

# A functional understanding of alcohol misuse: Quantifying the role of experiential avoidance, maladaptive coping and impulse control processes

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WHY?

The image features the word "WHY?" rendered in a bold, three-dimensional, red font. The letters are thick and have a glossy, reflective surface. The 'W' is on the left, followed by 'H', 'Y', and a question mark on the right. The text is set against a plain white background and casts a soft, light-colored shadow on the surface below it.

# Alcohol Misuse





# impulsivity

- Multifaceted construct
- Shin, Hong, & Jeon (2012)



# Enhancement



Anderson, Garcia & Dash (2017)

- BW and context was important factor in motives for drinking

Measure	1	2	3	4
1. BW preloading	—			
2. BW dorm party	.85*			
3. BW 21st birthday	.69*	.71*		
4. BW beer pong	.71*	.69*	.63*	
5. BW movie game	.79*	.72*	.66*	.62*
6. Social	.71*	.65*	.59*	.54*
7. Coping	.34*	.28	.10	.30*
8. Enhancement	.62*	.56*	.47*	.49*

# Drinking to Cope



## **Öster, Arinell & Nehlin (2017)**

- CFA on DMQR
- Enhancement most strongly endorsed motive for drink quantity
- Coping most strongly related to binge drinking and drink frequency

# Experiential Avoidance



Levin et al. (2012) - Found that EA significantly predicted alcohol-related problems



Li et al. (2017) – Reduced use, reduced craving

Murphy & MacKillop (2012) - Association between mindfulness and alcohol misuse was entirely a function of impulsivity



Mindfulness



# AIMS

- Explore the functional relationship between specific aspects of impulsivity & alcohol misuse (e.g. coping mechanisms)
- Quantify the roles of:
  - Experiential avoidance
  - Mindfulness
  - Motives to drink

# HYPOTHESIS

- **H1:** Does drinking to **cope**, mindfulness (lack of), & EA mediate **negative urgency** and alcohol misuse
- **H2:** Drinking for **self-enhancement**, mindfulness (lack of) & EA mediate **positive urgency** and alcohol misuse

# METHODS

- Cross-sectional design
- Online Battery
- $N = 424$
- Range of self-report measures
- Mediation Analysis (Preacher & Hayes, 2007)



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# SURVEY

*Click here for more information*

CLICK !



# PsyToolkit



**Prolific**

# BENEFITS OF ONLINE RESEARCH

- Reduced cost, labour and time
- Large samples
- Access specialised groups
- Anonymity and logistical issues



# CHALLENGES OF ONLINE RESEARCH

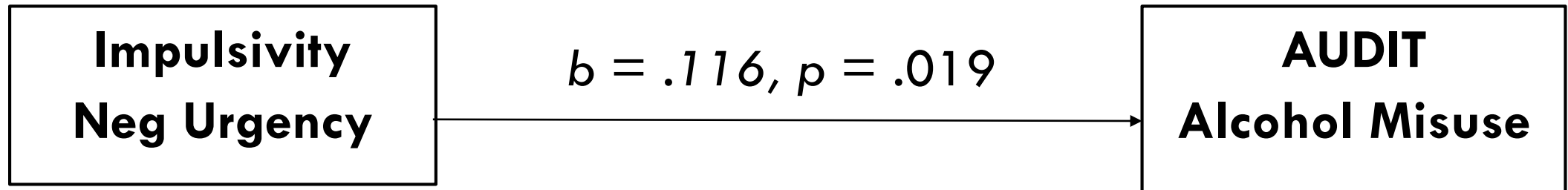


- Malingering Q's
- Attention Q's
- Proceed Questions
- Distractions?
- Used substances?

# Results H1:

Does drinking to cope, mindfulness (lack of), & EA mediate negative urgency and alcohol misuse

**Total effect**

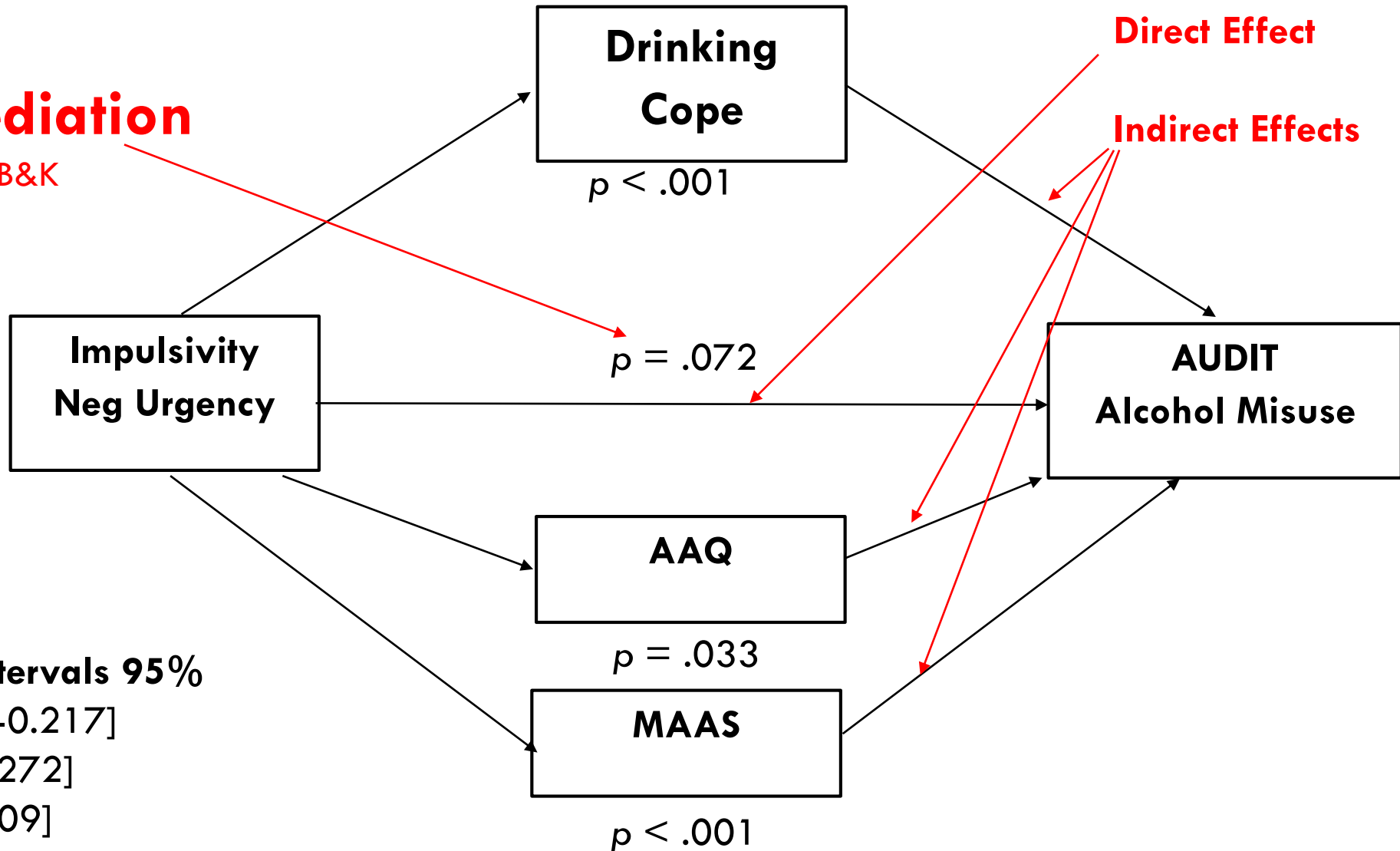


# RESULTS: H1

## Mediation Analysis

**Full Mediation**

According to B&K



**BS Confidence Intervals 95%**

Coping: [-0.445, -0.217]

MAAS: [0.069, 0.272]

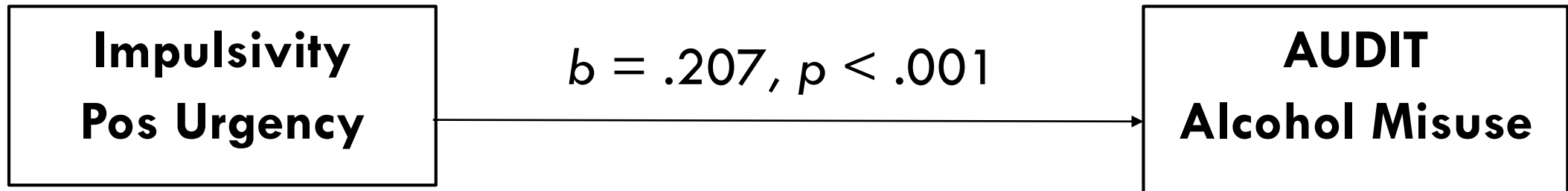
AAQ: [0.006, 0.209]



## Results H2:

Does drinking for self-enhancement, mindfulness (lack of) & EA mediate positive urgency and alcohol misuse

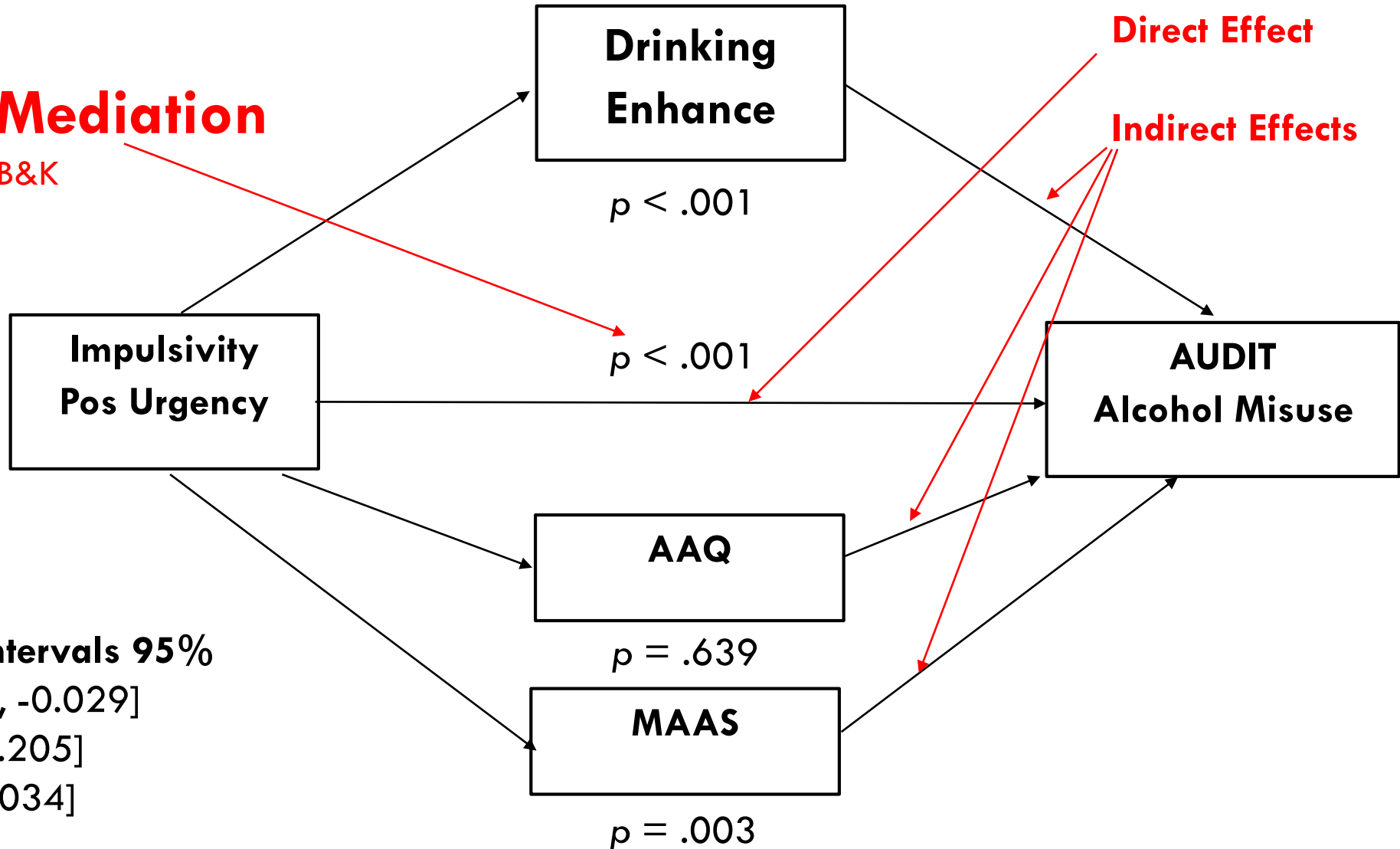
### Total effect



# RESULTS: H2

## Mediation Analysis

**Partial Mediation**  
According to B&K



**BS Confidence Intervals 95%**  
Enhance: [-0.205, -0.029]  
MAAS: [0.037, 0.205]  
AAQ: [-0.062, 0.034]

# CONCLUSIONS

- Coping, mindlessness, and EA mediate NU & alcohol misuse
  - Full mediation (B&K)
- Enhancement & mindlessness mediate PU & alcohol misuse
  - Partial mediation (B&K)
- Full mediation if total effect changes from  $p = .04$  to  $p = .06$
- Yet only partial if total effect of  $.001$  changes to a direct effect of  $.05$

# CONCLUSIONS

- EA differentially impacts dimensions of impulsivity on AM
  - Yes for Negative Urgency
  - No for Positive Urgency
- EA and MAAS
- Future research





THANK YOU!