



Personal information on the author

First Name Emmanuel Last Name Kuntsche
Position Senior Researcher
Organisation Swiss Institute for the Prevention of Alcohol and Drug Problems (SIPA)

Most important career path

Dr. Kuntsche obtained his M.A. in Psychology and B.A. in Sociology from the University of Jena, Germany and his Ph.D. in Health Sciences from the University of Maastricht, the Netherlands. In 2006, Dr. Kuntsche received the Early Career Scientist Award from the Kettil Bruun Society for Social and Epidemiological Research on Alcohol (www.kettilbruun.org/award.htm). In 2008, he was granted personal support from the Swiss National Science Foundation (SNSF) to investigate drinking motives from a cross-national perspective. He subsequently initiated the international network on cross-cultural drinking motive and personality research and has developed and validated instruments to assess drinking motives. In addition, he is the Principle Investigator representing Switzerland in the international Health Behaviour in School-Aged Children (HBSC) project (www.hbsc.org), and is head of the randomized controlled trial to evaluate the prevention program "freelance" (www.be-freelance.net).

Title of presentation

Going out to have fun and get drunk? Motivational aspects of young adults' drinking on weekends

Abstract

Drinking motives are among the most proximal factors for drinking and are assumed to be the gateway through which more distal influences, such as personality factors and alcohol expectancies, are mediated. In cross-sectional research, drinking motives have explained up to 50% of the variance in alcohol use. The first part of the presentation will provide a brief overview of conceptual models and current evidence in drinking motive research in general.

The second part will deal with motivational aspects of young adults' weekend drinking. Previous studies found that most risky drinking occurs on Friday and Saturday nights when people do not have work or study responsibilities the next day. Heeb and colleagues (2008) even concluded from their recent study that the drinking culture among young adult drinkers in Switzerland is characterized by heavy episodic weekend drinking. This is worrisome because young people's heavy late-night drinking on weekends has been linked to particular detrimental consequences, such as accidents, injuries, victimization, and aggression. In this context, evidence from a study will be presented in which drinking motives function as predictors of daily weekend drinking over time over and above usual consumption habits.