USC students participated in the 2018 Healthy Minds Study that provides a detailed picture of mental illness and related issues in college student populations.

A random sample of 4,560 students* took part in this study in March and April of 2018.

*The sample is weighted proportionally to USC student population by sex, race/ethnicity, degree program, and online or on-campus status. The respondents were 47% heterosexual female, 39% heterosexual male, and 14% LGBTQ+; 40% Bachelor’s, 48% Master’s and 13% PhD and Professional Doctorates; 33% White, 17% Asian, 22% International, 15% Hispanic, 3% Mixed, 6% Black/African American, 2% Middle Eastern/Arab, and 2% Other.

Prevalence of Alcohol and Other Drug Use

Over the past 30 days, have you used any of the following drugs? (select all that apply)

<table>
<thead>
<tr>
<th>Substance</th>
<th>All Students (n=4,543)</th>
<th>Undergraduate (n=1,795)</th>
<th>Graduate/Professional (n=2,748)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol At-risk Drinking (in the past 2 weeks)*</td>
<td>38.6%</td>
<td>45.4%</td>
<td>34.0%</td>
</tr>
<tr>
<td>Amphetamines (e.g. other stimulants Ritalin, Adderall without a prescription or more than prescribed)</td>
<td>2.3%</td>
<td>4.1%</td>
<td>1.4%</td>
</tr>
<tr>
<td>Cannabis (e.g. marijuana)</td>
<td>21.2%</td>
<td>22.8%</td>
<td>14.6%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>10.2%</td>
<td>13.7%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Cocaine (any form, including crack, powder, or freebase)</td>
<td>2.5%</td>
<td>5.0%</td>
<td>1.1%</td>
</tr>
<tr>
<td>Hallucinogens (e.g. Ecstasy)</td>
<td>1.1%</td>
<td>1.9%</td>
<td>0.6%</td>
</tr>
<tr>
<td>Methamphetamines (e.g. speed, crystal meth, or ice)</td>
<td>0.2%</td>
<td>0.3%</td>
<td>0.1%</td>
</tr>
<tr>
<td>Opioids (including heroin) (e.g. Vicodin, OxyContin, codeine, hydrocodone, methadone, morphine)</td>
<td>0.5%</td>
<td>0.6%</td>
<td>0.5%</td>
</tr>
</tbody>
</table>

*Over the past 2 weeks, about how many times did you have 4 or more drinks (female) or 5 or more drinks (male) in a row?

Other Key Highlights

10% Increase of at-risk drinking from 2nd year to 3rd year for all students.

1 in 3 Undergraduate LGBTQ+ and cis-heterosexual females who engage in at-risk drinking also reported experiencing sexual assault in the last 12 months.

65% Students who use marijuana in the last 30 days also engage in at-risk drinking.

13% Marijuana users also engage in drug use other than alcohol.

Among Undergraduate students, White and Mixed Race students engage in at-risk drinking higher than other ethnic/racial groups.
National Trends in Drug Usage among College Students

While all campuses are different, the national trend data presented here provides a window into the changing norms and attitudes that drive drug use among college students around the country. (As a note, the following data are presented using "men" and "women," a reflection of survey methodology. The important collection of gender nonbinary use data continues to grow.)

**ALCOHOL**

Alcohol continues to be the most widely used drug on college campuses, with 75% of students reporting they had used alcohol in the past year. Reflecting larger trends nationwide with the growing norm of women’s heavy use of alcohol, 40.3% of college women reported being drunk in the last month, compared to 35.5% of college men. Similar numbers of college-age men and women reported drinking flavored alcohol beverages in the past month (31.9% vs. 29.1% respectively).

**CANNABIS**

It likely comes as no surprise that after alcohol, cannabis is the most widely used drug on campus. Almost 25% of full-time college students reported using cannabis at least once in the last month, and 6% reported daily use (20 or more times in one month). While monthly use is similar for college-aged men and women, daily use rates are similar for both genders.

**AMPHETAMINES**

Nonprescription use of amphetamines used to treat ADHD remains steady for college students, with 11% reporting use of Adderall within the last year, and 1% reporting use of Ritalin. Adderall use is higher among men than women, while Ritalin use rates are similar for both genders.

**CANNABIS**

Cannabis is commonly used among college students, with 25% reporting use at least once in the past year and 6% reporting daily use (20 or more times in one month). While monthly use is similar for college-aged men and women, daily use is twice as high among men.

**CIGARETTES**

Around 15% of college students reported using cigarettes or small cigars in the past year. One in five (20.3%) of college-age men reported using cigarettes in the past year, compared to 12.2% of college women.

**COCAINE**

One in 20 college students (5.3%) reported using cocaine in the past year. College men reported higher annual cocaine usage (7.0%) than college women (4.3%).

**HALLUCINOGENS**

Similar to cocaine, one in 20 college students reported past year usage of hallucinogens (5.2%). Most commonly used were LSD (4.2%) and MDMA (4.4%). Rates for both are higher for college men than college women.

**OPIOIDS (INCLUDING HEROIN)**

Heroin use, both snorted and injected, was virtually unreported by college students of both genders (less than 0.5%). Nonmedical use of opioid-based drugs were similarly low, with 1.4% reporting past year use of OxyContin, and 1.6% reporting past year use of Vicodin. Rates for OxyContin use was almost equal among college-age men and women (1.9% vs. 1.4%) and almost three times as high among men than women for Vicodin (2.3% vs. 0.8%).

**VAPING**

Vaping, or using electronic drug delivery systems for both cannabis and nicotine, continues to rise in popularity among young people. Among all college students, vaping cannabis is popular, with 20% reporting they had vaped within the past year, and 11% reporting they had vaped in the past month. Matching nationwide trends in the popularity of JUUL and other e-cigarette delivery platforms, one in four college students reported vaping nicotine in the past year, with more men (33.7%) than women (22.1%) reporting use. With the rising numbers of vaping-related lung illnesses, this popular method of drug delivery is ripe for prevention and education efforts.