

Following or ignoring affective states and risky drinking among university students

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1. Introduction

- The association between positive and negative emotional states and alcohol drinking are well supported in the current research.
- Emotional and behavioural regulation has been associated with different patterns of alcohol consumption and alcohol problems (Dvorak et al., 2015).

Objective: To examine whether following versus ignoring one's affective state is associated with alcohol related behaviour (consumption, dependence and alcohol-related problems)



2. Methods

Sample: university students from Slovakia; n=216, 78.87% women, Mean age=22.23, SD=2.12. More detailed characteristics of the sample are presented in the Table 1.

Methods: FAST (The Following Affective States Test; Gasper & Bramesfeld, 2006) consisting of 16 items in four scales:

1. Following Negative emotions (e.g. "I tend to pay more attention to my negative moods than my positive moods."); 4 items, C-alfa of 0.8.
2. Following Positive emotions (e.g. "I often pay a lot of attention to my positive feelings."); 4 items, C-alfa of 0.7
3. Ignoring Negative emotions (e.g. "Paying attention to one's sad feelings can lead one astray in life."); 4 items, C-alfa of 0.7.
4. Ignoring Positive emotions (e.g. "I do not let my pleasant moods influence my behavior"); 4 items, C-alfa of 0.6.

AUDIT (The Alcohol Use Disorders Identification Test, Babor et al., 2001) consisting of three scales:

- Consumption score (frequency and amount of drinking); 3 items, C-alfa of 0.7.
- Dependence score (addiction symptoms); 3 items, C-alfa of 0.7.
- Alcohol related problems score (harmful consequences, e.g. alcohol-related injuries); 4 items, C-alfa of 0.7.

Data analysis: Three linear regressions were applied to identify the relationships between factors of the FAST and alcohol consumption, alcohol dependence and alcohol-related problems, adjusted for gender and age.

Tab. 1 – Descriptive characteristics and gender differences of the sample in the examined variables

Variable	Sample (theoretical) range	Sample mean (SD) [◇] (n=216)	Women mean(SD) (n=163)	Men mean(SD) (n=43)	T-test
Following -	4-28 (4-28)	11.6 (5.2)	11.9 (5.4)	10.5 (4.3)	1.490
Following +	12-28 (4-28)	21.7 (3.8)	21.7 (3.7)	21.3 (4)	.611
Ignoring -	4-28 (4-28)	19.4 (5.3)	19.6 (5.3)	18.8 (5.5)	.830
Ignoring +	4-25 (4-28)	10.8 (4.6)	10.7 (4.8)	11.1 (3.9)	-.497
Alc. consump.	3-13 (3-16)	7 (2.2)	6.7 (1.9)	8.3 (2.8)	-3.544***
Alc. depend.	3-9 (3-15)	3.5 (1.2)	3.3 (1)	4.1 (1.6)	-2.766**
Alc. problems	4-13 (4-16)	5.2 (1.6)	5.1 (1.6)	5.8 (1.8)	-2.591**

[◇]SD=standard deviation; ***p ≤ 0,001; **p ≤ 0,01; *p ≤ 0,05; + positive emotions; - negative emotions

3. Results

- The regression models with gender, age and the FAST factors have shown that:
 - a lower level of **ignoring the positive emotions** has been associated with a higher level of alcohol consumption ($\beta=-.227$) and alcohol related problems ($\beta=-.176$)
 - a higher level of **following the negative emotions** has been associated with a higher level of alcohol dependence ($\beta=.154$) and alcohol related problems ($\beta=.257$).
 - The following of positive emotions and ignoring negative emotions have not displayed any significant associations with the outcome.
- Detailed results on three linear models are presented in the Table 2.

Tab. 2 - Three linear models for alcohol consumption, alcohol dependence and alcohol related problems with FAST factors adjusted for gender and age

Dependent variable	FACTOR	B	S.E.	95% C.I. for B		B	Sig.
				Lower	Upper		
Alc. consum. R2 = .152 F=5.781 (df=6) p<.001	Gender	1.749	.373	1.013	2.485	.315	<.001
	Age	-.139	.069	-.276	-.002	-.133	.047
	Following -	.019	.033	-.045	.084	.045	.553
	Following +	.001	.049	-.096	.097	.001	.989
	Ignoring -	-.037	.031	-.098	.025	-.088	.240
	Ignoring +	-.110	.034	-.177	-.043	-.227	.001
Alc. depend. R2 = .115 F=4.203 (df=6) p<.01	Gender	.765	.196	.378	1.151	.268	<.001
	Age	-.016	.036	-.088	.056	-.030	.659
	Following -	.034	.017	.000	.068	.154	.049
	Following +	-.029	.026	-.079	.022	-.093	.266
	Ignoring -	-.011	.016	-.043	.022	-.050	.513
	Ignoring +	-.021	.018	-.056	.014	-.084	.244
Alc. problems R2 = .127 F=4.705 (df=6) p<.001	Gender	.848	.276	.304	1.391	.210	.002
	Age	-.048	.051	-.149	.053	-.064	.347
	Following -	.081	.024	.033	.128	.257	.001
	Following +	-.023	.036	-.094	.048	-.053	.523
	Ignoring -	-.020	.023	-.065	.026	-.065	.394
	Ignoring +	-.062	.025	-.112	-.013	-.176	.014

+ positive emotions; - negative emotions

4. Conclusions

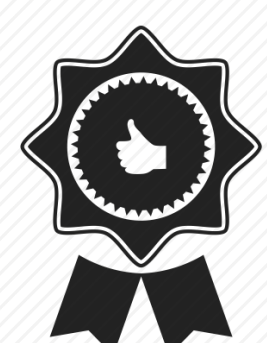
- Improving the emotion-regulation abilities and particularly the ability to cope with negative emotions and controlling positive emotions should be considered and addressed in further research of alcohol related behaviour and prevention of alcohol use.



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