



FILOZOFICKÁ
FAKULTA
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SLiCE (Student Life Cohort Study in Europe)

SLiCE is an international longitudinal study focused on various aspects of health and health related behaviour of university students. The main aim of this project was to analyse health behaviour as well as life perspective of university students at different stages of their university study. Furthermore, it was to compare students across different countries and identify where intervention programs might be needed to improve students' health.

Targeted at: psychosomatic problems, stress, alcohol use, drug use, body image and perception of body image, dietary habits, physical activity, sexual behaviour as well as psychological well-being.

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Key findings:

- A higher level of the higher order personality factor Plasticity (Extraversion and Openness to experience) was found to be associated with the index of risk behaviour (binge drinking, smoking and problematic internet use)
- A lower level of self-regulation was associated with higher substance use and high alcohol use was correlated with using other drugs. This pattern was observed for both genders.
- There were no differences in the observed association between self-regulation and alcohol between countries (Slovakia, Lithuania, Hungary) nor genders. Particularly, impulsivity as a component of self-regulation was found to be most strongly associated with both hazardous alcohol use and with problems related to alcohol use.
- A positive relationship was found between depressive symptoms and problematic internet use. Self-control was found to be associated with problematic internet use negatively.
- A moderate positive association was found between normative beliefs and alcohol use.





Key findings:

- While using alcohol for mood enhancement was most strongly associated with risky alcohol use, autonomy (as a personality trait operationalized with the tenets of Self-determination theory) served as a protective moderating factor in relation to alcohol use.
- Satisfaction with basic psychological needs (autonomy, relatedness and competence defined by the Self-determination theory) was negatively associated with the motivation to alcohol use. On the other hand, frustration of the need of competence was positively related to alcohol use.
- Longitudinal analyses focusing on the prediction of well-being and alcohol use revealed a predictive power of autonomy (self-determination) with respect to depression.
- Statistically significant main effect of perceived stress and social support was found in relation to problematic internet use.
- A high level of compulsive internet use and cognitive preoccupation with the internet use were associated with high alcohol use among girls.





Implementation of the findings:

- The findings of the SLiCE study have been implemented into the Drug and AIDS prevention program for university students. As a result, Pavol Jozef Šafárik University has joined the EU Drug Abuse Prevention EUDap Faculty (http://www.eudap.net/Research_home.aspx). This has provided further opportunities for the development of research in the field of risk and protective factors among young adults. Specifically, it has helped to improve the quantity and quality of research focusing on the effectiveness of the data-based prevention programs.
- The EU-DAP Unplugged program of universal drug prevention aimed at pupils aged 12-14 has been fully adopted for the context of Slovak schools. The evaluation of the effectiveness of the Unplugged program within a five-wave data collection design with 1800 pupils and 60 schools participating, is currently being carried out.
- The Faculty of Arts at UPJŠ in Košice has served as a coordinator of the SLiCE study and was also involved as a partner institution in other international projects with similar aims. Particularly, the Social Norms Interventions for the Prevention of Polydrug Use (SNIPE) DPIP Project No: JUST/2009/DPIP/AG/0964, coordinated by the Bremen University, (Helmer et al., 2012, Pischke et al., 2012) and the Science for Prevention Academic Network (SPAN) 526773-LLP-1-2012-1-UK-ERASMUS-ENW, coordinated by the Oxford Brookes University.

