

# Weekday Versus Weekend Drinking Differentially Mediate Alcohol Expectancies to Alcohol Problems

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## ABSTRACT

The current study tested and identified risk and protective pathways from alcohol expectancies to weekday and weekend consumption to problematic consequences. Adult alcohol users ( $N = 395$ ) completed measures of alcohol expectancies, daily consumption habits during a typical week, and alcohol-related problems. Confirmatory factor analysis supported the five-factor structure of positive expectancy, negative expectancy, weekday drinking, weekend drinking, and alcohol problems. The structural equation model specifying general positive and negative expectancy to weekday and weekend use to alcohol problems exhibited satisfactory fit indices. Specifically, positive expectancy contributed to greater weekend drinking, but negative expectancy prompted greater weekday drinking. Furthermore, lower positive expectancy, higher negative expectancy, higher weekday drinking, and higher weekend drinking each uniquely explained greater alcohol problems. The structural equation model involving the seven specific expectancies to weekday and weekend use to alcohol problems produced high fit indices. Specifically, higher risk and aggression, higher self-perception, and lower cognitive and behavioral impairment expectancies uniquely predicted weekday drinking. In contrast, higher sociability, higher liquid courage, higher risk and aggression, and lower cognitive impairment expectancies explained weekend drinking. The predictive model premised on specific alcohol expectancies as distinct constructs exhibited higher fit indices and more nuanced insights regarding risk and protective pathways for prevention than the model involving general positive versus negative expectancy constructs. Findings underscore that different types of self-fulfilling alcohol expectancy beliefs distinctively explain weekday versus weekend intake and problems.

## INTRODUCTION

- During the weekend, people are more likely to socialize and engage in pleasurable activities and events in which alcohol is served, with this respite period coinciding with substantially higher consumption rates compared to the weekdays (Kuntsche & Cooper, 2010; Orcutt & Harvey, 1991; Studer et al., 2014).
- Recently, Lac, Handren, and Crano (2016) applied confirmatory factor analysis (CFA) to resolve the classification of the days that optimally embody weekend versus weekday intake patterns by testing common measurement manifestations put forth in the previous literature. This psychometric investigation based on adults across a wide age spectrum discovered that the best fitting model was a correlated two-factor structure permitting Friday and Saturday to load on weekend drinking and Monday, Tuesday, and Wednesday to represent weekday drinking. Moreover, Sunday and Thursday, constituting transitional consumption days, each double loaded on both weekend and weekday drinking.
- This is the first study to test relations involving expectancies and problems with the two-factor structure of weekday and weekend drinking (Lac et al., 2016).
- The purpose of the study is to test pathways from alcohol expectancies to weekday and weekend use to alcohol-related consequences.

## METHOD

### Participants

- $N = 395$  participants
- Mean age: 32.42 ( $SD = 11.27$ )
- 54% male, 46% female
- 81% White, 4% Latino, 6% Black, 6% Asian, and 3% multiracial

### Procedure

- Study administered online
- Participants recruited through MTurk
- Alcohol users (consumed alcohol 1 day or more)

### Measures

- **Alcohol Expectancies.** The Comprehensive Effects of Alcohol questionnaire (Fromme, Stoot, & Kaplan, 1993) assessed beliefs regarding the anticipated effects of alcohol intake. The 38-item inventory consists of seven subscales including sociability ( $\alpha = .91$ ; e.g., “I would be friendly”), tension reduction ( $\alpha = .81$ ; e.g., “I would feel calm”), liquid courage ( $\alpha = .88$ ; e.g., “I would feel powerful”), sexuality ( $\alpha = .87$ ; e.g., “I would be a better lover”), cognitive & behavioral impairment ( $\alpha = .86$ ; e.g., “I would be clumsy”), risk & aggression ( $\alpha = .88$ ; e.g., “I would take risks”), and self-perception ( $\alpha = .88$ ; e.g., “I would feel self-critical”). The first four subscales are classified as positive expectancy ( $\alpha = .76$ ) and the last three subscales as negative expectancy ( $\alpha = .70$ ). Response options ranged from 1 (*disagree*) to 4 (*agree*).
- **Weekday and Weekend Drinking.** The Daily Drinking Questionnaire-Revised (Lac, Handren, & Crano, 2016), previously validated using CFA and item response theory analysis, measured daily drinking patterns. Instructions indicated “Consider a typical week during the past month. How much alcohol, on average (measured in number of drinks), do you drink on each day of a typical week?” Participants responded to seven parallel items corresponding to each day of the week (e.g., “On a typical Monday, I have \_\_\_ drinks”) using open-ended quantitative responses. Consistent with measurement specifications for the factor structure of intake frequency across the seven days of the week (Lac, Handren, & Crano, 2016), Monday, Tuesday, Wednesday represented weekday drinking and Friday and Saturday represented weekend drinking. Thursday and Sunday were permitted to double load on weekday and weekend use. Weekday ( $\alpha = .82$ ) and weekend ( $\alpha = .75$ ) drinking were estimated as latent factors.
- **Alcohol Problems.** The Rutgers Alcohol Problem Index (RAPI) is a 23-item instrument designed to assess alcohol consequences in clinical and nonclinical samples (White, Filstead, Labouvie, Conlin, & Pandina, 1988; White & Labouvie, 1989). Response options ranged from 0 (*never*) to 5 (*5 or more times*). Consistent with scoring recommendations (Martens, Neighbors, Dams-O'Connor, Lee, & Larimer, 2007), each item was dichotomously coded as to whether the problem was experienced (1 = *1 or more times*) or not (0 = *never*). Items could be arranged into three intercorrelated facets (Martens, Neighbors, Dams-O'Connor, Lee, & Larimer, 2007): abuse/dependence consequences ( $\alpha = .93$ , 12 items, e.g., “Felt psychologically dependent on alcohol”), personal consequences ( $\alpha = .90$ , 7 items, e.g., “Neglected your responsibilities”), and social consequences ( $\alpha = .83$ , 4 items, e.g., “Caused shame or embarrassment to someone”). These three summed indices served as parcels (Coffman & MacCallum, 2005; Matsunaga, 2008) for the alcohol problems factor.

## RESULTS

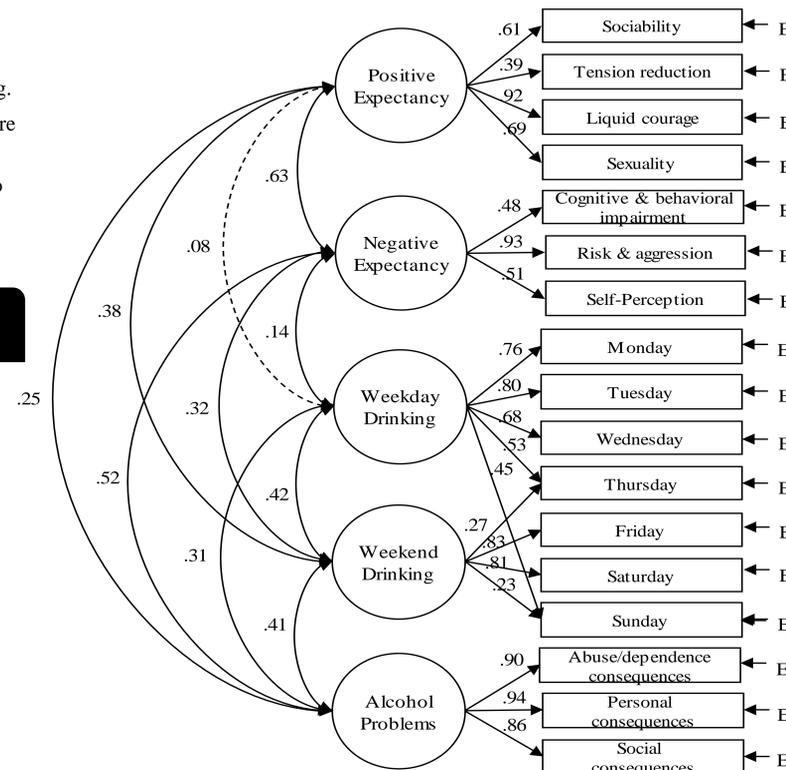


Figure 1. Confirmatory factor analysis involving positive expectancy, negative expectancy, weekday drinking, weekend drinking, and alcohol problems. Coefficients with bold lines are significant at  $p < .05$ .  $\chi^2 = 259.99$ ,  $df = 107$ ,  $p < .05$ ,  $\chi^2/df = 2.43$ , CFI = .93, TLI = .91, RMSEA = .06 [90% CI: .05 to .07].

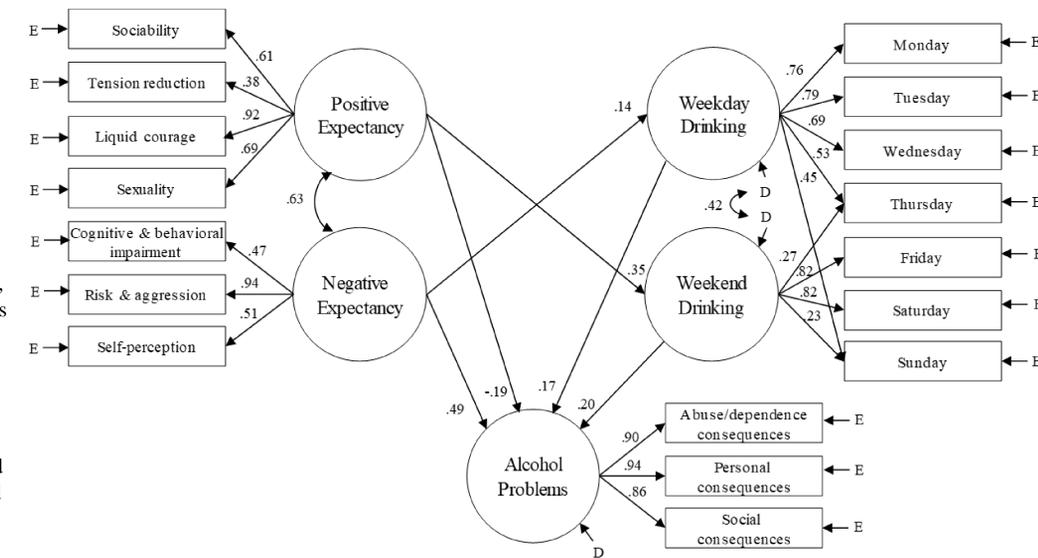


Figure 2. Final structural equation model of positive and negative expectancy to weekday and weekend drinking to alcohol problems. All paths shown are significant,  $p < .05$ .  $\chi^2 = 340.89$ ,  $df = 145$ ,  $p < .05$ ,  $\chi^2 = 2.35$ , CFI = .92, TLI = .90, RMSEA = .06 [90% CI: .05 to .07].

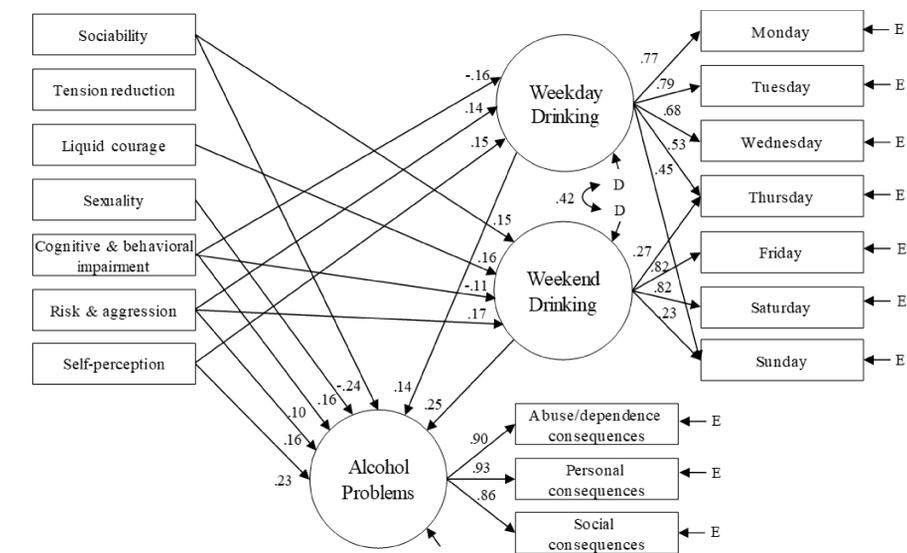


Figure 3. Final structural equation model of specific expectancies to weekday and weekend drinking to alcohol problems. Standardized coefficients are presented. All paths shown are significant,  $p < .05$ .  $\chi^2 = 162.83$ ,  $df = 109$ ,  $p < .05$ ,  $\chi^2/df = 1.49$ , CFI = .97, TLI = .96, RMSEA = .04 [90% CI: .02 to .05].

## DISCUSSION

- The understanding of how alcohol expectancies and consequences is connected with weekend and weekday drinking is critical in helping to address alcohol misuse as a public health problem as people usually ingest more than anticipated on weekends (Labhart, Anderson, & Kuntsche, 2017).
- The insights afforded in the clarification of risk pathways from expectancies to weekend and weekday use to problems yields implications to modify expectancy beliefs in informational interventions tailored to drinking patterns across the week.

Lac, A., & Luk, J. W. (2019). Pathways from positive, negative, and specific alcohol expectancies to weekday and weekend drinking to alcohol problems. *Prevention Science, 20*, 800-809.