



COLLEGE **2022**
PRESCRIPTION
DRUG STUDY



THE OHIO STATE UNIVERSITY
COLLEGE OF PHARMACY

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RESEARCH TEAM

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STUDY TIMELINE

October 1, 2021	Deadline for institution sign up and registration via https://go.osu.edu/cpds-signup2022
October 22, 2021	IRB approval or Letter of Support documents submitted to RxStudy@osu.edu
November 5, 2021	Next Steps Survey sent to participating institutions
December 1, 2021	Complete Next Steps Survey with incentive plan and recruitment email customization details
January 14, 2022	First survey administration: Provide roster, including names and email addresses of random sample of students
February 1, 2022	First survey administration: Survey opens

February 25, 2022	First survey administration: Survey closes
March 11, 2022	Second survey administration: Provide roster, including names and email addresses of random sample of students
April 5, 2022	Second survey administration: Survey opens
April 29, 2022	Second survey administration: Survey closes
September 1, 2022	Institution-specific reports and data released

*Please note sample due date is flexible depending on institution's academic calendar and survey administration date.

INTRODUCTION

The Ohio State University¹ is conducting the 2022 College Prescription Drug Study (CPDS), which will examine the non-medical prescription drug use (NMPDU) of students from all types of institutions of higher education across the country and will be administered via an online survey. The purpose of the 2022 CPDS is to provide a national picture of NMPDU among undergraduate and graduate students, with the goal of gaining a more thorough and accurate understanding of the phenomenon to better inform the policy and practices at colleges and universities. We will administer a national survey at up to fifty institutions in the spring.

Your institution is invited to participate in this research project. Our goal is to have a variety of institution types participating in this study, including public and private as well as two-year and four-year colleges and universities. For more information, please contact rxstudy@osu.edu.

The project is driven by the following research questions:

1. What types of prescription or non-prescription drugs do students misuse?
2. What are the demographics of students who are most likely to misuse prescription drugs?
3. Why do students misuse prescription drugs and what are their attitudes toward the misuse of prescription drugs?
4. Are students who misuse prescription drugs more likely to misuse non-prescription or illicit drugs?

¹ Within the Ohio State University, the CPDS is a collaboration among the Center for the Study of Student Life and the College of Pharmacy Prevention and will be administered by the College of Pharmacy

The survey will enable us to better understand the current state of NMPDU on college campuses and thus help student success by including but not limited to the following information: types of prescription drugs misused, frequency of use, attainment of drugs, reasons for use, and consequences of use.

We have particular interest in educating students about the dangers of NMPDU. While the primary purpose of the research is to improve student services and programs at each university, it will also provide data that may be used in research for dissertations, publications, or professional presentations.

BACKGROUND

The 2022 College Prescription Drug Study design is based primarily on previous research related to NMPDU use at The Ohio State University in 2009, 2015, and 2018. The survey instrument and analysis have been developed during this time based on:

- 1) Research from the field of prescription drug misuse that describes prevalence of misuse and/or explores effects of prescription drug misuse.
- 2) Research from the field of higher education regarding prescription drug misuse.
- 3) Previous survey research conducted at The Ohio State University regarding prevalence and consequences of NMPDU.

RESEARCH DESIGN

The study will involve undergraduate, graduate and professional students at up to 50 participating colleges and universities who are at least 18 years of age. A randomly selected sample of up to 5,000 students will be gathered from each institution. The goal of the CPDS is to answer the following research questions:

1. What types of prescription or non-prescription drugs do students misuse?
2. What are the demographics of students who are most likely to misuse prescription drugs?
3. Why do students misuse prescription drugs and what are their attitudes toward the misuse of prescription drugs?
4. Are students who misuse prescription drugs more likely to misuse non-prescription or illicit drugs?

The national administration will take place in February 2022 or April 2022. Each institution will choose which administration date they want to participate in. The survey will be open for approximately 3 weeks, until March 25 or April 29, respectively. Students will be invited to participate via an e-mail invitation; if they choose to participate, they will complete an online questionnaire. All data collected will be anonymous. While completing the instrument, students may exit the survey at any time or skip questions if desired. In addition, sensitive questions will contain the option “I’d rather not say” to allow students to decide what information they would like to provide as they progress through the online instrument.

SURVEY INSTRUMENT

A survey questionnaire will be used to collect data via student self-report. Since the information sought involves primarily student personal experiences, attitudes and beliefs, a survey questionnaire is an appropriate means to collect data.

The questions used in this study have been developed based on a careful review of research literature and previous survey administrations conducted by The Ohio State University's Center for the Study of Student Life. The instrument was also reviewed by content experts at Ohio State to help establish face and content validity and it is therefore assumed that the instrument is valid in measuring what it purports to measure. In addition to questions on the NMPDU, the survey will also include questions on student demographic information. A copy of the survey is available on the CPDS website.

PARTICIPATING INSTITUTION DUTIES

Participating institutions are vital to the success of the national administration of the survey. **Participation is free** and participating institutions will receive an institution-specific student-level data file (if they have IRB approval) and an institution-specific report containing the results of the survey in addition to an aggregate report of all the participating institutions. As the survey responses will be anonymous, the student-level data file will not have any student identifiers.

Participating institutions will:

- 1. Submit the CPDS Participation Form by October 1, 2021 and IRB approval or Letter of Support documents by October 22, 2021.**

All participating institutions must sign up for the study by October 1, 2021, no matter which administration your campus will be participating in. To sign up, please complete this brief form: <https://go.osu.edu/cpds-signup2022>.

In order to participate in the CPDS, your institution must submit either a letter of support for participating in the study or a letter of research approval from your Institutional Review Board (IRB; otherwise known as Internal Review Board, Human Subjects Committee, Research Review Board). It is important that you check your institution's policies to determine whether you are required to gain approval from your IRB.

Please read the details below and indicate which form of institutional approval you are submitting:

- **Letter of Institutional Support:** If your institution would like to receive a copy of an institution-specific report of the results but does not want to receive your institution-specific student-level data file, please submit a letter of institutional support from the appropriate official at the university.

To see an example of an institutional letter of support, please see our website or Appendix C.

- **Institutional Review Board Approval:** If your institution would like to receive a copy of your institution's student-level data file, you must secure approval from your institution's Institutional Review Board and provide the CPDS team with a copy of the approval letter in order to participate in the study. For more details, please see our website. *It is very important that your institution's IRB provides approval for your participation in the study and does not cede IRB approval to the Ohio State University.* Sample information for your IRB can be found in Appendix D.

2. Consider providing appropriate incentives for student participation.

Institutions are encouraged, but not required, to provide incentives for students to participate in the survey in order to ensure high response rates. Institutions may provide many different types of incentives for students to participate and should use their discretion in choosing incentives. Examples of successful incentives include:

- Entering all participating students in a raffle, with the winner(s) receiving an iPad or gift card.
- Providing free tickets to a campus event for each participating student
- Providing a coupon for a free or reduced priced item at the campus book store or cafeteria

The CPDS research team requests that institutions inform us about what incentives they will offer by December 1, 2021. CPDS will also randomly select "winners" of incentives from students who were emailed the survey after the survey administration. Since the survey is anonymous, "winners" will be selected from a separate survey at the end of the CPDS survey that allows students to enter their email to be entered into the drawing.

3. Complete the Next Steps Survey by December 1, 2021 with information about your institutions' incentives and who the recruitment email should come "from."

The CPDS research team will send you a Next Steps survey on November 5, 2021 requesting information about incentives and from whom the survey recruitment email should be sent at your institution to personalize the invitation email.

4. Provide the CPDS research team with a random sample of undergraduate, graduate and professional students from your institution.

Participating institutions will be required to provide a random sample of students with the student email addresses three weeks prior to their survey administration (January 14 and March 11, respectively). The student roster will be uploaded to

an institution-specific, secured OneDrive folder (onedrive.osu.edu) via a private email address. To ensure student privacy and the security of student records, please only use the OneDrive email address to send student records. The size of the random sample varies according to the size of the participating institution. Please use the following table to determine the sample size that you should select:

Institution's Undergraduate Student Population Size	Sample Size
Under 5,000	500
5,000-10,000	1,000
10,001-20,000	3,000
More than 20,000	5,000

5. Notify your IT department of the survey administration.

To ensure delivery of invitations to participate institutions should inform their IT department of the administration details. Specific details about IT department needs will be included during Next Steps Survey.

DETAILS OF SURVEY ADMINISTRATION

The national survey will be administered by Ohio State via the Qualtrics XM online survey program to a random sample of students from each of the participating institutions. The sample size is determined by the institutions' student population (see table below). The survey window will be open for three weeks. Students will be emailed an invitation and three reminders via Qualtrics XM. Institutions are encouraged to provide incentives for students, but this is not required (discussed below).

Sample. Our intended population will be undergraduate and graduate students who are enrolled at up to fifty institutions throughout the United States who are at least 18 years old and have not invoked FERPA. We will sample from 500 to 5,000 students from each institution, based on the institution size (see table above or on our website for specific details).

Student Recruitment. Students who are identified as part of the random sample will be recruited to participate in the survey via their university email. An email will be sent using the Qualtrics XM online survey program. Emails will be customized for each institution with the appropriate individual or office as the sender and to reflect any available incentives provided to students for participation. Each student will be provided with a link that they can click on to complete the survey. Once students click on the survey link, they will be presented with a study information sheet regarding the study and asked to consent to the study before beginning the survey. Participants using screen readers will have access to the survey.

Student Consent. This study uses informed consent via a study information sheet in the recruitment email. The study information sheet will include a description of the study, the approximate amount of time it will take to complete the survey (about 15 minutes), details about how their survey responses will be coded and stored, the assurance that their responses are anonymous and assurance that respondents may exit the survey at any time without penalty. The study information sheet will also include the research team's contact information. There are few expected risks associated with participating in this study.

After reading the recruitment email and study information sheet, students will indicate consent to participate on the first page of the survey.

Incentives for Participation. See previous discussion of incentives for more detailed information. Institutions are highly encouraged to provide incentives to encourage student participation in the study.

Administration Window. Students will receive an email when the survey is released. If the student does not complete the survey after four days, students will receive a reminder email to take the survey. Students will receive three reminder emails in total, each being sent between four and seven days later. The survey will close three weeks after the initial student email is sent.

Email notification schedule as outlined by Dillman et al. (2014) and Fowler (2014) survey administration guidelines:

1. First Survey Administration
 - a. Initial Email: February 1, 2022 at 10am
 - b. 1st Reminder Email: February 4, 2022 at 8am
 - c. 2nd Reminder Email: February 14, 2022 at 10am
 - d. 3rd Reminder Email: February 23, 2022 at 8am
 - e. Survey Closes: February 25, 2022 at 11:59pm
2. Second Survey Administration
 - a. Initial Email: April 5, 2022 at 10am
 - b. 1st Reminder Email: April 8, 2022 at 8am
 - c. 2nd Reminder Email: April 19, 2022 at 10am
 - d. 3rd Reminder Email: April 27, 2022 at 8am
 - e. Survey Closes: April 29, 2022 at 11:59pm

PROTECTION OF DATA

Data are collected online through Qualtrics XM survey software. Qualtrics XM uses HTTPS TLS1.2 encryption and requires that participants use updated web browsers that support TLS 1.2 or 1.3. The data on the Qualtrics XM server will only be accessible by the Ohio State research team using a secure login. The CPDS research team will take multiple precautions to protect the privacy of respondents, which include:

- Using password-protected encrypted technology to receive, transmit, and store data
- Collecting anonymous survey responses
- Requiring that presentations generated from this research only provide data in aggregate, without reference to individual respondents or small groups of respondents

The survey is anonymous and access to the survey data will only be made available to members of the Ohio State research team who have been approved by the Institutional Review Board. The survey is being housed on a secure server in the Office of Student Life Technology Services department.

DATA ANALYSIS AND REPORTING

Data from the participating respondents will be collected by The Ohio State University's College of Pharmacy using Qualtrics, an online survey and data collection system. Then, data will be read into statistical software package(s) (e.g., SPSS, SAS, and/or STATA) for data management and analysis purposes. Following the administration, an institution-specific report and national report will be submitted to participating schools. Results may also be submitted for presentations at professional conferences or professional journals. Data will not be linked to individual students or reported in fine levels of detail that could potentially identify students.

APPENDIX A: RECRUITMENT EMAIL AND CONSENT

INITIAL E-MAIL INVITATION TO BE SENT TO ALL STUDENTS IN THE STUDY SAMPLE

Subject line: College Prescription Drug Use Study: Your feedback is important to us!

Dear {Student},

You are one of a group of randomly selected students at {{YOUR INSTITUTION}} who is being contacted to complete a 15-minute anonymous online survey on prescription and other drug use. The College Prescription Drug Study is a research study being administered by The Ohio State University. Your input will help to guide policy and practice at {{YOUR INSTITUTION}} related to the non-medical use of prescription and non-prescription drugs and help in the development and improvement of educational programming for students about this issue.

We value your input, and as a thank you for your participation you can enter into a drawing {{INSERT INSTITUTION SPECIFIC INCENTIVES AND ODDS OF WINNING HERE}} You do not need to complete the survey to be eligible for the prize drawing. You may opt out of any questions you do not wish to answer and exit the survey at any time without penalty. Should you wish to skip questions and still enter into the prize drawing, proceed to the end of the survey to link to the survey to provide your contact information.

We want to assure you that your responses to this survey are totally anonymous; your personal identification will not be linked to your responses in any way. The only risk of any breach of your confidentiality could occur if someone is monitoring your computer or internet activity via your IP address as you complete the survey. Data are collected online through Qualtrics XM survey software. Qualtrics uses HTTPS TLS1.2 encryption, there is a small chance that your IP address could be used to identify your responses. This survey does include questions related to illegal behaviors. As such, you can refuse to answer any of the questions or withdraw at any time. Your participation in this survey is completely voluntary. Refusal to participate in or withdrawing from this study will not compromise your standing in any program at {{YOUR INSTITUTION}} or elsewhere. Refusal to participate will involve no penalty or loss of benefits to which you are otherwise be entitled and you may discontinue participation at any time without penalty or loss of benefits to which you are otherwise entitled.

Some of the questions ask about potential illegal behaviors (e.g., using prescription medications without receiving a legitimate prescription from a health professional). Other questions will ask about consequences you may have experienced due to taking prescription or non-prescription medications for non-medical purposes, which may cause you some personal discomfort. You should know that {{INSTITUTION-SPECIFIC RESOURCE}} offer professional assistance to our students for a variety of personal needs, including confidential substance misuse counseling. {DETAILS ON INSTITUTION-SPECIFIC RESOURCES}}

Information that you provide related to illegal drug use behaviors could potentially put you at risk for certain legal consequences, in the event that security is breached. Although every effort to protect confidentiality will be made, no guarantee of internet security can be given as, although unlikely, transmissions can be intercepted and IP addresses can be identified.

If you have questions or concerns about your rights as a research participant contact Daniel Strunk at The Office of Responsible Research Practices, 1-800-678-6251 or 1-614-688-4792.

For questions regarding the survey, or if you feel you have been harmed as a result of study participation, feel free to contact Tessa Miracle at miracle.71@osu.edu.

You must be at least 18 years of age to participate.

If you consent to participate, please follow the link below:

{link to survey}

Thank you!

{{INSET NAME AND TITLE OF PERSON ON THEIR CAMPUS}}

**REMINDER E-MAIL TO BE SENT TO ALL STUDENTS IN THE STUDY
SAMPLE ONE WEEK SUBSEQUENT TO THE INITIAL E-MAIL INVITATION
TO PARTICIPATE**

Subject line: College Prescription Drug Use Study: Your feedback is important to us!

It is not too late to participate in this important survey regarding the non-medical use of prescription and non-prescription drugs by students at {{YOUR INSTITUTION}}. Please see the invitation below for information on how to participate.

[Note: This reminder is being sent to all students in the sample for this important research project. If you have already responded, we appreciate your participation and apologize for sending you this reminder. Since the survey is anonymous, we have no way of knowing who has responded and who has not. Thank you.]

You are one of a group of randomly selected students at {{YOUR INSTITUTION}} who is being contacted to complete a 15-minute anonymous online survey on prescription and other drug use. The College Prescription Drug Study is a research study being administered by the Ohio State University. Your input will help to guide policy and practice at {{YOUR INSTITUTION}} related to the non-medical use of prescription and non-prescription drugs and help in the development and improvement of educational programming for students about this issue. We value your input, and as a thank you for your participation you can enter into a drawing {{INSERT INSTITUTION SPECIFIC INCENTIVES AND ODDS OF WINNING HERE}} You do not need to complete the survey to be eligible for the prize drawing. You may opt out of any questions you do not wish to answer and exit the survey at any time without penalty. Should you wish to skip questions and still enter into the prize drawing, proceed to the end of the survey to link to the survey to provide your contact information.

You must be at least 18 years of age to participate.

If you consent to participate, please follow the link below:

{link to survey}

Thank you!

{{INSET NAME AND TITLE OF PERSON ON THEIR CAMPUS}}

APPENDIX B: EXAMPLE LETTER OF SUPPORT

Date

Dr. Daniel Strunk, Chair
Behavioral and Social Sciences Institutional Review Board
Office of Responsible Research Practices
300 Research Administration Building
1960 Kenny Road
Columbus, Ohio 43201

Dear Dr. Strunk,

On behalf of {college/university}, I am writing to formally indicate our awareness of the College Prescription Drug Study. We are aware that Dr. Tessa Miracle at The Ohio State University intends to conduct research by administering an online survey to a random sample of our students.

As {TITLE}, I grant Dr. Tessa Miracle permission to conduct research at {college/university}.

If you have questions or concerns, please feel free to contact my office at {phone number} or {email address}.

Sincerely,

Name
Title

APPENDIX C: INFORMATION FOR INSTITUTIONAL REVIEW BOARD APPLICATION

The following information should help you to write your application. Please contact us at rxstudy@osu.edu if you have additional questions.

Note, it is extremely important your institution's IRB provides approval for your participation in the study and does not cede IRB approval to the Ohio State University.

Summary of Research

The College Prescription Drug Study (CPDS) is a multi-institutional survey organized by a team of researchers at the Ohio State University to investigate the non-medical use of prescription drugs by college students. The data will be collected by researchers at the Ohio State University in the form of a web-based survey. Students at {institution} are invited to participate via an email message then complete and submit the survey online, which takes approximately 15 minutes to complete. The web data transmission is encrypted and firewall securities are in place. Results will be used to better understand students' non-medical use of prescription drugs as well provide comparisons to students at other colleges and universities. The researchers are interested in gaining a more thorough and accurate picture of prescription drug misuse students. The information we collect will benefit the programs and services offered to students.

Research Questions

The project is driven by the following research aims:

1. Describe the types and frequency of prescription and non-prescription drug misuse
2. Identify differences in prescription drug misuse based on student demographics and group memberships
3. Identify students' reasons for non-medical prescription drug use and attitudes and beliefs towards prescription misuse\
4. Determine risk factors and protective factors of prescription drug misuse
5. Identify positive and negative consequences of prescription drug misuse

Participants

Participants will include individuals of at least 18 years of age enrolled at {institution} who have not invoked FERPA.



Recruitment and Consent

A random sample of x,xxx students will be emailed an invitation to participate in the study. Students will receive the initial invitation and three reminder emails to take the study. Students will not have to participate in the study if they do not want to; they can simply delete the invitation email(s). Participants can opt out of further reminders for the survey administrations by clicking a link in the invitation email.

Participants will be provided with consent information and will consent by clicking on the emailed link to the survey. The process of online consent is non-invasive and the lack of in-person contact should reduce any pressure to consent. Participants are provided with their privacy and confidentiality information related to the survey in the email and may choose to consent from the privacy of their own home and computer.

Privacy and Security of Data at The Ohio State University

No individually identifiable data will be collected as part of the survey responses. The server used to collect survey responses is a secure server. The data will be stored on secure drives, on password protected computers. Data will only be reported in the aggregate. Potential participants will be notified of this.

The survey portion of the study uses an online data collection through Qualtrics XM survey software. Data are collected online through Qualtrics XM survey software. Qualtrics XM uses HTTPS TLS1.2 encryption and requires that participants use updated web browsers that support TLS 1.2 or 1.3. The login to Qualtrics XM is secure and requires dual authorization.

The CPDS research team continues to take multiple precautions to protect the privacy of respondents, which include:

- Using password-protected, encrypted technology to receive, transmit and store data
- Maintaining the anonymity of the sample through making the survey totally anonymous, collecting no identifying information about the participants.
- Destroying identifying information (original roster of names) upon completion of the study or after three years, whichever is greater. No identifiable information is collected as part of the survey, it is totally anonymous.
- Providing data to institutions without any information that may be traced to individual respondents because the survey is anonymous.
- Requiring that presentations generated from this research only provide data in aggregate, without reference to individual respondents

Potential Risks or Harms

There are not risks greater than that of normal life. All data collected will be stored on secured drives. All data reported will be reported in the aggregate. There is no known risk to participants; the knowledge about trends in college prescription drug use may help shape services, programs, and even academic offerings in the university. There are no costs to participants.