Hopelessness and alcohol use: The mediating role of drinking motives and outcome expectancies.

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The evidence with regards to this indirect effect is equivocal.

It is possible that another variable is mediating these relationships, for example, **Alcohol outcome expectancies** (AOEs; what drinkers expect to happen when they consume alcohol)

Positive AOE(s) *(social facilitation, liquid courage, self perception, tension reduction)* in particular, have been associated with alcohol use *(Blume & Guttu, 2015; Reich et al., 2012)* and coping motives *(Carrigan et al., 2008)*.
Method

- 230 participants (196 female; M = 22.91, SD = ±9.68)
- TLFB (Sobell & Sobell, 1990)
- AUDIT (Saunders et al., 1993)
- SURPS (Woicik et al., 2009)
- CEOA-B (Ham et al., 2005)
- DMQ-R SF (Kuntsche & Kuntsche, 2009)

We computed a composite measure of alcohol use as our dependent variable. This consisted of scores on the AUDIT, TLFB, and frequency of heavy episodic drinking, z-scored and combined.
Figure 1: The indirect effects of hopelessness and anxiety sensitivity on alcohol use via coping motives and positive AOE (standardised regression coefficients presented)

**p<.001: LC = Liquid courage; SF = Social facilitation; SP = Self-perception; TR = Tension reduction;**
Conclusions

• Demonstrates the importance of coping motives and AOE’s when exploring the relationship between Hopelessness and alcohol use.

• Highlights the critical role that positive AOE’s play in predicting alcohol use

• Few limitations e.g. opportunity sample, females over-represented.

• May be useful for recognising people at risk to alcohol misuse and for targeted interventions to reduce hazardous drinking