

Swedish Exchange students' alcohol use, drug use, risky sexual behaviour, mental health, and self-rated health: a follow-up study

SND-ID: 2022-52-1. **Version:** 1. **DOI:** <https://doi.org/10.5878/ca00-7y04>

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Swedish Exchange students' alcohol use, drug use, risky sexual behaviour, mental health, and self-rated health a follow-up study.csv (41.61 KB)

Swedish Exchange students' alcohol use, drug use, risky sexual behaviour, mental health, and self-rated health a follow-up study.sav (41.14 KB)

Associated documentation

Codebook.pdf (42.26 KB)

Variabler.pdf (26.37 KB)

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2022-52-1-1.zip (~151.39 KB)

Citation

Danehorn, E. (2022) Swedish Exchange students' alcohol use, drug use, risky sexual behaviour, mental health, and self-rated health: a follow-up study (Version 1) [Data set]. Linnaeus University. Available at: <https://doi.org/10.5878/ca00-7y04>

Creator/Principal investigator(s)

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Research principal

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Description

Aims: The aim of this study was to follow up on exchange students' alcohol use, drug use, mental health, self-rated health, and risky sexual behaviour after a semester abroad and to compare them with students who remained on campus.

Methods: The study design was a follow-up study based on a previous baseline survey of 114 prospective exchange students and 451 campus students. Out of the original 565 students, 48 (42.1%) prospective exchange students and 209 (43.3%) campus students responded to the follow-up. Both the baseline survey and the follow-up survey included the General Health Questionnaire 12, one single item from Self-Rated Health, and nine items from Knowledge, Attitudes and Sexual Behaviour in Young People in Sweden.

Results: We found a statistically significant proportional increase in weekly consumption of alcohol among exchange students after their semester abroad. A larger proportion exchange student had sex with a new partner and sex with more than three partners during the last six months compared to follow-up campus students.

Conclusions: Our findings indicate that prospective exchange students consume higher amounts of alcohol, which was increased further during their semester abroad, and indulge in sexually risky

behaviour to a higher degree than campus students. Exchange students increased use of alcohol and sexually risky behaviour could be associated with even greater risks due to them being in an unknown environment, unfamiliar culture and with limited support from family and friends. This highlights the need for further research on exchange students' experiences, especially concerning alcohol use and sex while abroad.

Data contains personal data

No

Language

[Swedish](#)

Unit of analysis

[Individual/Patient](#)

Population

Students

Time Method

[Cross-section](#)

Study design

Observational study

Cross-sectional study

Description of study design

The study design was a follow-up study based on a previous baseline survey of 114 prospective exchange students and 451 campus students. Out of the original 565 students, 48 (42.1%) prospective exchange students and 209 (43.3%) campus students responded to the follow-up. Both the baseline survey and the follow-up survey included the General Health Questionnaire 12, one single item from Self-Rated Health, and nine items from Knowledge, Attitudes and Sexual Behaviour in Young People in Sweden.

Time period(s) investigated

2018-06-01 - Ongoing

Variables

21

Number of individuals/objects

822

Data format / data structure

[Numeric](#)

Data collection 1

- Time period(s) for data collection: 2019-02-01 – 2019-09-01

Geographic spread

Geographic location: [Kronoberg County](#), [Kalmar County](#)

Responsible department/unit

Department of Health and Caring Sciences

Ethics Review

Swedish Ethical Review Authority - Ref. Regional Ethical Board in Linköping (Dnr 2017/504-3).

Research area

[Public health, global health, social medicine and epidemiology](#) (Standard för svensk indelning av forskningsämnen 2011)

Keywords

[Exchange students](#), [Risky sexual behaviour](#), [Alcohol use](#)

Accessibility level

Access to data through SND
Data are freely accessible

Use of data

[Things to consider when using data shared through SND](#)

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Versions

Version 1. 2022-04-19

Related research data in SND's catalogue

[Risky sexual behaviour, alcohol use, self-esteem and exposure to sexual and physical violence among Swedish students who intend to spend a semester abroad: a comparative cross-sectional study](#)

Download metadata

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[DDI 2.5](#)

[DDI 3.3](#)

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