

Resilience mediates the association between Authenticity and Alcohol Use among male students

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1. Introduction

Authenticity seems to play a significant role in explaining alcohol use. However, there might be other factors lying behind this association. Resilience is one of those factors strongly associated with risk behaviour and could act as a mediator between AT and AU.

2. Aim

This study aims to confirm mediation effect of resilience on a relationship between authenticity and alcohol use among both sexes.

3. Methods

Sample: 321 Slovak university students (34,1% females, Mage=22.15, SD=1.4)

Measures

The Authentic living subscale (Wood et al., 2008)

The Connor-Davidson Resilience Scale (Notario-Pacheco, 2011)

AUDIT (Barbor, 2001)

Statistical analyses

Series of linear regressions separately for genders in SPSS, Sobel test

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4. Results

Table 1. By gender moderated mediation of resilience on the association between authenticity and alcohol use

1.model (predicting RES)		B (f/m)	Beta (f/m)	T (f/m)	P (f/m)	Percentage of explained variance (f/m)
	AT	.54/.76	.35/.48	3.89/7.81	p<.001	11.9/22.9
2.model (predicting AU)						
	AT	-.15/-.46	-.13/-.29	-1.25/-3.78	.22/ p<.001	4.9/7.1
	RES	-.11/.19	-.14/.20	-1.40/2.5	.16/ p<.05	

Note. Statistical parameters for Sobel test: females: $z=-1.30$, $p=.20$; males: $z=-2.38$, $p<.05$; AT=authenticity, RES=resilience, AU=alcohol use, f= females, m=males

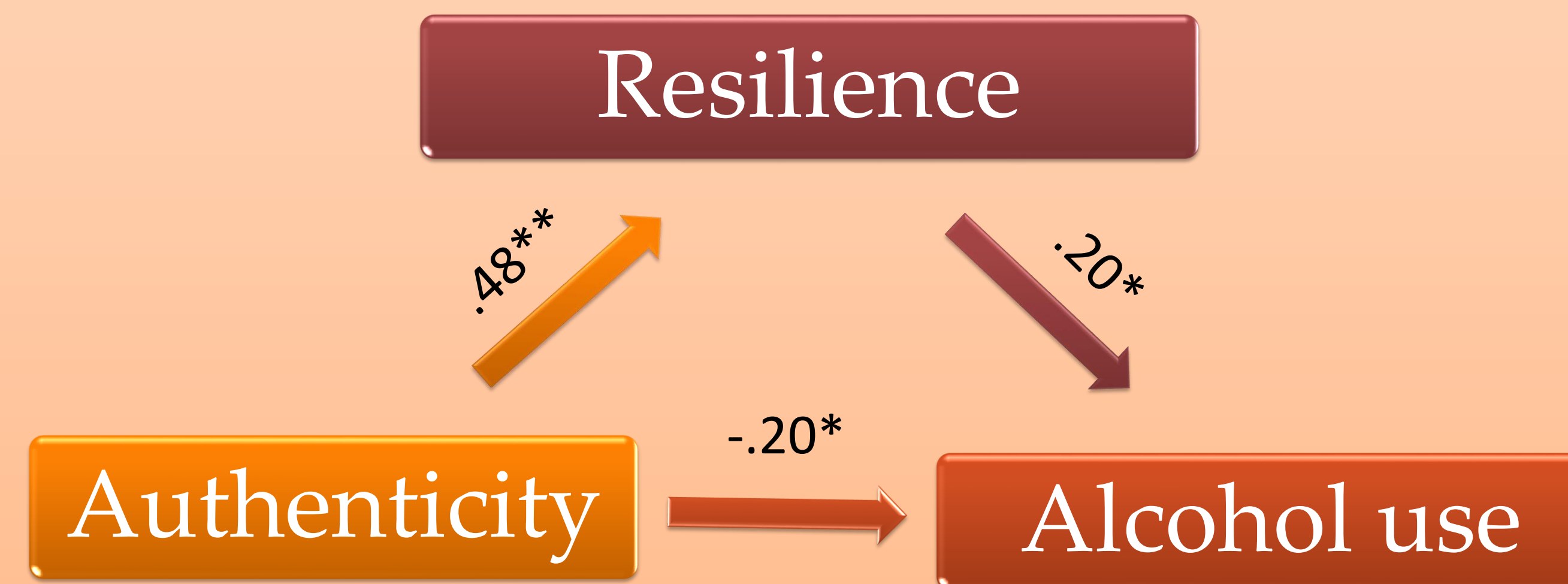


Figure 1. Mediation effect of resilience on the association between authenticity and alcohol use among males. Beta values, * $p<.05$; ** $p<.001$

The Sobel test indicated that RES was a significant mediator of the relationship between AT and AU only among males (Figure 1).

5. Conclusions

The results have shown a significant moderated mediation while the **mediation effect of resilience on the association between authenticity and alcohol use** has been shown to be significant **only among males**.