

Alcohol Consequences and Next Day Drinking Plans and Behaviors



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HIGHLIGHTS

- Positive consequences on Friday are unrelated to drinking/problems on Saturday.
- Negative consequences on Friday are positively related to any alcohol use on Saturday.
- Negative consequences on Friday do not affect subsequent Saturday drinking plans and heavier use.

BACKGROUND

- Young people drink most often over weekend evening hours, and over those hours they experience both negative and positive alcohol consequences.
- Behavioral choice models of drinking and problems suggest that subsequent drinking may be predicted by problems experienced on previous drinking.
- Do positive and negative alcohol consequences experienced on Friday evening subsequently impact drinking plans and behaviors on Saturday evening?

METHODS

- Ecological Momentary Assessment (EMA).
- EMA surveys were collected in 8 evenings over successive 4 weekends.
- Sample included 148 underage young adults (19-20 years old), who reported alcohol use and consequences on Friday evening and had at least one subsequent EMA survey with complete data on all variables required for at least one of the analyses .
- All participants lived in California.
- About 54% identified as female and 29% identified as non-Latine White.
- Covariates: Demographics; alcohol use history; drinking motives.
- Drinking consequences: Number of negative or positive consequences experienced on Friday evening.
- Outcomes: Drinking plans; alcohol use.
- Analyses: Mixed effects logistic and negative binomial models.

RESULTS

Table 1. Associations between negative and positive alcohol consequences experienced on Friday evening and Saturday's evening drinking plans and alcohol use behaviors

	Any plans to drink alcohol on Saturday	Number of planned drinks on Saturday	Any alcohol use on Saturday	Total number of drinks consumed Saturday
	OR [95% CI]	IRR [95% CI]	OR [95% CI]	OR [95% CI]
Total number of negative consequences, Friday	1.103 [0.988,1.232]	1.014 [0.976,1.053]	1.119* [1.014,1.234]	1.025 [0.994,1.057]
Total number of positive consequences, Friday	0.990 [0.912,1.075]	0.995 [0.958,1.034]	1.017 [0.950,1.089]	1.004 [0.966,1.043]
Female	0.999 [0.466,2.139]	0.763 [0.481,1.212]	0.878 [0.442,1.746]	0.745 [0.466,1.188]
Non-Latine White	0.870 [0.365,2.074]	0.864 [0.502,1.487]	0.840 [0.392,1.800]	0.826 [0.477,1.429]
Subjective Socioeconomic Status	1.232 [0.943,1.608]	1.136 [0.962,1.342]	1.215 [0.974,1.516]	1.180* [1.007,1.383]
Age of first alcohol use	1.152 [0.957,1.386]	1.057 [0.941,1.187]	1.139 [0.966,1.343]	1.066 [0.956,1.188]
Past month heavier alcohol use	1.016 [0.993,1.039]	1.005* [1.001,1.011]	1.016 [0.994,1.038]	1.006* [1.001,1.011]
Drinking motive, enhancement	0.765 [0.505,1.158]	0.860 [0.660,1.122]	0.813 [0.562,1.177]	0.906 [0.691,1.186]
Drinking motive, social	1.213 [0.833,1.768]	1.155 [0.916,1.457]	0.992 [0.716,1.374]	1.015 [0.795,1.297]
Drinking motive, conformity	0.761 [0.502,1.153]	0.811 [0.633,1.038]	0.931 [0.674,1.286]	1.027 [0.812,1.298]
Drinking motive, coping	1.633* [1.057,2.523]	1.549*** [1.229,1.951]	1.436* [1.004,2.054]	1.402** [1.128,1.741]
N of evenings	272	272	310	309
N of participants	140	140	148	148

* p < 0.05, ** p < 0.01, *** p < 0.001

CONCLUSIONS AND LIMITATIONS

- Results suggest that drinking plans and heavier alcohol use on Saturday are not shaped by alcohol negative or positive consequences experienced the night before (Saturday).
- These decisions may involve alcohol experiences accumulated over longer timeframes including weeks, months, or years.
- The positive association between negative consequences and alcohol use the next day may reflect that young adults who drink alcohol on consecutive weekend days tend to experience more problems .
- Limitations: Self reported data; sample is limited to California; day-level alcohol expectancies or other beliefs shaping alcohol use behaviors were not assessed.

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