

# The Healthy Minds Network

## For Research on Adolescent and Young Adult Mental Health

Research Brief #6

February 2014

### Depression and Substance Use

MDD and HED are prevalent and highly correlated on college campuses. *What can be done to address these problems?*

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### New *inkblots* Film

*Daury* is the latest video from the *inkblots* videos series. The film deals with depression and alcohol abuse through the story of a female college student.

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### Upcoming Webinar

Information about our upcoming webinar and a list of relevant articles.

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## Co-Occurring Mood and Alcohol Use Disorders in College Populations

Major Depressive Disorder (MDD) and Heavy Episodic Drinking (HED) are prevalent problems on college campuses. National data from The Healthy Minds Study reveal that approximately 10% of undergraduates screen positive for MDD (as measured by Patient Health Questionnaire-9) and nearly 50% report episodes of HED in the past two weeks (defined as 4 drinks in a row for women or 5 in a row for men). A more detailed analysis of these data, led by Dr. Paola Pedrelli (Harvard University/Massachusetts General Hospital), confirms that MDD and HED are highly correlated in undergraduate populations. Students with severe depressive symptoms (PHQ-9 $\geq$ 20) are significantly more likely to engage in HED than those with low/no depressive symptoms (PHQ-9 $\leq$ 4): 9% of male students with severe MDD (relative to 4% of those with low depressive symptoms) report 6-9 episodes of HED and 6% (relative to <1% with no symptoms) report 10+ episodes of HED in the past two weeks. Among females with severe depressive symptoms, 4% (relative to 2% of those with no symptoms) report 6-9 episodes of HED and 2% (relative to 0.2% with no symptoms) report 10+ episodes of HED in the past two weeks. Not only do students with depressive symptoms engage in HED more frequently, they also consume more alcohol per HED episode than their non-depressed peers.

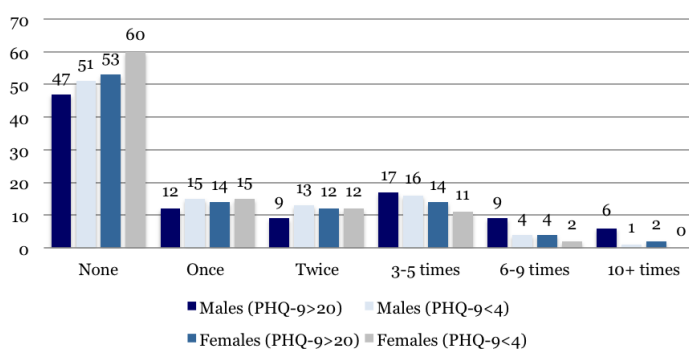
There are high rates of comorbidity between heavy drinking and depressive symptoms among college students, often resulting in severe alcohol-related consequences. No empirically supported treatment exists that concurrently addresses both of these problems in this population. Research with college students has demonstrated that brief motivational interventions (BMIs) reduce heavy drinking and alcohol-related consequences,<sup>1</sup> and that cognitive behavioral therapy for depression (CBT-D) is effective in reducing depressive symptoms.<sup>2</sup> Thus, a program combining BMI and CBT-D appears ideal for college students with co-occurring HED and depressive symptoms. A small pilot study found that BMI+CBT for college students with depressive symptoms and HED may be acceptable and associated with lower depressive symptoms and lower weekly drinks.<sup>3</sup>



“Heavy Episodic Drinking (HED) is common among college students and, among college students who drink heavily, depressive symptoms are a significant risk factor for severe short-term and long-term negative outcomes. Strategies to prevent negative consequences in this population are greatly needed.”

-Paola Pedrelli

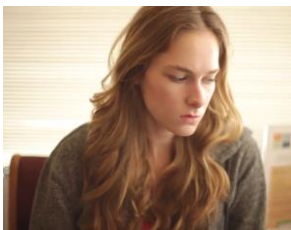
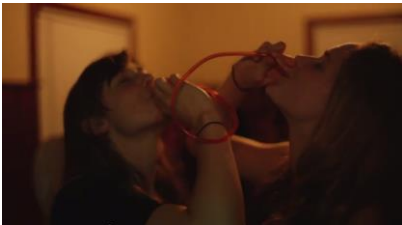
Frquency of HED by PHQ-9 Score





The Healthy Minds Network would like to share with you the latest short film from our intervention project, *inkblots*.

To view video, click here: [\*\*\*Daury: From the firm grip of alcohol and depression to discovering the open hands of therapy.\*\*\*](#)



*inkblots* strives to revolutionize the traditional framework of disseminating and conveying useful evidence-based mental health information. Not only can *inkblots* films reach more people, in more places—anytime and anywhere—but it does so in a fashion that is engaging, entertaining, and most importantly, consistent with the cultural demands of today's student. In place of packing dense and esoteric language into magazines and brochures that clutter waiting rooms and wellness fair booths, *inkblots* films, while maintaining the same clinical underpinnings, are delivered in a way students prefer.

Universities across the country have used the *inkblots* films in the following ways:

- Post on Facebook page or homepage of student affairs, the health center, counseling center, advising, residential life, etc.
- Upload to your school's YouTube Channel
- Freshman/Parent orientations
- Illustrations or discussion starters for academic survival courses and/or residential life
- Wellness promotion tools
- Email to ALL students or to at-risk students
- "First day" icebreakers
- Feature on campus TV or online news forum

If you have questions or would like to learn more about *inkblots* and how to integrate the films into your program, please email our project coordinator, Rebecca Lindsay, at: [reblin@umich.edu](mailto:reblin@umich.edu).

Spotlight on The Healthy Minds Network's *inkblots* video series

# Free Webinar: Addressing Co-Occurring Mood and Alcohol Use Disorders in College Populations

Wednesday, February 12, 12-1pm (ET)

The upcoming webinar will feature two guest panelists:

**Paola Pedrelli, PhD** (Harvard University/Massachusetts General Hospital). Dr. Pedrelli's program of research focuses on investigating the etiology, assessment, and treatment of comorbid Affective Disorders and Alcohol Use Disorders. She is the principal investigator of a study examining neural substrates of binge drinking in young adults and a study on reward processes among young adults with dual diagnoses. She has been actively involved at a local and national level in disseminating awareness of the negative consequences of the co-occurrence of depressive symptoms and AUDs among college students by presenting at national conferences and conducting in service presentations in college campuses. She is the Co- Investigator of a NIH funded study investigating innovative technologies for the assessment of depressive symptoms.



**Justin Heinze, PhD** (University of Michigan School of Public Health). Dr. Heinze's research interests include developmental transitions, social exclusion/ostracism, issues of gender and sexuality and longitudinal data methodology. Current projects examine the social determinants of health and risk behavior in adolescence and emerging adulthood.



The webinar is intended to provide a synthesis of cutting-edge research in the field and is appropriate for clinical and non-clinical audiences. As always, the webinar is free and requires no special software. **RSVP** by emailing us at [healthyminds@umich.edu](mailto:healthyminds@umich.edu) or using the contact form on our website, [healthymindsnetwork.org](http://healthymindsnetwork.org). In your RSVP, please include your name and email address, and questions/comments for our panelists to address.

## References

1. Carey KB, Scott-Sheldon LA, Carey MP, DeMartini KS. Individual-level interventions to reduce college student drinking: a meta-analytic review. *Addict Behav.* 2007 Nov;32(11):2469-94.
2. Cuijpers P, Berking M, Andersson G, Quigley L, Kleiboer A, Dobson KS. A meta-analysis of cognitive-behavioural therapy for adult depression, alone and in comparison with other treatments. *Can J Psychiatry.* 2013 Jul;58(7):376-85.
3. Pedrelli P., Dalton E., Palm K., Borsari B. An integrated BMI and CBT approach for binge drinking and depressive symptoms among college students, preliminary results. Poster presented at the 2010 World Congress of Behavioral and Cognitive Therapies.
4. Pedrelli P, Borsari B, Palm KM, Dalton E, Fava M. Combined MI + CBT for depressive symptoms and binge drinking among young adults: two case studies. *J Cog psych* 2013 27(3):235-257.

## HMN Announcements



### Register for The Depression on College Campuses Conference: Fostering Student Success

March 12-13, 2014 in Ann Arbor, Michigan  
<http://www.depressioncenter.org/docc/>

The Healthy Minds Network for Research on Adolescent and Young Adult Mental Health

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