Relationship between the training scales of the SIC and alcohol consumption scores of the AUDIT across gender

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Alcohol use in Student Athletes (SA) is a major concern as SA are at higher risk of alcohol-related consequences than non-athletes, and freshmen athletes may be particularly at-risk. This study examines the relationship between the Training scales of the Sport Interference Checklist (SIC) and the alcohol consumption scores of the Alcohol Use Disorders Identification Test (AUDIT) among freshmen athletes, while accounting for gender. Participants were 64 freshmen student athletes (Male =32, Female =32) from nine sports at a southwestern university. Participants completed a pre-treatment and post-treatment assessment that included the AUDIT, which assesses alcohol consumption and alcohol-related consequences, and the SIC, which measures a variety of cognitive and behavioral problems commonly experienced by athletes in training and competition. A RM-ANOVA was conducted to determine the effect of the four SIC training subscales (Thoughts and Stress, Academic Problems, Injury Concerns, and Poor Team Relationships) and gender on the AUDIT alcohol consumption sub-scale. Results showed that SAs with higher scores on the SIC Training Academic Problems sub-scale had significantly higher scores on the alcohol consumption sub-scale of the AUDIT. The outcome of the study supports that alcohol use in collegiate athletes is predictive of Academic Problems within the domain of Training.

Biography

Arianna obtained her B.A. from University of Nevada, Las Vegas in 2013, and was accepted into the School of Social Work Master Program starting on September 2013. Her past research experiences include one year at the Baby Rebel Lab, where she collected data, coded videos, and run participants for various projects within the lab. Currently, she is working at Family Research and Services Lab, where she enters data, updates clinic files, completes literary reviews, and performs general day-to-day tasks in the lab. In addition, Arianna received the prestigious President Service Award by the President Barack Obama in 2010.

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