ABSTRACT
Alcohol and drug consumption are a public health concern among young athletes throughout the entire nation. Therefore, the purpose of this paper is to review substance abuse prevention and intervention outcome studies specific to athletes. A list of common keywords associated with outcome studies targeting substance abuse prevention and intervention among student athletes was generated. Interventions were derived from peer-reviewed journals, government websites and newspaper articles. Two interventions were found to successfully decrease excessive drinking and drug use among student athletes. While some researchers may argue that involvement in athletics may serve as a protective factor for alcohol or substance abuse, the current information shows otherwise (Labrie, 2009). Controlled research experiments targeting substance use frequency are needed for use in athletics.

INTRODUCTION
Alcohol and drug use among collegiate students, particularly student athletes, is a growing problem. In a study of women who had been victims of some type of sexual aggression while in college, 68 percent reported that their male assailants had been drinking at the time of the attack (Wechsler, H., Lee, J., Kuo, M., Sebring, M., Nelson, T., & Lee, H., 2002). The purpose of this research is to assess available interventions targeting substance use in athletics. It is hoped that this paper will serve as a cornerstone to inspire other researchers to conduct more effective research studies in this area. The proposed review will be based on data compiled through peer-reviewed journals and contemporary newspaper articles. Reviewed articles include studies that were conducted in a wide array of locations and samples.

Prevalence
Pressure from the social environment, many athletes resort to performance enhancers to meet such demands. Potential professional players understand the high demand for talented athletes, which may make aspiring athletes to maximize their performance abilities regardless of what the cost may be (Stewart, 2008). In this case, it involves jeopardizing their health for the purpose of attaining a position in a professional league or in the cases of previous famous athletes who have been caught using performance enhancing drugs, for the purposes of maintaining their coveted position.

PREVALENCE
Binge drinking is considered alcohol abuse when a person has four or more alcoholic beverages, one after the other (CDC, n.d.). The following information supports that alcohol and drug abuse is a prominent habit among high school and collegiate students.

An article in the Las Vegas Sun Newspaper written in 2009 outlined the actual percentages of alcohol users. Over 8% of student athletes from a public high school located on the North Las Vegas, Nevada, tested positive for drugs and alcohol use (Richmond, 2009).

Further research from the National Youth Risk Behavior Survey in 2003 found similar results. According to results from this survey, more than 40% of high school students reported drinking alcohol. In another study undertaken students reportedly drank alcohol during the past 30 days. In another study undertaken students reportedly drank alcohol during the past 30 days and 28.8% binge drank (Miller, 2006).

Psychologists outline that adolescence is the primary peak period for alcohol use among athletes (D’Amico & McCarthy, 2006). Thus, from the research information acquired, adolescence seems to be the crucial stage where drug and alcohol abuse is spawned, particularly between ages 18 and 25 years (Ford, 2007).

CHARACTERISTICS AND CONSEQUENCES OF DRUG AND ALCOHOL
- Athletes who use steroids might start drug abuse with cannabis. Furthermore, another article reported that adolescents who used anabolic drugs not only shared needles but were more likely to use other drugs (DuKrant, R., Rickert V. & Ashworth C., 1993).
- The negative consequences that directly affect the abuser include: passing out, regurgitating, aggressiveness, poor lack of judgment and slow reflexes. The most serious consequence that requires the immediate attention of adults by is suicide.
- In football, Shamwee Merriman of San Diego Chargers, who was one of the best athletes of his time tested positive for steroid use and received a 4-game suspension.
- Olympic Sprinter Ben Johnson lost his gold medal one week after winning it. He tested positive for steroid use and lost his title as a champion, “September 27 three days after winning the 1988 Olympic Gold he tested positive for the anabolic steroid stanozolol and had to give up his gold medal and 1987 World Championship title” (Johnson, B., 2009, p. 1).
- Other consequences commonly associated with such abuse include vandalism, poor academic performance and sexual misconduct (Consequences of High Risk Drinking, 2009).

CONSEQUENCES FOR STEROID USE
Adverse effects of anabolic-androgenic steroid use (Bahrke et al., 1998; NIDA, 2000, American Academy of Pediatrics, 1997; Pope and Katz, 1994; Su et al., 1993; Brower et al., 1990 Kennedy and Lawrence, 1993; Daugle, 1996; Gruber and Pope, 2000; Kleiner, 1991; American College of Sports Medicine, 1987; Bahrke et al., 1990; Bel et al., 1998; Strauss et al., 1985; Yehsels et al., 1989)
- Psychological and Behavioral Effects
  - Mood swings
  - Aggressiveness
  - Paranoid
  - Depression
  - Irritability
  - Psychosis
  - Anxiety
  - Psychological dependence
- Physical Effects
  - Liver damage (cancer)
  - Severe acne
  - Cardiovascular disease
  - Male pattern baldness
  - High cholesterol
  - Impaired reproductive functioning
  - High blood pressure
  - Physical dependence or addiction
- Gender-Specific Effects (Males)
  - Reduced sperm production
  - Testicular atrophy (shrinkage of the testicles)
- Gender-Specific Effects (Females)
  - Irreversible deepening of the voice
  - Herastrum (excessive growth of the body hair)
  - Menstrual irregularities
  - Citroromagely (clitoral enlargement)
  - Breast shrinkage

METHODOLOGY
This paper reports on data from studies of 26 recent articles from many highest-ranking academic journals in the field of psychology. Sixteen articles from the top-rank were analyzed, along with five government websites and two newspaper articles. Although comparing the validity of various interventions was the primary motive for this paper, interventions originally chosen as the focus of prevention programs were not normalized enough. It became evident once the research paper was under way that many sport psychology related articles did not offer a prominent intervention to cope with the opposing dilemma. Throughout this paper, consequently, the data conveyed should promote further disseminations of the interventions, as well as new outcome studies. Before the analysis of articles began, a list of conventional keywords particularly related with the interventions for student athletes was generated to find the articles.

CONCLUSION
Due to the various consequences of substance and alcohol abuse among athletes, through the examination of research articles of student athletes, the researcher was able to answer the following questions:
1. Who is directly affected and what are causes of abuse?
2. What factors deter and contribute to the drug abuse and alcohol abuse as well as binge drinking among student athletes?
3. What implementations can be researched for possible interventions?
All of these questions served as an outline to understand the issues pertaining to drug and alcohol abuse among student athletes. Since alcohol and drug consumption have been increasing rapidly among young athletes, previous research studies on interventions that were conducted for efficacy were compared for validity. By assessing the variety of interventions, the researcher was able to conceptualize an outline that will serve for as a guide to developed solutions. The main idea and purpose of this research was to inspire other researchers who possess the financial means to conduct further studies in a controlled environment. Such advancement will further evolve current research on interventions on this important subject matter.