



# Binge drinking among medical students University of Zagreb – shouldn't they know better?

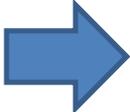
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# Introduction

- Binge drinking  increasing problem in Croatian youth:
  - prevalence in 15 y adolescents 54% (ESPAD, 2011)

# Objective

- The aim of this study was to determine prevalence of binge drinking and related consequences in a cohort of medical students University of Zagreb



# Methods and participants (1)

- Longitudinal study included:
  - 243 medical students (69% female) in 2004/05 on the 1<sup>st</sup> year of study
  - 130 medical students (53%) of the same cohort in 2010/2011, on the 6<sup>th</sup> year of study (75% female)
- Data were obtained by anonymous questionnaire “School health survey”

# Methods and participants (2)

## School Health Survey

**Q29. Have you ever drink more than five or more drinks one after another in a couple of hours?**

1. Yes
2. No

**Q30. If answer is "Yes" how many time it has happened in last 12 months?**

1. Once
2. 2-3 times
3. 4-6 times
4. More than 6 times

**After alcohol consumption, have you ever:**

**Q34. Destroyed your own or someone else's property?**

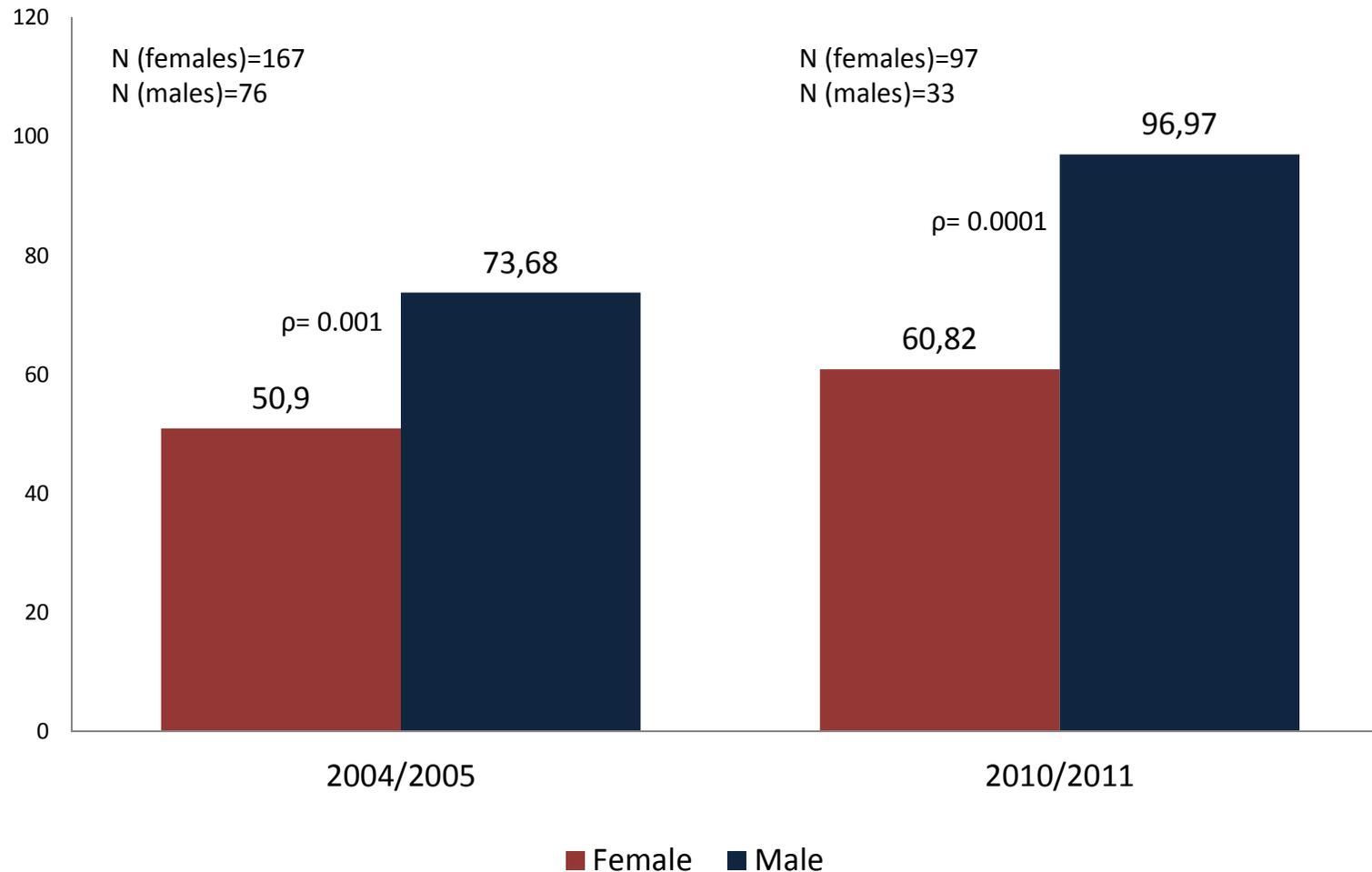
1. Yes
2. No

**Q35. Got into a fight?**

1. Yes
2. No

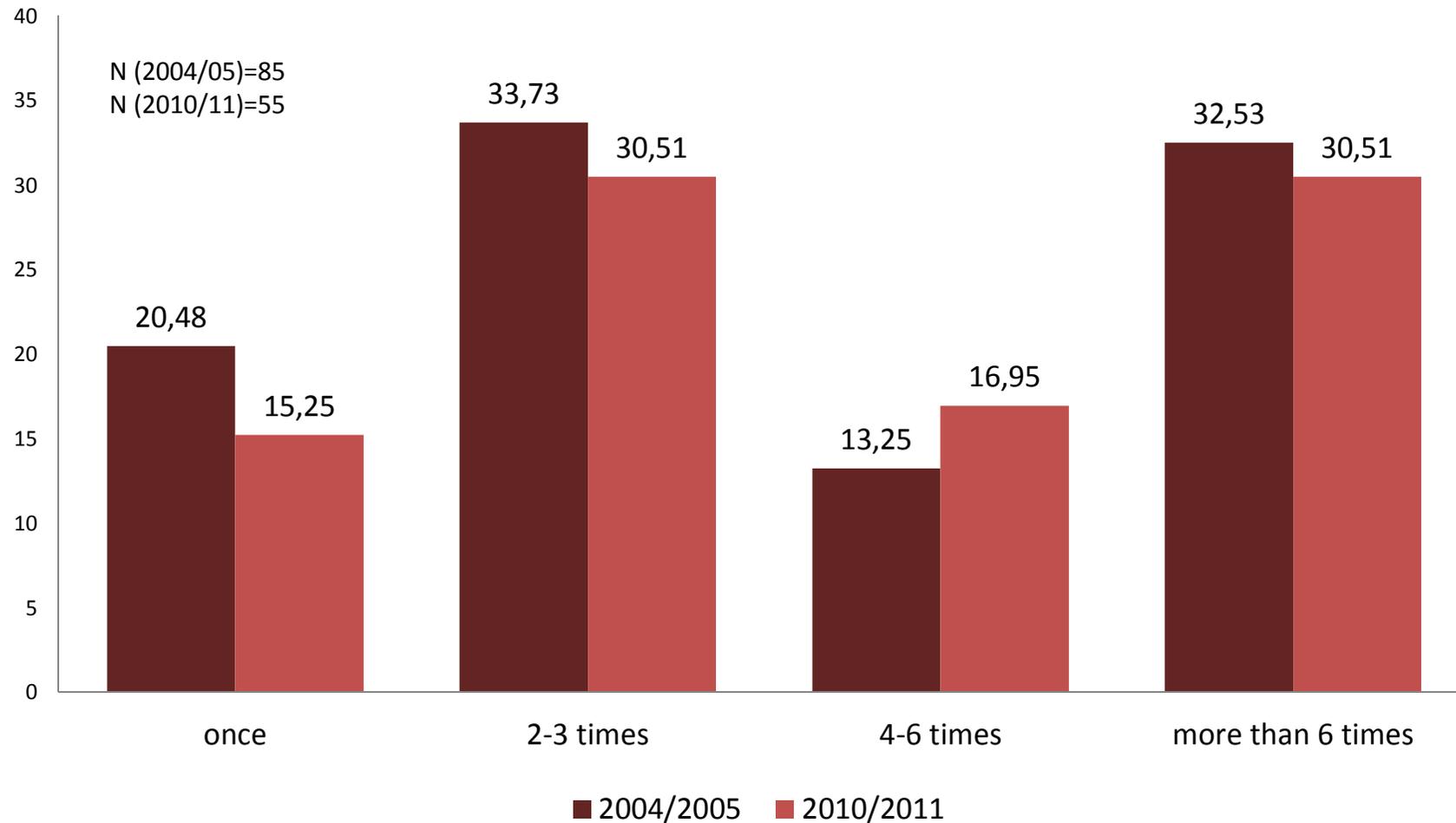
# Results (1)

**Number (%) of female and male students who have had five or more drinks on one occasion**



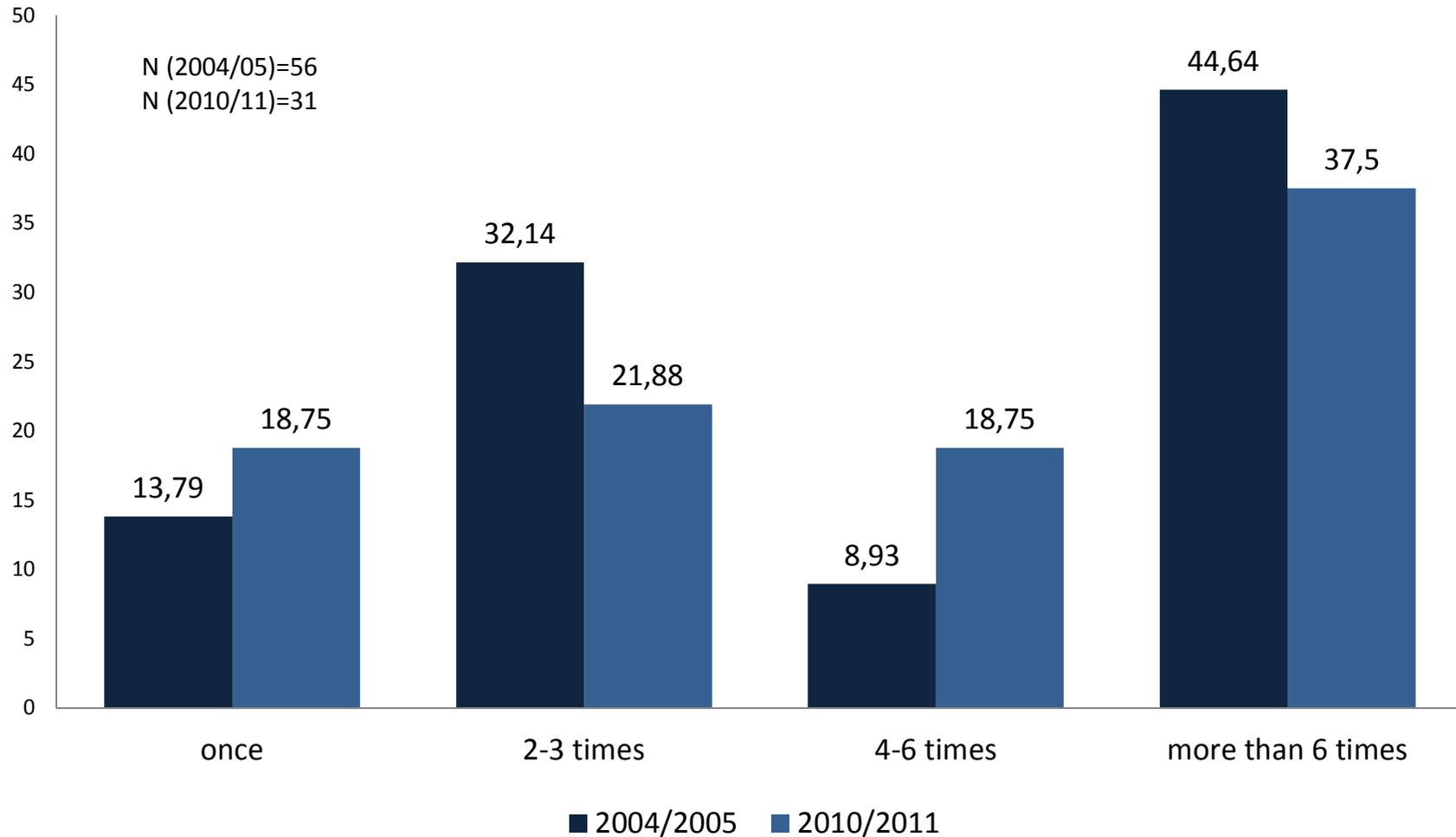
# Results (2)

## Female students (%): How many time it has happened in last 12 months?



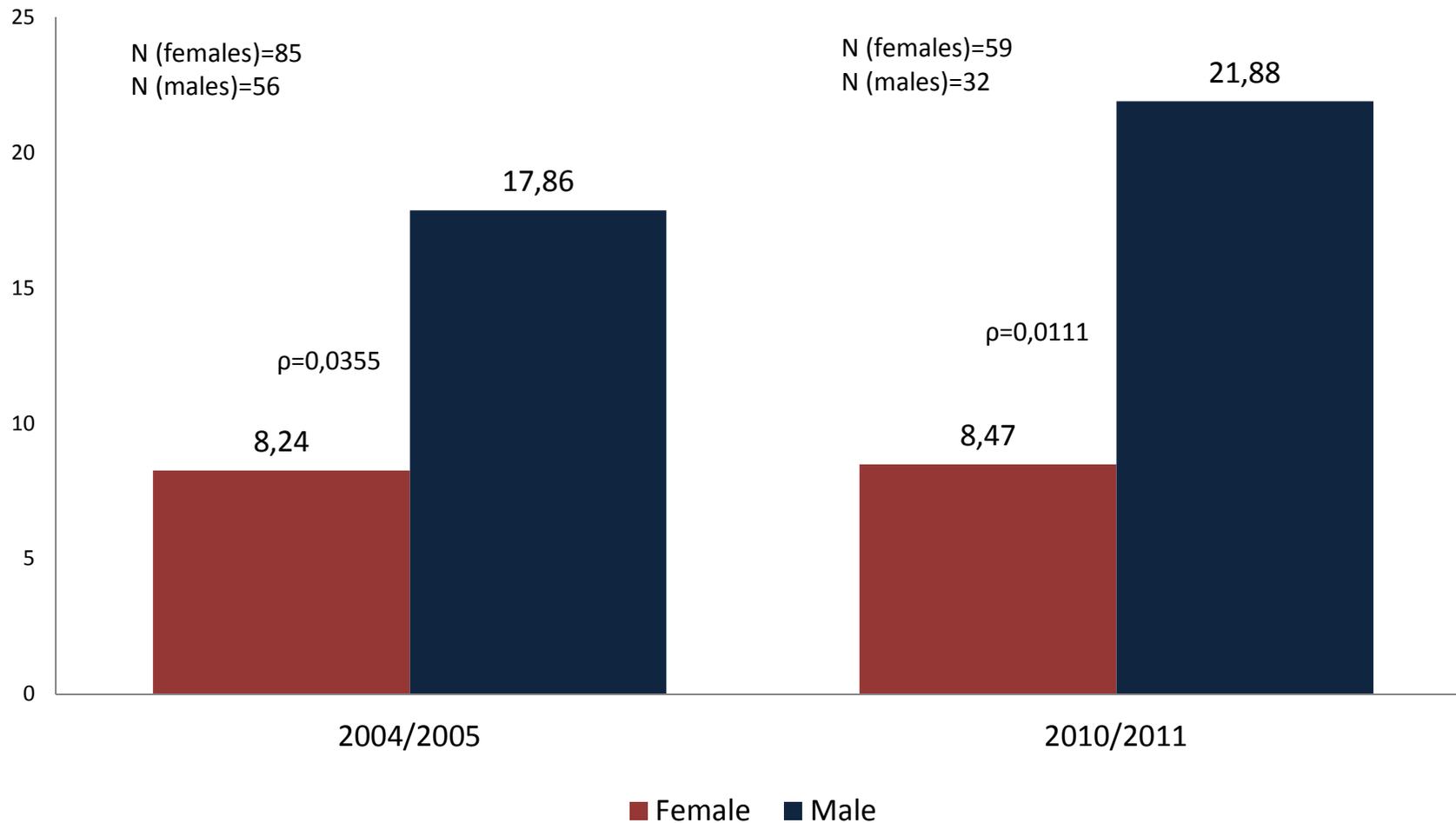
# Results (3)

**Male students (%): How many time it has happened in last 12 months?**



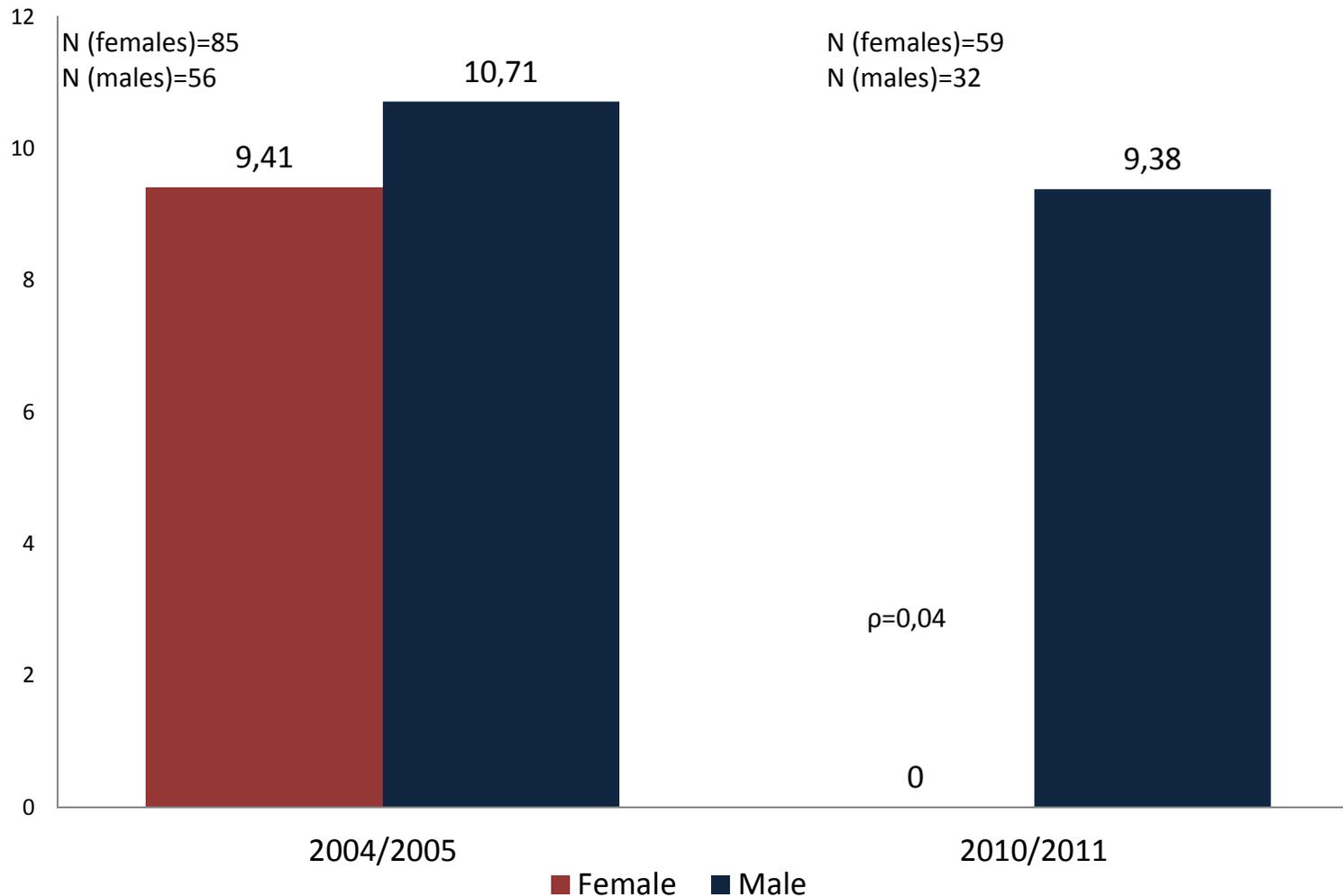
# Results (5)

**After alcohol consumption, have you ever destroyed yours or someone else's property?**



# Results (4)

After alcohol consumption, have you ever got into a fight?



# Conclusion

- Binge drinking prevalence among medical students is high, and shows increase from first to sixth year of study even though prevalence of negative consequences is low
- Risk behaviour among medical students is of special concern because of their future role as health professionals

