

INTRODUCTION

- ❖ College drinking interventions may benefit from an increased emphasis on direct harm reduction as opposed to solely drinking reductions
- ❖ Drinking motives are the most proximal antecedent to alcohol use and have been extensively studied among college students
- ❖ Recent research has shown the utility of self-determination theory (SDT) for understanding drinking responsibly
- ❖ Understanding the simultaneous influence of these motivational constructs on alcohol-related outcomes may inform college drinking interventions for targeting both reduced alcohol use and promoting drinking responsibly
- ❖ Thus, we sought to conduct a person-centered examination of these motivational constructs to better capture how these motivations, both within and across constructs

METHOD

Participants and Procedure

- ❖ We used data from 2808 psychology students who reported past-month alcohol use ($M_{age}=20.59$, $SD=4.18$; 72.9% female; 75.7% white) that were recruited 10 universities in 8 states across the US to complete an online survey for partial course credit

Measures

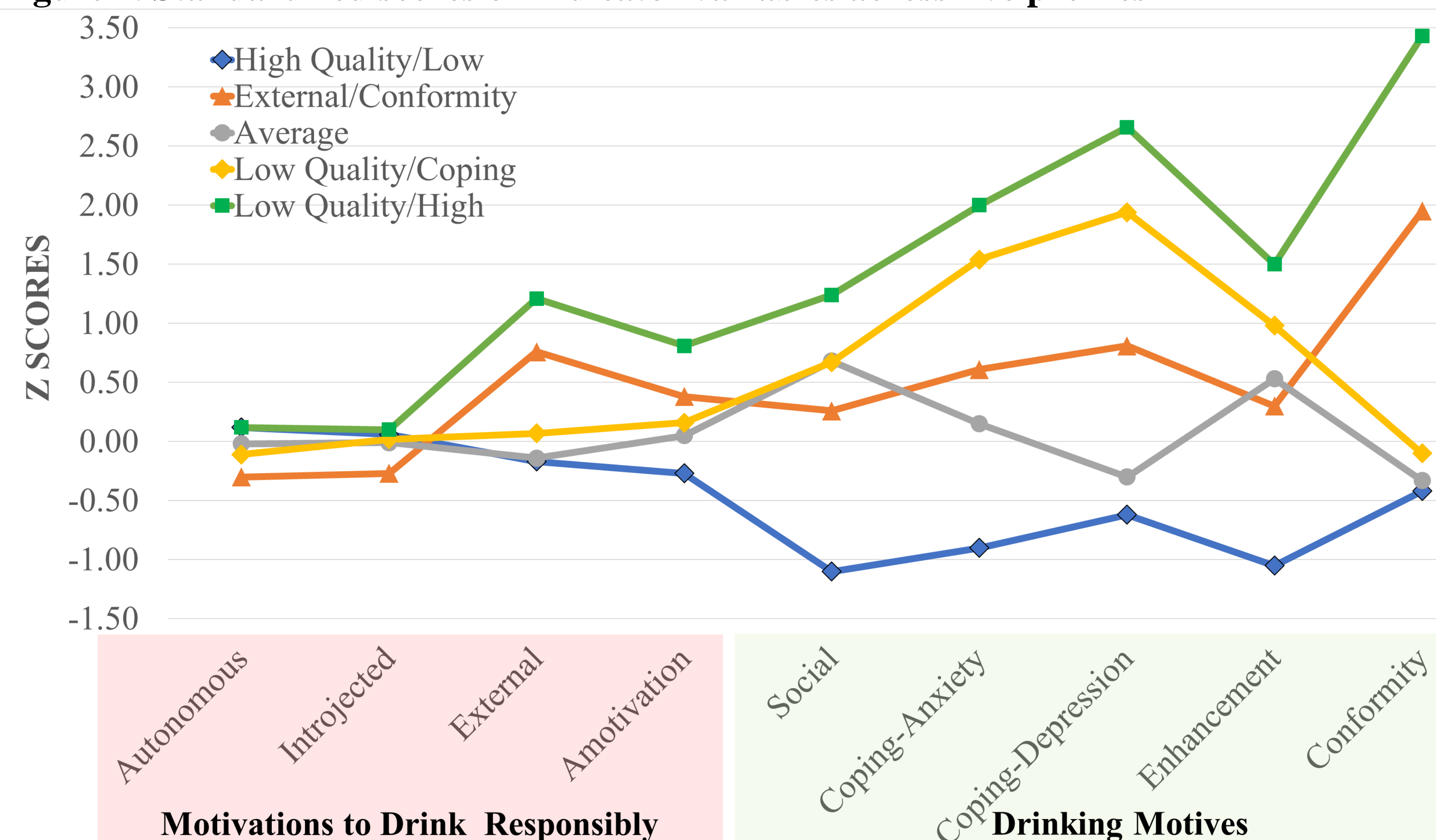
- ❖ Treatment Self-Regulation Questionnaire (TSRQ, 14 items) was used to assess SDT motivations for drinking responsibly: autonomous motivation, introjected regulation, external regulation, and amotivation
- ❖ Modified Drinking Motives Questionnaire-Revised (M-DMQ-R, 28 items) to assess drinking motives: social, coping-anxiety, coping-depression, enhancement, and conformity
- ❖ We also assessed protective behavioral strategies, alcohol use, alcohol problems, dispositional autonomy, and psychological needs

Statistical Analysis

- ❖ We conducted a latent profile analysis (LPA) using the TSRQ and M-DMQ-R subscales as indicators
- ❖ One- through 8-class solutions were examined
- ❖ Optimal profile solution was determined using: 1) goodness-of-fit indices, 2) classification diagnostics, 3) the Lo-Mendell Rubin adjusted likelihood ratio test (aLRT), and 4) substantive interpretation of the profiles
- ❖ Mean differences across the profiles on outcomes were tested using the automatic BCH method

RESULTS

Figure 1. Standardized scores on indicator variables across five profiles



	Profile 1: High quality/ Low	Profile 2: External/ Conformity	Profile 3: Average	Profile 4: Low quality/ Coping	Profile 5: Low quality/ High
Probabilistic <i>n</i>	1029.5	278.6	1144.9	271.3	85.6
% of total sample	36.6%	9.9%	40.7%	9.7%	3.1%
PBSS-21 MOD	3.82 _a	2.85 _b	3.08 _c	3.07 _{cd}	2.87 _{bcd}
PBSS-21 S/LD	3.52 _a	3.09 _b	3.27 _c	3.12 _{bd}	3.36 _{abcd}
PBSS-21 SHR	4.71 _a	4.67 _{ab}	4.81 _{ac}	4.07 _d	4.34 _d
PBSS-21 Total	4.06 _a	3.61 _b	3.80 _c	3.47 _{bd}	3.60 _{bcd}
AUDIT Consumption	4.43 _a	7.53 _b	7.32 _b	6.41 _c	7.93 _b
AUDIT Problems	1.15 _a	4.43 _b	2.47 _c	5.58 _d	7.65 _e
AUDIT Total	1.15 _a	4.43 _b	2.47 _c	5.58 _d	7.65 _e
B-YAACQ	2.25 _a	7.43 _b	4.75 _c	6.97 _b	9.90 _d
IAF Authorship	3.80 _a	3.59 _b	3.86 _{ac}	3.40 _b	3.73 _{abc}
IAF Control	2.16 _a	2.95 _b	2.41 _c	3.03 _b	3.62 _d
IAF Interest-Taking	3.36 _a	3.80 _b	3.64 _{bc}	3.36 _a	3.94 _{bc}
BPNSFS Autonomy Sat.	3.75 _a	3.52 _b	3.81 _a	3.29 _d	3.36 _{bd}
BPNSFS Autonomy Frus.	2.38 _a	3.01 _b	2.48 _a	3.03 _b	3.10 _b
BPNSFS Competence Sat.	4.06 _a	3.88 _b	4.25 _c	3.47 _d	3.53 _d
BPNSFS Competence Frus.	1.92 _a	2.35 _b	1.85 _a	2.74 _c	3.11 _d
BPNSFS Relatedness Sat.	3.82 _a	3.46 _b	3.93 _a	3.39 _b	3.44 _b
BPNSFS Relatedness Frus.	2.28 _a	3.07 _b	2.30 _a	2.88 _b	3.25 _b

Note. Subscripts indicate statistically significant differences. PBSS-21=Protective Behavioral Strategies (manner of drinking, stopping/limiting drinking, serious harm reduction), AUDIT=Alcohol use severity, B-YAACQ=Alcohol problems, IAF=Dispositional autonomy, BPNSFS = Basic psychological needs (autonomy, relatedness, competence)

RESULTS (SUMMARY)

- ❖ A 5-profile solution was selected as optimal based on entropy (.895) and substantive interpretation
- ❖ As expected, profiles defined by more internalized SDT motivations (autonomous and introjected) for responsible drinking and low drinking motives was the most protective (see Figure 1, Profile 1: High quality/Low)
- ❖ In contrast, the opposite pattern was the least protective (see Figure 1, Profile 5: Low quality/High)
- ❖ Profile 1: “High quality/Low” reported the most frequent protective behavioral strategies use, least severe alcohol use, fewest alcohol problems, highest dispositional autonomy, and generally the highest and lowest psychological need satisfaction and frustration, respectively
- ❖ Profile 5: “Low quality/High” had the opposite pattern of Profile 1

DISCUSSION

- ❖ The most protective motivational profile was defined by greater endorsement of more self-determined motivations for drinking responsibly and weaker drinking motives
- ❖ These findings are consistent with prior variable-centered research
- ❖ Promoting harm reduction behaviors in conjunction with reducing alcohol use through their unique motivational pathways may be the most effective strategy for college drinking interventions
- ❖ We provide some initial insight into potential intervention targets to achieve this, such as supporting psychological need satisfaction
- ❖ Replication and intervention development is needed

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