

# Wellness Brief: Analysis of Protective Behavior Strategies and Negative Consequences from Alcohol Among Greek Students

Negative Consequence	MU Students	Greeks
Had a hangover	63.2%	89.2%
Been hurt or injured	18.3%	33.5%
Missed class	27.2%	53.5%
Black out/Memory Loss	48.1%	70%
Engaged in risky sexual behavior	21%	36.9%

The use of protective behavior strategies is integral in predicting consequences of alcohol use among student populations. Students who use protective behavior strategies when drinking alcohol greatly reduce the amount of negative consequences they experience from drinking. The MU student population as a whole uses more protective strategies than the Greek student population. For example, 32% of MU students purposefully limit the amount of money to spend on alcohol to limit the amount of drinks purchased and consumed, while only 25% of Greek students engage in the same behavior. Consequently, Greek students are much more likely to be affected by the negative consequences of drinking. 70% of Greek students have experienced a complete memory loss, or “blackout”, from drinking, versus 48.1% of MU students. This data remains consistent with other protective behavior strategies and negative consequences from alcohol.

Protective Behavior	MU Students	Greeks
Alternate alcoholic and non-alcoholic drinks	11.7%	9.2%
Avoid drinking games	11.7%	4.2%
Know where drink is at all times	64.2%	60.8%
Avoid “keeping up” with others	29.9%	21.5%
Purposefully limit the amount of money spent on alcohol	32%	25%

## Summary

As the data suggests, frequent use of protective behaviors is directly correlated with the reduction of negative consequences in regards to alcohol. The MCHBS data shows that certain populations are more at risk for high-risk drinking behaviors. The data also suggests that a reduction in alcohol consumption and an increase in protective behavioral strategies will reduce the amount of negative consequences an individual experiences from consuming alcohol. Campuses need to continue to educate students, Greek students in particular, of responsible drinking practices, standard drink sizes, and protective behavioral strategies in order to reduce the number of negative consequences experienced from alcohol.

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