

# ICAP Periodic Review on Drinking and Culture

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## What is the *ICAP Periodic Review on Drinking and Culture*?

### Background, Objectives, and Features

Alcohol consumption is an integral part of the social fabric in most societies. Yet the role occupied by drinking is quite different across countries and cultures and is reflected in local customs, patterns, and attitudes. Despite this wide diversity, the *lingua franca* of the alcohol field is English, as are the publications that provide the evidence base most commonly used in international policy discussions. As a result, much of the research published in other languages and reflecting different cultural contexts and approaches escapes broader notice.

The *ICAP Periodic Review on Drinking and Culture* is an electronic publication that seeks to help remedy this disparity. Its key objectives are to:

- (1) give greater exposure to research not currently published or widely available in English;
- (2) broaden the range of cultural perspectives and the evidence base used in the crafting of policy and prevention.

Each issue of the *Periodic Review* presents English translations of abstracts of articles appearing in language areas currently underrepresented in major English-language research databases. The abstracts are grouped by topic and country.

Coverage of the *Periodic Review* is limited to psychosocial and sociocultural research, to focus on drinking culture, behavior, patterns, and psychosocial outcomes. Identification and selection of key research to be featured and all editorial decisions are carried out by the Editorial Group, consisting of experts from diverse geographic, linguistic, and discipline areas (see Annex 1 for a list of the Editorial Group members, and Annex 2 for the Guidelines on identifying and selecting the featured work). The International Center for Alcohol Policies (ICAP) serves as a coordinating center for receiving the nominations, arranging translations, and publishing the *Periodic Review*.

**This Review issue** features summaries of recent journal articles, reports, and books from 9 central, eastern, and southern European countries, covering the following topics: alcohol and the workplace, drinking and violence, drinking patterns in adult population, early identification and brief intervention, extreme/"binge" drinking, motivations and expectancies, road safety, and young people.

The publication is being updated and disseminated semi-annually. It is supported by a page on the ICAP website (<http://www.icap.org/Publications/ICAPPeriodicReview/>), which serves as public repository of *Periodic Review* issues and related materials.

We hope this publication will become a reliable tool for researchers internationally, bolstering the common evidence base and laying the foundation for developing prevention and intervention approaches that would take into account cultural variations in drinking patterns and outcomes.

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# Alcohol and the Workplace

## Russian Federation

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### Subjective ratings of conditions and methods of combat stress reduction by combatants

**A. M. Reznik**

*Zhurnal Nevrologii i Psikiatrii Imeni S. S. Korsakova*, 2009, 109(12), pp. 38–40. Full text is available online (in Russian): <http://www.mediasphera.ru/journals/korsakov/619/9465/>.

**ABSTRACT:** To identify stress reduction methods preferred by combatants, 119 servicemen under military contract in the North Caucasus were surveyed. Among the ways to reduce stress, more than half of respondents referred to the support of colleagues in arms; the perceived importance of colleagues' aid increased with the duration and intensity of experiencing combat stress. Individual combat experience as a stress reduction method was chosen by every fifth combatant; the subjective significance of personal experience increased with the duration of service in a combat zone. More than a third of combatants considered alcohol and drugs as effective means for stress reduction; these factors were mentioned more frequently by servicemen on repeated tours of duty in a combat zone, individuals with direct combat experience, and servicemen who had been wounded. Among those respondents who referred to alcohol consumption as an effective method for stress reduction, 26.6% also mentioned drugs, and 20% mentioned sedatives. Consequently, the interest of combatants in alcohol and any drug that has an effect on the mental state indicates a higher risk of taking other psychoactive drugs.

**KEYWORDS:** Occupational groups; Combat stress; Combat trauma; Stress reduction methods; Russian Federation.

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### Субъективная оценка военнослужащими условий и способов снижения боевого стресса

**A. М. Резник**

*Журнал неврологии и психиатрии им. С.С. Корсакова*, 109(12), pp. 38–40.

**КРАТКОЕ СОДЕРЖАНИЕ:** С целью выяснения предпочитаемых комбатантами способов ослабления психического напряжения опрошено 119 военнослужащих, проходящих службу по контракту на Северном Кавказе. Среди способов снижения более половины опрошенных назвали поддержку товарищей. Причем осознание важности помощи сослуживцев повышается по мере возрастания длительности и интенсивности пережитого боевого стресса. Каждый 5-й обследованный среди способов снятия напряжения выбирал индивидуальный боевой опыт. По мере увеличения длительности службы в зоне боевых действий происходит возрастание субъективной значимости личного опыта. Более 1/3 комбатантов считают алкоголь и наркотики эффективными средствами снятия стресса. Еще чаще алкоголь и наркотики как способы снижения напряжения называли ветераны, повторно проходившие службу в зоне боевых действий, непосредственные участники боев и военнослужащие, получавшие ранения. Кроме того, среди обследованных, признающих алкоголь в качестве эффективного средства снятия стресса, 26,6% одновременно отмечали и наркотики, 20%—седативные препараты. Следовательно, проявление интереса участниками боевых действий к алкоголю или лекарственному веществу, влияющему на психическое состояние, свидетельствует о повышенном риске их обращения к другим группам психоактивных веществ.

# Drinking and Violence

## Belarus

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### Acute alcohol intoxication as a risk factor for violent mortality

**Y. Razvodovsky**

*Narkologiya*, 2009, No. 2, 45–59.

**ABSTRACT:** Trends in the overall level of alcohol consumption and violent mortality rates in Belarus from 1979 to 2007 were analyzed employing an ARIMA analysis to assess bivariate relationship between the time series. According to autopsy reports from the National Bureau of Forensic Medicine, 60.2% of violent mortality victims in the 1979–2007 period had positive blood alcohol concentration (BAC), with the lowest figure (49.5%) occurring in 1986 and the highest (68.9%) in 2005. During the anti-alcohol campaign of 1984–1988, the number of BAC-positive cases of violent mortality dropped by 44.5%, while the number of BAC-negative cases decreased by 3.5%. The results of the analysis indicate the presence of a statistically significant association between the alcohol consumption level and violent mortality rates. The analysis suggests that a 1-liter increase in alcohol consumption per capita would result in a 9.2% increase in the number of BAC-positive violent mortality deaths, an 11.6% increase in the number of fatal alcohol poisoning cases, and a 10.9% increase in the number of BAC-positive suicides. The results of this study indicate that reducing the overall alcohol consumption level is an effective measure of violent mortality prevention in countries where rates of both alcohol consumption and suicide are high.

**KEYWORDS:** Violent mortality; Alcohol consumption; Belarus.

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### Острая алкогольная интоксикация как фактор риска насильственной смерти

**Ю. Е. Разводовский**

*Наркология*, 2009, №2, 45–51.

**КРАТКОЕ СОДЕРЖАНИЕ:** В сравнительном аспекте проанализирована динамика общего уровня потребления алкоголя и динамика уровня насильственной смертности согласно данным Государственной службы медицинских судебных экспертиз Беларуси за период с 1979 по 2007 годы. В среднем для всего периода алкоголь был обнаружен у 60,2% жертв насильственной смерти с минимальным показателем 49,5% в 1986 году и максимальным показателем 68,9% в 2005 году. В период антиалкогольной кампании 1985-1988 годов уровень САК-положительной насильственной смертности снизился на 44,5%, в то время как уровень САК-негативной насильственной смертности снизился только на 3,5%. Результаты анализа временных серий с использованием метода авторегрессии и проинтегрированного скользящего среднего (АРПСС) свидетельствуют о тесной связи между общим уровнем потребления алкоголя на душу населения и уровнем насильственной смертности. Увеличение уровня потребления алкоголя на 1 литр сопровождается ростом числа случаев САК-положительной насильственной смерти на 9,2%, числа случаев смерти в результате острых алкогольных отравлений на 11,6%, числа САК-положительных суицидов на 10,9%. Полученные данные говорят о том, что снижение общего уровня потребления алкоголя является эффективной мерой профилактики насильственной смертности.

# Drinking Patterns in Adult Population

## Belarus

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### An estimate of the overall alcohol consumption level in Belarus over 25 years

**Y. Razvodovsky**

*Voprosy Narkologii*, 2008, No. 1, 68–75.

**ABSTRACT:** Using the indirect method based on the dynamics of indirect indicators of the level of alcohol-related problems (mortality due to acute alcohol poisoning, violent deaths in the state of intoxication, and the incidence of alcoholic psychosis), this paper estimated the overall level of alcohol consumption in Belarus in 1980–2005. The level of total alcohol consumption fluctuated over the study period from 6.7 to 14.4 liters per capita. The level of unrecorded alcohol consumption fluctuated between 1 and 6.3 liters of pure alcohol per capita. The results of this study indicate the existence of an informal alcohol market in Belarus, which, in terms of sales volumes in the mid-1990s, was comparable to government-recorded trade.

**KEYWORDS:** Alcohol consumption; Mortality rates; Unrecorded consumption; Noncommercial alcohol; Belarus.

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### Оценка общего уровня потребления алкоголя в Беларуси за 25 лет

**Ю. Е. Разводовский**

**КРАТКОЕ СОДЕРЖАНИЕ:** В работе с помощью непрямого метода на основании динамики косвенных индикаторов уровня связанных с алкоголем проблем (смертность в результате острых алкогольных отравлений, насильственная смертность в состоянии алкогольного опьянения, заболеваемость алкогольными психозами) оценен общий уровень потребления алкоголя в Беларуси в 1980–2005 гг. Общий уровень потребления алкоголя на протяжении рассматриваемого периода колебался от 6,7 до 14,4 л на душу населения. Уровень потребления незарегистрированного алкоголя в разные годы составлял от 1 до 6,3 л на душу населения. Результаты настоящего исследования свидетельствуют о существовании в Беларуси теневого алкогольного рынка, который в середине 1990-х гг. по объему продаж был сопоставим с уровнем государственной торговли.

# Drinking Patterns in Adult Population

## Poland

### Availability, alcohol consumption, and consequences of drinking—three decades of experience

**J. Moskalewicz & J. Wieczorek**

*Alkoholizm i Narkomania*, 2009, 22(4), 305–337.

**ABSTRACT: Aim:** The paper's aim is to trace how alcohol policy has affected alcohol affordability and availability, consumption, and consequences of drinking in the last three decades in Poland. **Measurement:** Simple indicators of affordability (number of bottles of vodka an average monthly wage can buy) and availability (number of alcohol outlets) were followed for the 1980–2006 period. In addition, perception of alcohol availability by students was investigated. Outcome measures included recorded and overall alcohol consumption, prevalence of drinking among students, out-patient and in-patient admissions to alcohol treatment facilities, and mortality due to mental and behavioral disorders related to alcohol, alcohol poisoning, and liver diseases. **Results:** The 1980s witnessed a reinforcement of the strong alcohol control system imposed by the State under pressure from the civil society, represented by the "Solidarity" movement. Alcohol affordability and availability were severely reduced and then remained almost stable for about a decade. Stabilization of alcohol consumption and related harm followed. Transition to market economy and Parliamentary democracy was accompanied by dismantling of the alcohol control policy, which was replaced by school education and treatment efforts. Despite large investment in school-based education, prevalence of drinking among school-age children increased several times, reaching rates present in adult population. Both affordability and availability substantially increased. In less than two decades, number of clients in alcohol treatment facilities doubled. Despite higher provision and qualitative improvement of treatment, mortality from alcohol-related diseases tended to grow. Alcohol-related traffic crashes, however, declined—in particular in terms of number of crashes per 1,000 vehicles. **Conclusion:** Shifts in alcohol policy from centralized alcohol control system to policy based on school education and treatment are likely to increase alcohol consumption and related consequences.

**KEYWORDS:** Alcohol consumption; Alcohol availability; Public health; Young people; Prevention; Interventions; Poland.

### Dostępność, konsumpcja alkoholu i konsekwencje picia—trzy dekady doświadczeń

**J. Moskalewicz & J. Wieczorek**

*Alkoholizm i Narkomania*, 2009, 22(4), 305–337.

**STRESZCZENIE: Cel:** Cel pracy to odpowiedź na pytanie, czy i w jakim zakresie polityka wobec alkoholu wpływała na dostępność ekonomiczną i fizyczną alkoholu, na poziom konsumpcji i konsekwencje picia w ostatnich trzech dekadach w Polsce. **Dobór wskaźników:** Przyjęto proste wskaźniki dostępności ekonomicznej (liczba butelek wódki, jaką można kupić za średnie przeciętne wynagrodzenie) i fizycznej (liczba punktów sprzedaży alkoholu). Analizie poddano również dostępność alkoholu w oczach młodzieży. Zbadano trendy rejestrowanego i nierejestrowanego spożycia alkoholu, rozpowszechnienie picia wśród młodzieży, wskaźniki leczonych stacjonarnie i ambulatoryjnie z powodu „alkoholowych” zaburzeń psychicznych oraz zgonów z powodu zatruc alkoholem i chorób wątroby. **Wyniki:** Na początku lat osiemdziesiątych umocniono w Polsce zcentralizowany system kontroli nad alkoholem. Państwo, pod naciskiem społeczeństwa obywatelskiego, którego reprezentantem była „Solidarność”, wzięło na siebie odpowiedzialność za ograniczenie konsumpcji alkoholu. Dostępność ekonomiczna i fizyczna zostały poważnie ograniczone. W rezultacie nastąpiła stabilizacja konsumpcji alkoholu i rozpowszechnienia szkód zdrowotnych związanych z piciem. Wraz ze zmianą społeczną na początku lat dziewięćdziesiątych i przejściem do gospodarki rynkowej zmieniły się priorytety w polityce alkoholowej. Rozmontowano system ograniczeń, zastępując go edukacją skierowaną do młodzieży szkolnej i rozbudową systemu lecznictwa. Mimo dużych nakładów na edukację szkolną rozpowszechnienie picia wśród młodzieży wzrosło kilkukrotnie. W ciągu niecałych dwudziestu lat liczba leczonych z powodu „alkoholowych” zaburzeń psychicznych i zatruc alkoholem wzrosła dwukrotnie, zwiększyła się związana z alkoholem umieralność. Spadła natomiast liczba wypadków nietrzeźwych uczestników ruchu drogowego, szczególnie jeśli weźmiemy pod uwagę liczbę wypadków na 1000 pojazdów. **Wnioski:** Zmiana polityki wobec alkoholu—ze zcentralizowanego systemu kontroli na system, którego priorytety obejmują przede wszystkim edukację i lecznictwo—może pociągnąć za sobą wzrost spożycia i związanych z tym negatywnych konsekwencji zdrowotnych i społecznych. Słowa kluczowe: alkohol, spożycie, dostępność, lecznictwo, szkody zdrowotne.

# Drinking Patterns in Adult Population

## Russian Federation

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### Alcohol situation in Russia, 1980–2005

**A. V. Nemtsov & Y. E. Razvodovsky**

*Sotsial'naya i Klinicheskaya Psihiatriya*, 2008, No. 2, 522–60.

**ABSTRACT:** The alcohol-related situation in Russia has fluctuated dramatically during the last decades. The present analysis is focused on alcohol situation in the country between 1980 and 2005, using data on alcohol sale per capita, estimated level of alcohol consumption, mortality rates, alcohol psychoses rates, and several socioeconomic parameters (e.g., index of consumer prices of alcohol and goods, real income per capita, unemployment rate). The results of the correlation analysis suggest close relationship between overall level of alcohol consumption and all-cause mortality, cardiovascular mortality, violent mortality, suicide and homicides rates, mortality from acute alcohol poisoning, liver cirrhosis, pancreatitis, and the incidence of alcohol psychoses. At the same time, there is no correlation between alcohol sale per capita and mortality rates. These results suggest that official data of alcohol sale cannot be considered as reliable indicators of alcohol-related situation in Russia. Similarly, no relationship between most socioeconomic parameters and level of alcohol consumption was found. One exception was unemployment rate, which correlates negatively with the level of alcohol consumption ( $r=-0.71$ ;  $p=0.015$ ). Based on overall alcohol consumption level for the whole period, alcohol-attributable fraction was estimated. Estimated alcohol-attributable fraction was 25.7% for all-cause mortality, 21.4% for cardiovascular mortality, 49.1% for violent mortality, 43.3% for suicides, 73.2% for homicides, 49.7% for mortality from pancreatitis, and 55.6% for mortality from liver cirrhosis. Based on alcohol-related mortality rates, an integral indicator of alcohol-related situation in Russia was suggested. Overall, the findings from this study indicate that the level of alcohol consumption was the main determinant of dramatic fluctuations in alcohol-related problems in Russia during the last decades.

**KEYWORDS:** Alcohol consumption; Policy change; Mortality rates; Socioeconomic parameters; Russian Federation.

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### Алкогольная ситуация в России, 1980–2005

**А. В. Немцов & Ю. Е. Разводовский**

*Социальная и клиническая психиатрия*, 2008, N2, 52–60.

**КРАТКОЕ СОДЕРЖАНИЕ:** На протяжении последних десятилетий отмечались резкие изменения алкогольной ситуации в России. В настоящей работе представлен анализ алкогольной ситуации в России в период с 1980 по 2005 годы с использованием таких показателей как уровень продажи алкоголя, оценочный уровень потребления алкоголя, уровень смертности от различных причин, уровень заболеваемости алкогольными психозами, а также уровень некоторых социально-экономических показателей (индекс потребительских цен на продукты питания и алкоголь, реальные денежные доходы населения, уровень безработицы). С помощью корреляционного анализа установлено, что уровень общей смертности, сердечно-сосудистой смертности, смертности от внешних причин, смертности от острых алкогольных отравлений, цирроза печени, панкреатита, уровень убийств и самоубийств тесно коррелирует с уровнем потребления алкоголя, а также с уровнем заболеваемости алкогольными психозами. Вместе с тем, связь между уровнем продажи алкоголя и уровнем смертности от всех причин, включенных в анализ, отсутствует. Не обнаружено какой-либо связи между различными социально-экономическими показателями и уровнем потребления алкоголя. В тоже время, уровень безработицы отрицательно коррелирует с уровнем потребления алкоголя ( $r=-0.71$ ;  $p=0.015$ ). Была рассчитана алкогольная фракция в структуре смертности от различных причин, которая составила 25,7% от уровня общей смертности, 21,4% от уровня сердечно-сосудистой смертности, 49,1% от уровня насильственной смертности, 43,3% от уровня самоубийств, 73,2% от уровня убийств, 49,7% в структуре смертности от панкреатита, 55,6% в структуре смертности от цирроза печени. На основе уровня связанной с алкоголем смертности был рассчитан интегральный показатель алкогольной ситуации в стране. Представленные в работе данные указывают на то, что фазные колебания уровня связанных с алкоголем проблем, отмечавшиеся в России на протяжении последних десятилетий были преимущественно обусловлены изменением уровня потребления алкоголя.

# Early Identification and Brief Intervention

## Poland

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### Detection of alcohol problems in the elderly

**M. Suwała M & A. Gerstenkorn**

*Psychiatria Polska*, 2007, No. 5, 703–713.

**ABSTRACT:** Although alcohol problems among older adults are common, doctors rarely recognize them. Numerous symptoms observed in individuals aged over 65 years can signal alcohol problems but are often incorrectly perceived as typical onsets of the ageing process. One of the reasons why doctors avoid talking to their patients about alcohol consumption is the fact that they feel incompetent in early detection of alcohol use disorders. **Aim:** The purpose of the study is to present standardized tests aimed at detecting alcohol use disorders in the elderly, interpretation of their results, and alcohol interview guidelines. **Discussion:** The alcohol use disorders in the elderly can have serious health consequences. Polish doctors seem to ignore the issue of alcohol consumption when interviewing both young people and those over 65 years old. The majority of elderly patients see their general practitioners on a regular basis, which is a great opportunity to detect problem drinking and provide proper treatment. The most popular standardized tests aimed at alcohol use disorders detection are: S-MAST-G Test, Quantity/Frequency Screen, CHARM Questionnaire, and CAGE Test and its modifications. **Conclusion:** Using the presented tests enables preliminary identification of at-risk drinkers, harmful drinkers, and alcohol-dependent individuals and provides an opportunity to recognize those who need a thorough diagnosis or brief intervention. The use of the presented tools has medical justification because of the fact that drinking alcohol can result in serious health consequences and deteriorate the length and quality of life. It is also economical to apply such methods as the cost of screening is low.

**KEYWORDS:** Older adults/The elderly; Problem drinking; Screening; Brief intervention; Poland.

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### Wykrywanie problemów alkoholowych u osób w starszym wieku

**M. Suwała & A. Gerstenkorn**

*Psychiatria Polska*, 2007, No. 5, 703–713.

**STRESZCZENIE:** Mimo że problemy alkoholowe u osób w starszym wieku są częste, to pozostają one nierozpoznane przez lekarzy. Wiele objawów obserwowanych u osób po 65 roku życia może sygnalizować zaburzenia związane ze spożyciem alkoholu, a jest mylnie przypisywanych naturalnemu procesowi starzenia się. Jedną z przyczyn niechęci lekarzy do podejmowania w rozmowie z pacjentem tematu picia alkoholu są małe kompetencje dotyczące wykrywania zaburzeń związanych z piciem alkoholu. **Cel:** Celem pracy jest przedstawienie standaryzowanych testów do wykrywania zaburzeń związanych z piciem alkoholu, interpretacji ich wyników oraz zasad prowadzenia wywiadu alkoholowego w grupie osób w starszym wieku. **Omówienie:** Zaburzenia związane z piciem alkoholu przez osoby w starszym wieku mogą pociągać za sobą poważne konsekwencje zdrowotne. Polscy lekarze niemal całkowicie pomijają kwestie picia alkoholu w kontaktach z pacjentami—zarówno młodszymi, jak i z tymi po 65 roku życia. Większość starszych pacjentów regularnie odwiedza gabinety lekarskie, co stwarza dobrą okazję do wykrycia, a następnie do udzielenia odpowiedniej pomocy osobom z problemem alkoholowym. Do najbardziej znanych standaryzowanych testów do wykrywania zaburzeń związanych z piciem alkoholu u osób starszych należą: Test S-MAST-G, Badanie ilości/częstości picia, Kwestionariusz CHARM, Test CAGE i jego modyfikacje. **Wnioski:** Wykorzystanie przez lekarza zaprezentowanych testów pozwala na wstępną identyfikację osób pijących ryzykownie, szkodliwie lub uzależnionych od alkoholu oraz daje możliwość wyłonienia osób potrzebujących pogłębionej diagnozy, jak również osób, wobec których należy zastosować metodę krótkiej interwencji. Stosowanie przedstawionych narzędzi jest uzasadnione zarówno medycznie—ze względu na poważne zdrowotne skutki picia alkoholu przez ludzi starszych, wpływające zarówno na jakość jak i długość ich życia oraz ekonomicznie—ze względu na niskie koszty skryningu.

## Early Identification and Brief Intervention

### Switzerland

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#### Value of a dietetic outpatient clinic to identify excessive alcohol consumption

**C. Chuard, V. Miserez, P. Gache, & M. Kruseman**

*Alcoologie et Addictologie*, 2009, 31(4), 313–318.

**ABSTRACT:** In the absence of systematic detection, excessive alcohol consumption can interfere with medical and nutritional management. The objective of this study was to evaluate the efficacy of systematic detection of excessive drinking by a dietician in a general internal medicine outpatient clinic of a university hospital. Alcohol consumption was evaluated over a period of 16 weeks by conventional dietary history and AUDIT questionnaire (Alcohol Use Disorders Identification Test). Data concerning alcohol consumption were also obtained from each patient's medical file. The results were compared with the alcohol status (AUDIT and dietary history) and, in the presence of a discordance, by expert assessment. Out of 103 eligible patients, 74 (72%) were included in the study. The sample was multiethnic (90% foreigners) and predominantly female. The prevalence of excessive alcohol consumption (10%) was lower than that reported in French and Swiss populations. Detection of excessive alcohol consumption by dietary history complied with the patient's alcohol status in 90% of cases (sensitivity: 83%; specificity: 100%), and AUDIT in 78% of cases (sensitivity: 100%; specificity: 95%). The concordance with the medical file was 6%. The dietician correctly evaluated the patient's alcohol consumption and detected cases of high-risk drinking not detected by medical staff.

**KEYWORDS:** Problem drinking; Screening; Dietary assessment; Nutrition; Switzerland.

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#### Consultation diététique. Intérêt en médecine ambulatoire pour le repérage de la consommation excessive d'alcool

**C. Chuard, V. Miserez, P. Gache, & M. Kruseman**

*Alcoologie et Addictologie*, 2009, 31(4), 313–318.

**RÉSUMÉ :** En l'absence d'un repérage systématique, la consommation excessive d'alcool peut entraver la prise en charge médicale et nutritionnelle. L'objectif de notre étude était d'évaluer l'efficacité d'un repérage systématique de cette consommation excessive par la diététicienne en consultation ambulatoire dans un service de médecine générale d'un hôpital universitaire. Dans 16 semaines, la consommation d'alcool a été évaluée en consultation diététique par anamnèse alimentaire traditionnelle et par le questionnaire AUDIT (*Alcohol Use Disorders Identification Test*). Les données alcoologiques du dossier médical ont été répertoriées. Les résultats ont été comparés avec le statut alcoologique (AUDIT et anamnèse alimentaire) et, en cas de discordance, par l'évaluation d'un expert. Sur 103 patients éligibles, 74 (72 %) ont été inclus. L'échantillon était multiethnique (90 % d'étrangers) et majoritairement féminin. La consommation excessive d'alcool (10 %) était inférieure aux prévalences suisse et française. Le repérage de la consommation excessive d'alcool par anamnèse alimentaire concordait à 90 % avec le statut alcoologique (sensibilité : 83 %, spécificité : 100 %), et l'AUDIT à 78 % (sensibilité : 100 % ; spécificité : 95 %). La concordance avec le dossier médical était de 6 %. La diététicienne a correctement évalué la consommation d'alcool des patients et a repéré des consommations à risque non détectées par le milieu de soin.

# Extreme/"Binge" Drinking: Book

## France

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### The vertigo of drunkenness, alcohol, and social ties

#### V. Nahoum-Grappe

Paris: Descartes et Cie, 2010, p.: 252.

**BOOK SUMMARY:** Why do we say "to your health" when raising a glass with the oldest "poison" known in the Mediterranean region—alcohol, the most common poison of them all? Our daily life unceasingly places a glass in our hands, especially in the evening, on weekends, or at the end of the year, without our really noticing it. Between having "a" drink and getting drunk there is quite a margin of difference. But alcohol in all its forms imbues the drinker with its images: celebrating a success, highlighting a special moment, overcoming grief, dealing with pain, increasing a pleasure, filling a void. If all the reasons for drinking contrast so sharply with each other, it is because the function of alcohol in our way of "being sociable" is deeper and more important than it appears. It is not only medicine and psychiatry that can help us to make sense of it, but the social sciences as well.

This book provides a comprehensive inquiry into ethno-phenomenology: The landscape is the present day in our contemporary societies, and the focus is on the most widespread and commonplace ways that people drink. The methodology is semiological, that is to say, far from using investigation and discussion, the ethnologist pays attention to significant codes, to nonverbal communication, to the most common and banal situations that he can track down in ordinary European culture, and which he tries to address by proposing paths of reflection rather than definitive results. Miscellaneous bits of news discovered in the press, emblematic figures appearing in films, novels, TV serials, etc., the use of certain adjectives such as "extreme" here provide the occasion to formulate certain hypotheses: The first concerns the feeling of vertigo as part of a physical sensation and a specific cognitive perception, the second uses a notion of anthropology that has been classic since Mauss—the question of the *obligation of the gift in return*, as applied to the customs of drinking. Excess, then, becomes the result of a collective mechanism and not only of individual dependence on a product, whether physiological or psychological. The third path of reflection concerns the social use of drunkenness as a testing of social identities and the distance that arranges them in hierarchical order in ordinary times of sobriety.

Indeed, the moments devoted to social drinking show that they involve the coordination of different social times, as drinkers navigate from one time to another, marking a positive or negative experience: It has to do with incorporating a particular event into "real life"—a new year, a marriage, an initiation, a great dread, a triumph, a defeat, enhancing the event's time of collective life with a scene coded by drinking.

The whole compendium of objects, gestures, and style of communication (joking, laughter) associated with alcohol consumption makes possible a provisional collective construction of a different relationship to reality, resulting from the risk of drunkenness, which produces a sort of progressive cognitive short circuit. Drunkenness is a powerful lever for group manipulation all by itself, a testing of the reality of the relationship of power and authority at its core. Alcohol cannot, then, be replaced by water or herbal tea, because it is necessary to have the giddiness (the vertigo) of drunkenness in order to inscribe the story of life, its coded recipe, its scheme of events into real life itself, as physically experienced each day in real time—the only way for it to become an established reality. Indeed, notwithstanding the condemnation of the ill effects of alcohol reiterated since the 19th century, alcoholism as a pathology does not define drunkenness as a scene: The scene of drunkenness bears within it an element of cultural seduction that is accrued and substantial in a society that proposes as the performance of the era the search for the outermost point of the realization of identity.

**KEYWORDS:** Extreme/"binge" drinking; Drinking culture; Drunkenness; Motivations and expectancies; France.

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## Vertige de l'ivresse, alcool et lien social

**V. Nahoum-Grappe**

Paris: Descartes et Cie, 2010, p.: 252.

Pourquoi dire « à votre santé » en levant un verre rempli du plus vieux poison connu autour de la Méditerranée, le plus banal qui soit, l'alcool ? Notre vie quotidienne nous met sans cesse un verre dans la main, surtout le soir, en fin de semaine ou d'année, sans que nous y prêtions une grande attention. Entre boire « un » coup et s'enivrer, il y a de la marge. Mais l'alcool, sous toutes ses formes, imprègne le buveur de ses images : fêter un succès, marquer un bon moment, consoler un chagrin, une douleur, calmer une angoisse, augmenter un plaisir, remplir un vide...

Si toutes les raisons de boire sont si contrastées, c'est que la fonction de l'alcool dans notre manière de « faire société » est plus profonde et importante qu'il n'y paraît. Ce n'est pas seulement la médecine ou la psychiatrie qui peuvent aider à le comprendre, mais aussi les sciences sociales.

Il s'agit ici d'un essai d'ethno-phénoménologie compréhensive : le terrain est le présent de nos sociétés contemporaines, et l'objet les manières de Boire de l'alcool les plus largement répandues et banalisées. La méthodologie est sémiologique, c'est à dire que loin d'utiliser des enquêtes et entretiens, l'ethnologue est attentif aux indices significatifs, à la communication non verbale, aux situations les plus usuelles et banales, qu'il traque dans la culture ordinaire européenne, et qu'il tente de traiter en proposant des pistes de réflexions et non pas des résultats définitifs. Des faits-divers rencontrés dans la presse, des figures culturelles emblématiques aux travers des films romans, feuilletons télévisés, etc., l'usage de certains adjectifs comme celui « d'extrême », sont ici les occasions de formuler certaines hypothèses : la première concerne la question du vertige comme compétence du corps et perception cognitive spécifique, la seconde utilise une notion classique de l'anthropologie depuis Mauss, la question de *l'obligation au contre don*, pour l'appliquer aux manières de boire. L'excès est alors produit par un mécanisme collectif et non pas seulement par la dépendance individuelle, physiologique ou psychique, à un produit. La troisième piste de réflexion concerne l'usage social de l'ivresse comme mise à l'épreuve des identités sociales et des distances qui les hiérarchisent en temps ordinaire de sobriété. Enfin les moments et les séquences consacrées au boire social montrent qu'elles interviennent à l'articulation de temps sociaux différents, comme pour en articuler la bascule de l'un à l'autre, comme pour marquer l'événement qui produit une rupture positive ou négative d'une sorte d'intensité : il s'agit d'inscrire l'évènement dans « la vie », une fin d'année, un mariage, un passage de ligne, une grande peur, un triomphe, un échec, en augmentant son temps de vie collective avec la scène codée du boire. L'ensemble des objets, gestes, style de communication (blagues rires), liés à l'alcool permet la construction collective provisoire d'un rapport différent à la réalité, grâce et au risque de l'ivresse, qui produit une sorte de court circuit cognitif progressif. L'ivresse est un puissant levier de manipulation du groupe par lui-même, une mise à l'épreuve de la réalité du rapport de force et d'autorité en son sein. L'alcool ne peut donc être remplacé par l'eau ou la tisane, parce qu'il faut le vertige de l'ivresse pour vraiment inscrire l'histoire de vie, son récit codé, sa trame événementielle, dans la vie réelle elle-même physique quotidienne éprouvée en temps réel par les personnes *en chair et en os*—la seule forme qui soit une réalité avérée. Enfin, malgré la condamnation des méfaits de l'alcool répétée depuis le XIX<sup>e</sup> siècle, l'alcoolisme comme pathologie ne définit pas l'ivresse comme scène : la scène de l'ivresse comporte une part de séduction culturelle accrue et majeure dans une société qui propose comme performance d'époque la recherche du point extrême de réalisation identitaire.

# Extreme/“Binge” Drinking

## Germany

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### Increased prevalence of problematic alcohol consumption in university students

**J. Bailer, C. Stübinger, H. Dressing, P. Gass, F. Rist, & C. S. Kühner**

*Psychotherapie, Psychosomatik, Medizinische Psychologie*, 2009, 59(9–10), 376–379

**ABSTRACT: Objective:** To compare the prevalence rates of problematic alcohol consumption in students and in the general population. **Methods:** A sample of students (n=1115) and a population sample (n=631) were assessed with the Patient Health Questionnaire (PHQ). The PHQ probes for problematic alcohol consumption with five questions. An “alcohol syndrome” is suspected if at least one of these indicators is present. **Results:** Problematic drinking was more prevalent in students than in the general population sample (30.1 % versus 8.1%). The odds ratio, adjusted for age, gender, and education, was OR=3.7. However, when the five indicators were analysed separately, only two of them were significantly more frequent in students than in the comparison sample. Both indicate a neglect of duties as a consequence of alcohol consumption. **Conclusion:** Intervention strategies aimed at students’ drinking should focus on binge drinking and the risks associated with this problematic pattern of alcohol consumption.

**KEYWORDS:** Extreme/“Binge” drinking; University students; Questionnaires; Germany.

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### Zur erhöhten Prävalenz des problematischen Alkoholkonsums bei Studierenden

**J. Bailer, C. Stübinger, H. Dressing, P. Gass, F. Rist, & C. S. Kühner**

*Psychotherapie, Psychosomatik, Medizinische Psychologie*, 2009, 59(9–10), 376–379

**ZUSAMMENFASSUNG: Ziel:** Vergleich der Prävalenz des problematischen Alkoholkonsums von Studierenden und Personen aus der Allgemeinbevölkerung. **Methode:** In einer Stichprobe von Studierenden (n=1115) und einer Bevölkerungsstichprobe (n=631) wurde nach problematischem Alkoholkonsum, definiert als “Alkoholsyndrom” im Gesundheitsfragebogen für Patienten (Patient Health Questionnaire; PHQ-D), gefragt. Ein solches liegt vor, wenn mindestens einer von fünf alkoholbezogenen Aussagen zugestimmt wird. **Ergebnisse:** Das Alkoholsyndrom war bei Studierenden sehr viel häufiger als in der Allgemeinbevölkerung (30,1% versus 8,1%; altergeschlechts- und bildungsjustiertes OR =3,7). Wie Detailanalysen zeigten, waren allerdings nur zwei der fünf Indikatoren des problematischen Alkoholkonsums bei Studierenden signifikant häufiger vorhanden als in der Allgemeinbevölkerung. Beide Indikatoren bilden Pflichtvernachlässigungen infolge von Alkoholkonsum ab. **Schlussfolgerungen:** Universitäre Präventionsmaßnahmen sollten vor allem auf Situationen mit übermäßigem Alkoholkonsum und die damit verbundenen Risiken fokussieren.

# Extreme/“Binge” Drinking

## Spain

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### *El botellon: A Spanish precedent*

**D. Farnié**

*Alcoologie et Addictologie*, 2009, 31(4), 279–281.

**ABSTRACT:** In the 1990s, young Spaniards have become accustomed to meeting at night in the streets and squares of towns and villages, to socialize with friends and drink large amounts of alcohol. This practice, which developed completely outside of traditional nighttime economy, was initially an anecdotal and local experience, which has gradually developed into the norm and a real social phenomenon, known as *botellon*. By the end of the 1990s, the *botellon* spread throughout Spain and has become standard practice for a very large proportion of Spanish youth, until it became vigorously opposed by neighborhood associations and authorities, which eventually put in place appropriate legislative framework to address this practice.

**KEYWORDS:** Extreme/“Binge” drinking; *Botellon*; Public drinking; Young adults; Adolescents; Spain.

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### *El botellon : un précédent espagnol*

**D. Farnié**

*Alcoologie et Addictologie*, 2009, 31(4), 279–281.

**RÉSUMÉ :** Dans les années 1990, les jeunes Espagnols ont pris l’habitude de se réunir le soir dans les rues et les places des villes et des villages pour se retrouver entre amis et consommer ensemble de grandes quantités d’alcool. Cette habitude, qui s’est développée totalement à l’écart des structures commerciales traditionnelles de la nuit, était, au départ, un phénomène anecdotique et local, qui s’est progressivement généralisé au point de devenir un véritable fait de société, désigné sous le nom de *botellon*. A la fin de cette même décennie, le *botellon* s’est étendu sur toute l’Espagne et est devenu une pratique habituelle pour une très large partie de la jeunesse espagnole, avant d’être vigoureusement combattu par les associations de voisinage et par les autorités, qui ont fini par mettre en place un appareil législatif adapté.

# Extreme/“Binge” Drinking

## Switzerland

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### “Botellón”: A new way to meet or a symptom of unease?

**P. Maudet**

*Questions de Santé Publique: Dépendances, 2009, 39, 15-17.*

**ABSTRACT:** During the summer of 2008, Geneva faced a new type of public gatherings called “botellon,” which means “big bottle” in Spanish. The original concept behind botellon is to meet other people (the average age of participants is between 16 and 24 years) and spend an evening away from trading system of bars and nightclubs. These are spontaneous gatherings where participants consume beverages they brought, in most cases alcoholic drinks (beer, wine, etc.) or mixed drinks (whiskey and coke, rum and coke, etc.) prepared at home. More than just a gathering, botellon has a reputation as a party where the goal is the rapid consumption of large amounts of alcohol. This pattern of consumption is reminiscent of binge drinking, which involves consuming large amounts of alcohol on a single occasion within a short period. Although misuse of public space with potentially dangerous consequences is unacceptable, the city of Geneva has shown, in this case, the will to build a dialogue with young people and a desire to adopt a strategy to empower the participants of these events. At this stage, it is perhaps useful to study the events to better understand the management of the phenomenon by local authorities.

**KEYWORDS:** Extreme/“Binge” drinking; *Botellon*; Public drinking; Young adults; Adolescents; Switzerland.

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### « Botellón » : un nouveau mode de rencontre ou un symptôme de mal être ?

**P. Maudet**

*Questions de Santé Publique: Dépendances, 2009, 39, 15-17.*

**RÉSUMÉ :** Durant l’été 2008, la Ville de Genève a dû faire face à un nouveau type de rassemblements de masse nommé “botellon.” Le “botellon” signifie “grande bouteille” en espagnol, le concept initial étant de rencontrer d’autres personnes (en moyenne âgés de 16 à 24 ans) et de passer une soirée loin du système commercial des bars et des discothèques. Il s’agit là de rassemblements spontanés où les participants consomment des boissons qu’ils ont personnellement amenées, le plus souvent des boissons alcoolisées (bière, vin, etc.) et des mélanges alcoolisés (whisky-coca, rhum-coca, etc.) préparés à domicile. Bien plus qu’un simple rassemblement, les “botellones” traînent dans leurs sillages une réputation de fête où le but premier est la consommation rapide d’alcool, en grande quantité. Cette manière de consommer n’est pas sans rappeler la mode du “binge drinking” ou “biture expresse,” consistant à consommer une grande quantité d’alcool, en une seule et même occasion, dans un laps de temps très court. Si l’usage abusif du domaine public avec des conséquences potentiellement dangereuses n’est pas acceptable, la Ville de Genève a toutefois montré dans ce dossier la volonté de construire un dialogue avec les jeunes et le souhait d’adopter une stratégie visant à responsabiliser les participants de ces manifestations. A ce stade, il est sans doute utile de revenir sur le déroulement des événements pour mieux comprendre la gestion du phénomène par les autorités locales.

# Motivations and Expectancies

## Poland

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### Self-concept, alcohol expectancies, and drinking habits in high school students

**W. Łosiak**

*Psychiatria Polska*, 2008, No. 3, 431–441.

**ABSTRACT: Aim:** The study was aimed to find relationships between self-concept, alcohol expectancies, and alcohol consumption in a group of high school students. It was expected that a higher level of alcohol consumption was related to lower self-concept and positive expectancies about alcohol use. **Method:** A group of 229 Polish high school students (92 male and 137 female), recruited in schools, participated voluntarily in a cross sectional questionnaire study. **Results:** Significant relationships were found between alcohol consumption, gender, and both positive and negative expectancies concerning alcohol use. Results indicated a possible curvilinear relationship between self-concept and alcohol use. **Conclusions:** The expectancy theory of alcohol use found strong support in the findings. Positive alcohol expectancies facilitated drinking, while negative expectancies served as inhibitors. The relationship between self-concept and drinking appeared to be more complex than originally expected.

**KEYWORDS:** Expectancies; Adolescents; Drinking patterns; Self-concept; Poland.

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### Samoocena i oczekiwania związane z alkoholem a spożywanie alkoholu przez uczniów szkół średnich

**W. Łosiak**

*Psychiatria Polska*, 2008, No. 3, 431–441.

**STRESZCZENIE:** Celem omawianych badań było ustalenie związków pomiędzy samooceną i oczekiwaniami związanymi z efektami picia alkoholu z jednej strony, a spożyciem alkoholu z drugiej, w grupie uczniów szkół średnich. Oczekiwano, że zarówno obniżona samoocena, jak i pozytywne oczekiwania, będą wiązać się z większym spożyciem alkoholu. W poprzecznych badaniach o charakterze kwestionariuszowym uczestniczyła grupa 229 uczniów w wieku 17-19 lat, 92 mężczyzn i 137 kobiet. Obok skal ocen, mierzących nawyki picia alkoholu, użyto kwestionariusza samooceny Fittsa oraz kwestionariusza do badania oczekiwań związanych z alkoholem Wiersa. Wyniki wskazują, że oczekiwania stanowią, obok płci, najważniejszy czynnik związany ze spożyciem alkoholu. Było ono najwyższe u mężczyzn, mających silne pozytywne oczekiwania, a słabe negatywne. Stwierdzono również krzywoliniową zależność pomiędzy ogólnym poziomem samooceny i używaniem alkoholu, które było najwyższe zarówno u osób ze zdecydowanie niską, jak i wysoką samooceną, a znacząco niższe u osób z umiarkowanie pozytywną samooceną. Teoria oczekiwań związanych z alkoholem, zaproponowana przez Goldmana znalazła wyraźne potwierdzenie w badanej grupie, podczas gdy związki samooceny ze spożyciem alkoholu okazały się być bardziej złożone.

# Road Safety: Report

## France

### Alcohol and road traffic crashes

#### **Interministerial Road Safety Observatory (Observatoire interministériel de sécurité routière)**

In *Road Safety in France: Results for 2008* (Paris: Documentation Française), 2009, 100–112. Full text is available online (in French): [http://www2.securiteroutiere.gouv.fr/IMG/Synthese/AA\\_ACALC.pdf](http://www2.securiteroutiere.gouv.fr/IMG/Synthese/AA_ACALC.pdf)

**REPORT SUMMARY:** The National Interministerial Road Safety Observatory was established in 1982 and placed under the authority of the ministerial delegate on road safety, tasked to collect, prepare, interpret, and disseminate national statistics and information about international laws related to road safety. Each year, the work of the Observatory culminates with the publication of a report on the state of road safety in France. The report provides information on traffic crash rates but also issues data on exposure to risk, driver behavior, sanctions, and international comparisons. Over time, the report has been enriched with new chapters on latest research, economic analysis, alcohol, seatbelt use, the aftermath of accidents, the penalty point system, driver responsibility, and cases of driving without a license or insurance. Two chapters are devoted to actors and key dates for road safety. Regularly updated crash analysis and other materials are available at: [www.securiteroutiere.gouv.fr/observatoire](http://www.securiteroutiere.gouv.fr/observatoire)

(Example of data on alcohol-impaired driving from the summary of this report by IREB [<http://www.ireb.com/en>]: “In 2008, there were 6,256 injury crashes involving a positive BAC, of which 878 were fatal, representing 10.2% of all injury crashes and 27.9% of fatal crashes, against 10.5% and 29%, respectively, in 2007; 70.3% of injury crashes occurred at night, and 59.3% took place during weekends.”)

**KEYWORDS:** Road safety; Alcohol-impaired driving; Fatal crashes; Injury crashes; France.

### Alcool et accidents de la route

#### **Observatoire interministériel de sécurité routière**

In *La sécurité routière en France : bilan de l'année 2008* (Paris: Documentation Française); 2009, 100–112.

**RÉSUMÉ :** L'Observatoire national interministériel de sécurité routière, créé en 1982 et placé sous l'autorité du délégué interministériel à la sécurité routière, a en particulier en charge la collecte, la mise en forme, l'interprétation et la diffusion des données statistiques nationales et internationales se rapportant à la sécurité routière. Chaque année, la publication du bilan sur la sécurité routière en France est un moment fort de son activité. Le bilan a pour but de connaître l'accidentalité mais également de la comprendre en fournissant des données sur l'exposition au risque, le comportement des usagers, les sanctions appliquées et les comparaisons internationales. Au fil du temps, le bilan s'est enrichi de chapitres nouveaux sur les études et les recherches, l'analyse conjoncturelle, l'alcool, les vies sauvées par le port de la ceinture, l'accidentologie locale, les séquelles des accidents, le permis à points, la responsabilité, les sans permis, sans assurance et les délits de fuite. Deux chapitres sont consacrés aux acteurs et aux grandes dates de la sécurité routière. Signalons enfin que l'on peut se reporter sur le site Internet de l'Observatoire qui rend accessible en ligne des informations détaillées et régulièrement actualisées sur l'accidentologie : [www.securiteroutiere.gouv.fr/observatoire](http://www.securiteroutiere.gouv.fr/observatoire).

(Note Ireb: En 2008, on dénombre 6 256 accidents corporels avec un taux d'alcoolémie positif dont 878 ont été mortels, soit 10,2 % des accidents corporels et 27,9 % des accidents mortels, contre 10,5 % et 29 % respectivement en 2007. 70,3 % des accidents corporels ont eu lieu la nuit, 59,3 % les week-ends.)

# Road Safety

## Italy

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### A method to estimate one's own blood alcohol concentration when the ministerial tables are unavailable

**G. Dosi<sup>1</sup>, F. Taggi, & T. Macchia**

*Annali di Igiene : Medicina Preventiva e di Comunità*, 2009, 21(5), 467–478.

**ABSTRACT:** To reduce the prevalence of alcohol-impaired driving, tables allowing individuals to estimate their own blood alcohol concentration (BAC) level by type and quantity of alcohol consumed have been enacted by decree in Italy. Such tables, based on a modified Widmark's formula, are now displayed in all public establishments serving beverage alcohol. The goal of this initiative is to inform individuals who consume alcohol before driving and encourage them to note their estimated BAC level and, on these bases, take the appropriate course of action (e.g., avoid or limit further consumption, wait before driving, or ask a sober individual to drive). Nevertheless, these tables are unavailable on many occasions. To allow anyone to roughly estimate his or her own BAC level when the ministerial tables are unavailable, the following method has been developed: Briefly, the amount (in grams) of alcohol consumed must be divided by half of a female drinker's weight if consumption was on an empty stomach (and by 90% of the female drinker's weight if drinking followed food intake); for men, the amount of alcohol consumed must be divided by 70% of the drinker's weight if consumption was on an empty stomach (and by 120% if it occurred after eating). BAC estimates resulting from the proposed method and the ministerial tables are very close: They differ by a few hundredth of grams/liter. Unlike the ministerial tables, the proposed method involves estimating the amount of ingested alcohol (in grams). This may pose some difficulty, which, however, can be easily overcome. In our opinion, the skill of assessing the amount of alcohol consumed is of great significance since it provides the drinker with a strong signal not only in road safety terms but also in health terms. The ministerial tables and the proposed method should be incorporated into driving classes required for obtaining a new license or reinstating a revoked license. In broad terms, educational institutions should teach young people how to calculate the amount of alcohol consumed to inform them about potential risks and allowing for more informed decisions about drinking when they become of age.

**KEYWORDS:** Road safety; Blood alcohol concentration (BAC); Alcohol-impaired driving; Italy.

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### Un metodo per stimare la propria alcolemia quando non si disponga delle tabelle ministeriali

**G. Dosi, F. Taggi, & T. Macchia**

*Annali di igiene : medicina preventiva e di comunità*, 2009, 21(5), 467–478.

**RIASSUNTO:** In Italia, al fine di ridurre la prevalenza della guida sotto l'influenza dell'alcol, il Ministero del Lavoro, Salute e Politiche Sociali ha prodotto delle tabelle che in base al tipo e quantità di bevande alcoliche consumate consentono ad ognuno di ricavare una stima orientativa della propria alcolemia. Tali tabelle, costruite mediante l'uso della formula di Widmark modifi cata, sono oggi a norma di legge esposte in tutti i locali pubblici di intrattenimento e che servono bevande alcoliche. L'obiettivo di questa iniziativa è far sì che coloro i quali consumano alcolici e debbano poi mettersi alla guida di un veicolo abbiano modo di stimare l'alcolemia da loro raggiunta e, su questa base, mettano in atto se necessario adeguati provvedimenti (evitare o limitare un ulteriore consumo, attendere più tempo prima di mettersi alla guida, far guidare al loro posto un soggetto sobrio). Tuttavia, esistono molte occasioni in cui le bevande alcoliche sono consumate in ambito privato e quindi le dette tabelle non risultano disponibili. Per far sì che anche in questi casi sia possibile stimare indicativamente la propria alcolemia, abbiamo messo a punto uno specifico metodo, che viene descritto nel presente lavoro. In sintesi, l'alcolemia cercata si ottiene dividendo il peso (in grammi) di alcol consumato per la metà del proprio peso, se si è di

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genere femminile e l'assunzione è avvenuta a stomaco vuoto (per il 90% del proprio peso, se a stomaco pieno); per il 70% del proprio peso, se si è di genere maschile e l'assunzione è avvenuta a stomaco vuoto (per il 120% del proprio peso, se a stomaco pieno). L'accordo tra le alcolemie che si ottengono con questo metodo e le corrispondenti riportate nelle tabelle esposte nei locali è molto stretto, dell'ordine di qualche centesimo di grammi/litro. A differenza delle tabelle ministeriali, il metodo proposto richiede il calcolo dei grammi di alcol ingeriti. Questa necessità comporta alcune difficoltà che, tuttavia, sembrano facilmente superabili. Peraltro, l'essere in grado di calcolare i grammi di alcol assunti appare di estrema importanza in quanto il soggetto viene così a disporre di un segnale forte non solo in termini di sicurezza stradale, ma anche in termini di salute. A nostro parere, l'uso delle tabelle di legge, come pure il metodo qui illustrato, dovrebbero entrare a far parte dell'insegnamento impartito per l'acquisizione della patente di guida e per i corsi di recupero dei punti della patente. In termini più generali, la scuola dovrebbe insegnare ai giovani come calcolare le quantità di alcol assunte con il consumo di bevande alcoliche, al fine informarli sui rischi e preparare la strada ad un bere più consapevole quando diventeranno adulti.

# Young People: Book

## Hungary

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### Adolescents in a changing epoch: Alcohol and drug use by youth in Hungary—ESPAD 2007

**Z. Elekes**

Budapest, Hungary: L'Harmattan, 2009, p.: 221.

**BOOK SUMMARY:** On the basis of the fourth wave of the European School Survey Project on Alcohol and Other Drugs (ESPAD), this book discusses the alcohol and other drug consumption habits of secondary school students in Hungary and reports on changes in consumption habits in the last 12 years. It examines the sociodemographic factors that influence early, regular, and problematic substance use by adolescents and addresses the fact that the social changes of the last 12 years differently affected youths from different social strata. The book examines the prevalence of polydrug use, as well as the profile of likely users. The results of the 2007 ESPAD indicate changes in adolescent substance use habits. Hungarian results show similar tendencies to international trends in several aspects. The book reviews the similarities and the differences between Hungarian and other European students.

**KEYWORDS:** Young people; Adolescents; Underage drinking; Drug use; ESPAD; Hungary.

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### Egy változó kor változó ifjúsága. A fiatalok alkohol- és egyéb drogfogyasztása Magyarországon—ESPAD 2007

**Z. Elekes**

Budapest: L'Harmattan, 2009, p.: 221.

Ez a kötet az ESPASD (European School Survey Project on Alcohol and Other Drugs ) 2007. évi negyedik hullámának eredményei alapján mutatja be a magyar diákok fogyasztási szokásait, és az elmúlt 12 évben bekövetkezett változásokat. A szerző vizsgálja, milyen tényezők befolyásolják a különböző szerek kipróbálását, rendszeres, vagy problémás fogyasztását, valamint azt, hogy az elmúlt 12 év változásai milyen mértékben érintették a különböző társadalmi-demográfiai csoportokba tartozó fiatalokat. Foglalkozik a különböző fogyasztási formák együtt járásával, és megpróbálja körülhatárolni a fiataloknak azt a csoportját, amely leginkább tekinthető problémás fogyasztónak. Az ESPAD 2007. évi eredményei változást mutatnak a különböző szerek európai elterjedtségében. A magyarországi adatok sok tekintetben követik a nemzetközi trendeket. A kötet bemutatja az Európában végbement változásokat, vizsgálja, hogy a magyar fiatalok tiltott és legális szerfogyasztása mennyiben tér el Európa más országainak fiataljaiétól, melyek azok a fogyasztási formák, amelyek alapján a magyar diákok Európa élén találhatóak, és melyek azok, amelyek alapján elmaradnak az európai átlagtól. Kísérletet tesz annak értelmezésére, milyen társadalmi jelenségek magyarázhatják a fiatalok fogyasztási szokásaiban bekövetkezett változásokat.

## Young People

### Italy

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#### Alcohol habits and acute alcohol intoxication among middle school students

**G. B. Modonutti, A. Altobello, M. Fiore, C. Garascia, L. Leon, G. E. Sciacca, R. Fallico, & M. Ferrante**  
*Igiene e Sanita Pubblica*, 2009, 65(4), 323–334.

**ABSTRACT:** The objective of this study was to evaluate the age at which alcohol consumption begins and assess alcohol habits among young adolescents in order to implement and evaluate specific preventive measures aimed at reducing the impact of alcohol-related conditions. Middle school students in the province of Catania (Italy) were interviewed anonymously through a self-administered semi-structured questionnaire. Overall, 432 students aged 10 to 14 years (47% male and 53% female) participated in the study. Results show that 52% of students have tried alcoholic drinks, and that alcohol consumption was more frequent among male than female students (54.2% versus 41.9%;  $p = 0.03$ ). Overall consumption tends to increase with every year of school attendance (1st year: 43.2%; 2nd year: 44.1%; 3rd year: 55.3%, Chi-square for trend  $p = 0.03$ ). The average alcohol intake among drinkers was 7.0 g/day. Fourteen percent (14%) of students identified as regular drinkers, who were more likely to be male than female (19.7% versus 8.7% respectively;  $p = 0.001$ ). Finally, 8% of the participating students admitted having been drunk at least once in their lifetime.

**KEYWORDS:** Adolescents; Underage drinking; Gender comparison; Questionnaire; Italy.

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#### Abitudini alcoliche e intossicazione acuta da alcol fra gli studenti della scuola media catanese

**G. B. Modonutti, A. Altobello, M. Fiore, C. Garascia, L. Leon, G. E. Sciacca, R. Fallico, & M. Ferrante**  
*Igiene e Sanita Pubblica*, 2009, 65(4), 323–334.

Abstract unavailable.

## Young People

### Spain

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#### Motives for playing sports and their relationship with tobacco and alcohol consumption in a sample of Spanish students

**F. Ruiz Juan<sup>2</sup>, E. de la Cruz Sanchez, & M. E. Garcia Montes**

*Salud Publica de Mexico*, 2009, 51(6), 496–504. Full text is available online (in Spanish): [http://bvs.insp.mx/rsp/\\_files/File/2009/Noviembre%20Diciembre/7-actividad.pdf](http://bvs.insp.mx/rsp/_files/File/2009/Noviembre%20Diciembre/7-actividad.pdf)

**ABSTRACT: Objective:** To determine the relationship between the practice of leisure time physical activity and consumption of alcohol and smoking among young people and to define the relationship between the consumption of these substances with motives for playing sports. **Material and Methods:** A total of 3,840 young people from different levels of the public education system in Almeria (Spain) took part in this study. Multinomial logistic regression was used to model the associations among the variables and to calculate odd ratios (OR) and 95% confidence intervals (CI) for each pattern of physical activity. **Results:** Female students in this sample were smoked more than their male counterparts ( $p < 0.05$ ) at all educational levels, whereas male students consumed more alcohol at an early age. There is a lower consumption of cigarettes as time spent doing physical activity increased, whereas the relationship of alcohol consumption to physical activity and playing sports was variable. **Conclusion:** The less physical activity practiced, the more likely it was to find smokers, while its relationship with the intake of alcohol differs according to the level of physical activity.

**KEYWORDS:** Adolescents; Underage drinking; Smoking; Gender comparison; Spain.

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#### Motivos para la práctica deportiva y su relación con el consumo de alcohol y tabaco en jóvenes españoles

**F. Ruiz Juan, E. de la Cruz Sanchez, & M. E. Garcia Montes**

*Salud Publica de Mexico*, 2009, 51(6), 496–504.

**RESUMEN: Objetivo:** Determinar la relación entre la práctica de actividad física en el tiempo libre y el consumo de alcohol y tabaco en población joven. Asimismo, definir la relación entre el consumo de estas sustancias y los motivos de la práctica deportiva. **Material y métodos:** Tomaron parte 3 840 jóvenes de diferentes niveles del sistema educativo público de Almería, España. Se utilizó una regresión logística multinomial para modelar la asociación entre variables y calcular la razón de momios y el intervalo de confianza al 95% para cada patrón de actividad física. **Resultados:** Las mujeres fuman en mayor medida que los varones ( $p < 0.05$ , en todos los niveles educativos), mientras que éstos son consumidores de alcohol en mayor grado en edades tempranas. Existe un menor consumo habitual de tabaco a medida que aumenta el tiempo de la práctica de actividad física, mientras que la relación del consumo de alcohol con la práctica de actividad físico-deportiva es variable. **Conclusiones:** Cuanto menor es la actividad física, más probable es encontrar fumadores, en tanto que su relación con la ingesta de alcohol difiere según sea el nivel de práctica.

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## Young People

### Spain

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#### Experimentation with psychoactive substances in Spanish adolescents: Consumption profile by age

**M. de la Villa Moral Jimenez<sup>3</sup> & A. Ovejero**

*Revista Latinoamericana de Psicología*, 2009, 41(3), 533–553. Full text is available online (in Spanish): <http://www.revistalatinamericanadepsicologia.com/revistas/documentos/2/3experimentacion.pdf>

**ABSTRACT:** Young people's experimentation with initiation drugs (alcohol and tobacco) and, to a lesser degree, with other illegal substances, is associated with patterns of teenage leisure, which are characterized by hyperactivity, group membership, and the hedonistic satisfaction with practices peculiar to recreational culture. Because early onset of substance use generally takes place at the beginning of adolescence, an exploratory study was done with a sample of secondary school students aged 12 to 18 years from the Principality of Asturias (Spain). The aim of the study was to offer a differential profile of substance use based on age. The tendency was found toward weekend use, with greater habit and frequency of experimentation among older respondents. The indication of a user mentality having distorted risk perception was confirmed. The conclusion is reached that educational policies on prevention should be promoted at the state and community levels.

**KEYWORDS:** Adolescents; Underage drinking; Drug use; Age profile; Spain.

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#### Experimentación con sustancias psicoactivas en adolescentes españoles: perfil de consumo en función de los niveles de edad

**M. de la Villa Moral Jimenez & A. Ovejero**

*Revista Latinoamericana de Psicología*, 2009, 41(3), 533–553.

**RESUMEN:** La experimentación juvenil con drogas iniciáticas (alcohol y tabaco) y, en menor medida, con otras sustancias ilegales, se halla asociada a pautas de ocio juvenil caracterizadas por la sobreactivación, la vinculación grupal y la satisfacción hedónica en prácticas propias de la cultura recreativa. El inicio precoz se sitúa en los primeros años de la adolescencia, de ahí que se haya realizado un estudio exploratorio con una muestra de estudiantes de educación secundaria del Principado de Asturias (España) con edades comprendidas entre los doce y los dieciocho años. El objetivo del estudio es ofrecer un perfil diferencial de consumo en función de los niveles de edad. Se ha hallado una tendencia de consumo de fin de semana con mayor habituación y frecuencia de experimentación en niveles superiores. Se ha confirmado la manifestación de la mentalidad del usuario con una percepción de riesgo distorsionada. Se concluye que han de promoverse políticas preventivas a nivel educativo, estatal y comunitario.

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## Annex 1: Members of the Editorial Group

**Simona Anav**, Osservatorio Permanente sui Giovani e l'Alcool, Italy

**João Breda**, Direcção-Geral da Saúde, Ministério da Saúde, Portugal

**Marie Choquet**, Institut National de la Santé et de la Recherche Médicale (INSERM), France

**Philippe de Witte**, Université de Louvain, Belgium

**Zsuzsanna Elekes**, Corvinus University of Budapest, Hungary

**Carlos Farate**, Instituto Superior Miguel Torga, Coimbra and Instituto de Ciências Biomédicas de Abel Salazar, Porto University (ICBAS-UP), Portugal

**Pavel Kubu**, Institute of Medical Informatics, Charles University, Czech Republic

**Philip Lazarov**, Euro Mediterranean Partnership against Substance Abuse (EMPASA), Cyprus

**Fiona Measham**, Lancaster University, U.K.

**Rui Augusto Moreira**, Liga Portuguesa de Alcoologia, Portugal

**Gonzalo Musitu Ochoa**, Universitat de València, Spain

**Véronique Nahoum-Grappe**, L'École des Hautes Études en Sciences Sociales and Le Centre National de la Recherche Scientifique, France

**Dusan Nolimal**, Slovenia

**Yury Razvodovsky**, Grodno State Medical University, Belarus

**Enrico Tempesta**, Osservatorio Permanente sui Giovani e l'Alcool, Italy

**Betsy Thom**, Social Policy Research Centre, Middlesex University, U.K.

## Annex 2: Guidelines for Editorial Group of *ICAP Periodic Review on Drinking and Culture*

### 1. Editorial Tasks and Administrative Support

#### 1.1 Editorial Tasks

Identification and selection of key research to be featured in the *Periodic Review* and all editorial decisions will be carried out by the members of the Editorial Group, consisting of experts from diverse geographic, linguistic, and discipline areas.

Individual Editorial Group members will select suitable articles following the criteria outlined below. With the expansion of the *Periodic Review*, an Editor-in-Chief (or Editors-in-Chief, as appropriate) may be appointed.

All communication for this project is to take place electronically; no regular meetings among the Editorial Group members are planned.

#### 1.2 Administrative Support

Logistical and administrative support for the *Periodic Review* is provided by the International Center for Alcohol Policies (ICAP).<sup>1</sup> ICAP has no part in the editorial decisions, but acts as a coordinating center for receiving the nominations, arranging translations, preparing the *Periodic Review* for publication, and maintaining the web page devoted to the publication.

### 2. Process

What follows is the basic clarification of the *Periodic Review's* scope, criteria for identification and selection of articles, communication procedures, format, and distribution. As the *Periodic Review* establishes itself and expands, it is expected that the sections below will be updated and streamlined.

#### 2.1 Scope

The *Periodic Review* will focus on non-Anglophone European publications. Its scope may be expanded later to cover other geographic regions.

<sup>1</sup> ICAP is a not-for-profit international research organization based in Washington, DC, and funded by major international beverage alcohol companies. ICAP's mission is to promote understanding of the role of alcohol in society, to help reduce the abuse of alcohol worldwide, and to encourage dialogue and pursue partnerships with the public health community, the beverage alcohol industry, and others interested in alcohol policy.

Coverage of the *Periodic Review* is limited to psychosocial and socio-cultural research, to focus on drinking culture, behavior, patterns, and psychosocial outcomes.

The inaugural issue of the *Periodic Review* will cover a retrospective of research (published within the past five years). Going forward, new research will be highlighted.

#### 2.2 Identification and Selection Criteria

Members of the Editorial Group will nominate papers appearing in non-English-language journals they deem interesting and relevant.

Articles considered for the *Periodic Review* must come from academic journals that are peer reviewed, have a known editorial board, and provide clear criteria for authors.

Members of the Editorial Group may also nominate so-called grey literature.<sup>2</sup> The suitability of such literature for inclusion will be determined by the entire Editorial Group. Items defined as grey literature will be listed separately from the main research summaries.

The *Periodic Review* will not comment on or analyze the selected publications. Reviews and commentaries already published elsewhere, however, may be included, if selected by the Editorial Group.

#### 2.3 Communication Procedures and Format

Individual members of the Editorial Group will send selected material on an *ad hoc* basis to ICAP (Daniya Tamendarova, ICAP Head of Publications).

If the original article or grey literature publication does not have an abstract, a summary (*up to 400 words*) should be provided in the original language by the nominating

<sup>2</sup> The term *grey literature* is attributed to a wide range of documents, but generally excludes books and journal-based research papers. The following definition is held to here: "That which is produced on all levels of government, academia, business, and industry in print and electronic formats, but which is not controlled by commercial publishers" (Fourth International Conference on Grey Literature, Washington, DC, October 1999). In general, grey literature includes, but is not limited to the following: reports (pre-prints, web publications, technical reports, statistical reports, memoranda, market research reports, etc.); theses; conference proceedings; official documents not published commercially (e.g., including government reports); policy and other documents produced by private organizations.

member of the Editorial Group. Abstracts are required in electronic format for compilation.

Where needed, ICAP will arrange for translations of abstracts into English.

Only abstracts of selected articles will be included in the *Periodic Review*, both in original language and translated into English.

It is projected that each issue of the *Periodic Review* will include a maximum of around 25 abstracts. Abstracts will be arranged by language and topic.

Contact information of corresponding author(s) will be presented with each featured abstract.

### **2.4 Distribution**

All issues of the *Periodic Review* will be distributed electronically by ICAP, starting in October 2008.

They will appear on an area on the ICAP website devoted solely to the project, which will also serve as a public repository of past *Periodic Review* issues and any related materials.

ICAP will send electronic alerts to announce new *Periodic Review* issues or updates to the *Review* site.

### **3. Updates of Guidelines**

Members of the Editorial Group are encouraged to contact ICAP with any suggestions on improving the process above.



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