

Case name: [REDACTED]

BASICS

Balancing Alcohol and Substance Use to Improve College Success

BASICS is designed to assist you in examining your drinking and other drug use in a safe and accepting environment. Your responses to the survey and this feedback report are confidential and only available to you and your BASICS Provider.

BASICS is a service of University of California, Davis Student Health and Counseling Services (SHCS) and this service must follow University of California, Davis - Student Health and Counseling Services (SHCS)' s confidentiality policies. If you have questions about BASICS, please contact Stephanie Lake, BASICS Program Director, at [Impact Feedback](#) or (530) 752-6334.

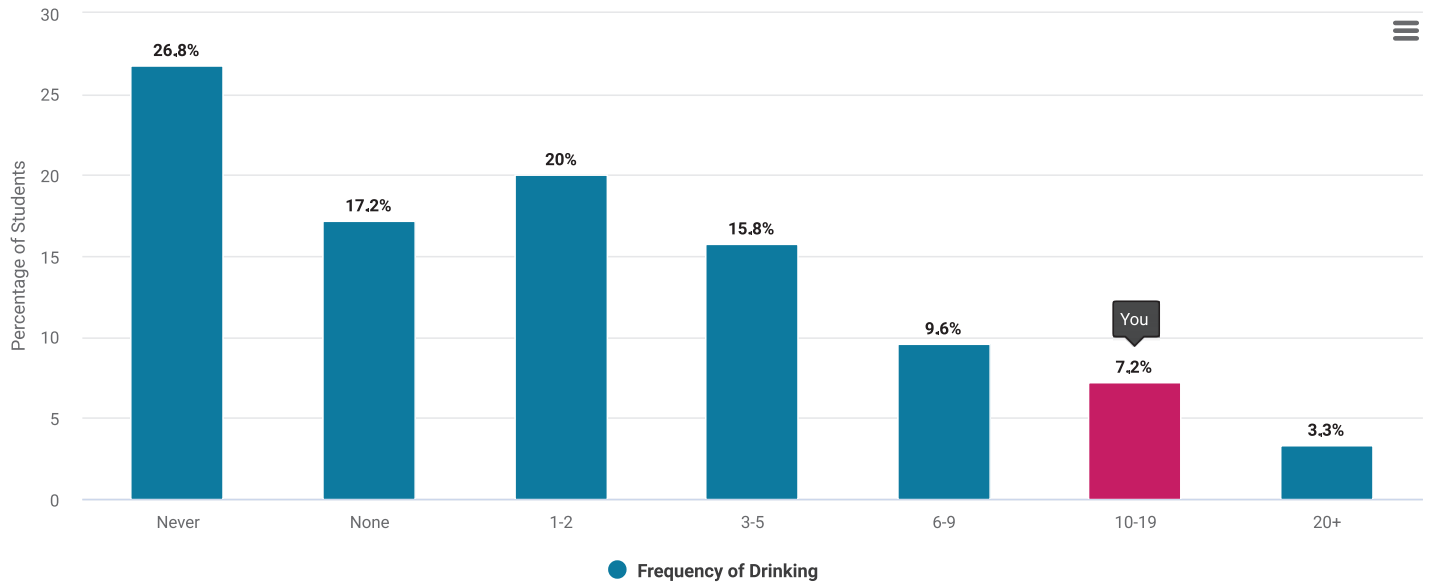
This Personalized Feedback Report summarizes your responses to the BASICS Survey that you completed on Feb 13th, 2024 3:08PM.

Your Goals for College

- 1) Graduate in June this year
- 2)
- 3)

Your Frequency of Drinking

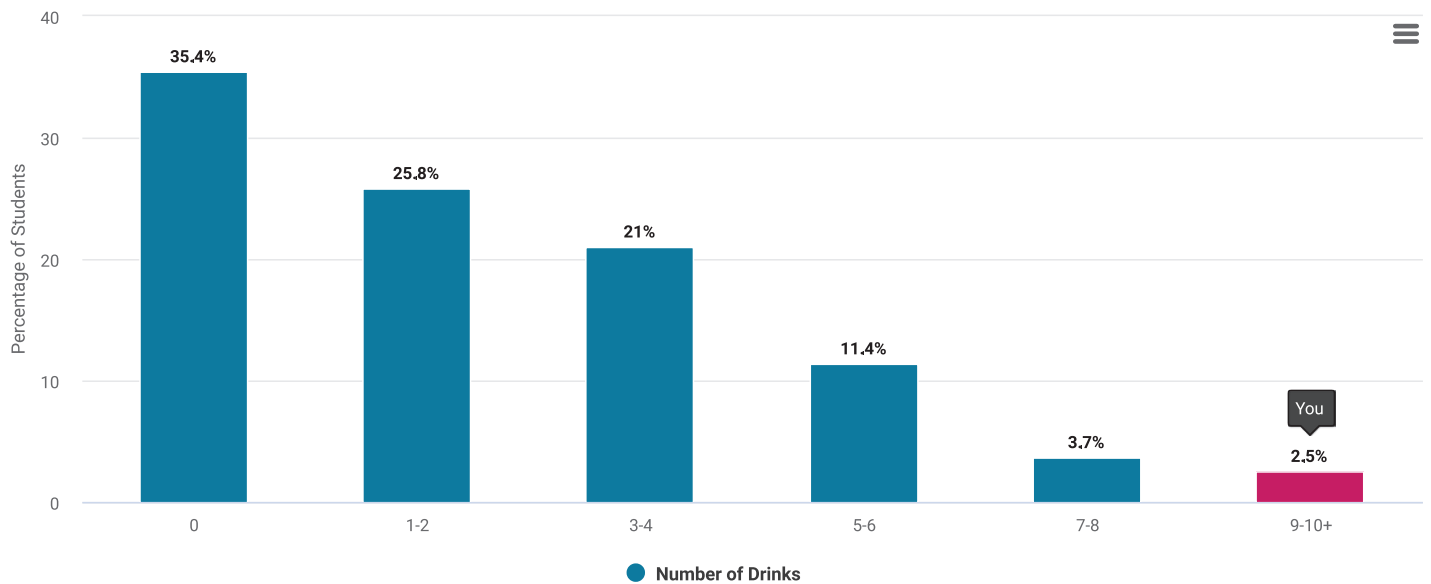
You reported that over the last 3 months you drank alcohol **14 days per month**, which puts you in the **96th percentile**. That means you drink as or more frequently than **96%** of University of California, Davis students.



Source: University of California, Davis National College Health Assessment sent to 50% random sample of students, Spring 2019, N=1787.

Your Quantity of Drinking

You drink an average of **9 drinks per occasion**, which puts you in the **99th percentile**. That means you drink as many or more drinks than **99%** of University of California, Davis students.



Summary of Your Drinking Patterns

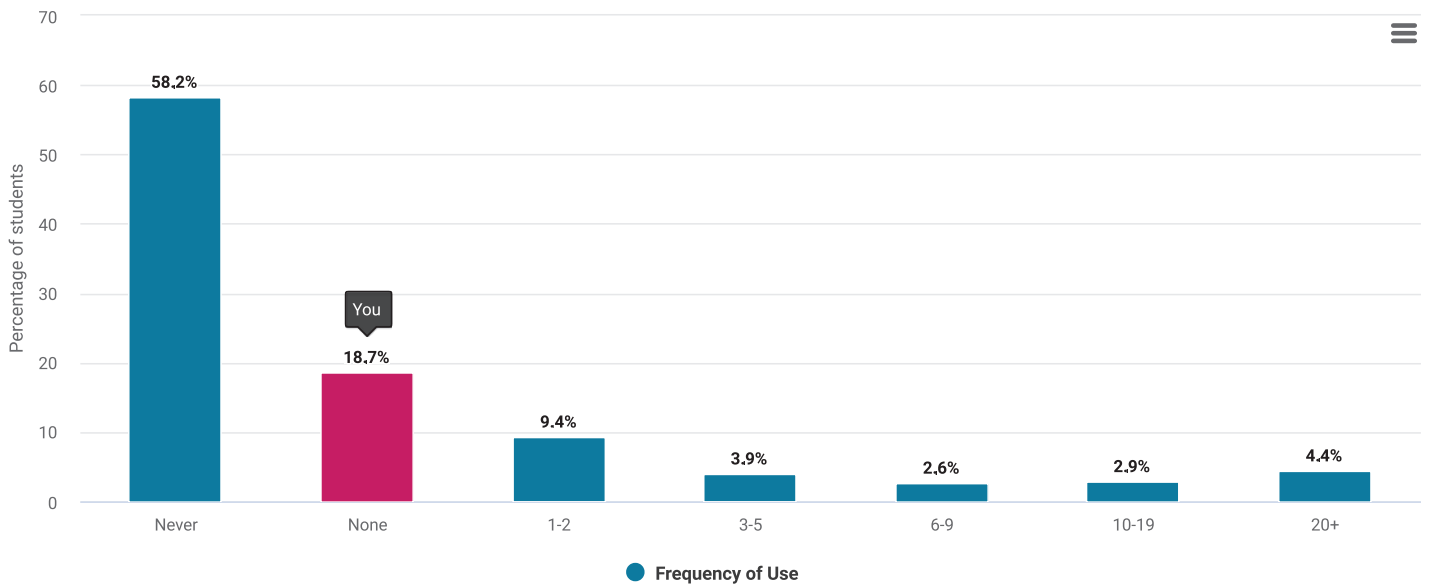
- Average number of drinks you consume in a typical week: **30.5**
- Average number of drinks you consume in a typical month: **122**
- Highest number of drinks you consumed on one occasion in the past 30 days: **33**

Other Substances You Used in the Last 30 Days

- Number of hours you are under the influence of marijuana in a typical month: **0**
- Other drugs you used in the past 30 days:
- **5** E-cig

Your Pattern of Cannabis Use

You reported that over the last 3 months you used cannabis **0 days per month**, which puts you in the **76th percentile**. That means your marijuana use is as or more frequent than **76%** of University of California, Davis students.



Money You Spend

In a Month

Money you spend on **alcohol** in a typical month: **\$216.67**

Money you spend on **cannabis** in a typical month: **\$0.00**

Money you spend on **tobacco and/or e-cigarettes** in a typical month: **\$0.00**

TOTAL money you spend in a typical month: **\$216.67**

In a Year

Annual Expenditure: **\$2600.00**

Annual Expenditure: **\$0.00**

Annual Expenditure: **\$0.00**

TOTAL Annual Expenditure: **\$2600.00**

Your Alcohol Experiences: What you Like and Dislike

Listed below are some things that might happen when you drink. Here is how you rated them...

ITEM LIST	(1) Dislike	(2)	(3)	(4)	(5) Unsure	(6)	(7)	(8)	(9)	(10) Enjoy
I notice a change in my energy level.										<input checked="" type="checkbox"/> (10)
I forget or escape from my responsibilities or problems.										<input checked="" type="checkbox"/> (10)
I am more likely to have unplanned sex.					<input checked="" type="checkbox"/> (5)					
My depression and/or anxiety levels change.										<input checked="" type="checkbox"/> (10)
I become less aware of my surroundings.						<input checked="" type="checkbox"/> (6)				
I feel less in control of my actions.							<input checked="" type="checkbox"/> (7)			
I spend money on alcohol.		<input checked="" type="checkbox"/> (2)								
I express my emotions more.			<input checked="" type="checkbox"/> (3)							
I act differently in social situations.				<input checked="" type="checkbox"/> (4)						
I get clumsy or fall.						<input checked="" type="checkbox"/> (6)				
I drunk-text, post, etc.					<input checked="" type="checkbox"/> (5)					

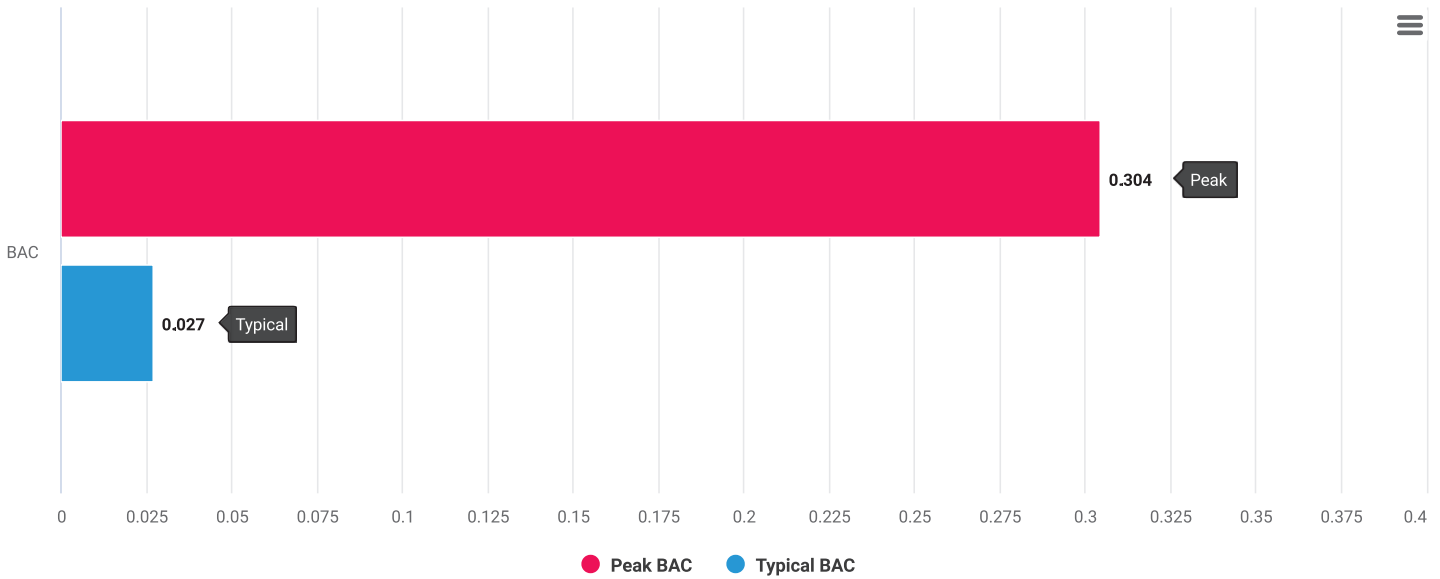
ITEM LIST	(1) Dislike	(2)	(3)	(4)	(5) Unsure	(6)	(7)	(8)	(9)	(10) Enjoy
I need to drink more than I used to in order to feel buzzed.	<input checked="" type="checkbox"/> (1)									
I do or say things that I can't remember later (blackout).						<input checked="" type="checkbox"/> (6)				

Blood Alcohol Concentration (BAC)

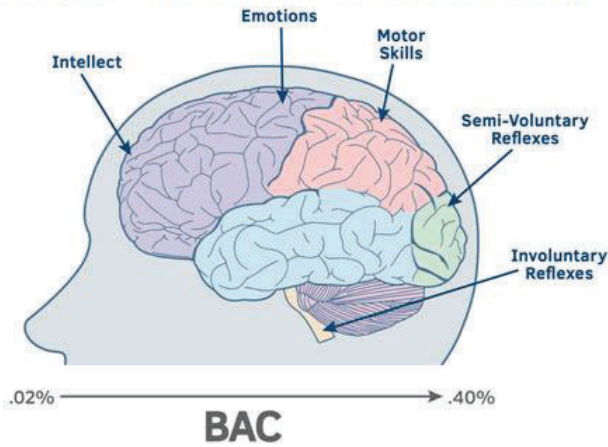
According to the information you provided in the BASICS survey about your typical quantity of alcohol use, hours of use, your birth sex, and your weight, your peak and typical BAC during the last 30 days were calculated.

Your Typical BAC was based on 9 drinks in 8 hours.

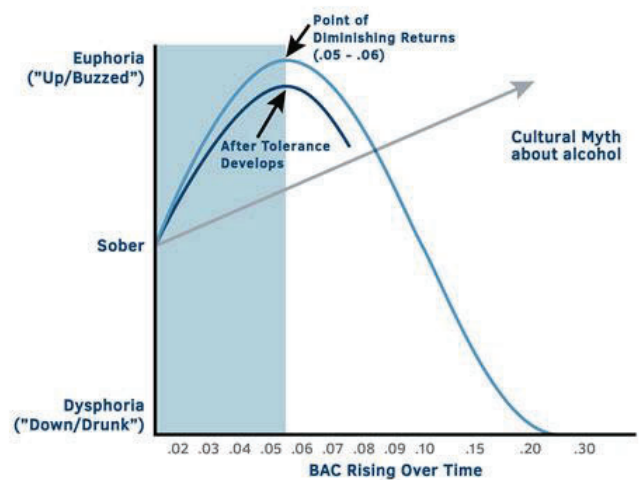
Your Peak BAC was based on 33 drinks in 14 hours.



How Does BAC Affect How We Feel and Behave?



The Biphasic Effect:



Male

270 lbs

BAC Blood Alcohol Concentration

Buzzed

Drunk

Danger

Medical Emergency

Drinks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Hours 0	.014	.029	.043	.057	.072	.086	.100	.115	.129	.143	.157	.172	.186	.200	.215
1	.000	.014	.028	.042	.057	.071	.085	.100	.114	.128	.142	.157	.171	.185	.200
2	.000	.000	.013	.027	.042	.056	.070	.085	.099	.113	.127	.142	.156	.170	.185
3	.000	.000	.000	.012	.027	.041	.055	.070	.084	.098	.112	.127	.141	.155	.170
4	.000	.000	.000	.000	.012	.026	.040	.055	.069	.083	.097	.112	.126	.140	.155
5	.000	.000	.000	.000	.000	.011	.025	.040	.054	.068	.082	.097	.111	.125	.140
6	.000	.000	.000	.000	.000	.000	.010	.025	.039	.053	.067	.082	.096	.110	.125
7	.000	.000	.000	.000	.000	.000	.000	.010	.024	.038	.052	.067	.081	.095	.110
8	.000	.000	.000	.000	.000	.000	.000	.000	.009	.023	.037	.052	.066	.080	.095

1 Drink is = to



BEER
12 oz./5%



WINE
5 oz./12%



SHOT
1.5 oz./40%

This card is to be used as a guide & does not guarantee your BAC.

buzzed
drunk
danger
medical emergency

- .02 Begin to feel relaxed. Reaction time slows.
- .05 Euphoria, "the buzz." Sociability. Decrease in judgment and reasoning.
- .08 **Legally Intoxicated.** Balance & coordination impaired. Less self-control.
- .10 Clear deterioration of cognitive judgment & motor coordination. Speech may be slurred.
- .15-.24 At risk for blackout. Nausea. Risk of stumbling/falling.
- .25-.35 May be unable to walk; may pass out/lose consciousness. Seek medical attention.
- .40-.45 High risk for coma or death.

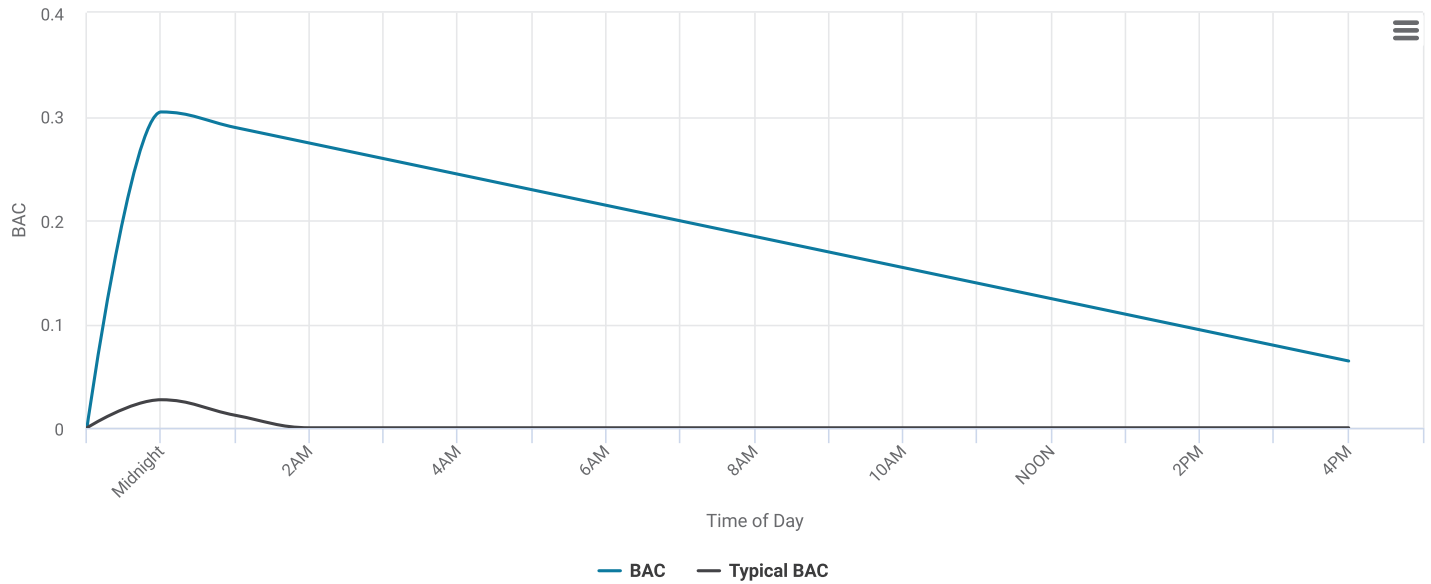
REACTION TIME IS ALWAYS IMPAIRED

Sobering Up: How long does it take?

Alcohol leaves the body at a constant rate of about 0.015% of BAC per hour for most people. Activities like taking a shower, drinking coffee, or exercising will NOT affect how fast alcohol is eliminated from your body. Only time will sober you up.

- At your **PEAK BAC** of **0.304**, it will take **20.29 hours** until you are sober.
- At your **TYPICAL BAC** of **0.027**, it will take **1.8 hours** until you are sober.

Change in BAC on Your Highest Drinking Occasion

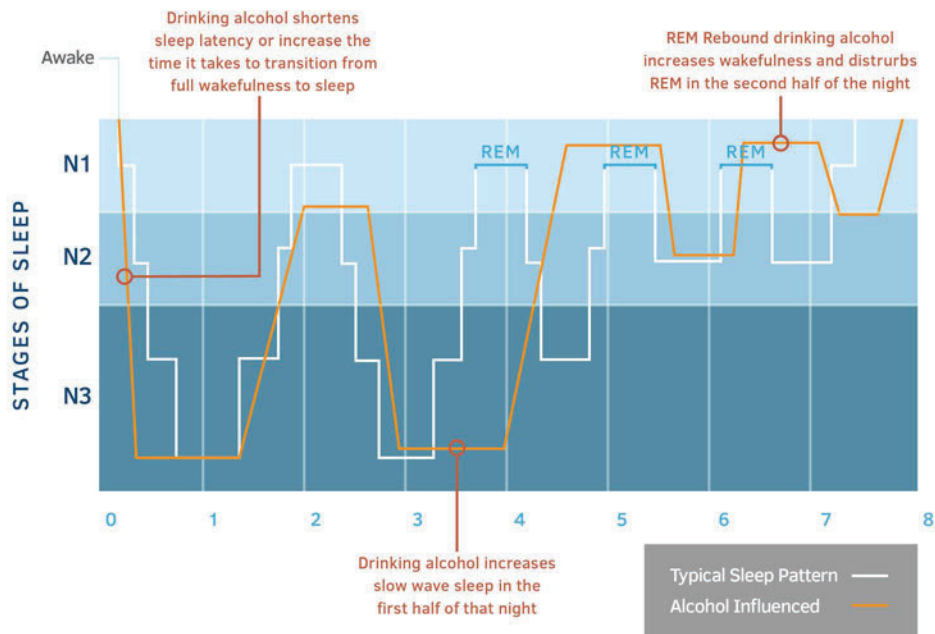


Your Rate

For YOU, a standard drink will take **0 hours and 57 minutes** to leave your body.

If you are trying to pace yourself (ie: not get more drunk, but not get more sober) then you should space one drink over **0 hours and 57 minutes**. If you are drinking faster than that, your BAC is raising (you're getting drunker).

ALCOHOL'S EFFECTS ON SLEEP



Ref: Roehrs & Roth, 2001

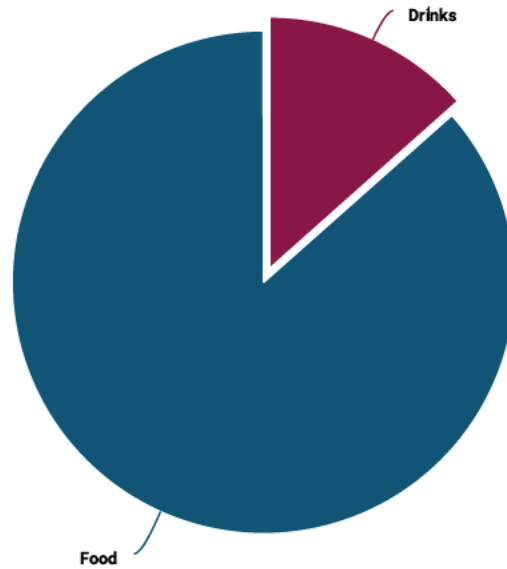
Effects of REM disturbance may include:

- Daytime sleepiness, low energy
- Problems with concentration, memory
- Depressed mood, increased anxiety, irritability
- Impaired muscle movement

Alcohol and Your Nutrition

Based on an average of 150 calories per standard drink, you consume about **18300** calories in a typical month from alcohol alone.

This represents **13.4%** of the monthly calorie requirement for a male of your body weight [270 lbs.] However, the calories provided by alcohol have no nutritional value.

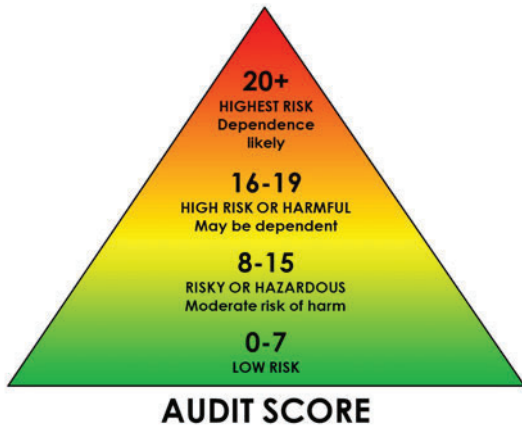


The Alcohol-Related Harms You've Experienced

Listed below are the harms that you experienced due to your drinking in the past year.

Harms from drinking		Experiences in the past 12 months include
None (0)		<ul style="list-style-type: none"> • While drinking, I have said or done embarrassing things. 1-2 times • I have had a hangover (headache, sick stomach) the morning after I had been drinking. 3-4 times • I have felt very sick to my stomach or thrown up after drinking. 1-2 times • I often have ended up drinking on nights when I had planned not to drink. 3-4 times • I have taken foolish risks when I have been drinking. 5-9 times • I have found that I needed larger amounts of alcohol to feel any effect, or that I could no longer get high or drunk on the amount that used to get me high or drunk. 10 or more times • When drinking, I have done impulsive things I regretted later. 3-4 times • I've not been able to remember large stretches of time while drinking heavily. 3-4 times • I have driven a car when I knew I had too much to drink to drive safely. 3-4 times • I have not gone to work or missed classes at school because of drinking, a hangover, or illness caused by drinking. 3-4 times • My drinking has gotten me into sexual situations I later regretted. 1-2 times • I have often found it difficult to limit how much I drink. 10 or more times • I have become very rude, obnoxious, or insulting after drinking. 1-2 times • I have woken up in an unexpected place after heavy drinking. 1-2 times • I have felt badly about myself because of my drinking. 10 or more times • I have had less energy or felt tired because of my drinking. 5-9 times • The quality of my work or school work has suffered because of my drinking. 3-4 times • I have spent too much time drinking. 10 or more times • I have neglected my obligations to family, work, or school because of drinking. 5-9 times • I have been overweight because of drinking. 10 or more times • My physical appearance has been harmed by my drinking. 10 or more times • I have felt like I needed a drink after I'd gotten up (before breakfast). 5-9 times
Low (1-4)		
Moderate (5-9)		
Significant (10-14)		
Severe (15-20)		
Very Severe (21-24)	Your score is 22 <i>Very Severe</i>	
Scale	Your risk score: 22	

Your Risk for Alcohol Use Disorder



The Alcohol Use Disorders Identification Test (AUDIT)

In the BASICS Survey, you completed the **AUDIT** screening test which estimated your risk for alcohol-related problems.

Your Risk Score on the AUDIT was **26**

Here are the specific responses from your screening which contributed to your score:

- You have a drink containing alcohol **2-3 times a week** (3 points)
- On a day when you are drinking, you typically have **10 or more** (4 points)
- You consumed 6 or more drinks on one occasion **Weekly** (3 points)
- In the past year, you have found that you have not been able to stop drinking once you have started **Weekly** (3 points)
- In the past year, you failed to do what was normally expected of you because of drinking **Monthly** (2 points)
- In the past year, you have felt guilty or remorseful after drinking **Weekly** (3 points)
- In the past year, you have been unable to remember what happened the night before because of your drinking **Monthly** (2 points)
- In the past, you or someone else has been injured because of your drinking **Yes, but not recently** (2 points)
- In the past, a relative, friend, doctor, or other health care worker has been concerned about your drinking or suggested you cut down **Yes, during the last year** (4 points)

Your Genetic (Biological) Risk

Your genetic (biological) risk level is **VERY HIGH**

Genetics are not destiny, but substance use problems tend to run in families. Children, siblings, or parents of alcoholics have been estimated to have a seven times greater chance of developing alcoholism than the general population. This risk increases for male relatives of male alcoholics. For men in the general population, without any family history, the risk of developing alcoholism is between 3% to 5%. For sons of alcoholic fathers, the chance of developing alcoholism has been estimated to be as high as 20% to 50%. Finally, remember that even if no one in your family has had an alcohol or other drug problem that does not mean that you are immune from experiencing one.

A Summary of Your Risk Areas

BAC	
Alcohol Harms	
AUDIT/CUDIT	
Family History	
Poly Substance Abuse	

How might substance use impact your college goals?

Goal 1: Graduate in June this year

1	2	3	4	5	6	7	8	9	10
Negative Impact			Neutral Impact				Positive Impact		

Goal 2:

1	2	3	4	5	6	7	8	9	10
Negative Impact			Neutral Impact				Positive Impact		

Goal 3:

1	2	3	4	5	6	7	8	9	10
Negative Impact			Neutral Impact				Positive Impact		

How do you feel about making a change?

Alcohol

Please rate how **important** it is for you to make a change in your drinking.

1	2	3	4	5	6	7	8	9	10
Not Important			Unsure				Very Important		

Please rate how **confident** you are that you could make a change in your drinking.

1	2	3	4	5	6	7	8	9	10
Not Confident			Unsure				Very Confident		

Your Harm Reduction Strategies: Alcohol

Doing Now	Considering	Not Interested Right Now
<ul style="list-style-type: none">• Pacing my drinking throughout the evening.• Eating food before and while drinking.• Drinking water while drinking alcohol.• Planning for a safe way to get home (walk, designated driver, cab, bus, etc.).	<ul style="list-style-type: none">• Choosing not to drink at all sometimes, even when others are drinking.• Reducing or avoiding shots of hard liquor.• Keeping track of how many drinks I am having throughout the night.• Take a break from drinking alcohol.	<ul style="list-style-type: none">• Setting a drink limit for myself before starting to drink.• Stopping drinking when I feel “buzzed”.

Your Next Step

Can you identify one change that you'd like to make right off the bat, which will lead you closer to your goals for health and well-being?

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Your Triggers & Strategies

Do you have any triggers, either internal (emotions, for example) or external (people, places, things), that make you more vulnerable to overusing substances? What strategies can you identify that are relevant and realistic for you?

Triggers: Internal, External

Strategies

Your Desired (Ideal) Use Pattern

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Your Supports

Which individual(s) in your life can you depend on to support your change efforts?

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Support Resources

Counseling Services (CS)	North Hall and Student Health Services (2nd Floor) (530) 752-0871 http://www.shcs.ucdavis.edu
Fatima Algazzali	ATOD Risk Reduction Coordinator Health Education and Promotion Cowell Building 1st floor (530) 754-7103 http://www.shcs.ucdavis.edu
Stephanie Lake, M.Ed., LAADC TTS	ATOD Intervention Services Coordinator Cowell Building 2nd floor (530) 752-6334 http://www.shcs.ucdavis.edu

Acknowledgements & References

This BASICS Feedback report was modeled on research conducted at the University of Washington and across the country. The survey and feedback reports at Columbia University, University of Washington, University of Northern Texas, and University of Vermont have served as models for this version. Version 3.0 (2017) was developed by Nancy Reynolds, MSPH, BASICS Director at Ithaca College, with generous input from the entire community of BASICS professionals.

Expenditure feedback was adapted with permission of Tom Fontana of the University of Vermont.

Alcohol and marijuana acceptability scales were adapted with permission of Tom Fontana of the University of Vermont.

The biphasic curve chart was used with permission from Dr. Dolores Cimini, Counseling and Psychological Services, University at Albany.

Your blood alcohol concentration (BAC) was calculated using the U.S. Dept. of Transportation, National Highway Traffic Safety Administration's formula ("Computing a BAC Estimate," January, 2006).

Monthly calorie requirement was based on the formula: Women: (Weight x 10) + 1/3. Men: (Weight x 12) + 1/2.

The sleep graphics were based on those featured on Washington State University's ADCAPS website and the following articles: *Effect of illicit recreational drugs upon sleep: Cocaine, ecstasy and marijuana*, Schierenbeck et al, *Sleep Medicine Reviews* Vol12, Issue 5, Oct 2008; and *Functional consequences of marijuana use in adolescents*, Jacobus et al, *Pharmacology Biochemistry and Behavior*, Vol 92, issue 4, June 2009.

Your score regarding alcohol consequences was calculated using the Brief Young Adult Alcohol Consequence Questionnaire (Kahler, Strong, & Read, 2005).

The marijuana usage pattern charts were adapted with permission from Tom Fontana of the University of Vermont.

Information on family history came from the book, *Buzzed*, available from W.W. Norton Company (Kuhn, Swartzwelder, & Wilson, 1998). The genetic risk score was developed by the NIAAA (Source: Miller, WR et al., *Motivational Enhancement Therapy Manual: Vol 2, Project MATCH Monograph Series*, Rockville, MD, 1995).

Marijuana harm reduction strategies were adapted from: "*Harm Reduction Psychotherapy*" by Andrew Tatarsky, Ph.D.; Chapter 19, [The Pot Book: A Complete Guide To Cannabis](#); Julie Holland, M.D., Editor, Park Street Press, 2010.

Sources for the section, "Your Marijuana Use, Health and Student Success" are: Arria, Amelia et.al; *The Academic Consequences of Marijuana Use During College*. Psychology of Addictive Behaviors Vol 29, No.3, 2015; Hall, Wayne. The University of Queensland Centre for Youth Substance Abuse Research. Paper presented at Cannabis and Health International Drug Policy Symposium, Auckland, New Zealand. ©2014 Society for the Study of Addiction; Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery. <http://hecaod.osu.edu>; and Hill, Kevin P., MD. *Marijuana: The Unbiased Truth About the World's Most Popular Weed*. Hazelden Publishing, Minnesota, 2015.