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

Lucia Hricová, Ol'ga Orosová, Beata Gajdošová

Pavol Jozef Safarik University in Košice, Faculty of Arts, Department of Educational Psychology and Health Psychology, Slovak Republic

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

3. Results

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

<table>
<thead>
<tr>
<th></th>
<th>B (f/m)</th>
<th>Beta (f/m)</th>
<th>T (f/m)</th>
<th>P (f/m)</th>
<th>Percentage of explained variance (f/m)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.model (predicting RES)</td>
<td>AT</td>
<td>.54/.76</td>
<td>.35/.48</td>
<td>3.89/7.81</td>
<td>p&lt;.001</td>
</tr>
<tr>
<td></td>
<td>RES</td>
<td>-.11/-.19</td>
<td>-.14/-.20</td>
<td>-1.40/2.5</td>
<td>.16/p&lt;.05</td>
</tr>
</tbody>
</table>

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

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

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

4. 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.