Weekday Versus Weekend Drinking Differentially Mediate Alcohol Expectancies to Alcohol Problems

Andrew Lac (University of Colorado – Colorado Springs)
Jeremy W. Luk (Eunice Kennedy Shriver – National Institute of Child Health and Development)

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 specified general positive and negative expectancy to weekday and weekend use to alcohol problems exhibited satisfactory fit indices. Specifically, positive expectancy contributed to greater weekday drinking, but negative expectancy and drinking moderated greater weekday drinking. Furthermore, lower positive expectancy, higher negative expectancy, higher weekday drinking, and higher weekday drinking each uniquely explained greater alcohol problems. The structural equation model involved the seven specific expectancies to weekday and weekend use to alcohol problems to exhibit 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 and behavioral impairments explained weekend drinking. The predictive model permitted 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-filling 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; Oursht & Harvey, 1991; Studer et al., 2014).

- Recently, Lac, HANDREN, and CRANO (2016) applied confirmatory factor analysis (CFA) to resolve the common measurement manifestations put forth in the previous literature. This psychometric classification of the days that optimally embody weekend versus weekday intake patterns by testing previously validated using CFA and item response theory analysis.

- Lac, HANDREN, and CRANO (2016) specified general positive and negative expectancy to weekday and weekend use to alcohol problems. The structural equation model specified general positive and negative expectancy to weekday and weekend use to alcohol problems exhibited satisfactory fit indices. Specifically, positive expectancy contributed to greater weekday drinking, but negative expectancy and drinking moderated greater weekday drinking. Furthermore, lower positive expectancy, higher negative expectancy, higher weekday drinking, and higher weekday drinking each uniquely explained greater alcohol problems.

METHOD

- Measures:
  1. Alcohol Expectancies: The Comprehensive Effects of Alcohol questionnaire (Fonner, Stott, & Kaplan, 1993) assessed beliefs regarding the anticipated effects of alcohol intake. The 38-item inventory consists of seven subscales including sociability (n = .91, e.g., “I would be friendly”), tension reduction (n = .81, e.g., “I would feel calmer”), liquid courage (n = .88, e.g., “I would feel powerful”), sociability (n = .87, e.g., “I would be a better lover”), cognitive & behavioral impairment (n = .80, e.g., “I would be clumsy”), risk & aggression (n = .88, e.g., “I would take risks”), and self-perception (n = .88, e.g., “I would feel self-critical”). The first four subscales are classified as positive expectancy (n = .76) and the last three subscales as negative expectancy (n = .70).

- Results:
  1. **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 mean?”). The predictor, predictors, and response options ranged from 0 (never) to 5 (more than 19 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 (n = 2.82) and weekend (n = 2.75) drinking were estimated as latent factors.

- **Alcohol Problems**: The Rutgers Alcohol Problems Index (RAPI) is a 23-item instrument designed to assess alcohol consequences in clinical and nonclinical samples (White, Filstrad, Labovitz, Coslin, & Pandina, 1988; White, Filstrad, & Maccagnano, 1989). Response options ranged from 0 (never) to 5 (more than 19 drinks). Consistently with scoring recommendations (Martens, Neighbors, Doms-O’Connor, Lee, & Larimer, 2007), each item was dichotomously coded as to whether the problem was experienced (1 = yes or more times) or not (0 = never). Items could be summed into three intercorrelated facets (Neighbors, Doms-O’Connor, Lee, & Larimer, 2007). Items scored: abuse/dependence consequences (n = .93, 12 items, e.g., “Felt psychologically dependent on alcohol”), personal consequences (n = .90, 7 items, e.g., “Neglected your responsibilities”), and social consequences (n = .83, 4 items, e.g., “Caused shame or embarrassment to someone”). These three summed indices served as parcels (Collison & MacCallum, 2005; Matsunaga, 2008) for the alcohol problems factor.

RESULTS

- **Weekday Drinking**
  - Sociability: E
  - Tension reduction: E
  - Liquid courage: E
  - Sociability: E
  - Risk & aggression: E
  - Self-perception: E

- **Weekend Drinking**
  - Sociability: E
  - Tension reduction: E
  - Liquid courage: E
  - Sociability: E
  - Risk & aggression: E
  - Self-perception: E

DISCUSSION

- The understanding of how alcohol expectancies and consequences is connected with weekend and weekday drinking is critical in helping address alcohol misuse as a public health problem as people usually ingest more than anticipated on weekends (Labbett, Anderson, & Kuntsche, 2017).

- The insights afforded in the clarification of risk pathways from expectancies to weekday and weekend use to problems yields implications to modify expectancy beliefs in informational interventions tailored to drinking patterns across the week.