



Drinking motives and alcohol outcome expectancies as mediators of the association between negative urgency and alcohol consumption



Amber M. Anthenien, M.S. ^{*}, Jordanna Lembo, B.A., Clayton Neighbors, Ph.D.

University of Houston, 126 Heyne Building, Houston, TX 77204, United States

HIGHLIGHTS

- Alcohol use expectancies and motives mediate negative urgency's effects on drinking.
- Positive alcohol outcome expectancies mediate the effects of enhancement motives.
- Negative expectancies do not mediate the effects of coping motives.

ARTICLE INFO

Article history:

Received 20 January 2016
Received in revised form 29 October 2016
Accepted 13 November 2016
Available online 15 November 2016

Keywords:

Negative urgency
Alcohol outcome expectancies
Drinking motives
Alcohol use

ABSTRACT

Objective: To determine whether the effects of negative urgency, a unique facet of impulsivity marked by engaging in potentially unhealthy and rash behaviors in order to cope with anxiety or negative moods, on drinking behavior can be explained by positive and negative alcohol outcome expectancies and specific drinking motives (i.e., coping and enhancement).

Methods: College students ($N = 194$) completed web-based surveys in exchange for course credit. Students completed measures of negative urgency, comprehensive effects of alcohol, drinking motives, and alcohol use behaviors.

Results: Results of path analysis indicated significant indirect effects of negative urgency and alcohol use through both alcohol outcome expectancies and enhancement motives. The effects of enhancement motives on drinking were mediated by positive alcohol outcome expectancies. The effects of coping motives on drinking were not attributable to negative expectancies.

Conclusions: Individuals high on negative urgency may consume alcohol in order to ameliorate their emotional distress due to strong desires to increase positive and decrease negative experiences associated with drinking. Emotion-focused impulsivity's influence on drinking outcomes can be ascribed to enhancement motives for drinking as well as positive and negative alcohol outcome expectancies. Prevention efforts should target drinking motives and alcohol outcome expectancies among those higher in negative urgency.

© 2016 Elsevier Ltd. All rights reserved.

1. Introduction

Impulsivity is as an important risk factor for engaging in alcohol use among college students. Negative urgency, a personality characteristic marked by tendencies to behave impulsively in response to emotionally distressing situations, is associated with high rates of alcohol use (Cyders & Smith, 2008; Dir, Karyadi, & Cyders, 2013; Fischer, Smith, Annus, & Hendricks, 2007; Magid & Colder, 2007; Settles, Cyders, & Smith, 2010; Smith et al., 2007; Verdejo-García, Bechara, Recknor, & Pérez-García, 2007). However, little is known about the factors that contribute to these individuals' alcohol use. Identifying pathways through

which negative urgency is associated with drinking may elucidate mechanisms of change that can be targeted by prevention efforts.

1.1. Negative urgency

Negative urgency is a subscale of a greater measure of impulsivity known as the UPPS Impulsivity scale (Whiteside & Lynam, 2001). To better understand impulsivity within the constructs of the Five Factor Model of personality (FFM; Costa & McCrae, 1990), Whiteside and Lynam (2001) extracted four distinct measures of impulsiveness: Urgency, Premeditation, Perseverance, and Sensation-Seeking. These measures corresponded to three higher-order personality traits within the FFM, neuroticism (urgency), conscientiousness (premeditation and perseverance), and extraversion (sensation seeking). Urgency describes an individuals' tendency to act rashly in response to positive or negative

^{*} Corresponding author.
E-mail address: amanthenien@uh.edu (A.M. Anthenien).

moods. A subscale of the UPPS Impulsivity scale, negative urgency describes tendencies to act impetuously when experiencing negative moods in order to escape emotional distress (Cyders & Smith, 2008; Whiteside & Lynam, 2001). Negative urgency demonstrates concomitance with alcohol use behaviors (Stautz & Cooper, 2013), and is strongly associated with problematic drinking (Adams, Kaiser, Lynam, Charnigo, & Milich, 2012; Fischer et al., 2007; Smith et al., 2007; Verdejo-García et al., 2007). However, the effects of negative urgency on drinking cannot be explained by affect alone as negative urgency is significantly associated with alcohol-related behaviors when controlling for negative affect (Anestis, Selby, & Joiner, 2007). What motivates people high on negative urgency to approach drinking, as opposed to other coping options, may provide important insights for prevention efforts.

1.2. Drinking motives

Drinking motives describe specific motivations for engaging in alcohol use that one can endorse (Cooper, Russell, Skinner & Windle, 1992; Cooper, 1994). Two of these motives are directly related to affect, drinking to enhance positive affect (enhancement motives) and coping with negative emotions (coping motives), and are proposed as potential factors that may account for negative urgency's effects on drinking. Research indicates that both coping and enhancement motives are associated with alcohol use and alcohol-related problems (Carey & Correia, 1997; Kuntsche, Stewart, & Cooper, 2008; Merrill & Read, 2010; Read, Wood, Kahler, Maddock, & Palfai, 2003). Drinking to ameliorate emotional distress is well documented (see Kuntsche, Knibbe, Gmel, & Engels, 2005 for a review), and negative emotions, in particular, predict coping motives (Cooper, Frone, Russell, & Mudar, 1995). Those with little ability to refrain from engaging in risky behaviors when experiencing negative emotions may be more likely to endorse coping and enhancement motives, anticipating relieving negative emotions and enhancing positive emotions.

Adams et al. (2012) investigated the role of drinking motives with respect to problematic drinking among those high on negative urgency. Negative urgency's influence on drinking behaviors was fully mediated by coping and enhancement motives (Adams et al., 2012). Other research suggests coping motives mediate the relationship between negative urgency and drinking when controlling for affect-related variables (Anestis et al., 2007). However, affect-related motives may not be the only or even the most proximal link in the association between negative urgency and drinking. Indeed, the mediation of coping and enhancement motives on the relationship between negative urgency and drinking is moderated by perceived benefits: Individuals high on negative urgency are more likely to respond to coping and enhancement motives if they perceive direct benefits to drinking (Coskunpinar & Cyders, 2012). Thus, consideration of perceptions of the probable effects of drinking (i.e., alcohol outcome expectancies) among those high on negative urgency is needed.

1.3. Alcohol outcome expectancies

Alcohol outcome expectancies describe perceptions of physical and social effects one might experience when engaging in alcohol consumption (Leigh & Stacy, 1993; Leigh, 1990). These effects can be separated into two broad categories: positive and negative (Jones, Corbin, & Fromme, 2001). While positive expectancies include feeling socially adept, sexually appealing, or enjoying one's self, negative expectancies include physical (i.e., feeling sick, vomiting, blacking out) and social (i.e., fighting, damaging property, drunk driving, and arrest) repercussions of drinking. Positive expectancies commonly encompass four unique subscales, enhanced sociability, tension reduction, liquid courage, and sexuality, and negative expectancies are comprised of three unique subscales, cognitive and behavioral impairment, risk and aggression, and negative self-perception. Although some research has been

conducted using subscales of the broad measures of positive and negative expectancies, Leigh and Stacy (1991) indicated that the subscales of the alcohol outcome expectancies questionnaire are not independent and act as joint predictors of alcohol use. Indeed, they highlight findings indicating that none of the specific expectancies subscales are consistently associated with drinking behavior, whereas global positive and negative expectancies do in fact consistently predict alcohol use. Thus, each measure may be best examined as global indicators of drinking. Higher positive expectancies are associated with greater drinking, and higher negative expectancies are associated with lower drinking (Ham, Zamboanga, Bridges, Casner, & Bacon, 2013; Sher, Wood, Wood, & Raskin, 1996; Wood, Read, Palfai, & Stevenson, 2001).

Fischer, Anderson, and Smith (2004) proposed individuals high on negative urgency develop expectancies that drinking will assuage negative feelings as a result of previous drinking experiences. Supporting evidence includes the finding that expecting that one will be able to modulate or escape negative emotions when intoxicated is predictive of problematic drinking, even when controlling for negative affect and drinking motives (Kassel, Jackson, & Unrod, 2000). Other research suggests individuals with avoidant coping styles with high positive alcohol outcome expectancies (i.e., social lubrication, tension reduction) are more likely to consume alcohol (Cooper, Russell, Skinner, Frone & Mudar, 1992; Kassel et al., 2000). Accordingly, negative urgency is associated with tension reduction expectancies (Fischer et al., 2004) as well as both positive and negative expectancies (Spillane, Cyders, & Maurelli, 2012). Fischer et al. (2004) examined whether the effects of urgency were mediated by alcohol outcome expectancies, but failed to find support for their hypothesis. The direct effect of urgency on drinking may not be attributable to expectancies alone.

1.4. Two indirect pathways to alcohol use

More complex associations between negative urgency, alcohol use expectancies, and drinking motives may exist. Settles et al. (2010) demonstrated that urgency's effects on drinking can be attributed to both drinking motives and outcome expectancies. Whereas the effects of negative urgency on drinking behaviors can be attributed to coping motives, the effects of positive urgency (i.e., impulsive drinking in response to positive emotions) can be attributed to positive outcome expectancies (Settles et al., 2010). However, Settles et al. (2010) did not incorporate outcome expectancies in their model of negative urgency, and only examined one facet of drinking motives (i.e., coping).

Motivational models of alcohol use have commonly incorporated alcohol outcome expectancies (Kuntsche et al., 2005; Leigh & Stacy, 1993). These models rest upon the assertion that expectancies precede motivations: People anticipate specific outcomes when drinking, which fuel their motivations for drinking. Accordingly, research has typically assessed expectancies as predictors of drinking motives, as opposed to motivations predicting expectancies, and found support for this position (Cooper et al., 1995; Fischer et al., 2004; Kuntsche, Knibbe, Engels, & Gmel, 2007; Urbán, Kökönyei, & Demetrovics, 2008). People high in negative urgency are predisposed to behave impulsively when experiencing negative emotions, but may not be explicitly attempting to engage in heavy drinking in order to cope with their negative emotions. Coping may not be the explicit goal of drinking, but rather these individuals engage in heavy drinking because they are impulsive when experiencing negative emotions. It has been suggested that people high on negative urgency may not simply be drinking to cope, but instead may be attributing their drinking to desires to cope with unpleasant emotions when reporting their use (Adams et al., 2012). While attempting to evaluate their motivations for drinking, these individuals may report that they drink to cope with their negative feelings in order to decrease negative affect. Extending the same rationale, people higher in negative urgency may report greater enhancement motives because they expect that drinking will result in increased positive affect. These individuals may explain their behaviors as the

Download English Version:

<https://daneshyari.com/en/article/5037865>

Download Persian Version:

<https://daneshyari.com/article/5037865>

[Daneshyari.com](https://daneshyari.com)