

# Profiles of tobacco, alcohol, and cannabis use by university students

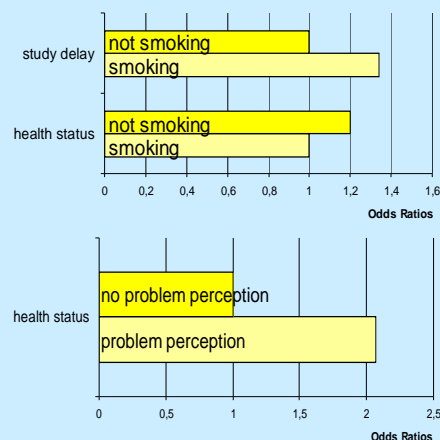
## Associations with indicators of health and academic performance

### Conclusions:

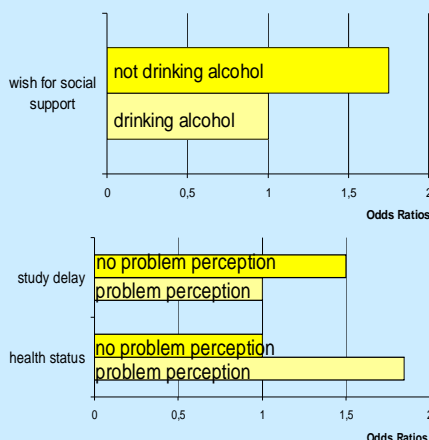
Using tobacco, alcohol, or cannabis is associated with unfavourable health and academic outcomes in university students.

Problem perception regarding the use of tobacco, alcohol or cannabis is associated with better outcomes than the absence of problem perception.

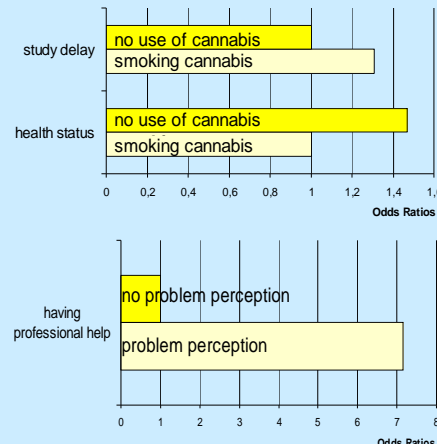
### Tobacco



### Alcohol



### Cannabis



All Odds ratios:  $p < 0,05$

**Main implications:** Problem perception is needed before students may seek for help. Students with unhealthy behaviour without problem perception have worse outcomes. This group deserves extra attention in prevention programs since they will be less likely to seek for and therefore benefit from the diverse forms of help offered by the university.

**Aim:** To investigate associations between academic performance and unhealthy behaviour in relation to problem perception.



### Methods

- 8,258 university students in Amsterdam were invited to complete a questionnaire on the internet between October 2005 and February 2006.
- Response: 44%.
- Multivariate logistic regression



### Questions:

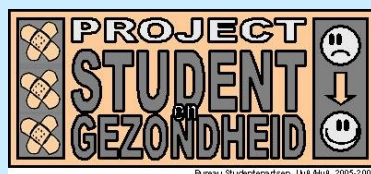
- Do you smoke tobacco?
- Do you drink alcohol?
- Do you smoke cannabis?

### Answers:

- no
- yes, but I do not consider my use as a problem
- yes, and I do consider my use as a problem

### Background

Unhealthy behaviour is known to be prevalent among university students. This behaviour may be associated with academic performance. Once students perceive their unhealthy behaviour as problematic, they may change their behaviour.



*Authors and contact information*  
 Cécile RL Boot<sup>1,2</sup>, Peter Vonk<sup>1</sup>, Frans J Meijman<sup>1,2</sup>  
<sup>1</sup> University of Amsterdam, Student Health Services  
 Dept. of Research, Development & Prevention  
<sup>2</sup> VU university medical center  
 Dept. of Metamedica / Medical Humanities  
 Amsterdam, the Netherlands  
 E-mail: C.R.L.Boot@uva.nl