Participants The participants were students at a medium-sized southeast- ern 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 identifica- tion 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.