

# SOCIAL DRINKING CONTEXTS AND THEIR INFLUENCE ON RISKY DRINKING AMONG YOUNG ADULTS

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## INTRODUCTION

Evidence suggests an **association of specific drinking contexts with problematic drinking**

**Little is known about drinking contexts in which risky drinking among young adults occurs**

We aimed to investigate the social contexts of risky drinking among adults aged 30 years old



Image source: <http://insiderguides.com.au/alcohol-in-australia/>

## METHODS

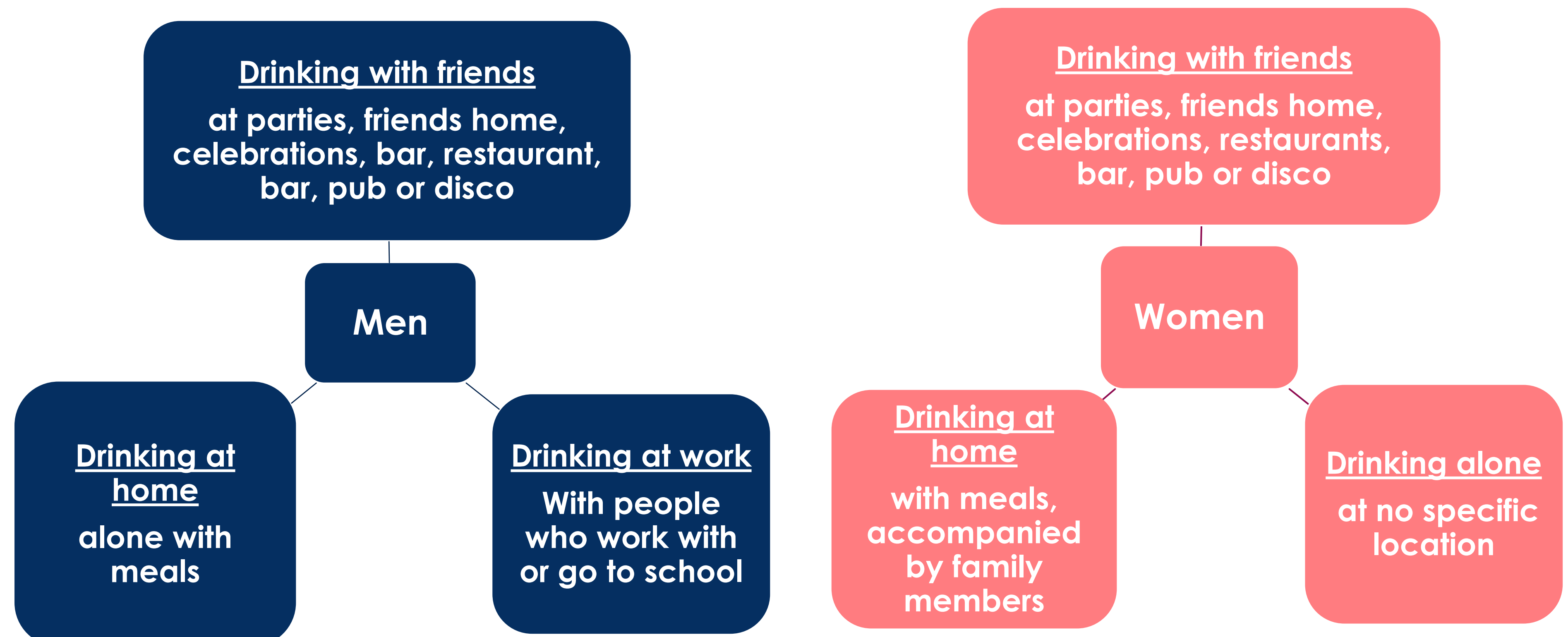
**2490** young adults with completed data at 30-year follow-up phase

*Mater-University of Queensland Study of Pregnancy and its Outcomes (MUSP)*, a prospective study that started in 1982

Exploratory and confirmatory factor analysis to identify latent constructs of drinking contexts and subsequent regression analysis

Risky drinking was measured using the *Alcohol Use Disorders Identification Test (AUDIT)*

## RESULTS



**Table 1.** Regression analysis using Structural Equation Model, for males and females, adjusted for partner and employment status, having children, income and education

Gender	Drinking Contexts	Coefficient	95% CI	P-value
<b>Men</b>	<b>Drinking with friends</b>	<b>0.261</b>	<b>0.116 - 0.407</b>	<b>0.000</b>
	<b>Drinking alone</b>	<b>0.304</b>	<b>0.182 - 0.426</b>	<b>0.000</b>
	Drinking at work	0.080	- 0.011 - 0.168	0.084
<b>Women</b>	<b>Drinking with friends</b>	<b>0.272</b>	<b>0.153 - 0.391</b>	<b>0.000</b>
	<b>Drinking alone</b>	<b>0.545</b>	<b>0.422 - 0.668</b>	<b>0.000</b>
	Drinking at home	- 0.088	- 0.235 - 0.059	0.241

Items in bold are statistically significant at  $p < 0.005$

Among men, “drinking at work” and among women “drinking at home”, were not associated with risky drinking in this sample of adults aged 30.

## CONCLUSION

“**Drinking with friends**” at parties or licensed premises” and “**drinking alone**” appeared to be associated with risky drinking among young adults

Among women “**drinking alone**” was linked to a greater risk of problematic drinking and depression symptoms

**Young adults should be targeted** to prevent associated consequences of risky drinking

Prevention should include strategies that occur in such contexts



Image source: <https://www.pickpic.com/friends-restaurant-drinking-wine-evening-fun-82032>



Image source: <http://www.simplyniceart.com/product/lonely-lady-at-bar-2/>

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