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**The Collection**

This document is part of a collection that serves two purposes. First, it is a digital archive for a sampling of unpublished documents, presentations, questionnaires and limited publications resulting from over forty years of research. Second, it is a public archive for data on college student drinking patterns on the national and international level collected for over 20 years. Research topics by Dr. Engs have included the exploration of hypotheses concerning the determinants of behaviors such as student drinking patterns; models that have examine the etiology of cycles of prohibition and temperance movements, origins of western European drinking cultures (attitudes and behaviors concerning alcohol) from antiquity, eugenics, Progressive Era, and other social reform movements with moral overtones-Clean Living Movements; biographies of health and social reformers including Upton Sinclair; and oral histories of elderly monks.

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Paper manuscripts and material for Dr. Engs can be found in the IUArchives

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**DRINKING ACROSS THE ATLANTIC: ARE SCOTTISH STUDENTS SIMILAR TO AMERICAN ?**

**RUTH C. ENGS**, Professor, Department Applied Health Science, Indiana University, Bloomington, Indiana 47401

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Purpose: The purpose of this study was to compare Scottish with American university students in terms of drinking characteristics. Students have been known for centuries to be heavy drinkers. There is concern about alcohol abuse in the United States among university students. There is also a concern about an increase in smoking among American youth. Are American students any worse or better in terms of alcohol and tobacco consumption compared to students in other cultures. To begin to explore this question post secondary student from both sides of the Atlantic were surveyed to determine their drinking and smoking patterns.

Methods: During the academic year 1993-94, the Student Alcohol Questionnaire was administered to 7000 American students in every state attending personal health classes in over 100 institutions. The same questionnaire was administered Fall term 1994 to 4000 Scottish students attending nursing, medical, education, psychology classes at 22 institutions of higher education.

Finding: Results revealed that Scottish students consume significantly ( $p < .05$ ) more alcohol compared to American students. Scots consume significantly more alcohol ( $p < .001$ ) and tobacco compared to USA students (See table 1). Scottish males consume 27 compared to 14 drinks per week among American males. For females the drinks per week for Scottish and American students were 18 and 7 respectively (See Table 2). In regards to problems related to drinking there were mixed results. There were few differences between the two cultures in regards to health consequences of drinking but a higher proportion of Scottish males reported some social and legal problems related to drinking (See table 3).

Conclusions: It was concluded that Scottish students consumed more alcohol and tobacco compared to Americans. However, in terms of consequences resulting from drinking there were mixed results within various demographic categories. Further studies need to determine the differences in cultural attitudes which lead to these differences.

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Table 1: T-test results of the total units of alcohol, beer, wine, spirits and cigarettes between 7002 American and 4105 Scottish post secondary students enrolled in health related classes.

	Scotland	USA
	$\bar{X}$ (sd)	$\bar{X}$ (sd)
Alcohol	20.2 (21.1)	11.2 (15.1) *
Beer	7.2 (10.5)	8.2 (11.2) *
Wine	4.4 (7.1)	0.6 (2.6) *
Spirits	8.5 (12.3)	2.4 (5.8) *
Cigarettes	17.5 (40.1)	8.6 (31.2) *

\* p < .05 + p < .01

Table 2: Chi-Square results showing the percent of tobacco use per week between Scottish and USA students.

	<u>Abstaining</u>	<u>&lt;140</u>	<u>&gt;140</u>
Scottish	69.3	25.8	4.9*
USA	71.6	25.9	2.5

\* p < .05 + p < .01

Table 3: Chi-square results of the percent of alcohol between personal health students from the USA and Scottish students in health profession classes.

	<u>Abstain</u>	<u>&lt;7</u>	<u>7-14</u>	<u>14-21</u>	<u>21-28</u>	<u>28+</u>
Scottish	7.7	28.0	11.5	13.1	11.1	28.7*
American	19.9	38.3	5.7	10.8	9.8	15.5

\* p < .05 + p < .01

# Table: T-test results of the comparison between Scottish and American university health students mean drinks per week

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## MEAN DRINKS PER WEEK (sd)

Males		Females	
Scotland	USA	Scotland	USA
(N = 948)	(N = 3215)	(N = 3117)	(N = 5084)
<b>27.8</b> (25.7)	<b>18.1</b> (18.9)*	<b>14.3</b> (17.1)	<b>6.6</b> (10.6)*

*used in several presentations*