

Participants The participants were students at a medium-sized southeastern university. Responses from ten participants (10 %) were excluded from analysis due to not meeting inclusion criteria or because of missing data. A random number generator available online at <http://stattrek.com/Tables/Random.aspx> was used to select the last four digits of student identification numbers. Participants' academic levels ranged from freshmen through graduate student, with 14.0 % (n08) freshmen, 19.3 % (n011) sophomores, 15.8 % (n09) juniors, 19.3 % (n011) seniors, and 31.6 % (n018) graduate students. Because all students at the university are assigned an identification number when they are admitted, the ID number served as a method of randomly soliciting students for participation. In terms of ethnicity, 84.5 % (n071) of participants reported their race as white/ Caucasian, 10.7 % (n09) as African American/black, 3.6 % (n03) as Asian, 1.1 % as American Indian (n01). They were randomly solicited to participate in the study using university identification numbers. Next, the university's student directory was used to search for students by identification number. Females comprised 56.6 % (n047) of the participants and males 43.4 % (n036). Students chosen to participate were contacted through their university e-mail addresses. Of the 2,755 questionnaires e-mailed to study participants, 100 (3.6 %) were returned. In order to achieve this sample, 2,755 students were invited to participate. This yielded a total sample of 90 participants. The age of participants ranged from 18 to 58 .years old with a mean age of 25.86+9.67 years. A sample size of 200 students was sought