

Original Research Article

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

Huma Khan*, Saurabh Mishra, Abhinav Pandey, Abhijeet

Department of Community Medicine, Shri Ram Murli Smarak Institute of Medical Sciences, Bareilly, Uttar Pradesh, India

Received: 23 July 2021

Revised: 23 August 2021

Accepted: 26 August 2021

***Correspondence:**

Dr. Huma Khan,

E-mail: humakgupta@gmail.com

Copyright: © the author(s), publisher and licensee Medip Academy. This is an open-access article distributed under the terms of the Creative Commons Attribution Non-Commercial License, which permits unrestricted non-commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

ABSTRACT

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

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

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

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

Keywords: AUDIT, Alcohol consumption, Professional, Medical students

INTRODUCTION

Youth is most of the time is curious to have an experience of all that is available in their environment. Same applies to the various substances which are addictive in nature like tobacco and alcohol. Youth during their college days are under peer pressure which may have a role in trying these addictive substances. Alcohol is a toxic and psychoactive substance with dependence producing properties. Harmful use of alcohol is accountable for 7.1% and 2.2% of the global burden of disease for males and females respectively. Alcohol is the leading risk factor for premature mortality and disability among those

aged 15 to 49 years, accounting for 10 percent of all deaths in this age group. Alcohol is the leading risk factor for premature mortality and disability among those aged 15 to 49 years, accounting for 10% of all deaths in this age group.¹ Alcohol consumption accounts for 5.9% of annual global deaths, a significant proportion of which occur among youth.²

Objectives

Objectives of current study were to assess the prevalence of alcohol consumption students pursuing professional

courses and to know the factors associated with alcohol consumption among study participants.

METHODS

Study type, population and duration

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

Sample size

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

$$N = 3.84 * P(1 - P)/d^2$$

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

Inclusion criteria

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

Exclusion criteria

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

Study tool

The alcohol use disorders identification test self-report version by WHO was used to collect data long with socio demographic information of the study participants.⁴ Zone I refers to low risk drinking or abstinence. The second level, Zone II, consists of alcohol use in excess of low-risk guidelines, and is generally indicated when the AUDIT score is between 8 and 15.⁵ Third level, zone III, is suggested by AUDIT scores in the range of 16 to 19. The fourth risk level is suggested by AUDIT scores in excess of 20.

Strategy for collection

Due to lockdown during COVID-19 Pandemic the data was collected online using a self administered questionnaire through Google forms. Part one of the questionnaire had the questions regarding the socio

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

Data analysis

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

RESULTS

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

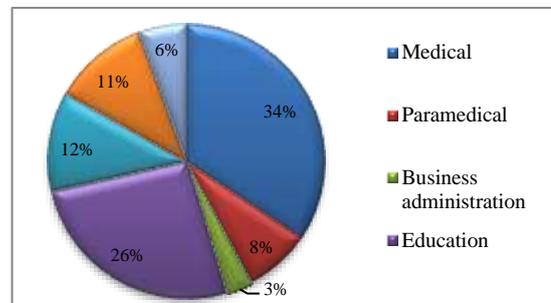


Figure 1: Distribution of study participants on the basis of professional courses they are pursuing.

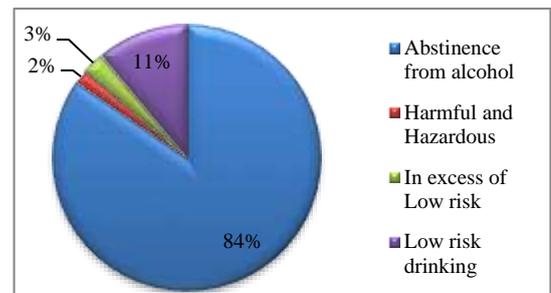


Figure 2: Distribution of study participants on the basis of risk level of alcohol consumption.

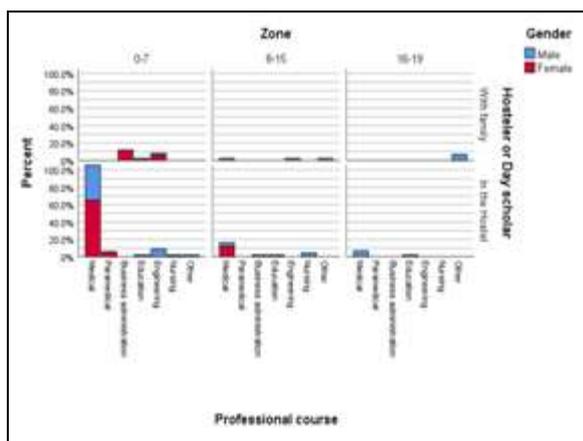


Figure 3: Distribution of study participants as per AUDIT risk zone as per demographic factors.

DISCUSSION

Prevalence of alcohol consumption was found to be 39.4%. Prevalence among females was higher (40.6%) compared to Males (38%) as concluded in the study by Verenkar et al whereas the mean age was 21 years (21.1±1.4) and males reported higher consumption of alcohol as reported by Shekhawat et al similar to present study.^{3,6} Results are also comparable with those reported by Ramanan et al 48% study subjects in the study conducted by Kumar et al had ever consumed alcohol, which was significantly higher among males similar to present study.^{5,7} Chaudhary et al reported that about 87.3% study subjects were non-problem drinkers, 6.8% were in hazardous category, 2.3% were in harmful category and 3.6% were dependent users in their study.^{7,8} Htet et al from their study conducted among university students in Myanmar reported the overall, prevalence of alcohol consumption as 20.3% (males: 36.0%, females: 10.8%).⁹

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

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

Limitations

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

CONCLUSION

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

Funding: No funding sources

Conflict of interest: None declared

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

REFERENCES

1. Health. Available at: <https://www.who.int/health-topics/alcohol>. Accessed on 20 June 2021.
2. Global status report on alcohol and health 2018. Available at: <https://www.who.int/health-topics/alcohol>. Accessed on 20 June 2021.
3. Verenkar YJ, Vaz FS. Prevalence and pattern of alcohol consumption using alcohol use disorder identification test among students at a medical college in Goa, India. Int J Community Med Public Health. 2018;5:2935-8.
4. Alcohol. Available at: http://apps.who.int/iris/bitstream/handle/10665/67205/WHO_MSD_MSB_01.6 a. Accessed on 20 June 2021.
5. Ramanan VV, Singh SK. A study on alcohol use and its related health and social problems in rural Puducherry, India. J Family Med Prim Care. 2016;5:804-8.
6. Shekhawat KS. Burden of alcoholism among future role models. J Clin Diag Res. 2018;12(7):LC14-7.
7. Kumar SK, Akoijam BS. Alcohol consumption among undergraduate MBBS students in Rims, Imphal. Int J Sci Res. 2015;4(3):59-62.
8. Chaudhary V, Katyal R, Singh SP, Joshi HS, Upadhyay D, Singh A. A study on pattern of alcohol use using AUDIT among the college students in a medical college of North India. Ntl J of Commu Med. 2015;6(2):120-4.
9. Htet H, Saw YM, Saw TN, Htun NMM, Lay MK, Cho SM, et al. Prevalence of alcohol consumption and its risk factors among university students: A cross-sectional study across six universities in Myanmar. PLoS ONE. 2020;15(2):e0229329.

Cite this article as: Khan H, Mishra S, Pandey A, Abhijeet. An assessment of alcohol consumption using the alcohol use disorders identification test: self-report version questionnaire among students pursuing professional courses. Int J Community Med Public Health 2021;8:4973-5.