

HAZARDOUS DRINKING PROFILE AMONG SPANIARDS

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BACKGROUND

Hazardous drinking has been identified as a component cause for more than 200 diseases (e.g. cardiovascular diseases, liver cirrhosis, pancreatitis, cancer of mouth or laryngeal cancer, injury) and other social consequences (e.g. property damage or social role defaults) (WHO, 2014).

The Spanish National Plan on Drugs survey has reported that alcohol users over 35 years old show higher daily drinking prevalence, while alcohol users under 35 show more binge drinking episodes (PNSD, 2011).

OBJETIVE

To compare hazardous drinking profiles between subjects under and over 35 years of age.

MEASURES

– **Hazardous drinking:** Spanish version of Alcohol Use Disorder Identification Test (AUDIT; Contel Guillamón, Gual Solé, & Colom Farran, 1999)

AUDIT items:

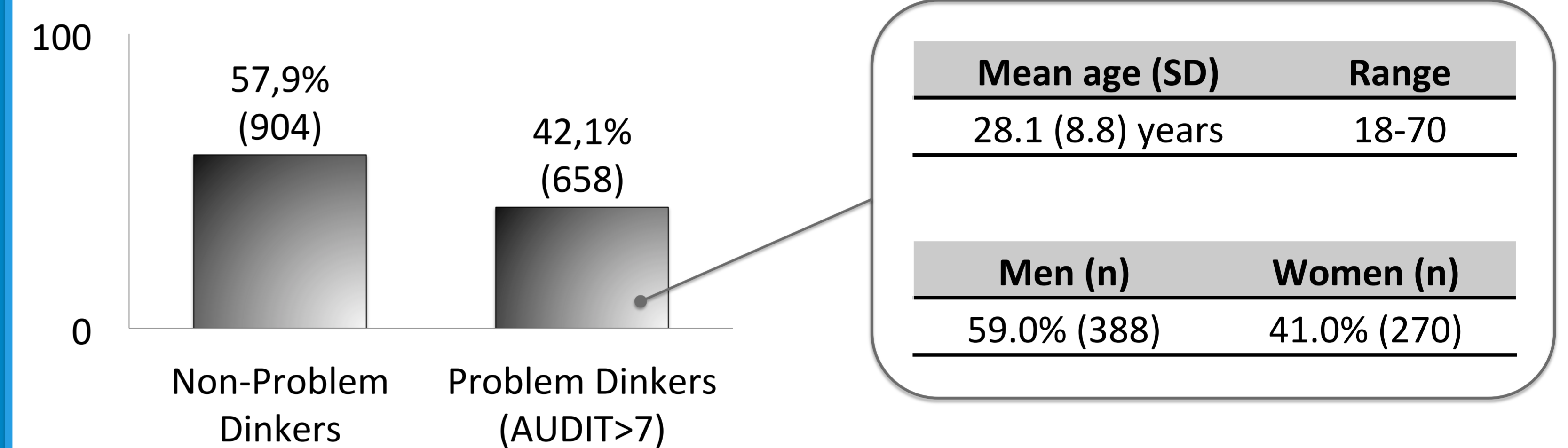
ITEM	CONTENT	ITEM	CONTENT
1	Frequency of drink	6	Morning drinking
2	Typical quantity	7	Guilt after drinking
3	Frequency of Binge Drinking	8	Blackouts
4	Impaired control over drinking	9	Alcohol-related injuries
5	Increased salience of drinking	10	Others concerned about drinking

– **Intention to Change:** Do you feel you should change your alcohol use? (Yes/No).

– **Intention to Seek Help:** Have you ever thought about seeking help in order to reduce your alcohol use? (Yes/No)

PARTICIPANTS

N=1562 alcohol users that filled in the AUDIT and answered the questions



PROCEDURES

– Subjects were recruited through social networks and mobile messaging applications

– Data was collected using a web-based survey on the <http://mca.umh.es> website, where participants filled out the questionnaires.

RESULTS

Problem drinkers distribution by age (N=658)

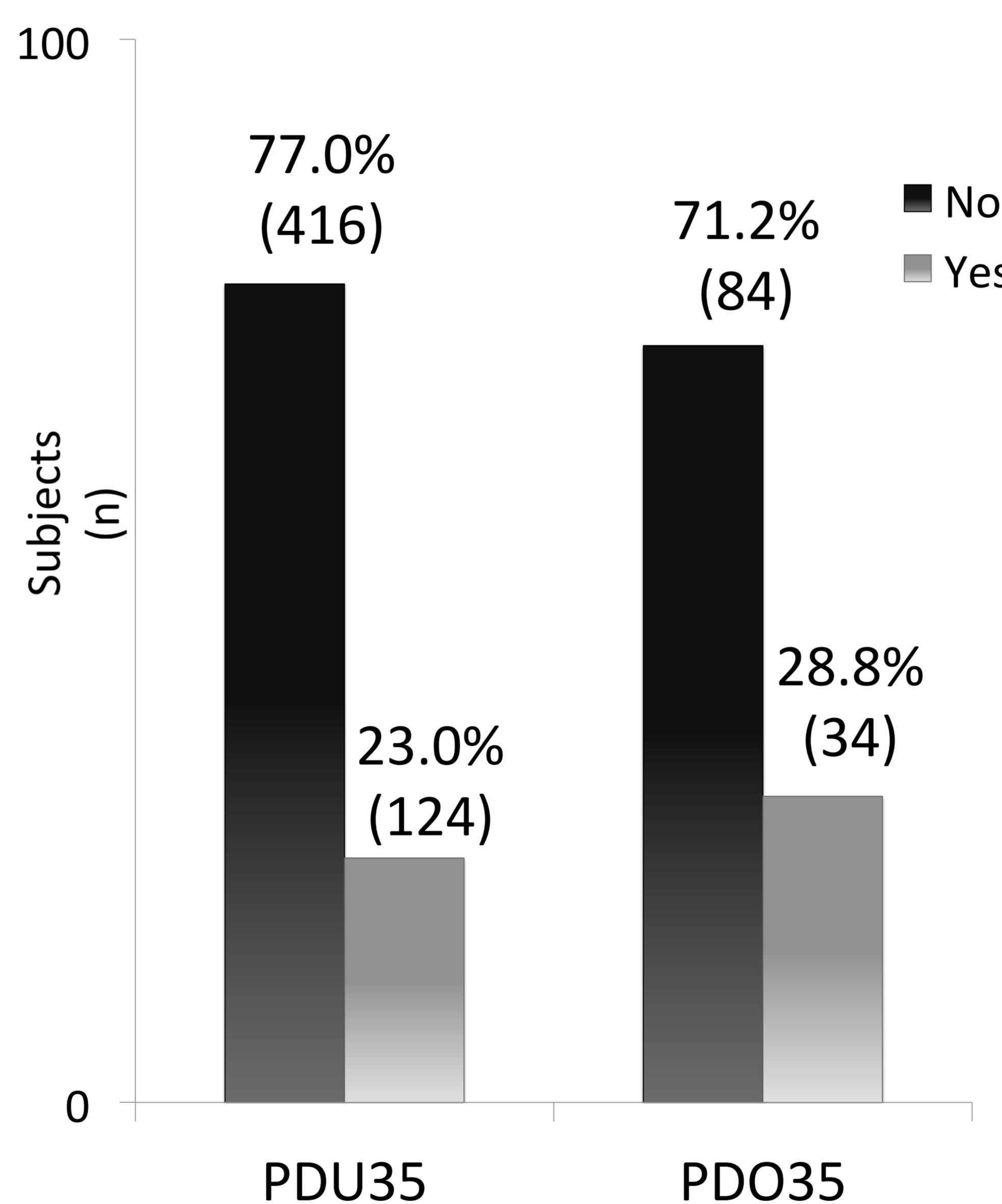
PDU35 ^a	PDO35 ^a
% (n)	% (n)
82.1% (540)	17.9% (118)

^aPDU35: Problem drinkers ≤35 years old
PDO35: Problem drinkers >35 years old

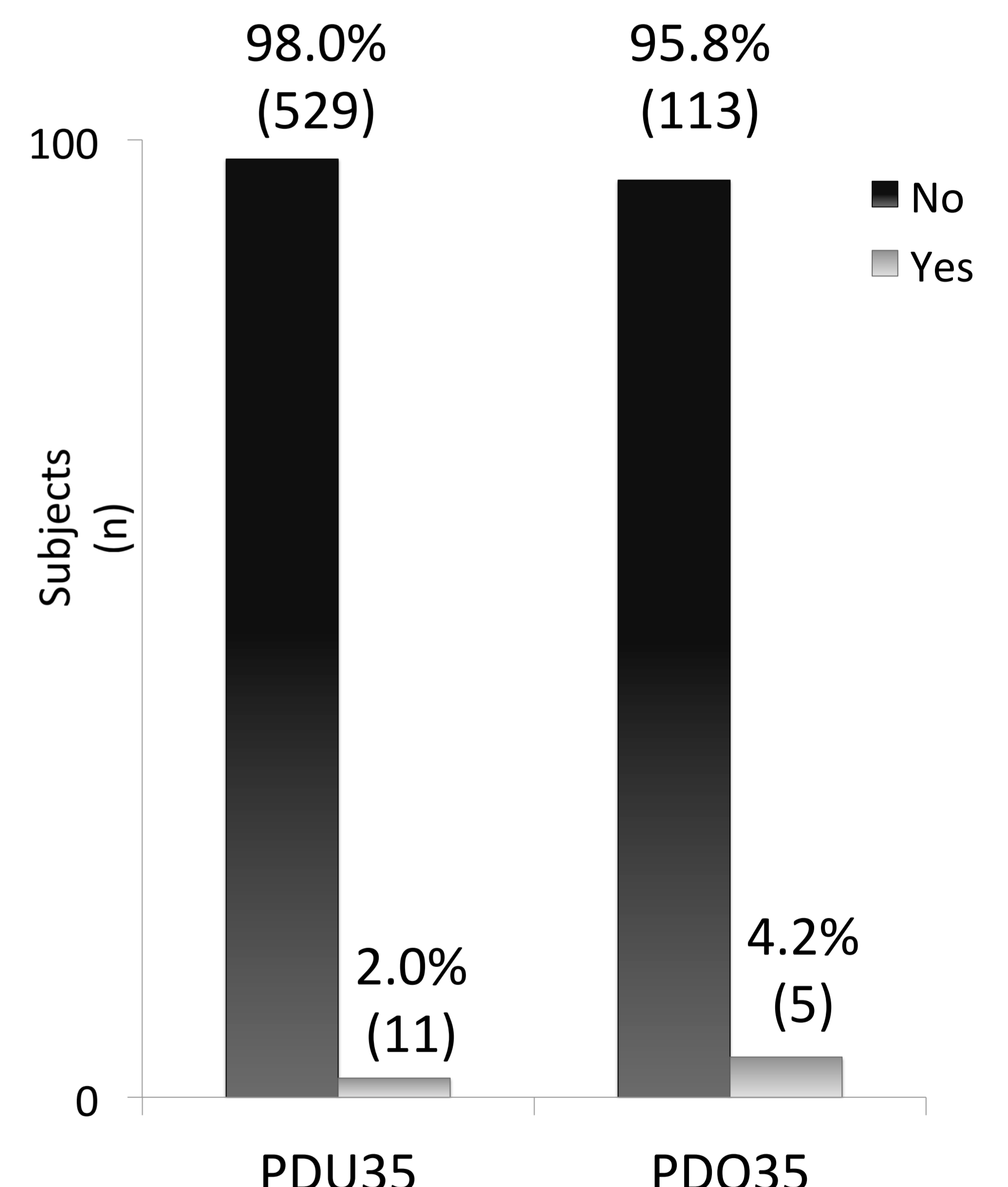
Differences in AUDIT items scores between PDU35 and PDO35 (N=658)

ITEM	PDU35 (n=540)		PDO35 (n=118)		t
	Mean (S.D.)	Mean (S.D.)	Mean (S.D.)	Mean (S.D.)	
1	2.70 (0.75)	3.21 (0.86)	-6.01*		
2	1.55 (1.07)	1.24 (1.11)	2.87*		
3	2.26 (0.84)	2.65 (1.02)	-3.86*		
4	1.32 (1.19)	1.26 (1.32)	0.44		
5	0.71 (0.93)	0.58 (1.06)	1.43		
6	0.57 (0.98)	0.58 (1.18)	-0.12		
7	1.20 (1.00)	1.19 (1.21)	0.10		
8	1.24 (0.99)	0.95 (1.09)	2.85*		
9	1.10 (1.55)	0.95 (1.54)	0.96		
10	0.97 (1.59)	1.47 (1.78)	-2.82*		

Differences in Intention to Change between PDU35 and PDO35 (N=658)



Differences in Intention to Seek Help between PDU35 and PDO35 (N=658)



*p>0.05

DISCUSSION

- These findings suggest that PDU35 appear to have more intensive drinking pattern than PDO35, because they drink less often but they report a higher number of drinks per drinking day. Younger drinkers also reported more blackouts, probably because they are more likely to engage in binge drinking and they present a higher number of inebriation episodes.
- In the other hand, PDO35 drink more often, but in smaller doses, probably because they split their alcohol consumption throughout the week. Older drinkers also reported more concerns expressed by others (family, friends or health care professionals) about their alcohol use. This higher number of concerns among PDO35 might be because binge drinking could be socially normalized among youth, and because older people could be beginning to show health consequences related to their alcohol use.
- Anyway, a small percentage of problem drinkers have reported intention to change their drinking behavior or to seek help in both groups.
- Longitudinal studies are needed to assess possible changes in alcohol use patterns and alcohol-related problems through the years.
- Brief interventions planning should address these different patterns to develop strategies to identify and to treat problem drinkers.

REFERENCES

Contel Guillamón, M., Gual Solé, A., & Colom Farran, J. (1999). Test para la identificación de trastornos por uso de alcohol (AUDIT): traducción y validación del AUDIT al catalán y castellano. *Adicciones*, 11(4), 337–347.

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