

INTRODUCTION

A common pattern of problematic alcohol consumption among emerging adults consists of little to no drinking during the week, with heavy drinking episodes on the weekend (Hoepfner et al., 2012; Kuntsche & Labhart, 2012; Lac & Luk, 2019). However, little is known about whether brief alcohol interventions exert impact on cyclical weekend drinking escalations. A recent RCT of heavy drinking emerging adult nonstudent drinkers demonstrated the efficacy of a personalized feedback intervention (PFI) to reduce overall alcohol consumption relative to assessment-only controls (Lau-Barraco et al., 2018). However, it is not clear if patterns of weekend drinking escalation may have been disrupted by the intervention. Consequently, the current study was a follow-up analysis of the parent trial. It was hypothesized that weekend increases in drinking would be weakened for the PFI condition post-intervention, which would be maintained over time.

METHOD

Participants

- $N = 164$ heavy drinking nonstudents ages 18-25
 - 2+ heavy drinking episodes in the past month
 - Excluded if > 40 drinks weekly and/or previous substance use treatment
- 65.9% men, 71.3% single/never married
- 45.75% unemployed

Materials

Alcohol Use: Timeline follow-back

- TLFB; Sobell & Sobell (1992)
- Calendar-based, self-report method in which one estimates his/her drinking on each day

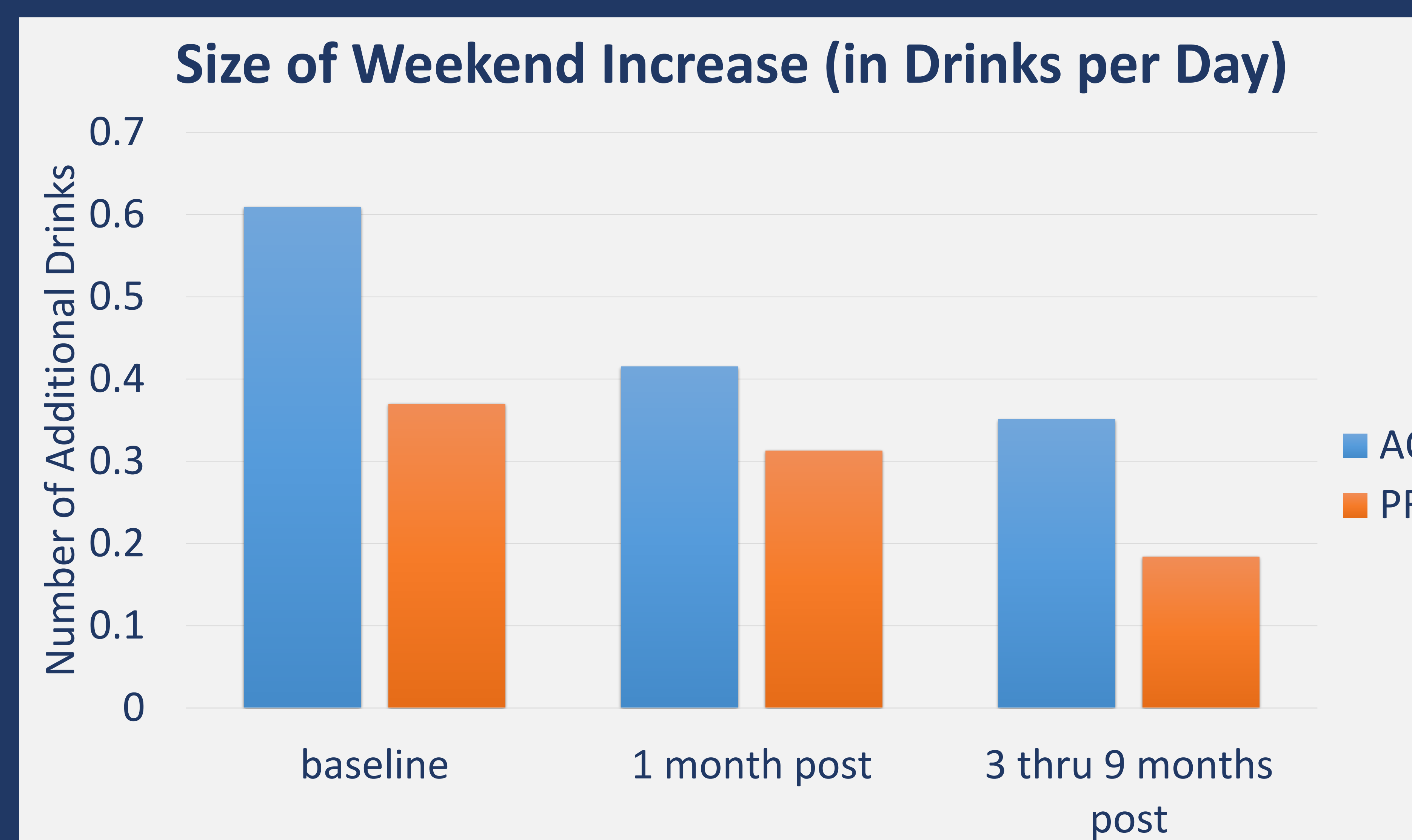
Procedure

- In-person computerized baseline assessment
- Randomly assigned to a single-session PFI or assessment-only (AO) control
- Online follow-up assessments were sent 1, 3, 6, and 9 months post-intervention

Analysis Approach

- Multilevel analysis conducted in *Mplus* v8
- Negative binomial hurdle models for # of drinks, estimated blood alcohol concentration (BAC)

A personalized feedback intervention for heavy drinking nonstudent emerging adults disrupted risky patterns of weekend escalations in drinking



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RESULTS

- Two sets of results for each outcome:
 - 1) Probability of being a zero (i.e., non-drinking day)
 - 2) Negative binomial regression of drinking days predicting number of drinks consumed/BAC
- Coded to reflect condition (0=AO, 1=PFI)
- Coded time across two variables to capture initial changes post-intervention (*time1*) as well as long-term maintenance (*time2*)
- Coded day to capture 0=*weekday*, 1=*weekend*
- Interested in cross-level 2-way and 3-way interactions (main effects omitted from table)

Predictor	B	SE	t	p
Outcome: Non-drinking day (0 vs not)				
Weekend*Time1	0.38*	0.126	2.98	.003
Weekend*Time2	0.37*	0.144	2.57	.010
Condition*Time1	-0.01	0.259	-0.05	.961
Condition*Time2	0.09	0.288	0.31	.757
Weekend*Condition	-0.08	0.168	-0.48	.631
Weekend*Condition*Time1	-0.14	0.184	-0.77	.443
Weekend*Condition*Time2	-0.02	0.200	-0.08	.935
Outcome: Number of drinks				
Weekend*Time1	-0.19*	0.086	-2.26	.024
Weekend*Time2	-0.26*	0.096	-2.68	.007
Condition*Time1	-0.30*	0.143	-2.09	.036
Condition*Time2	-0.27*	0.109	-2.48	.013
Weekend*Condition	-0.24*	0.088	-2.71	.007
Weekend*Condition*Time1	0.14	0.127	1.07	.283
Weekend*Condition*Time2	0.07	0.120	0.60	.549

DISCUSSION

Although the 3-way interaction was not significant, two significant 2-way interactions indicated weekend increases in drinking were less steep post-intervention, and less steep for PFI participants. These findings were consistent for BAC. These steep weekend increases in drinking were disrupted post-intervention, particularly among PFI recipients. In addition to content typical for college drinkers (relevant gender-specific norms, risk factors, expectancies, drinking moderation strategies, etc.), this PFI was tailored to nonstudents to include an emphasis on adaptive ways of coping and managing stress as well as vocational and educational options. The current findings suggest that personalized feedback may be effective at disrupting a risky pattern of weekend escalations in drinking among a large understudied segment of young adults.