



Eastern Connecticut State University

NEWS

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For Immediate Release

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Eastern Professor Finds Way to End Binge Drinking

If You Test Students, They Will Drink Less

Willimantic, Conn. – College students are less likely to binge drink on Thursday night if they have a test the following day, a new study shows. The study, conducted by Eastern Connecticut State University sociology professor William Lugo, found that the fewer tests students have on Fridays, the more likely they are to drink heavily on Thursday night. The findings will be presented this summer at the Society for Study of Social Problems Conference in Boston, MA.

“Previous research and efforts have rested solely on the existence of Friday classes. This is the first study to show that you need more than just Friday classes to reduce high risk drinking,” said Lugo. “This is an entirely new way to combat binge drinking that has shown very promising results.”

The study was conducted at Eastern in fall 2007. It compared students in Friday classes with no tests and no attendance policy against students in the same classes with tests every Friday and a very stringent attendance policy. Students in participating classes were surveyed about alcohol use at the beginning and end of the fall semester.

Results showed statistically significant reductions in 30-day use, Thursday night binge drinking, and several secondary effects, including incidences of property damage and episodes of memory loss. Lugo recommends universities work with college faculty to develop curriculum that is incompatible with Thursday night partying.

“I was told the study couldn’t be done and faculty wouldn’t be interested. What I found was just the opposite. Faculty were excited about the project and we are looking forward to continuing the study in fall 2008,” Lugo said.

Lugo plans to expand the project at Eastern, and recruit other college campuses to participate. Funding for the study was provided by Connecticut’s Department of Mental Health and Addiction Services.

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Eastern Connecticut State University is part of the Connecticut State University (CSU) system and is the state’s public liberal arts university. ECSU serves more than 5,000 students each year on its Willimantic campus.

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