

# Relationship Between Alcohol And Depression

**A Study of the Relationship Between Anxiety, Depression, Alcohol Abuse and Alcohol Relapse with the Effectiveness of Current Treatment Modalities** Reginald Jackson 2001

**Alcoholism in the Workplace** 2000

**New Directions in Treatment, Education, and Outreach for Mental Health and Addiction** Thalia MacMillan 2018-02-20 This practice-enhancing volume assembles the latest innovative thinking on working with clients who have both mental health diagnoses and substance use disorders. Diagnosis is a central focus of the coverage, untangling the often-knotty considerations surrounding dual diagnosis and the complex issues surrounding treatment even in frequently seen combinations (e.g., depression/alcohol abuse). The section on practice emphasizes meeting patients where they are and making use of their community, cultural, and spiritual contexts in crafting interventions. And the book's ambitious chapters on professional development describe training programs with the potential to produce the next generation of responsive, knowledgeable, and flexible therapists. Among the topics covered: · Comprehensive assessment of substance abuse and addiction risk in adolescents. · The relationship between attachment and addiction. · Addiction in the community: the role of emergency services. · Substance use during and after major crisis and disaster: a practitioner's guide. · Practice, advocacy, and outreach: perspectives on addiction services. · Teaching the importance of developing the therapeutic relationship. *New Directions in Treatment, Education, and Outreach for Mental Health and Addiction* equips health and clinical psychologists, social workers, and addiction counselors and educators with a well-rounded understanding of a growing population, and a wealth of perspectives on effective new interventions.

**Alcohol Misusers' Experiences of Employment and the Benefit System** 2010 "This report presents the findings of a study commissioned by the Department for Work and Pensions (DWP) to explore the experiences of adults with alcohol misuse problems in the UK in relation to employment, unemployment and benefit uptake. In addressing these issues, the study also explores the wider context of education, training, alcohol misuse and treatment. The findings will inform the development of DWP policy to support individuals in overcoming their addiction and moving off benefits and into employment. This report has two key elements: a review of the literature on alcohol misuse, employment/unemployment and benefit uptake, and a study involving depth interviews with 53 alcohol misusers and 12 professionals who work with alcohol misusers to explore specific issues in detail." -- Back cover.

**Reducing Underage Drinking** Institute of Medicine 2004-03-26 Alcohol use by young people is extremely dangerous - both to themselves and society at large. Underage alcohol use is associated with traffic fatalities, violence, unsafe sex, suicide, educational failure, and other problem behaviors that diminish the prospects of future success, as well as health risks "and the earlier teens start drinking, the greater the danger. Despite these serious concerns, the media continues to make drinking look attractive to youth, and it remains possible and even easy for teenagers to get access to alcohol. Why is this dangerous behavior so pervasive? What can be done to prevent it? What will work and who is responsible for making sure it happens? *Reducing Underage Drinking* addresses these questions and proposes a new way to combat underage alcohol use. It explores the ways in which may different individuals and groups contribute to the problem and how they can be enlisted to prevent it. *Reducing Underage Drinking* will serve as both a game plan and a call to arms for anyone with an investment in youth health and safety.

*The Socioeconomic Context of Alcohol Use and Depression* Rhonda Jean Jones 1989

*The American Psychiatric Association Practice Guideline for the Pharmacological Treatment of Patients With Alcohol Use Disorder* American Psychiatric Association 2018-01-11 The guideline focuses specifically on evidence-based pharmacological treatments for AUD in outpatient settings and includes additional information on assessment and treatment planning, which are an integral part of using pharmacotherapy to treat AUD.

**Drink: The Deadly Relationship Between Women and Alcohol** Ann Dowsett Johnston 2013-10-01 The new face of risky drinking is female. The problem: a global epidemic of bingeing. The solution: a brave new approach to female recovery.

**Handbook of Psychiatric Measures** A. John Rush Jr. 2009-03-20 The *Handbook of Psychiatric Measures* offers a concise summary of key evaluations that you can easily incorporate into your daily practice. The measures will enhance the quality of patient care assisting you, both in diagnosis and assessment of outcomes. Comprising a wide range of methods available for assessing persons with mental health problems, the *Handbook* contains more than 275 rating methods, from the Abnormal Involuntary Movement Scale to the Zung Self-Rating Depression Scale. In this fully revised edition, more than 40 measures have been added both to the book and to the accompanying CD-ROM. The *Handbook* features: Thoroughly examined and revised measures that provide the most relevant and timely information for clinicians. New measures that empirically provide better patient evaluation Updated costs, translations, and contact information for each measure This handy compendium includes both diagnostic tools and measures of symptoms, function and quality of life, medication side effects, and other clinically relevant parameters. It focuses on measures that can be most readily used in either clinical practice or research. Most of the measures are designed to improve the reliability and validity of patient assessment over what might be accomplished in a standard clinical interview. The measures also demonstrate that the use of formal measures can improve the collection, synthesis, and reporting of information as compared with the use of unstructured examinations. Seventeen disorder-specific chapters, organized in DSM-IV-TR order, include measures for: Disorders of childhood and adolescence Cognitive disorders Sexual dysfunction Eating disorders Sleep disorders Aggression and much more. The discussion of each measure includes goals, description, practical issues, psychometric properties, and clinical utility, followed by references and suggested readings. This revised edition includes updated measure descriptions, new measure variants and research, and newly selected measures particularly appropriate to the domain of discussion. As a clinical tool, this book Describes how, when, and to what purpose measures are used Points out practical issues to consider in choosing a measure for clinical use Addresses limitations in the use of measures including ethnic, cultural, and socioeconomic factors that influence their interpretation Use of this special resource is further enhanced by a CD-ROM containing the full text of more than 150 of these measures -- an invaluable aid for reference and clinical decision-making.

**Problem Drinking** Tim Cantopher 2016-11-17 Alcohol causes more misery, illness and death than any other substance. Alcohol is one of the three biggest lifestyle risk factors for disease and death after smoking and obesity, and a causal factor in more than 60 medical conditions, including various cancers, cirrhosis depression. In the UK in 2012-13, there were 1,008,850 hospital admissions related to alcohol consumption. *Drinking for a Drink* is a no-nonsense, lively and accessible guide to alcohol and alcoholism, by bestselling consultant psychiatrist Dr Tim Cantopher. This new edition updates the recommended units of alcohol, and tracks the rise in alcohol-related conditions - in particular liver disease, now the fifth most common cause of death in the UK. Topics include: · alcohol the drug · why people drink too much · the effects of past experience, family and personality · impact of alcohol abuse on the body and brain · cutting down on or doing without drink · sleep and relaxation · problem-solving, time-management, and dealing with worry · drug treatments · the disease concept and Alcoholics Anonymous

**Overcoming Alcohol Misuse, 2nd Edition** Marcantonio Spada 2017-03-02 How to regain control when alcohol is taking over your life Statistics show that misuse of alcohol is a very common problem. Using alcohol unwisely can have long-term effects on your health, career and family life. This self-help book helps you take a healthier approach to drinking. Using methods based on real clinical practice and proven cognitive behavioural therapy (CBT) techniques, this revised and updated edition shows you how to regain control of your alcohol consumption.

**Sex Differences Between Young Adults in the Czech and Slovak Republics in the Relationship Between Alcohol-Related Consequences and Depression** Beata Gavurova 2022 In general, the Czech and Slovak Republic are among the countries with increased alcohol consumption. It is clear that increased consumption can predict the occurrence of negative consequences that may subsequently be associated with various mental disorders. One of these mental disorders is depression, which is common in young adults and brings difficulties into their lives that can turn into

problems in the future. The study examined the relationship between alcohol-related consequences and depressive symptoms in a sample of university students from the Czech and Slovak Republics in order to map the situation in these regions, where this problem is still ignored (n=2514; CZE=47.5%). The research included data from standardized questionnaires, namely the Young Adult Alcohol Consequences Questionnaire (YAACQ), which can predict alcohol use problems, and Health Questionnaire of depression (PHQ-9). The data was collected during the COVID-19 pandemic. Regarding sex differences, a higher YAACQ score was found in males and, conversely, a higher PHQ-9 score was identified in females. The results of correlation and regression analyses revealed significant associations between the scores in the individual YAACQ subscales and the PHQ-9 score, while low to moderate correlations were found in most cases. In all cases, positive trajectories were identified, meaning that the increased risk of depressive disorder can be associated with experience in selected dimensions of alcohol-related consequences. Stronger associations occurred in females than in males. In terms of practical implications, high priority was given to prevention programs and counseling. Professionals' efforts to help young people should be sex-oriented, while females were more vulnerable to depression, males were prone to the consequences of alcohol use.

*The Relationship Between Depression and Alcohol Abuse* Lucy Clauter Bliss 1990

**Drug and Alcohol Misuse, Depressive and Anxious Symptoms, and Self-management** Ross David Connolly 2013

**Alcoholism and Clinical Psychiatry** Joel Solomon 2012-12-06 It is well known that alcoholism continues to be one of this country's major public health problems. This issue is carefully documented by Dr. Gerald Klerman, Chief of ADAMHA, in the second chapter of this volume. In spite of the major role that alcohol plays in the health care issues of internal medicine, neurology, and psychiatry, the subject continues to fall between the cracks of the various disciplines. For this reason, it has become almost a discipline of its own; yet there are no academic departments of alcoholism because academic departments are unidisciplinary and alcoholism is clearly a multidisciplinary field within medicine. In spite of the many disciplines involved in the study and treatment of alcoholism, psychiatry continues to have a special, albeit often neglected, relationship to alcoholism, and it is the articulation of that relationship which prompted the Department of Psychiatry at the Downstate Medical Center to organize the conference upon which many chapters in this volume are based. Particular emphasis in selecting the topics to be covered was placed on the interface between alcoholism and clinical psychiatry, including affective disorders, schizophrenia, suicide, adolescence, the special problems of women, and psychotherapy, to mention only some of them.

Elucidating the Relationship Between Depression and Alcohol Use Disorders Christopher A. Galloway 2003

*Do Drinking Motives Mediate the Relationship Between Stress, Depression and Alcohol Use* Liane Klingbeil 2002

**Drug and Alcohol Abuse** Marc A. Schuckit 2013-06-29

**The Relationship Between Alcohol Consumption and Depression Among Latino Older Adults** 2009

The Relationship Between Drinking and Depression in the Context of a Controlled Drinking Programme René Weideman 1978

*Alcohol Research & Health* 1999

*The Potential Effects that Alcohol Use and Depression Severity Have on the Relationship Between Posttraumatic Stress Disorder Symptoms and Suicidal Ideation* Xin Lv 2017 Posttraumatic Stress Disorder (PTSD) and suicidal ideation (SI) are both relatively common among people who have experienced traumatic events, including veterans, survivors from natural disasters and violent events, etc. Researchers have proposed and tested several hypotheses to explain the relationship between PTSD and both SI and suicide attempt (SA). Two other common mental disorders, alcohol use disorder (AUD) and major depressive disorder (MDD), are variables that may play an important role in the relationship between PTSD and SI/SA. Alcohol use disorder and major depressive disorder are variables that are common among people who have concurrent posttraumatic stress disorder (PTSD) and suicidal ideation (SI). This study aimed at examining the effect of depression severity and alcohol use symptoms can have on the relationship between PTSD and SI. A sample of 339 participants from Amazon's Mechanical Turk labor-market reporting previous trauma exposure were included in the study. Both direct and indirect relationships were assessed using PTSD total scores and cluster scores based on the DSM-5 four-factor model. Path analysis results revealed that severity of PTSD and SI was both directly and indirectly related through alcohol use. In addition, each PTSD cluster score was found both directly and indirectly related through alcohol use. Regarding depression, significant indirect relationships were also found between suicidal ideation and both PTSD total and cluster scores through depression severity. Reversed path analyses demonstrated both significant direct and indirect relationships between alcohol misuse and suicidal ideation through PTSD. However, a non-significant indirect relationship was found between depression and suicidal ideation when specifying PTSD as the mediator. After including both depression and alcohol misuse as mediators in the same model, significant indirect relationships for both mediators, but non-significant direct effects, were found between PTSD severity and suicidal ideation severity.

**Addictions** Barbara S. McCrady 2013-10-03 Addictions: A Comprehensive Guidebook, Second Edition, features a roster of senior scientists covering the latest findings in the study of alcohol and other drug use, abuse, and dependence.

Computational Psychiatry A. David Redish 2022-11-01 Psychiatrists and neuroscientists discuss the potential of computational approaches to address problems in psychiatry including diagnosis, treatment, and integration with neurobiology. Modern psychiatry is at a crossroads, as it attempts to balance neurological analysis with psychological assessment. Computational neuroscience offers a new lens through which to view such thorny issues as diagnosis, treatment, and integration with neurobiology. In this volume, psychiatrists and theoretical and computational neuroscientists consider the potential of computational approaches to psychiatric issues. This unique collaboration yields surprising results, innovative synergies, and novel open questions. The contributors consider mechanisms of psychiatric disorders, the use of computation and imaging to model psychiatric disorders, ways that computation can inform psychiatric nosology, and specific applications of the computational approach. Contributors Susanne E. Ahmari, Huda Akil, Deanna M. Barch, Matthew Botvinick, Michael Breakspear, Cameron S. Carter, Matthew V. Chafee, Sophie Denève, Daniel Durstewitz, Michael B. First, Shelly B. Flagel, Michael J. Frank, Karl J. Friston, Joshua A. Gordon, Katia M. Harlé, Crane Huang, Quentin J. M. Huys, Peter W. Kalivas, John H. Krystal, Zeb Kurth-Nelson, Angus W. MacDonald III, Tiago V. Maia, Robert C. Malenka, Sanjay J. Mathew, Christoph Mathys, P. Read Montague, Rosalyn Moran, Theoden I. Netoff, Yael Niv, John P. O'Doherty, Wolfgang M. Pauli, Martin P. Paulus, Frederike Petzschner, Daniel S. Pine, A. David Redish, Kerry Ressler, Katharina Schmack, Jordan W. Smoller, Klaas Enno Stephan, Anita Thapar, Heike Tost, Nelson Totah, Jennifer L. Zick

Ending Discrimination Against People with Mental and Substance Use Disorders National Academies of Sciences, Engineering, and Medicine 2016-09-03 Estimates indicate that as many as 1 in 4 Americans will experience a mental health problem or will misuse alcohol or drugs in their lifetimes. These disorders are among the most highly stigmatized health conditions in the United States, and they remain barriers to full participation in society in areas as basic as education, housing, and employment. Improving the lives of people with mental health and substance abuse disorders has been a priority in the United States for more than 50 years. The Community Mental Health Act of 1963 is considered a major turning point in America's efforts to improve behavioral healthcare. It ushered in an era of optimism and hope and laid the groundwork for the consumer movement and new models of recovery. The consumer movement gave voice to people with mental and substance use disorders and brought their perspectives and experience into national discussions about mental health. However over the same 50-year period, positive change in American public attitudes and beliefs about mental and substance use disorders has lagged behind these advances. Stigma is a complex social phenomenon based on a relationship between an attribute and a stereotype that assigns undesirable labels, qualities, and behaviors to a person with that attribute. Labeled individuals are then socially devalued, which leads to inequality and discrimination. This report contributes to national efforts to understand and change attitudes, beliefs and behaviors that can lead to stigma and discrimination. Changing stigma in a lasting way will require coordinated efforts, which are based on the best possible evidence, supported at the national level with multiyear funding, and planned and implemented by an effective coalition of representative stakeholders. Ending Discrimination Against People with Mental and Substance Use Disorders: The Evidence for Stigma Change explores stigma and discrimination faced by individuals with mental or substance use disorders and recommends effective strategies for reducing stigma and encouraging people to seek treatment and other supportive services. It offers a set of conclusions and recommendations about

successful stigma change strategies and the research needed to inform and evaluate these efforts in the United States.

*Purpose in Life Mediating the Relationship Between Depression and Heavy Drinking in Post-treatment Among Individuals with Alcohol Use Disorders* Daniel James Knoblach 2019 Depression has long been associated with the development of alcohol use disorders (AUD) and implicated throughout the recovery process. By better understanding the mechanisms that help to explain this relationship, the treatment field can more effectively promote quality of life and prevent relapse independent of the treatment-type employed. Purpose in life (PIL) has been established as a mediating factor that protects against other health disorders and has been significantly related to both depression and alcohol use outcomes separately. The primary goal of this study was to consider purpose in life as a partial mediator in the relationship between depression and heavy alcohol drinking among outpatient alcohol use disorder patients across a one-year post-treatment period. Estimating indirect effects attributed to purpose in life over time in this relationship was assessed using a longitudinal analysis known as latent difference score (LDS) modeling.

*Drug Addiction Research and the Health of Women* 1998

**Eating, Drinking, Overthinking** Susan Nolen-Hoeksema 2013-07-30 From the author of *Women Who Think Too Much*, a groundbreaking book that uncovers a hidden source of depression in women today Depression is a common and debilitating problem among women, though it rarely occurs in a vacuum. As Susan Nolen-Hoeksema's original research shows, overthinking—a tendency to ruminate on problems rather than to seek solutions—often co-exists with unhealthy eating habits and/or heavy drinking. In fact, 80 percent of women who report suffering from one of those also suffer from another. This groundbreaking book, written in a vivid narrative style that captures the complexities of women's lives today, explains how the three core problems of the Toxic Triangle reinforce one another, wreaking havoc on women's emotional well-being, physical health, relationships, and careers. Escape is possible, Nolen-Hoeksema assures us, for those who are already aware that they suffer from a serious problem as well as for the hundreds of thousands of others who have not yet examined the role that bingeing and purging—on negative thoughts, food, or alcohol—plays in their lives. Nolen-Hoeksema shows women how to harness their emotional and interpersonal strengths to overcome the stress caused by a destructive relationship with food, alcohol, and overthinking so that they can fashion effective, healthier strategies for living the life they deserve.

**Asperger Syndrome and Alcohol** Matthew Tinsley 2008-06-15 *Asperger Syndrome and Alcohol* exposes the unexplored problem of people with Autism Spectrum Disorders (ASDs) using alcohol as a coping mechanism to deal with everyday life. Alcohol can relieve the anxiety of social situations and make those with ASDs feel as though they can fit in. Ultimately, however, reliance on alcohol can lead the user down a path of self-destruction and exacerbate existing problems. Utilising their professional and personal experience, the authors provide an overview of ASDs and of alcohol abuse, and explore current knowledge about where the two overlap. Tinsley explores his own personal history as someone with an ASD who has experienced and beaten alcohol addiction. He discusses how the impact of his diagnosis and his understanding of the condition played a huge part in his recovery, and how by viewing his life through the prism of autism, his confusion has been replaced by a greater understanding of himself and the world around him. This inspiring book on an under-researched area will be of interest to professionals working with people with ASDs, as well as individuals with ASDs who may be dealing with alcohol or substance misuse, and their families.

**Substance Abuse in the Mentally and Physically Disabled** John R. Hubbard 2001-07-27 This up-to-the-minute reference explores current trends, disease etiology and associations, novel assessment tools, and modern laboratory tests to promote coordinated treatment of comorbid substance abuse, psychiatric disease, and general medical conditions—recognizing the causal relationship between substance abuse and medical and psychiatric disorders.

*A Multi-Method Investigation of the Effects of Alcohol on Depression in Undergraduate Students Who Drink to Cope with Depression* Marie-Eve Couture 2017 The self-medication hypothesis has been proposed as one potential explanation for the comorbidity between alcohol use and depressive disorders. More recent work investigating drinking motives (theorized to be the most proximal factors to alcohol use) has found that some individuals report using alcohol to cope with depression. Despite epidemiological and experimental evidence supporting the tenets of the self-medication hypothesis for alcohol use and depression, the reinforcement mechanisms underlying this relationship remain unclear. This is due, in part, to the varied effects of alcohol on mood (some of which are experienced as pleasant and some as aversive). To increase our understanding of the effects of alcohol on various components and correlates of depression, my dissertation research aimed to: (1) identify, via qualitative methods, specific effects of alcohol on depressive affect, cognition, and behaviour that might be reinforcing for individuals who report using alcohol to cope with depression (Study 1), and (2) to experimentally examine the effects of alcohol (compared to placebo and to a no-alcohol condition) on positive mood, depressed mood, and recall of self-relevant depressed information of coping-with-depression motivated drinkers compared to an enhancement motivated (EM) drinker comparison (Study 2). In Study 1, undergraduate students reporting high coping-with-depression drinking motives (CWDM) reported several effects of alcohol on affective, cognitive, and behavioural depressive symptoms. They described most of these as providing relief from depressive symptoms but also reported some effects as involving a worsening of depressive symptoms. Study 2, revealed that, relative to the EM comparison group, CWDM participants in the no alcohol condition displayed greater biased processing recall of self-relevant depressed-content adjectives; this bias was eliminated in CWDM who received alcohol and attenuated in CWDM who received placebo. This pattern suggests that both expectancy and pharmacological effects of alcohol affect processing of self-relevant information in CWDM drinkers. With respect to mood, Study 2 results showed that all participants experienced increases in positive mood after alcohol consumption relative to baseline but no change in depressed mood. Taken together, findings from my dissertation highlight the numerous potential effects of alcohol on various symptoms related to depression, particularly affective and cognitive symptoms, many of which might be reinforcing for individuals who drink to cope with depression. Findings also highlight the complex, and at times contradictory, effects of alcohol on mood. In light of the present findings, it is important that future research investigate multiple potential pathways underlying the relationship between depression and alcohol use, including reciprocal relations between the two phenomena. In addition, the present findings have important clinical implications for the treatment of comorbid depression and alcohol misuse.

**Risk Factors of Relapse to Alcohol** Jordann Rawlins 2019 The present study sought to identify potential risk factors of alcohol relapse among adults who met criteria for alcohol use disorder. Although there is current research regarding significant factors that increase risk of developing a substance use disorder, there are limitations to how we can apply such findings to treatment of problematic substance use and relapse prevention. The current study hypothesized that age of initial alcohol use, engagement in cannabis use and comorbid depression predicts relapse outcomes in individuals with alcohol dependence/abuse. Additionally, it hypothesized that age of initial alcohol use and cannabis use moderates the relationship between comorbid depression and alcohol relapse such that this relationship is stronger for those with earlier age of alcohol initiation or concurrent cannabis use post-treatment compared to those with later age of initial use or no cannabis use. A sample of 180 adults (70% Male; Median age= 22-23 years old; 10 % African American, 7.2% Hispanic, 5% Native American, 76.1% Caucasian, 1.7% Multiracial) who met criteria for alcohol use disorder and had received treatment for alcohol or drug use in the past 12 months but not in the past month completed an audio computer-assisted self-interview regarding their drug and alcohol use. Results indicate that past month cannabis use significantly predicted alcohol relapse (i.e., number of days had 1+ and the number of days had 5+ drinks in the past month). Furthermore, the number of weeks an individual felt depressed in the past 12 months significantly predicted alcohol relapse (i.e., number of days had 1+ drinks and the number of days had 5+ drinks in the past month). No significant relationship between age of initial use of alcohol and alcohol relapse was found. An analysis of interaction effects found that cannabis significantly moderated the relationship between frequency of depression and the number of days an individual had 5+ alcoholic beverages, such that only among non-cannabis users, higher frequency of depression predicted more days of heavy drinking. Additionally, age of initial alcohol use significantly moderated the relationship between depression frequency and drinking frequency, but not binge drinking frequency. These findings are important for addressing the current gap in the literature regarding risk factors of alcohol relapse. In doing so, they can inform treatment practices and relapse-prevention models.

**Posttraumatic Stress and Substance Use Disorders** Anka A. Vujanovic 2019-04-23 *Posttraumatic Stress and Substance Use Disorders* summarizes the state of the field from a biopsychosocial perspective, addressing key domains of interest to clinicians, students, instructors, and

researchers. This book is a valuable resource and reference guide for multidisciplinary practitioners and scientists interested in the evidence-based assessment and treatment of posttraumatic stress and substance use disorders. Chapters written by leaders in the field cover the latest research on assessment, diagnosis, evidence-based treatments, future directions, and much more.

**The Effects of Sleep Problems and Depression on Alcohol-related Negative Consequences Among College Students** Amanda Wattenmaker McGann 2013 Previous literature provides an overview of the multiple relationships between alcohol use, protective behavioral strategies (PBS), alcohol-related negative consequences, depression, and sleep problems among college students, as well as differences by individual level characteristics, such as age, gender, and race/ethnicity. Several studies have found that specific demographic groups of students are more likely to reach a higher blood alcohol content (BAC) when 0-partying0+ or socializing (Turner, Bauerle, & Shu, 2004; Crotty, 2011). A variety of studies have also confirmed the positive relationship between high blood alcohol content and experiencing alcohol-related negative consequences (Turner, et al., 2004; Martens, Taylor, Damann, Page, Mowry, & Cimini, 2004; Borden, Martens, McBride, Sheline, Bloch, & Dude, 2011; Crotty, 2011). Additional studies have explored the role that protective behaviors play in the alcohol consumption-negative consequences relationship (Martens et al., 2004; Borden et al., 2011; Haines, Barker, & Rice, 2006; Martens, Martin, Littlefield, Murphy, & Cimini, 2011). These studies conclude that the frequency of protective behavior use and the number of these behaviors that are used when consuming alcohol are associated with the likelihood of a student experiencing negative consequences. Specifically, the negative relationship between protective behavior use and likelihood of experiencing negative consequences as a result of binge drinking is stronger for students who rarely use protective behaviors (Martens et al., 2004). Recent studies have also explored the role that depressive symptoms play in a model with alcohol use and alcohol-related negative consequences. The prevalence of college students who were diagnosed with depression in the last school year presents a great need to study its relationship with these constructs. Students with poor mental health or depression are also more likely to experience alcohol-related negative consequences (Weitzman, 2004), and there is a direct association between depressive symptoms and negative consequences, but not necessarily between alcohol use and depressive symptoms (Vickers, Patten, Bronars, Lane, Stevens, Croghan, Schroeder, & Clark, 2004). One study also suggests that protective behaviors partially mediate the relationship between depressive symptoms and negative consequences (Martens, Martin, Hatchett, Fowler, Fleming, Karakashian, & Cimini, 2008). Further, students with depressive symptoms who use protective behaviors drink less and experience fewer negative consequences, as compared to students without depressive symptoms who use protective behaviors (LaBrie, Kenney, Lac, Garcia, & Ferraiolo, 2009). Sleeping problems play an important role in the relationship between alcohol consumption and alcohol-related negative consequences. Poorer global sleep quality is associated with alcohol-related negative consequences after controlling for alcohol use. Further, among heavier drinkers, those with poorer sleep quality experienced greater levels of negative consequences than those who had better sleep quality (Kenney, LaBrie, Hummer, & Pham, 2012). The purpose of this study was to examine the relationships between alcohol use measured by estimated Blood Alcohol Content (eBAC), PBS, depression, and sleep problems, as they explain the variance of alcohol-related negative consequences using the spring 2009 national aggregate data set of the American College Health Association National College Health Assessment (ACHA-NCHA). This dataset was comprised of a random sample of undergraduate and graduate students from 117 U.S. colleges and universities (n=53,850). Reliability analyses, confirmatory factor analysis (CFA) and structural equation modeling (SEM) were used for model specification and evaluation. Model fit indices for the current study indicate that the model and the data in this study are a good fit, demonstrated by RM.S.EA= .044, 90% CI (.044, .044) and SRMR= .066. Findings suggest that an additive effect of eBAC, PBS, depression, sleep problems, and certain demographics explain 39% of the variance in alcohol-related negative consequences and greatly impact the amount of harm that college students may experience as a result of their alcohol use. Results from the current study may assist clinicians and health educators who want to improve the probability that they will be able help reduce negative consequences among college students when they drink alcohol. These staff may engage students in a conversation about risk reduction (e.g. one on one consults, campus-wide media campaign) and also provide support for conducting brief screenings about alcohol so that clinicians may be more effective in helping students to reduce alcohol-related negative consequences. The results from this study may also assist researchers in finding more relationships that account for some of the unexplained variance in this study. Interpreting these predictive relationships are important to the way that students are screened for alcohol problems on college campuses, as well as decisions that college students make about alcohol in the greater context of healthy lifestyle decisions. Future research could include repeating the analysis with each race/ethnicity separated out instead of as a dichotomous variable (white/non-white), conducting a similar analysis with each negative consequence instead of as a scale, developing a more complete sleep problems scale within the ACHA-NCHA with improved reliability, and a further investigation into the positive correlation between sleep problems and depression in order to explore other variables that mediate the relationship between depression and sleep problems among college students.

**Alcohol and Aging** Thomas P. Beresford 1995 U.S. census figures forecast that the percentage of U.S. citizens over the age of 65 will double between 1980 and 2030. Estimates that between 3 and 10% of this group are prone to alcohol abuse points to the potential for an increasingly ominous health care problem. Alcohol and Aging, the first comprehensive treatment of the topic written for clinicians, covers a wide range of issues unique to elderly alcoholics, from diagnosis and treatment to alcohol-related medical and cognitive disorders, from problems arising from interactions between alcohol and medication to the biochemistry of intoxication. Throughout, the book focuses on clinical, practical problems and stays away from jargon, making it accessible to a wide range of readers. Featuring contributions a diverse group of specialists, the book will be an invaluable aid to physicians, psychiatrists, clinical psychologists, and social workers who treat alcoholism in the aging population.

**Psychological Theories of Drinking and Alcoholism** Kenneth E. Leonard 1999-05-21 Updating and expanding the classic Psychological Theories of Drinking and Alcoholism, this fully revised second edition incorporates state-of-the-art presentations from leaders in the alcoholism field. Contributors review established and emerging approaches that guide research into the psychological processes influencing drinking and alcoholism. The volume's multidisciplinary approach also takes into account biological, pharmacological, and social factors, offering important insights into the development and escalation of drinking problems and the various approaches to treatment. Including significantly expanded coverage of developmental, social learning, and cognitive theories, the book features new chapters on genetics, neurobiology, and emotions.

**Anxiety and Substance Use Disorders** Sherry H. Stewart 2007-12-03 Disorders of anxiety and substance use are, for some reason, rarely treated in an integrated fashion by professionals. This timely volume addresses this glaring omission with dispatches from the frontlines of research and treatment. Thirty-four international experts offer findings, theories, and intervention strategies for this common form of dual disorder, across a range of substances and of anxiety disorders, to give the reader comprehensive knowledge in a practical format.

*Studies on the relationship between alcohol or nicotine use and panic* Fiammetta Cosci 2007

**The Effects of Moderate Alcohol Use on the Relationship Between Stress and Depression** Robert I. Lipton 1993

*The Natural History of Alcoholism Revisited* George E. VAILLANT 2009-06-30 In this updated version of his landmark study on alcoholism, George Vaillant returns to the same subjects, but with the perspective gained from fifteen years of further follow-up.

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