

Drinking to cope with SOCIAL ANXIETY

A revised drinking motives scale

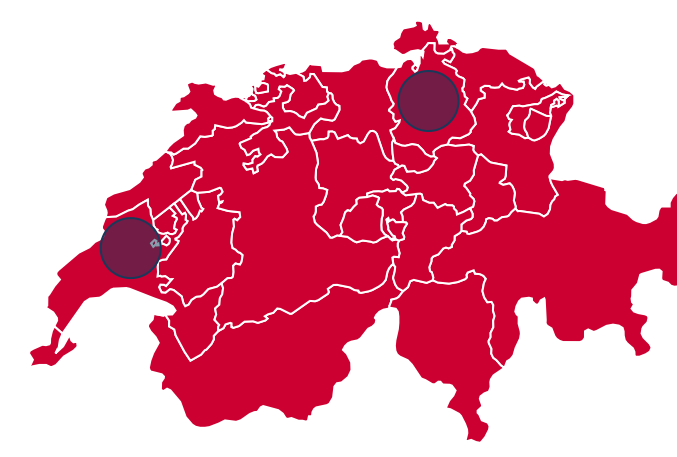


Young people commonly report drinking to ease social anxiety and awkwardness.

However, the most widely-used and validated scale for measuring drinking motives (the DMQ) does not capture this well and only measures drinking to cope in a generic sense.

The original four motives included in the DMQ are enhancement, social, coping and conformity.

201 young people aged 18-25 years were recruited from nightlife hubs in Switzerland. We measured demographics, alcohol use and consequences and drinking motives including a social anxiety subscale.



19.1
mean age

We used Confirmatory Factor Analysis to assess model fit and Structural Equation Modelling to test the concurrent validity of our new **DMQ-SA scale**.

Findings

Interfactor loadings were

HIGH

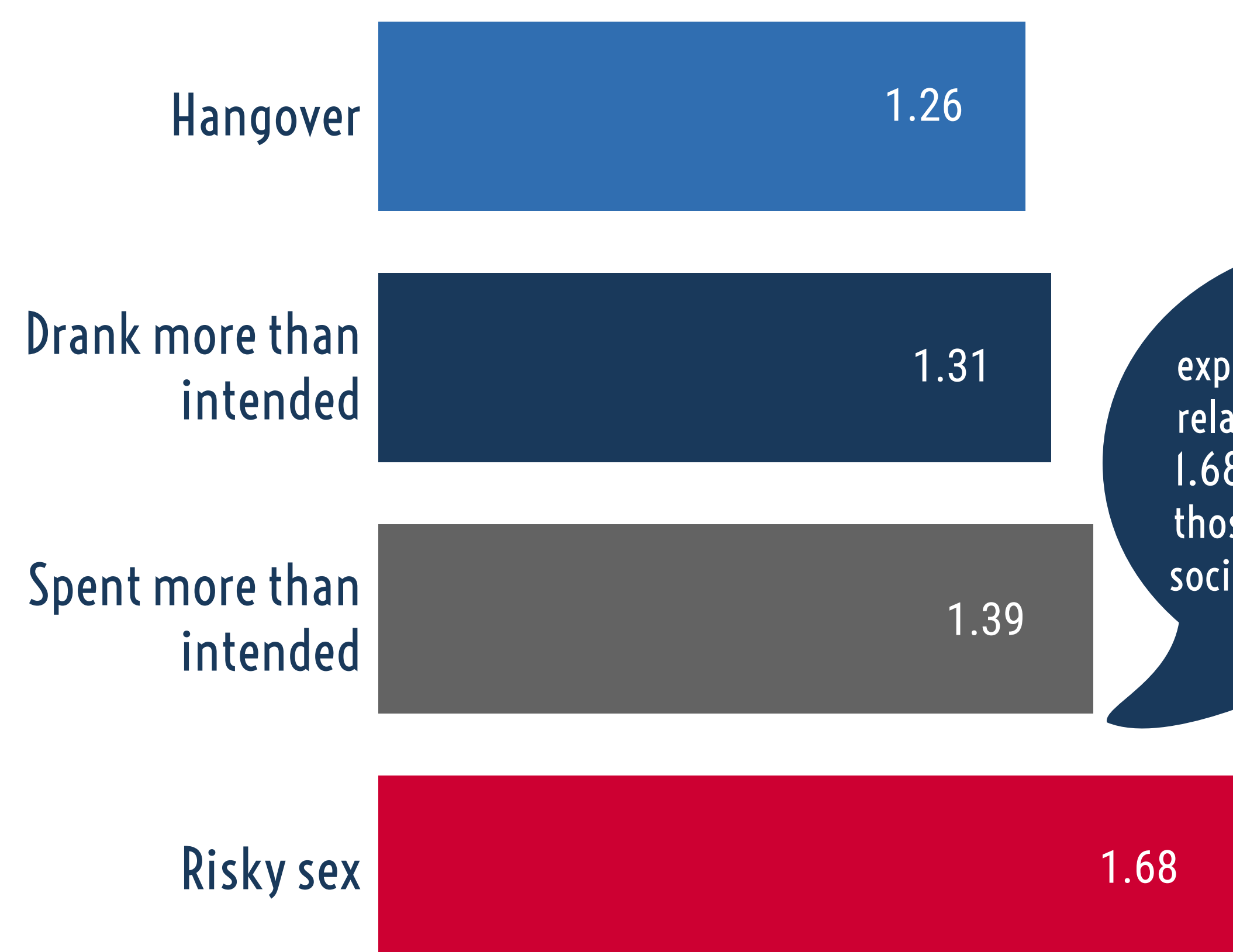
and homogeneous. The internal consistency of each scale were within acceptable limits (Cronbach's alpha >0.7).

Confirmatory factor analyses demonstrated superior model fit (CFI .991, RMSEA .039) in the model that included social anxiety compared to alternative four-factor models ($p < 0.01$).



Social anxiety motives were associated with a range of consequences distinct from other motives, despite no association with alcohol use.

Odds of alcohol-related consequences for those with high social anxiety motives



The odds of experiencing alcohol-related risky sex were 1.68 times higher for those scoring high on social anxiety motives ($p < 0.01$).

Our findings suggest that the **DMQ-SA** is a reliable and valid measure of drinking motives in young people. Our concurrent validity findings indicate that the social anxiety items measure a different dimension to the other motives, and that people motivated by social anxiety to drink may be at risk of different types of harms than others.



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