.8%
To prevent injury	N/A	N/A	N/A	N/A	6.3%	6.3%	7.0%	3.0%	8.6%	2.2%
Treatment of attention deficit disorder	N/A	N/A	31.9%	N/A	N/A	N/A	N/A	N/A	N/A	N/A

*All N/A's reflect that questions regarding that response were not asked in that year.

TABLE 17

Percent of Users' Responses to the Question:

“What is the **one main reason** you use _____?”

Percentages Based on Those Who Continue to Use

<u>Response Choice</u>	Alcohol			Cocaine/crack			Marijuana/hashish			Spit tobacco		
	1997 (n=9279)	2001 (n=14,405)	2005 (n=14,047)	1997 (n=78)	2001 (n=139)	2005 (n=347)	1997 (n=1865)	2001 (n=2,899)	2005 (n=3,576)	1997 (n=1,941)	2001 (n=2,393)	2005 (n=2,894)
To improve my athletic performance	0.2%	0.2%	0.0%	3.9%	9.2%	6.3%	0.6%	0.7%	0.9%	0.8%	1.4%	2.0%
It makes me feel good	13.7%	12.9%	13.6%	44.7%	35.1%	34.9%	34.7%	33.8%	30.1%	29.3%	28.0%	28.1%
For recreational or social reasons	83.4%	83.9%	82.6%	42.1%	53.4%	53.6%	61.2%	60.4%	63.0%	54.4%	47.9%	46.8%
To help me deal with the stress of college life and college athletics	2.7%	3.0%	3.3%	9.2%	2.3%	5.2%	3.5%	5.1%	6.0%	15.5%	22.8%	21.2%
Helps me fit in with the team	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.8%

*All N/A's reflect that questions regarding that response were not asked in that year.

TABLE 18**Percent of Non-Users' Responses to the Question:**

“If you do not use or have stopped using _____, mark the one main reason why?”

<u>Response Choice</u>	Amphetamines			Anabolic steroids			Ephedrine			All nutritional supplements	
	1997 (n=12,281)	2001 (n=20,294)	2005 (n=16,481)	1997 (n=13,007)	2001 (n=20,910)	2005 (n=17,021)	1997 (n=12,178)	2001 (n=20,141)	2005 (n=17,218)	2001 (n=14,692)	2005 (n=13,920)
No need	33.8%	35.6%	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Recovered illness/injury	0.1%	0.2%	N/A	0.8%	0.9%	N/A	0.0%	3.9%	N/A	2.1%	N/A
Concerned about health	11.3%	12.8%	48.4%	27.0%	23.0%	35.3%	25.5%	20.3%	38.9%	15.9%	22.1%
Against my beliefs	18.3%	10.5%	14.3%	28.4%	19.2%	19.3%	22.1%	22.3%	16.2%	9.5%	9.3%
Others would disapprove	0.2%	0.1%	0.2%	0.2%	0.2%	0.4%	N/A	0.0%	0.3%	0.2%	0.5%
Hard to get	0.2%	0.2%	0.7%	0.6%	0.4%	0.7%	N/A	N/A	0.7%	N/A	N/A
Bad experience with it	0.3%	0.2%	0.3%	0.1%	0.1%	0.1%	N/A	1.9%	0.5%	0.7%	0.7%
Didn't get desired effects	0.8%	0.6%	0.6%	0.2%	0.2%	0.2%	0.8%	10.1%	0.6%	5.9%	5.8%
Costs too much	0.3%	0.4%	0.5%	0.9%	0.8%	1.2%	0.4%	15.0%	0.6%	6.8%	7.4%
Hurt my performance	0.4%	0.4%	1.0%	0.3%	0.3%	0.6%	0.4%	1.3%	0.7%	0.8%	0.9%
Fear of addiction	0.5%	0.4%	0.4%	0.5%	0.3%	0.3%	0.6%	N/A	0.2%	N/A	N/A
Fear of getting caught	0.3%	0.3%	0.7%	1.0%	1.1%	2.1%	N/A	2.7%	1.1%	0.3%	0.9%
Don't like it	3.9%	5.3%	6.4%	N/A	N/A	2.2%	4.5%	N/A	2.9%	N/A	17.9%
Coaches rules	0.3%	0.1%	0.2%	0.3%	0.3%	0.2%	N/A	2.1%	0.2%	0.7%	0.5%
No desire to get the effect	25.8%	21.7%	18.3%	27.8%	30.2%	23.7%	33.2%	15.4%	23.8%	39.7%	25.0%
It's illegal	N/A	N/A	4.1%	4.2%	5.5%	6.2%	N/A	N/A	5.4%	N/A	N/A
Fear of losing eligibility	0.7%	0.3%	0.7%	0.8%	1.2%	2.3%	N/A	N/A	1.8%	1.4%	2.1%
Other reason	2.9%	2.0%	3.1%	7.0%	5.3%	5.1%	12.5%	25.0%	6.1%	9.9%	6.9%

TABLE 19**Percent of Non-Users' Responses to the Question:**

“If you **do not use** or **have stopped using** _____, mark the one main reason why?”

<u>Response Choice</u>	Alcohol		Cocaine/crack		Marijuana/hashish		Spit tobacco		Psychedelics/ hallucinogens	
	2001 (n=6,274)	2005 (n=7,352)	2001 (n=20,442)	2005 (n=16,593)	2001 (n=17,726)	2005 (n=14,834)	2001 (n=18,447)	2005 (n=15,639)	2001 (n=19,970)	2005 (n=16,521)
Concerned about health	18.5%	25.9%	31.3%	47.4%	24.1%	36.5%	22.8%	50.2%	28.9%	46.6%
Against beliefs	18.5%	14.2%	16.5%	15.4%	13.4%	11.5%	7.6%	9.8%	15.0%	14.8%
Others would disapprove	1.0%	1.5%	0.2%	0.2%	1.0%	1.4%	0.4%	1.0%	0.3%	0.3%
It's hard to get	0.4%	N/A	0.3%	0.3%	N/A	0.5%	N/A	N/A	0.8%	1.0%
Had bad experience	2.9%	5.0%	0.1%	0.2%	N/A	1.3%	N/A	N/A	0.7%	0.5%
Didn't get desired effects	0.9%	0.8%	0.4%	0.2%	N/A	1.0%	N/A	1.3%	0.6%	0.3%
Costs too much	0.9%	2.9%	0.5%	0.7%	0.7%	0.7%	0.3%	0.8%	0.5%	0.4%
Hurt my performance	5.0%	10.2%	0.4%	0.7%	2.5%	2.9%	0.4%	1.3%	0.5%	0.7%
Afraid of addiction	0.9%	1.4%	1.0%	0.9%	1.2%	1.0%	0.7%	1.4%	0.4%	0.3%
Afraid of getting caught	1.7%	3.4%	0.3%	0.5%	5.2%	5.5%	N/A	N/A	0.7%	0.6%
I don't like it	10.1%	9.5%	4.3%	4.4%	10.0%	8.9%	20.9%	25.4%	5.3%	5.0%
Coaches' rules	2.7%	4.2%	0.1%	0.1%	0.6%	0.4%	0.1%	0.3%	0.2%	0.1%
No desire for effect	16.7%	7.5%	31.4%	19.8%	27.1%	15.2%	31.2%	N/A	31.9%	20.6%
It's illegal/under 21	2.0%	7.5%	2.4%	6.5%	N/A	7.5%	N/A	N/A	2.1%	5.8%
Fear of losing eligibility	N/A	1.8%	0.2%	0.4%	N/A	2.9%	N/A	N/A	0.3%	0.5%
Other reason	4.5%	4.1%	2.1%	2.4%	3.1%	2.8%	3.6%	8.8%	2.4%	2.6%

TABLES 20 AND 21

Sources of Ergogenic Drugs

Percentages Based on Those Who Continue to Use

<u>Response Choice</u>	Amphetamines			Anabolic steroids			Nutritional supplements	
	1997 (n=197)	2001 (n=345)	2005 (n=751)	1997 (n=61)	2001 (n=100)	2005 (n=209)	2001 (n=6,191)	2005 (n=5,632)
Coach or trainer	2.2%	2.4%	5.4%	3.8%	12.0%	16.8%	4.8%	8.7%
Team physician	1.1%	0.3%	3.7%	5.7%	5.0%	4.3%	0.3%	0.6%
Other physician	29.0%	10.1%	25.4%	32.1%	15.0%	9.1%	1.2%	1.6%
Teammate or other athlete	4.9%	6.7%	8.5%	20.8%	7.4%	15.3%	1.5%	2.8%
Friend or relative	40.4%	42.3%	47.7%	17.0%	19.0%	25.4%	9.0%	11.2%
Pro scout/agent	2.7%	2.0%	0.8%	9.4%	3.0%	5.3%	0.1%	0.4%
Other source	19.7%	29.6%	11.0%	11.3%	11.0%	8.6%	1.4%	13.7%
Strength coach	N/A	N/A	1.5%	N/A	2.0%	1.4%	5.2%	8.0%
Website/mail order	N/A	N/A	2.8%	N/A	5.0%	22.0%	3.5%	13.2%
Retail store	N/A	N/A	N/A	N/A	15.0%	11.5%	58.7%	69.4%

Sources of Social Drugs

Percentages Based on Those Who Continue to Use

<u>Response Choice</u>	Cocaine/crack			Marijuana/hashish			Psychedelics/ hallucinogens		
	1997 (n=78)	2001 (n=139)	2005 (n=356)	1997 (n=1,865)	2001 (n=2,899)	2005 (n=3,630)	1997 (n=382)	2001 (n=519)	2005 (n=412)
Teammate or other athlete	5.3%	11.5%	17.4%	9.1%	13.1%	20.2%	7.4%	9.4%	11.9%
Friend or relative	70.7%	56.8%	73.3%	81.3%	71.0%	76.3%	80.4%	71.5%	73.8%
Pro scout/agent	N/A	N/A	7.3%	N/A	N/A	1.8%	N/A	N/A	5.6%
Other source	24.0%	18.0%	11.5%	9.6%	12.5%	13.3%	12.2%	14.8%	17.5%

Figure 1a
Patterns of Ergogenic Drug Use
in Past 12 Months

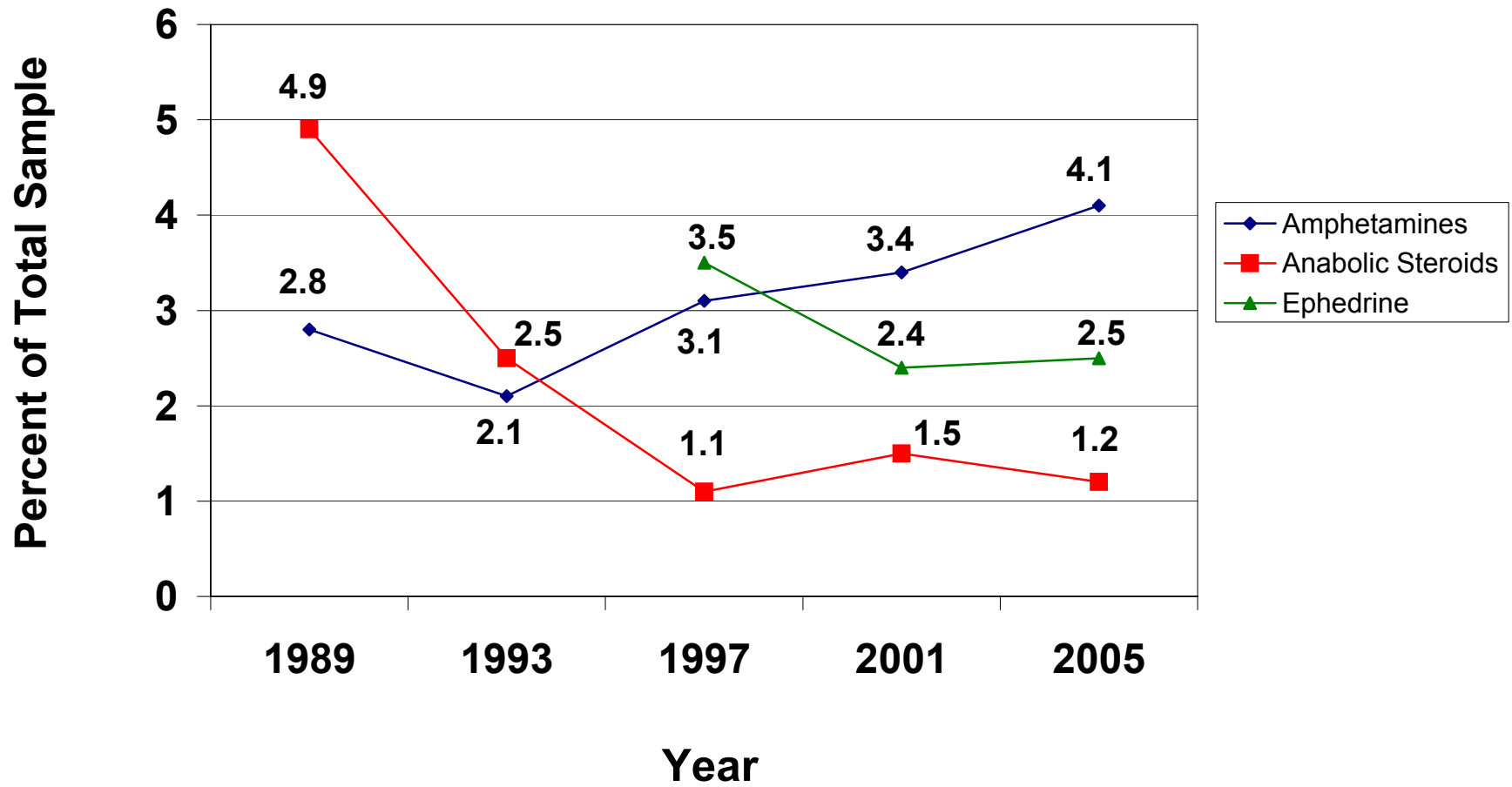


Figure 1B

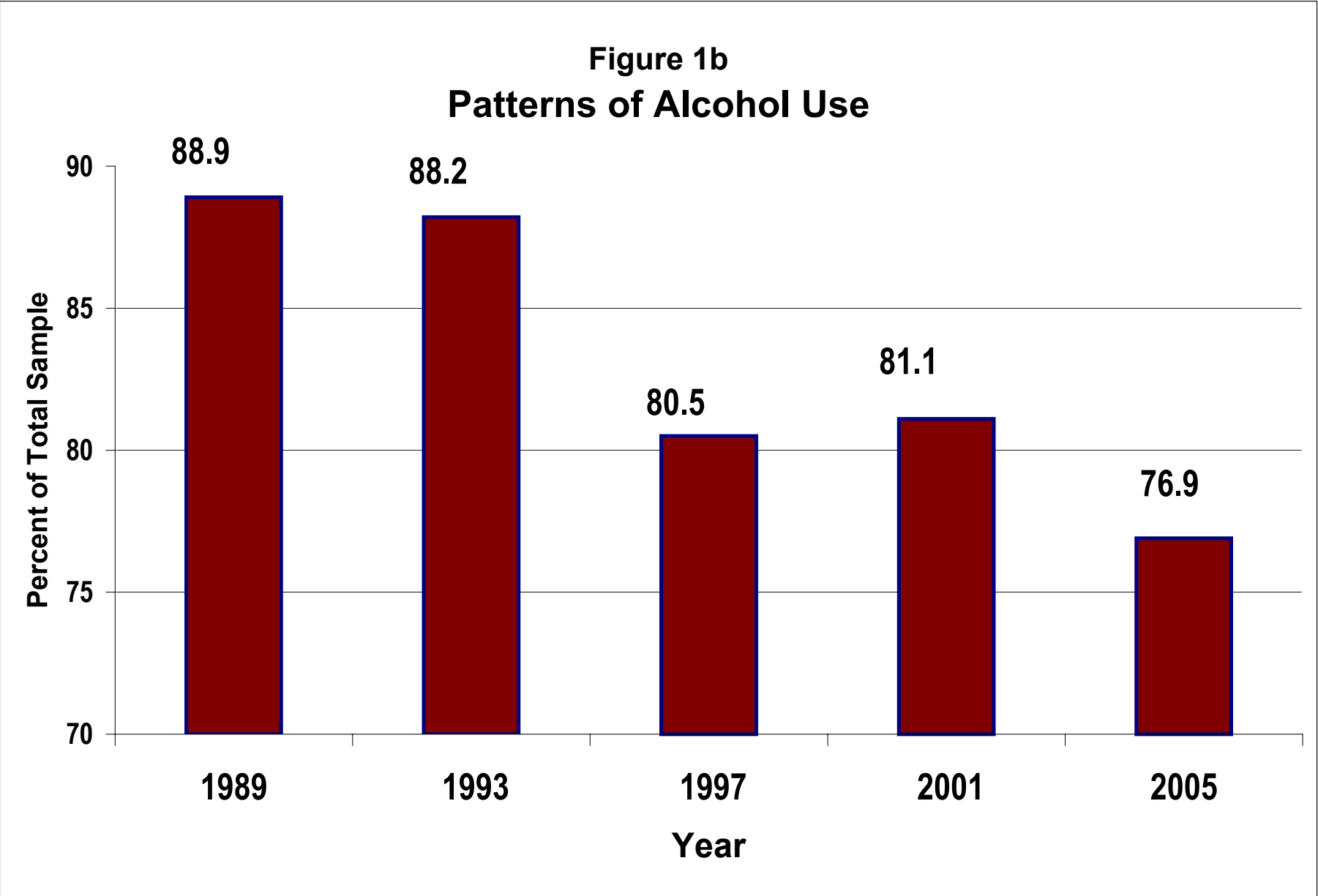


Figure 1c
Patterns of Marijuana Use

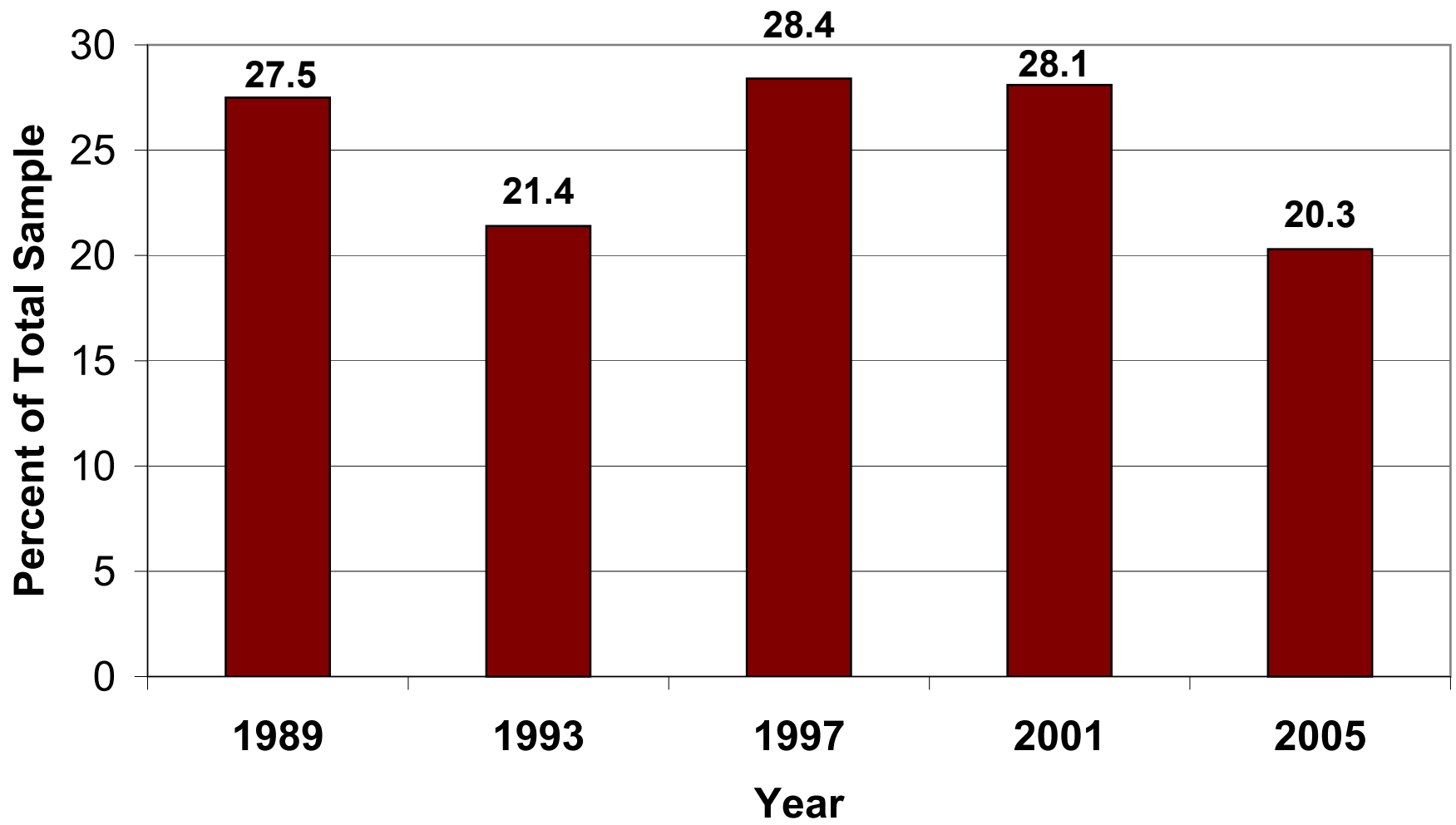


Figure 1d
Patterns of Smokeless Tobacco Use

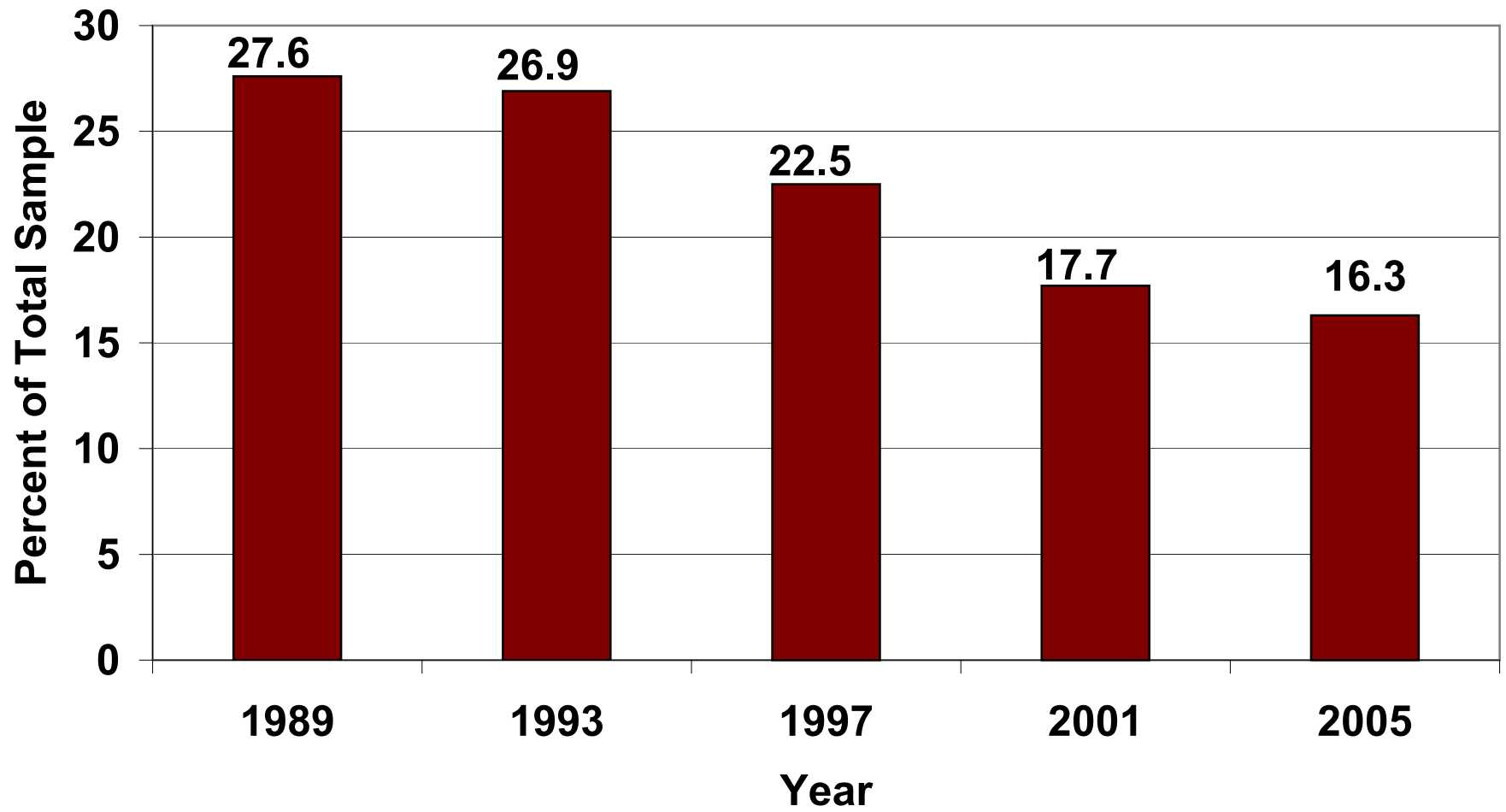
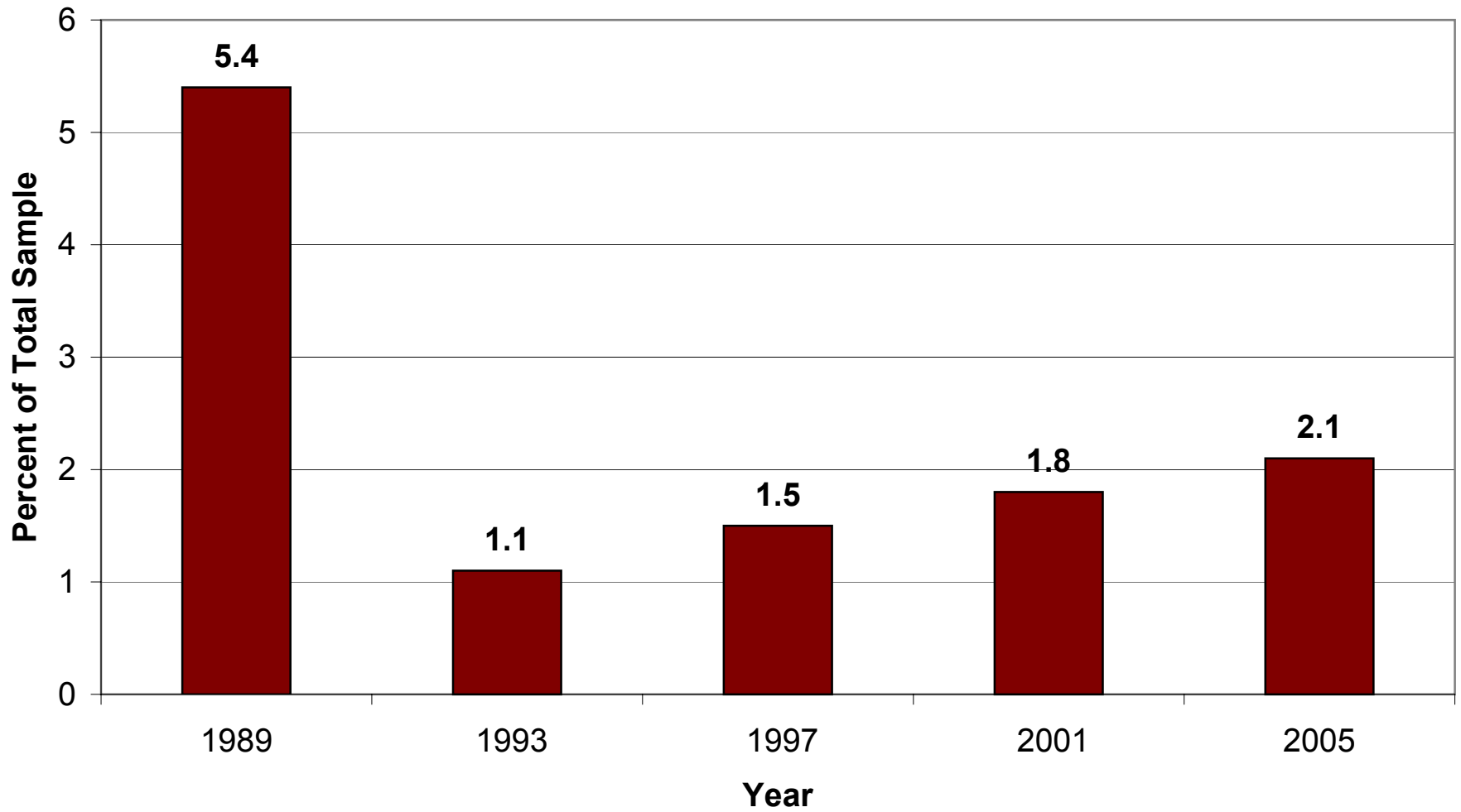


Figure 1e
Patterns of Cocaine Use



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

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

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