Introduction

- Rise of nicotine and caffeine use on college campuses (Champlin, Pasch, & Perry; Petit & DeBarr, 2011)
- E-cigs and JUULs: new phenomenon and particularly addictive (Willett et al., 2018)
- Academic stress → unhealthy behaviors and stimulant use (Patterson et al., 2004)
- Gap in research about how procrastination and parental pressures predict stimulant use

Hypotheses:
- Students who use licit stimulants will report higher levels of academic stress, parental pressure, and procrastination
- Specific latent classes of stimulant use and the three predictors will emerge from the data.

Method

- Participants answered self-report questionnaire on Qualtrics
- All participants were 18+ and current undergraduates

Measures

- Inventory of Parental Influence (Cho & Campbell, 2011)
  - “Parents being happy only with children’s perfect scores.”
- Academic Expectations Stress Inventory (Ang & Huan, 2006)
  - “When I do not do as well as I could have on an examination or test, I feel stressed.”
- Lay’s Procrastination Scale (Lay, 1986)
  - “I often find myself performing tasks that I had intended to do days before.”
- Researcher adapted stimulant use questionnaire
  - “On average, how often do you consume the following nicotine products EACH WEEK?”

Participants

- Male = 28%  Females = 67.9%  Non-Binary = 1.2%
- Age: $M=20.25$ ; $SD=1.628$
- Ethnicity: Non-Hispanic = 91.5% ; Hispanic = 5.7%
- Honors: Enrolled = 11% ; Not enrolled = 86.2%

Results

<table>
<thead>
<tr>
<th></th>
<th>Class 1</th>
<th>Class 2</th>
<th>Class 3</th>
<th>Class 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caffeine</td>
<td>1.00</td>
<td>0</td>
<td>0.70</td>
<td>1.00</td>
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<tr>
<td>Nicotine</td>
<td>0.22</td>
<td>0.25</td>
<td>0</td>
<td>1.00</td>
</tr>
<tr>
<td>Parental Pressure</td>
<td>0</td>
<td>0.60</td>
<td>0.68</td>
<td>0.70</td>
</tr>
<tr>
<td>Procrastination</td>
<td>0.18</td>
<td>0</td>
<td>0.25</td>
<td>0.42</td>
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<tr>
<td>Academic Stress</td>
<td>0</td>
<td>0.34</td>
<td>0.74</td>
<td>0.57</td>
</tr>
</tbody>
</table>

Latent Class Analysis

- 4-class Model
- AIC: 1159.62
- BIC: 1214.82
- n = 190 participants

- Class 3 suggests a link between caffeine use and high levels of stress
- Class 4 supports the hypothesis that students with higher stress are more likely to use licit stimulants.
- Further longitudinal studies need to be done to determine a significant correlation between licit stimulant use and these three constructs.

Conclusion

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References