

ARTICLES:

- Alcohol Habits by University Students in Greece.....20 - 38  
*Maria Saridi, Anastasia Nanou, RN, MSc, Christos Vasilopoulos, Ph.D., Kyriakos Souliotis, Aikaterini Toska, Ph.D., Michael Kourakos, Ph.D., Efsthios Skliros, MD, Ph.D., & Konstantinos Stamatiou, MD, Ph.D*

ABSTRACT

*The study was conducted in the University of Peloponnese, in Greece and the sample consisted of 203 students, with the greater percentage of them being females 82.3% (n=167). The mean age was 24.9 years ( $\pm 7.6$ ). The majority of the respondents (79.8%) mentioned that during a single, typical day, the alcohol consumption could reach to 1-2 drinks per day. In this study, only 4.9% of the participants (n=10) had a score equal to addiction appearance, whereas, 95.1% (n=193) didn't report severe abuse. A significant, negative correlation was found between the age and alcohol addiction scale; a fact which indicates that the more the age is increased, the less is the addiction from the alcohol.*

**Key words:** Alcohol use, alcohol abuse, smoking habits, university students

- The Application of the Theory of Planned Behavior and the Integrative Behavioral Model towards Predicting and Understanding Alcohol-Related Behaviors: A Systematic Review.....39 - 63  
*Amir Bhochhibhoya Ph.D., MBA, CHES & Paul Branscum Ph.D., R*

ABSTRACT

*The purpose of the systematic review was to identify the effectiveness of the Theory of Planned Behavior (TPB), and its most recent iteration, the Integrated Behavioral Model (IBM), for predicting and understanding alcohol related behaviors, with an aim towards informing future public health and health promotion interventions. Eleven articles were found for inclusion. Results found the TPB/IBM model predicted between 45% to 75% variance for intentions and 26% to 90% of the alcohol related behaviors. Attitudes were reported as the strongest predictor of the intention, and intention was the strongest predictor of the alcohol-related behavior. This review provides support for the utility of the TPB and IBM for controlling alcohol-related behavior. Recommendations for enhancing future interventions are presented*

**Key words:** Alcohol, Integrated Behavior Model, Theory of Planned Behavior

- Examining Parent and Peer Influences of Alcohol Use: A Comparison of First-Year Community College and Baccalaureate Students.....64 - 89  
*Michael J. Cleveland, Ph.D., Rob Turrisi, Ph.D., Racheal Reavy, Ph.D., Sarah Ackerman, M.S., & Orfeu M. Buxton, Ph.D.*

ABSTRACT

*A total of 295 first-year students was recruited from multiple campuses of a state-wide university system. Multiple-group path analysis compared parental and peer influences between two student subgroups. First-year students attending 4-year institutions reported higher rates of alcohol use and were more likely to experience alcohol-related consequences than community college students. Baccalaureate students' alcohol use was more strongly related to peer descriptive norms, relative to community college students. Multiple-group analyses within the community college sample indicated different patterns of associations for three demographic characteristics: gender, living arrangements and minority status. Future prevention efforts for first-year community college students need to consider unique risk and protective factors and may focus on targeting parental attitudes and behaviors that discourage underage alcohol use.*

**Key Words:** alcohol, young adults, community college, parent influences, peer influences