

November/December 2006

***Using Mixed Methods to Examine Parental Influence on Youth Alcohol Use**

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This study identified youth and adult perceptions of factors that influence initiation of youth drinking, access to alcohol, strategies for deterring youth drinking, and parents' role in prevention. A combination of qualitative (focus group and individual interview) and quantitative (written survey) community-based participatory research methods was used. Results showed that parents and other adults influence youth decisions about alcohol use both positively and negatively. Parental strategies identified by both youths and adults as important for the prevention of youth alcohol use includes communication, modeling positive behavior, monitoring youths, and controlling youths' access to alcohol. Communication was considered the most effective strategy, especially if parents do not lecture or nag their children. Both parents and students viewed monitoring as important but in need of improvement. Most youths and adults believed it is easy for minors to obtain alcohol, usually from their own or friends' parents. However, few parents had talked with other parents about youth drinking. Youths' perceptions of alcohol use norms were assimilated from adults, but many parents reported difficulty in modeling positive drinking behavior. Parent education and support are needed to encourage parents to confront the extent of youth drinking and to improve their own prevention skills.

***Validity and Reliability of the International Physical Activity Questionnaire in College Students**

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The purpose of this study was to examine the validity and reliability of the self-administered International Physical Activity Questionnaire (IPAQ) short form in college students. One hundred twenty-three undergraduate students (20.8 ± 1.5 years of age, 76% Caucasian, 74% female) wore an accelerometer and pedometer at their waists for seven consecutive days and completed the IPAQ at the end of the week. Approximately 4–6 days later they completed the IPAQ again, recalling their physical activity during the week they wore the monitoring devices. Spearman correlation coefficients and intraclass correlation coefficients (ICC) were calculated to examine criterion validity and stability reliability respectively. Criterion validity correlation coefficients ranged from 0.15 to 0.26 for total weekly time spent in physical activity from the IPAQ and values from the accelerometer and pedometer. The ICCs between the two administrations of the IPAQ ranged from 0.71–0.89. The results of this study indicate that the validity indices of the questionnaire were similar to other self-report physical activity questionnaires and the stability reliability of the questionnaire was acceptable. Health education and promotion professionals can confidently use this questionnaire to assess college students' participation in physical activity.

Factors Related to Smoking in College and Not in College Young Adults

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This study sought variables associated with current smoking for young adult males and females in college compared with those not in college. A self-administered questionnaire was completed by a cohort of 1,270 young adults (ages 20–24) who have been followed from grade 6 for 10 years. Both bivariate and multivariable analyses of demographic characteristics, family and friends smoking and other drug use, psychosocial factors and attitude, and lifestyle factors were conducted. In the bivariate analyses, male and female college students had many variables in common, as did not-in-college males and females. In the multivariable analysis, similar variables for male and female college smokers were found, but depression was only important for males. For male and female not-in-college smokers, while some similarities were found (amount of money and expectation for continued smoking), there were also differences: the male model included friends smoking and number of tobacco products, whereas the female contained attitude towards smoking and social conformity. There are similarities between college and non-college models, and between male and female models in both groups, but for anti-smoking programs it may be important to focus on the differences in the models, which may have to be tailored to level of education as well as gender.