

*Coping Mechanisms Caused by Traumatic Events in College Students*

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Background: According to the American Psychiatric Association, an estimated 1 in 11 people will be diagnosed with post-traumatic stress disorder in their lifetime ("What is PTSD?", 2013). Living with thoughts and memories of past trauma can drive an individual to negative coping mechanisms, such as alcohol and drug use. Purpose/Question/Hypothesis: The purpose of this study is to observe the health effects as a result of negative coping mechanisms in response to past trauma in college students aged 18-24. By studying physical and mental effects past trauma has we can help students find more positive ways to cope and in turn improve health outcomes. Is there a significant relationship between trauma and health outcomes? If so, we hypothesize that substance use among trauma-exposed students will be higher.

Methods: Participants for this research study will be obtained by administering quantitative surveys via email to college students aged 18-24 that are currently attending the University of West Georgia.

Data Analysis: Data will be collected by analyzing quantitative surveys based off the Life Events Checklist and Daily Drinking Questionnaire from the DSM-5.

Expectations: Researchers conducting this study expect to find that individuals with a trauma history are likely to have higher rates of alcohol consumption and drug use.