

Adolescent and  
Young Adult Mental  
Health, Substance  
Use, and Sexual  
Behavior in Texas

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School of Public Health

project  
**PATH**  
**UNTHSC**

# Today's Breakdown

STARR Lab at  
UNTHSC

Purpose of  
Project PATH

Study Design

Current  
Participants

Mental Health

Substance Use

Hooking Up

How to Share  
Opportunity to  
Participate

Questions

STudying  
Alcohol and  
Related Risks  
(STARR) Lab



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University of North Texas Health Science Center

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School of Public Health

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Co-Directors: Dr. Melissa Lewis and Dr. Dana Litt

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Aims to lead advanced discovery in the etiology and prevention of alcohol and related risks among adolescents and young adults.

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<https://www.unthsc.edu/school-of-public-health/starr/>

## WHAT IS THIS RESEARCH ABOUT?

Project PATH aims to explore health and risk behaviors, including alcohol use, in adolescents and young adults.

We are interested in what these lifestyle behaviors look like on different days and how this may change from adolescence to young adulthood.



## Recruitment and Eligibility

# GET PAID FOR TELLING US WHAT YOU THINK



## PARTICIPATE IN RESEARCH ON YOUR CELL

Get paid to fill out research surveys

Participate in research study on health and risk behaviors, social media, and alcohol

Volunteers ages 15-25 needed

Contact information: Email: [PATH@unthsc.edu](mailto:PATH@unthsc.edu) • Phone: 817-735-2371  
[unthsc.edu/school-of-public-health/starr/path/](http://unthsc.edu/school-of-public-health/starr/path/)

project  
**PATH**  
UNTHSC

UNT HEALTH  
SCIENCE CENTER



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@STARRLab\_UNTHSC



@STARRLab\_UNTHSC



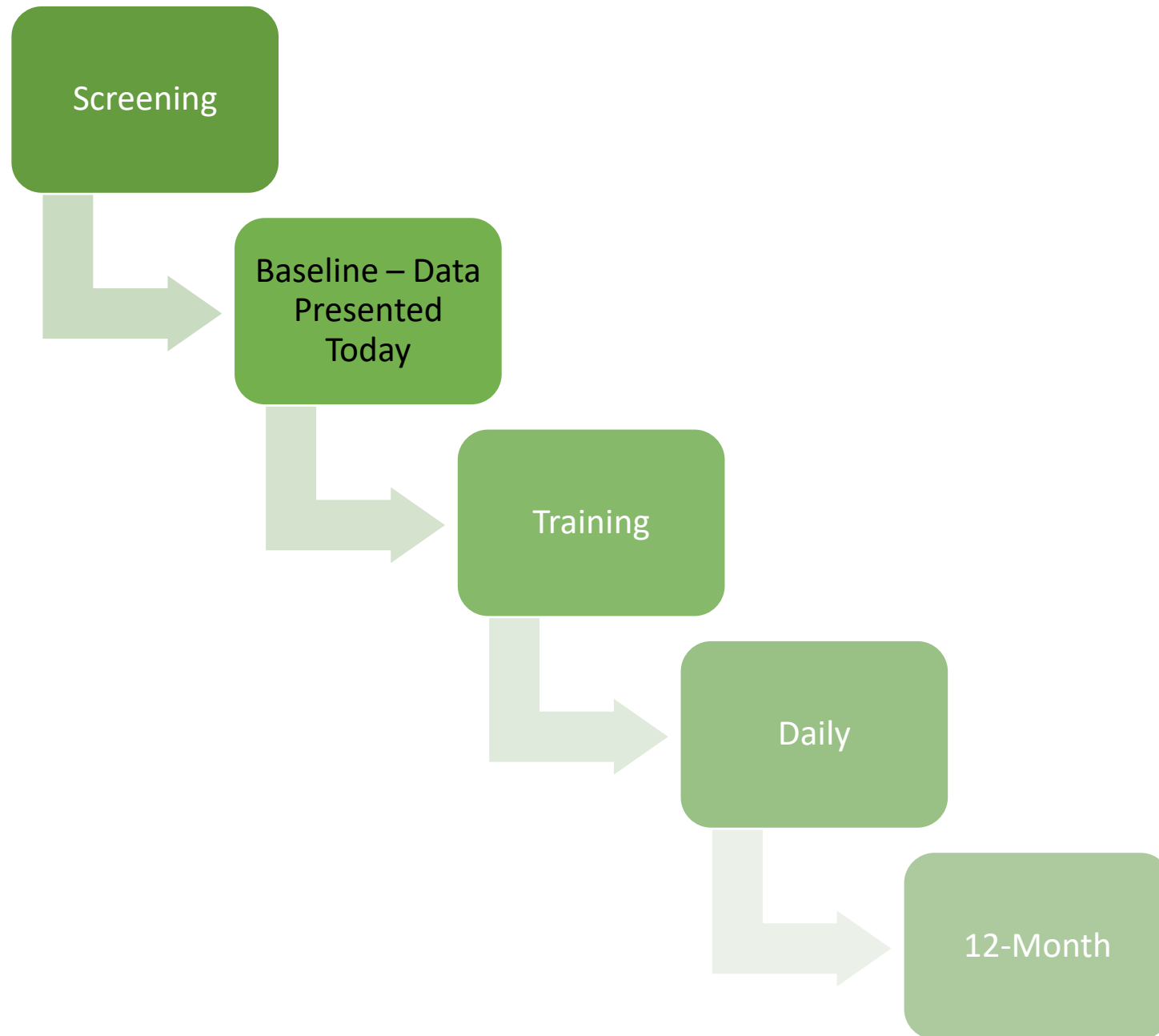
## All Ages Inclusion Criteria

- Reside in Texas
- Provide a birthdate consistent with their age
- Provide a valid phone number and must have a smartphone that can receive text messages and access survey links throughout the day
- Provide a valid email address
- Provide birth sex and gender
- If female, must not be pregnant or trying to get pregnant
- Willing to participate in 30 minute online training session and show picture ID
- Schedule must allow for daily surveys

## Additional Inclusion Criteria (18-25)

- Drank alcohol at least once a month (over the last 6 months)

## Study Overview

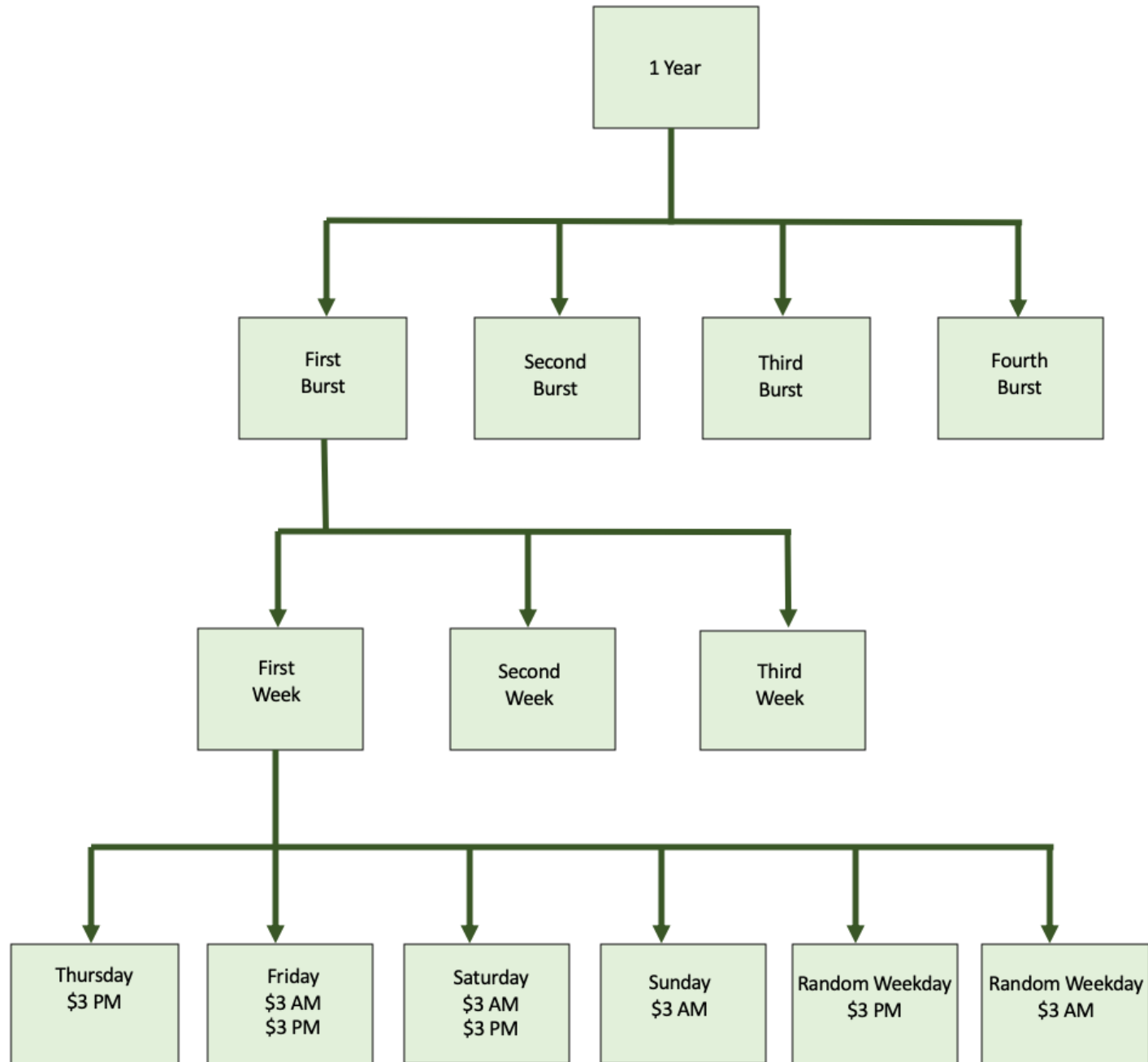


# project PATH

UNTHSC

## Compensation & Payment Method

Online Baseline Survey	\$25
Online Training	\$25
Online Burst 1	\$82
<ul style="list-style-type: none"> <li>• 3 Weeks x \$24= \$72 a Burst</li> <li>• 90% Completion Bonus = \$10</li> </ul>	
Online Burst 2	\$82
Online Burst 3	\$82
Online Burst 4	\$82
Online End of Year Survey	\$25
Referral Leading to Enrollment	\$5
<b>Total</b>	<b>\$408</b>



# Timing

Participants receive surveys up to twice a day, during the following timeframes:

Morning: 6am-12pm (chosen)

Afternoon: 1pm-6pm (random)



How do participants receive the surveys?  
How long do they take?



PARTICIPANTS RECEIVE  
SURVEYS VIA EMAIL AND TEXT



TAKES ABOUT 5-7 MINUTES  
TO COMPLETE

# What are participants asked?



Your drinking behavior



Any consequences you experienced after or while drinking



Situational factors



Sexual behavior



Your willingness and intention to drink



Your thoughts about drinking



Your mood

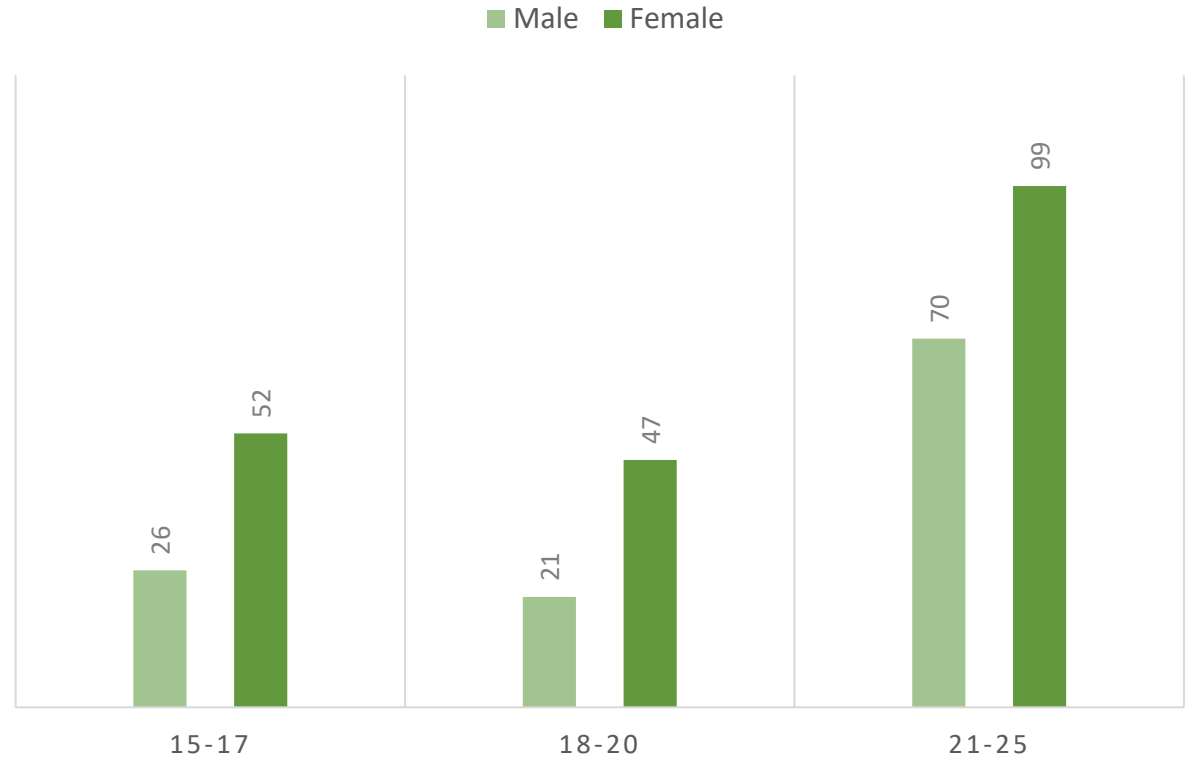


Drug use



- As of 10/3/2020, we have enrolled 315 participants
- Still recruiting
- Goal of 1,000 total participants

## AGE BY GENDER

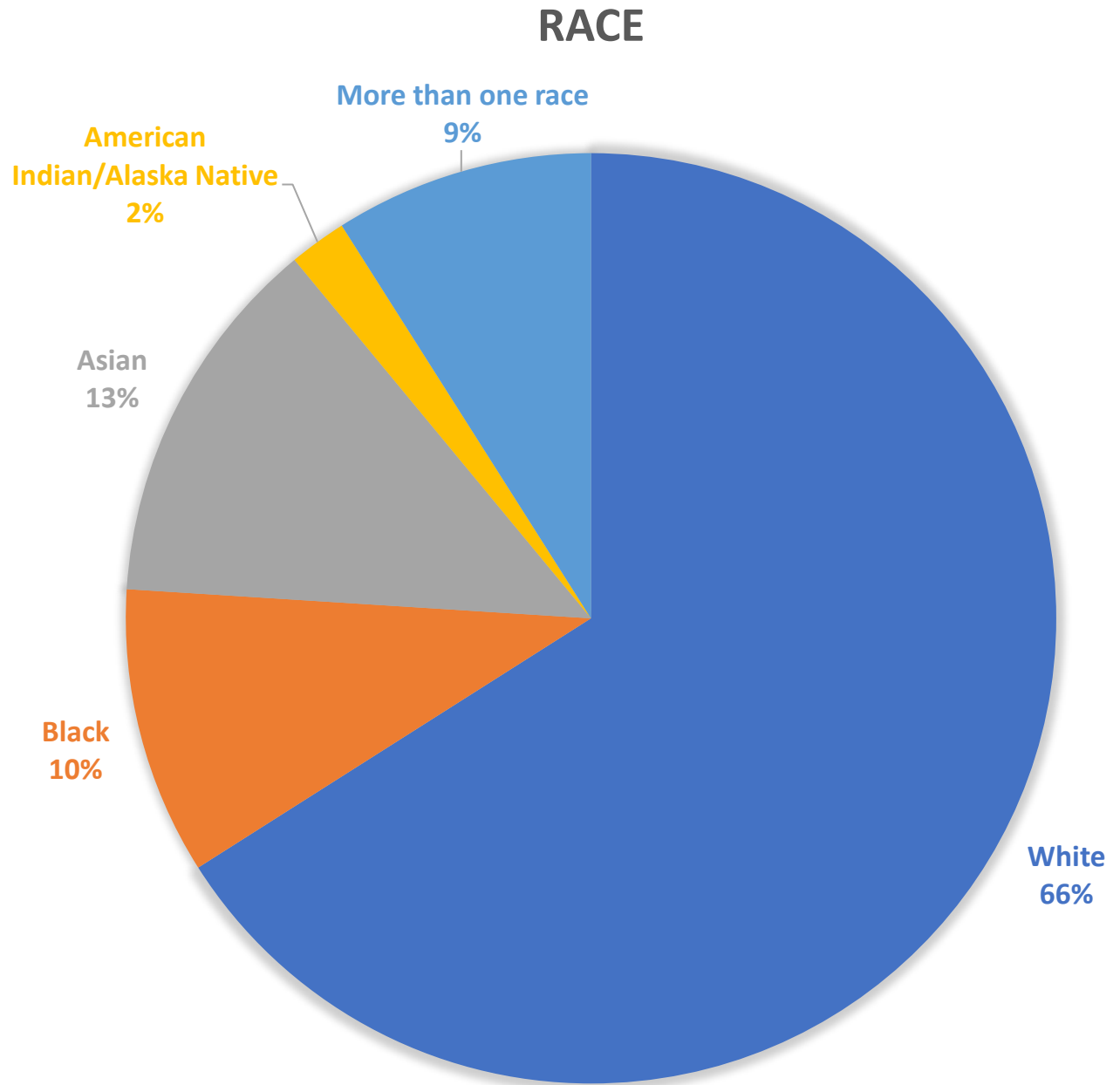


Current  
Participants





28% Latinx





Never = 1

Almost Never = 2

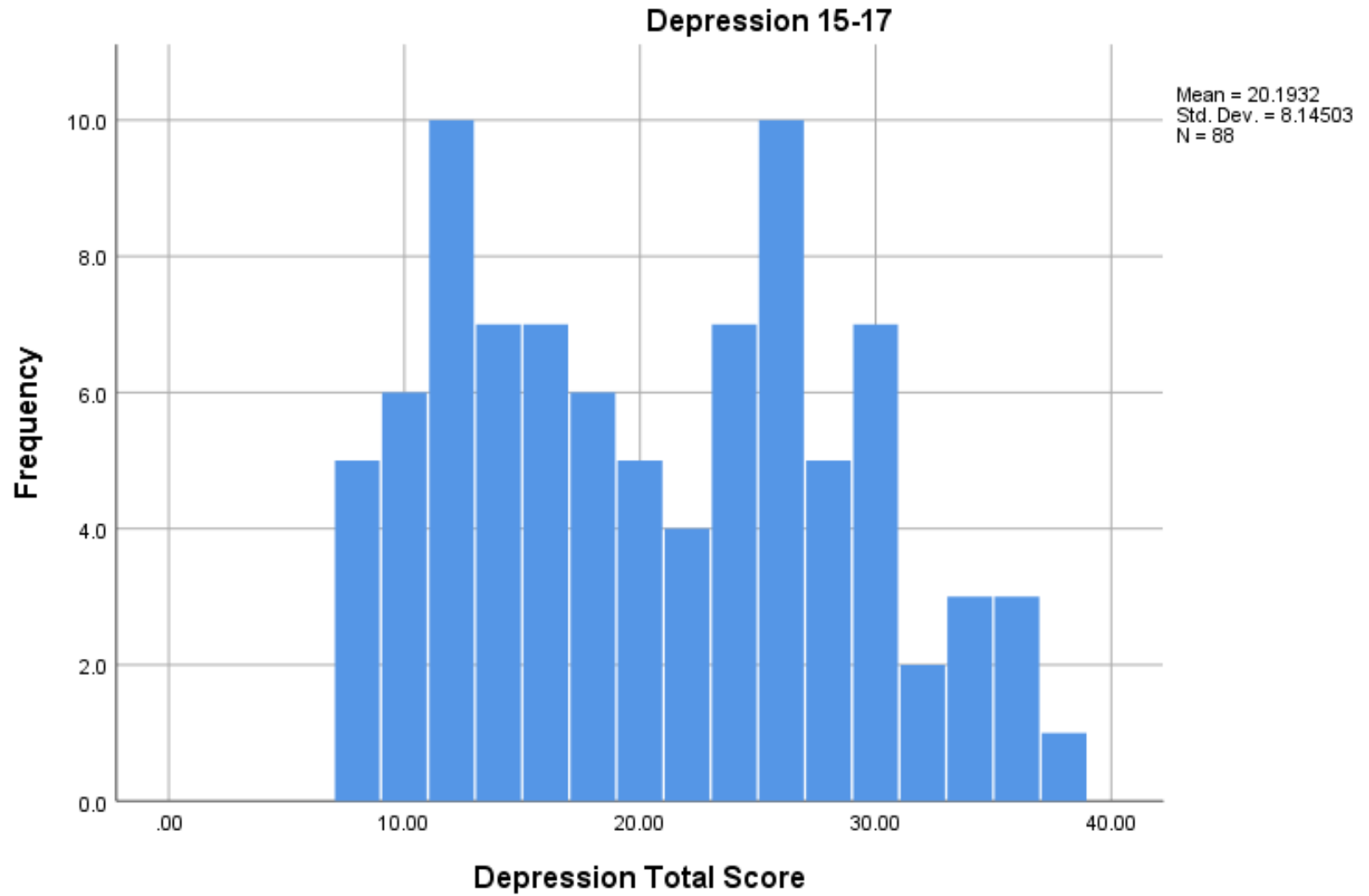
Sometimes = 3

Often = 4

Almost Always = 5

In the past seven days.....	Mean (SD)
I could not stop feeling sad	2.3 (1.2)
I felt alone	2.6 (1.3)
I felt everything in my life went wrong	2.1 (1.2)
I felt like I couldn't do anything right	2.3 (1.2)
I felt lonely	2.8 (1.3)
I felt sad	2.8 (1.2)
I felt unhappy	2.8 (1.2)
It was hard for me to have fun	2.5 (1.2)

# Depression 15-17





Never = 1

Rarely = 2

Sometimes = 3

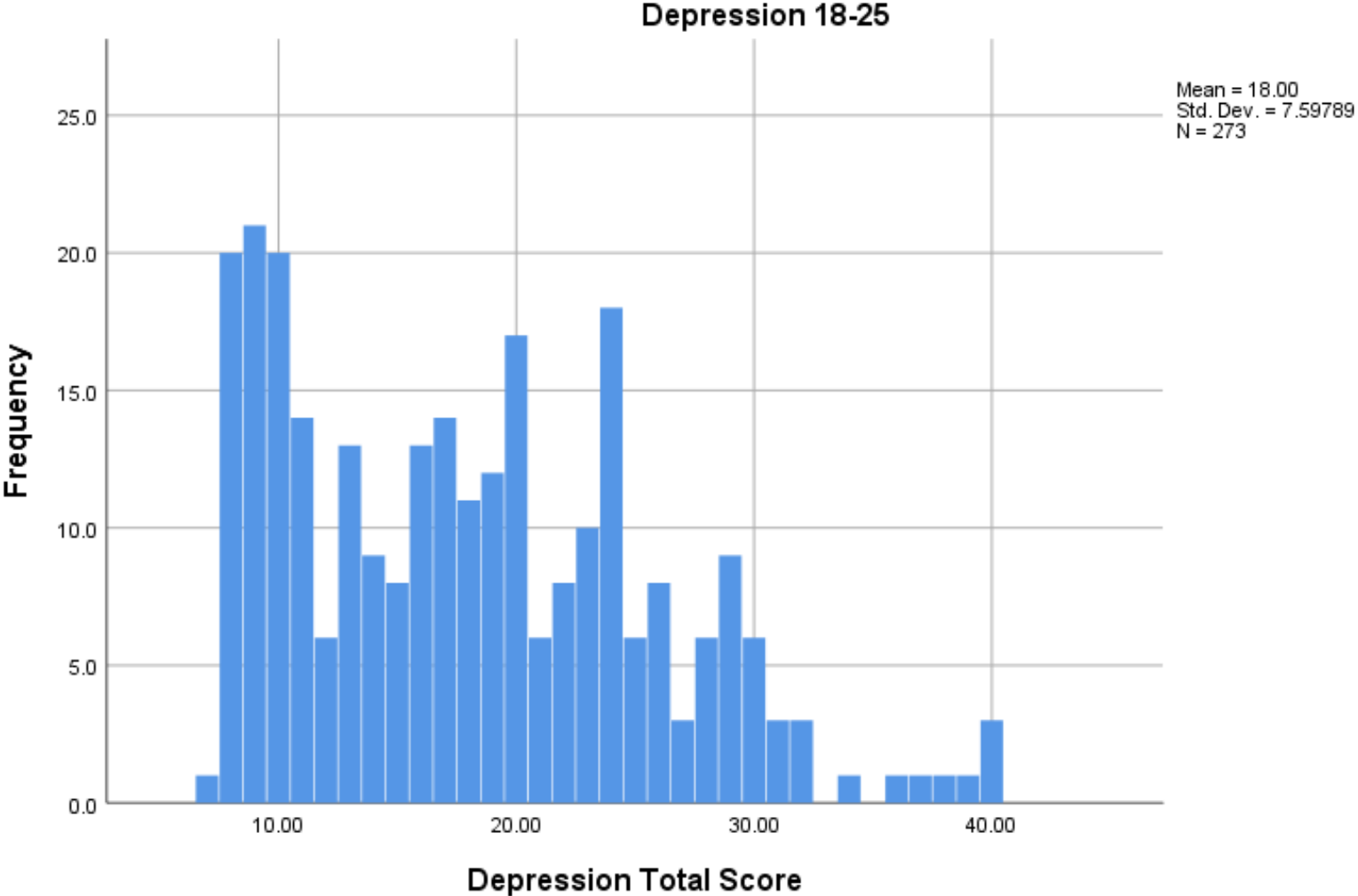
Often = 4

Always = 5

In the past seven days.....	Mean (SD)
I felt worthless	2.1 (1.2)
I felt helpless	2.2 (1.1)
I felt depressed	2.6 (1.2)
I felt hopeless	2.1 (1.2)
I felt like a failure	2.2 (1.2)
I felt unhappy	2.7 (1.0)
I felt that I had nothing to look forward to	2.1 (1.2)
I felt that nothing could cheer me up	2.0 (1.1)



# Depression 18-25





Never = 1

Rarely = 2

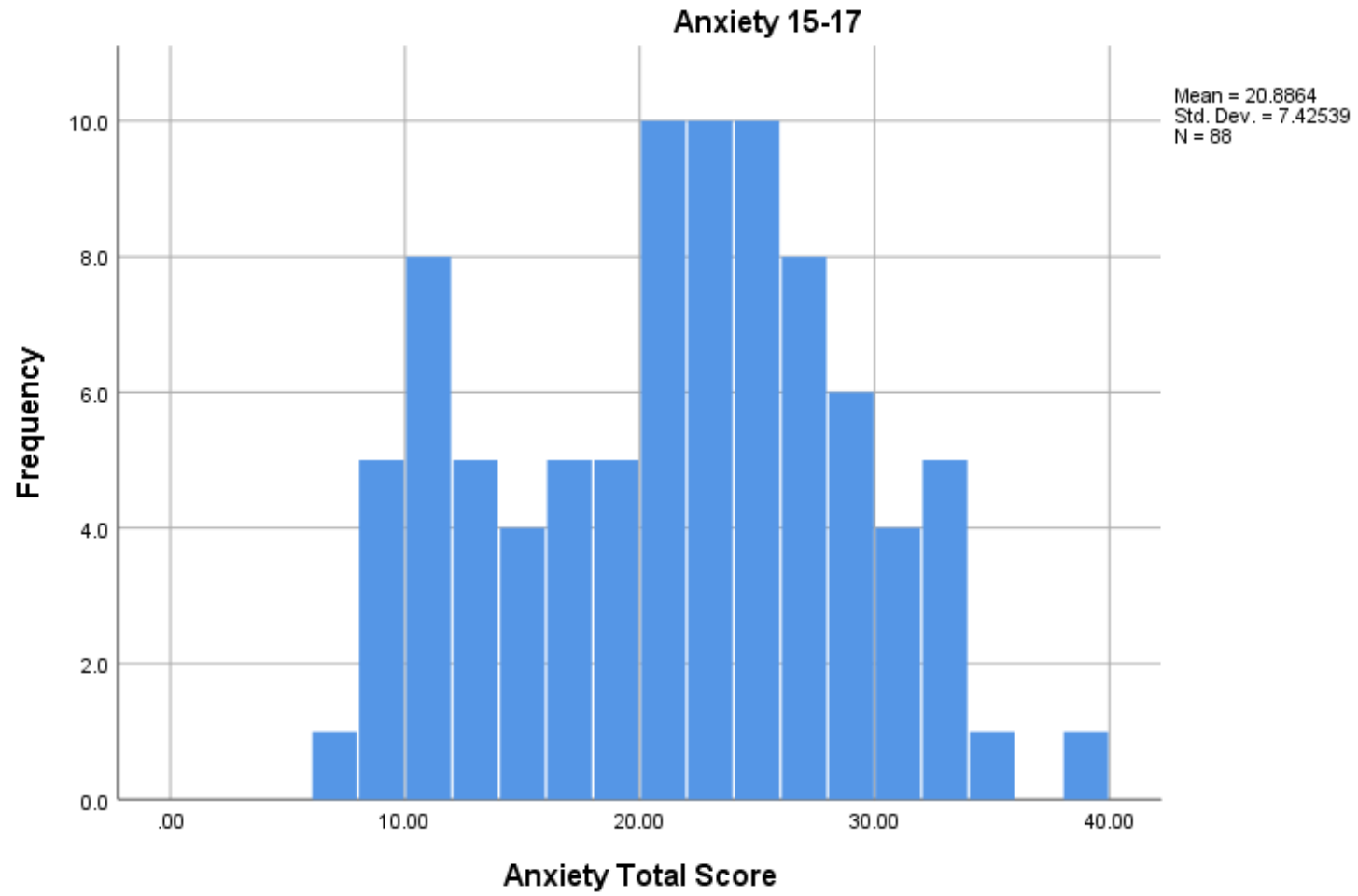
Sometimes = 3

Often = 4

Always = 5

In the past seven days.....	Mean (SD)
I felt like something awful might happen	2.6 (1.2)
I felt nervous	3.0 (1.1)
I felt scared	2.4 (1.1)
I felt worried	3.2 (1.2)
I was worried when I was at home	2.7 (1.3)
I got really scared easily	1.9 (1.1)
I worried about what could happen to me	2.5 (1.3)
I worried when I went to bed at night	2.6 (1.3)

# Anxiety 15-17





Never = 1

Rarely = 2

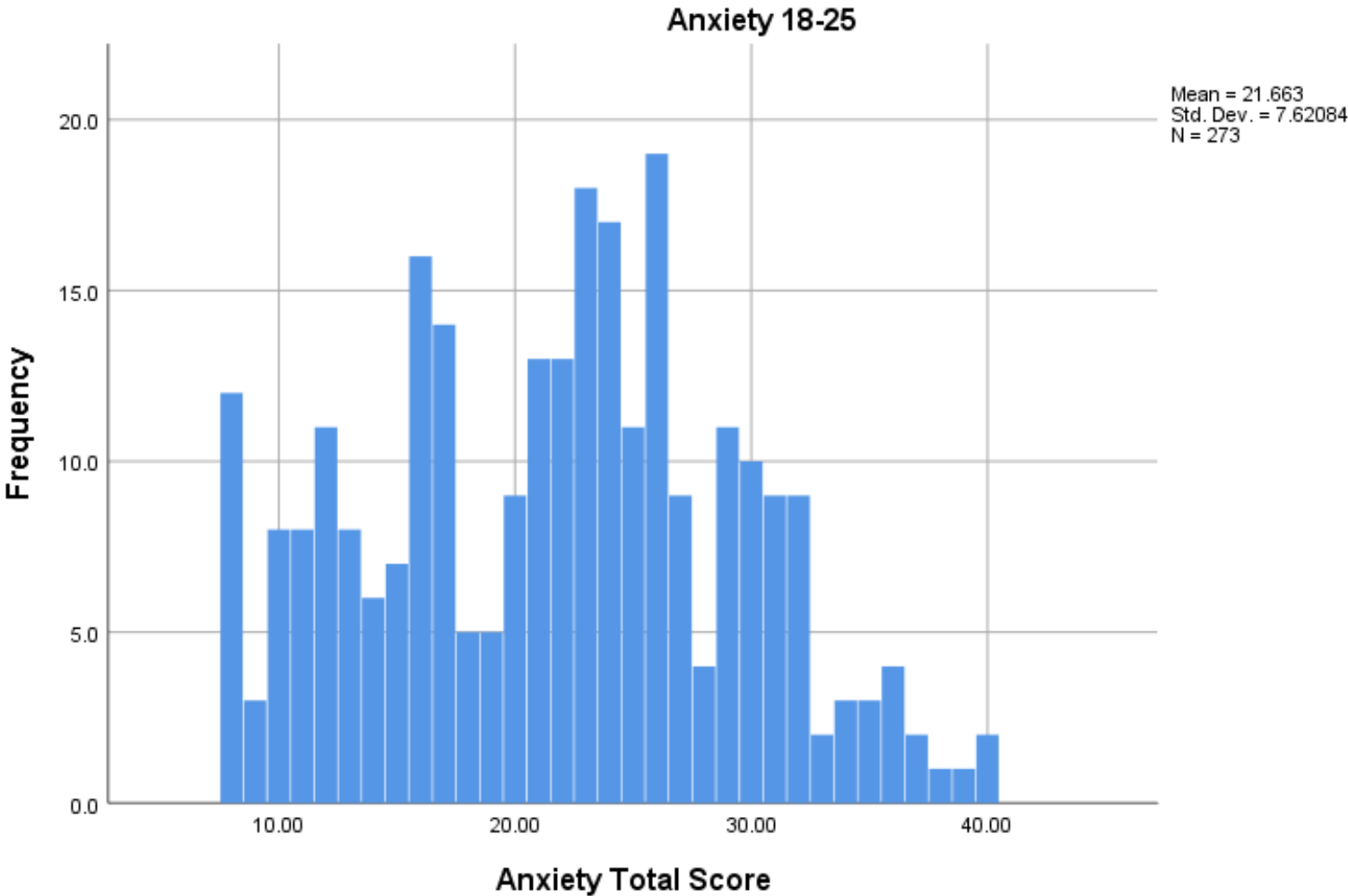
Sometimes = 3

Often = 4

Always = 5

In the past seven days.....	Mean (SD)
I felt fearful	2.2 (1.0)
I found it hard to focus on anything but my anxiety	2.6 (1.2)
My worries overwhelmed me	2.7 (1.2)
I felt uneasy	2.8 (1.1)
I felt nervous	2.8 (1.1)
I felt like I needed help for my anxiety	2.5 (1.3)
I felt anxious	3.0 (1.2)
I felt tense	3.0 (1.1)

# Anxiety 18-25





Percent Reporting 1 or More Occasions


<b>On how many <u>occasions</u> (if any) have you had any alcoholic beverage to drink— more than just a few sips....</b>	<b>15-17</b>	<b>18-20</b>	<b>21-25</b>
<b>...in your lifetime?</b>	52%	99%	100%
<b>...during the last 12 months?</b>	44%	98%	100%
<b>...during the last 30 days?</b>	23%	93%	94%



Marijuana  
Use

Percent Reporting 1 or More Occasions

On how many <u>occasions</u> (if any) have you used marijuana (weed, pot) or hashish (hash, hash oil)...	15-17	18-20	21-25
<b>...in your lifetime?</b>	22%	87%	80%
<b>...during the last 12 months?</b>	20%	74%	61%
<b>...during the last 30 days?</b>	12%	52%	39%



Alcohol &  
Marijuana

Percent Reporting 1 or More Occasions

On how many occasions (if any) have you used alcohol and marijuana at the same time—that is, so that their effects overlapped?

	15-17	18-20	21-25
<b>...in your lifetime?</b>	4%	76%	68%
<b>...during the last 12 months?</b>	2%	54%	46%
<b>...during the last 30 days?</b>	2%	30%	24%





## Hooking Up

**The following questions are about hooking up experiences you wanted to have. When we say hooking up, we mean an event in which you were physically intimate (ANY of the following: kissing, touching, fingering, oral sex, vaginal sex, anal sex) with someone whom you were not dating or in a romantic relationship with at the time, and in which you understood there was no mutual expectation of a romantic commitment.**

**The following questions concern your sexual experiences you wanted to have.**



73% report lifetime hooking up

No, Never = 0  
Rarely = 1  
Sometimes = 2  
Often = 3  
Always = 4

In general, when you and a partner hook up, do you...	Mean (SD)
Kiss?	3.5 (0.9)
Touch each other's bodies?	3.5 (0.8)
Have digital sex (e.g. finger, hand job)?	2.6 (1.3)
Have oral sex?	2.4 (1.3)
Have vaginal sex?	2.4 (1.5)
Have anal sex?	0.4 (0.8)
Drink alcohol?	1.3 (1.1)
Use marijuana?	0.8 (1.1)
Use drugs other than alcohol or marijuana?	0.1 (0.5)
Use a condom?	1.8 (1.5)
Use a dental dam?	0.1 (0.4)

How to share our study!

Age  
15-25

Share with  
friends  
and  
family!

Males  
needed!

Living  
in Texas

Website:

[unthsc.edu/school-of-public-health/starr/path/](http://unthsc.edu/school-of-public-health/starr/path/)

Direct survey link:

<https://path.rivulent.com/a/Y4z7y36A>

Social Media

- Find us on Facebook!  
<https://www.facebook.com/starr.unthsc/>
- Find us on Instagram!  
<https://www.instagram.com/starrlab.unthsc/?hl=en>
- Find us on Twitter!  
[https://twitter.com/STARRLab\\_UNTHSC](https://twitter.com/STARRLab_UNTHSC)



Thank you!

Questions?



3500 Camp Bowie Boulevard  
Fort Worth, TX 76107



Share the daily survey findings at a future date



817-735-2371 or (682) 703-0750



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