

# Author's Accepted Manuscript

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PII: S0165-1781(16)31035-6  
DOI: <http://dx.doi.org/10.1016/j.psychres.2017.01.068>  
Reference: PSY10265

To appear in: *Psychiatry Research*

Received date: 15 June 2016  
Revised date: 16 December 2016  
Accepted date: 24 January 2017

Cite this article as: Séverine Lannoy, Joël Billieux, Marie Poncin and Pierre Maurage, Binging at the campus: motivations and impulsivity influence binge drinking profiles in university students, *Psychiatry Research* <http://dx.doi.org/10.1016/j.psychres.2017.01.068>

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# Binging at the campus: motivations and impulsivity influence binge drinking profiles in university students

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## Abstract

This study explored the involvement of two key psychological factors, drinking motives and impulsivity traits, in binge drinking. On the basis of a large screening phase (N=4,424), 867 binge drinkers were selected and were first compared with 924 non-binge drinkers. Then, a cluster analysis was performed, focusing on the binge drinker sample, to explore the respective involvement of four drinking motives (DMQ-R model) and four impulsivity facets (UPPS model) in this habit. Centrally, the cluster analysis identified three clusters of binge drinkers presenting distinct psychological characteristics and alcohol consumption patterns: emotional, recreational, and hazardous binge drinkers. Hazardous binge drinkers were characterized by strong drinking motives but moderate impulsivity. Binge drinking should thus no more be considered as a unitary drinking pattern but rather as a habit encompassing a variety of psychological profiles.

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