The Effects of Self-Regulatory and Compensatory Behavior Related to Alcohol Among College Students
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Introduction
As individuals transition from high school to college, the nutrition environment may dramatically change and dietary challenges have the potential to arise. 37 % of US college students reported binge drinking (UHF, 2019). With such high levels, there is an increased need to identify problematic eating behaviors/ disorders that may be associated with alcohol consumption. Understanding the barriers, encouragement and other factors that may influence student eating behaviors, to promote and establish a supportive nutrition environment and positive eating behaviors on the college campus is important.

Aims/Objectives
• To analyze self-regulatory and compensatory eating behaviors related to alcohol among college students.

• To examine barriers, facilitators and other factors that may have an effect on eating behaviors, in an effort to promote and create a supportive food and nutrition environment and promote positive eating behaviors on college campuses.

Materials and Methods
3 surveys will be used to collect all data:
• SREBQ - Self-Regulation of Eating Behavior Questionnaire: developed by the University College London, to see if students find foods tempting and if these foods affect their overall eating habits.

• CEBRACs - Compensatory Eating Behavior Related to Alcohol: was adapted from the Body Image Research Group. This questionnaire involves self-reported eating behaviors before, during and after drinking alcohol.

• Sociodemographic Survey: based on the year that students are in college, the hours they spend on campus and how often they eat meals on campus.

Data will be analyzed using STATA

Implications of Research
• The results of this study can be used for college programs and educational services to provide students nutrition education.

• Increase the development of programs or educational services for college students to receive nutrition information.

• It can be used to increase awareness to local high school or college programs that work to educate and lower the rate of binge-drinking in students.

• Establish a supportive nutrition environment for students on college campuses.

Citations


• Pinna, F., Millia, P., Puddu L. (December 2015) Validation of the Italian version of the Compensatory Eating and Behaviors in Response to Alcohol Consumption Scale (CEBRACs).
