

*From the AAN Annual Meeting and Conference*

a gun/knife), quick-temperedness, worry, and belief in the neighborhood Street Code in the subsequent year. Conversely, worry, traumatic stress, a quick temper, a positive attitude toward the neighborhood and identification with the Street Code were each associated with sleep disruption in a subsequent year.

**Summary Concluding Statement:** These results suggest a partial explanation for the negative effect of socioeconomic status on sleep among low-income adolescents. The data also suggest that developing approaches to sleep hygiene for teens may help reduce violence, aggression, and impulsivity among high-risk groups.

### 3. Adolescent Use of Performance Enhancing Substances

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**Background:** Consumer use of performance enhancing substances (PES) is a multi-billion dollar industry, fueling public health concerns regarding use in adolescents hoping to enhance athletic performance, body appearance, or fight obesity. PES may also be used for military, sexual, and intellectual performance enhancement. PES consumption can be viewed as a healthy fitness endeavor. Healthcare providers tend to be less familiar with PES than other forms of substance abuse. PES adverse effects can include violent behavior, suicide attempts, and premature deaths. Prevalence of use can be difficult to ascertain due to secrecy issues and misinterpretation of survey questions.

**Purpose:** A secondary analysis of 2007 *National Youth Risk Behavior Survey* (YRBS) data was conducted to better understand predictors of PES use. Bandura's *Social Cognitive Theory* (SCT) served as the organizing framework guiding the analysis. The study aim was to describe the combined influence of personal, environmental, and behavioral factors on PES use (eg., steroids; methamphetamines; diet pills, powders, liquids) in US adolescents ( $n = 14\,041$ ).

**Methodology:** *SPSS version 17.0 Complex Samples* module was used to examine descriptive statistics and relationships using bi-variate and logistic regression analyses of YRBS variables.

**Findings:** Adolescents reporting: feeling sad/hopeless, considering suicide, perceiving being overweight, being offered illegal drugs at school, being sexually active, cigarette smoking, and alcohol use was significantly associated ( $p < .05$ ) with PES use for gender groups and specific geographic regions. The highest rates of PES use were reported in the South USA. For personal, environmental, and behavioral factors combined, having considered suicide emerged as the factor most associated with PES use.

**Summary Concluding Statement:** Behaviors contributing to leading causes of adolescent morbidity and mortality are interrelated, continue into adulthood, and may be preventable. Health and school professionals must be familiar with adolescent PES use in order to adequately assess and address related physical, psychological, and social issues.

### 4. Enhancing Diversity of Nursing Faculty Using Distance Technology

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**Background:** Recruitment of faculty to colleges of nursing who represent ethnic, racial, and geographic diversity is critical to preparation of a culturally competent nursing workforce and development of nurse scientists to address issues of health disparities. The lack of doctorally-prepared faculty from minority backgrounds and rural locations prevents realization of this goal. Barriers to pursuit of PhD education are prevalent in minority and rural nurses: family obligations that preclude long commutes or relocation, requirements for full time study, need to maintain employment during doctoral study, lack of geographic access to programs with the desired research focus, and reticence to commit to loan programs to finance doctoral study in light of the faculty salary levels that commonly are less than clinical salaries.

**Purpose:** To increase access of culturally and geographically diverse students to doctoral education the University of Utah has implemented a distance doctoral program format to allow students to "educate in place".

**Methodology:** Every course is taught through live, interactive Internet-based videoconferencing to each student's individual site. The part-time program requires nine semesters plus dissertation with 2 to 3 courses per semester. Start-up cost to student for technology is about \$300 plus the cost of an up-to-date computer and high speed internet. The greatest cost of the program is the use of bridge technology, which costs about \$300 000 to support the videoconferencing

**Findings:** Forty-seven students from 22 states have been admitted to the distance PhD program in oncology, gerontology, and non-specialty cohorts. Racial and ethnic diversity of the cohorts ranges from 15-45%. Average time to graduation was 3.7 years compared to 5.8 years for traditional students. Students have secured an unprecedented number of fellowships, awards, and research grants. Student and faculty satisfaction is also higher.

**Summary Concluding Statement:** Technology-based education supports development of competent nurse scientists and culturally competent educators.