

Alcohol and Mindfulness in African American College Students



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Introduction

- Project TIME is a five-year NIAAA-funded project aimed at developing a culturally tailored mobile health (mHealth) application for Black college students who engage in risky drinking.
- Sometimes college students manage distress through unhelpful emotional regulation strategies (e.g. rumination, thought suppression, or expressive suppression) and coping mechanisms (e.g. substance use; Lahey 2009; Yoon et al. 2013).
- Mindfulness can help manage stress because it involves being nonjudgmental and focusing on the present (Chiesa and Serretti 2014; Feltman et al. 2009; Giluk 2009).
- In theory, being more aware (dispositional mindfulness), can limit alcohol craving and drinking by reducing stress. (e.g., Hölzel et al., 2011).
- When being mindful, it is easier to identify and reduce 'maladaptive cognitive and affective processes (Hölzel et al., 2011; Shapiro et al., 2006)."
- With the preliminary data collected from that research, this poster aims to determine if mindfulness orientation is associated with reduced alcohol use in Black college students.

Methods

Procedures and Measures

- After receiving approval from the Institutional Review Board (IRB), data was collected using an online survey at a predominantly White institution.
- Participants were asked about their alcohol use and to complete *The Five Facet Mindfulness Questionnaire* (Baer et al., 2006).
- The data was then analyzed for correlations using SPSS.

Participants

- N = 206
- Age range: 18 years of age or older (M= 21.43)
- Biological sex: Males: 53.1%; Females: 46.9%

Measures	# Items	Information
Scale		
<i>Alcohol Use</i>	7	Participants' alcohol use was calculated by summing the number of drinks consumed over seven days.
<i>The Five Facet Mindfulness Questionnaire</i> (FFMQ; Baer et al., 2006)	39	Participants respond on scale of 1-5; (1 = never or very rarely true; 2 = rarely true; 3 = sometimes true; 4 = often true; and 5 = very often or always true) Sample: "When I'm walking, I deliberately notice the sensations of my body moving."

Conclusions

- The Five Facet Mindfulness Questionnaire* has five subscales: Observing, Describing, Acting with Awareness, Nonjudgmental, and Nonreactive.
- Those who scored high on the 'Acting with Awareness' subscale reported lower alcohol consumption.
- This could be because 'Acting with Awareness' entails being fully conscious and making intentional choices.
- In the context of alcohol consumption, this could mean keeping track of the number of drinks consumed and the potential consequences of drinking more.
- As such, being more mindful could potentially prevent alcohol misuse and other related issues.

Limitations:

- Self-report of alcohol use and mindfulness orientation.

Future Research:

- It would be helpful to investigate how the effectiveness of mindfulness is influenced by various environmental settings, such as clubs, festivals, and tailgates. By examining these factors, we can gain a better understanding of how mindfulness can be utilized as a preventative measure against alcohol abuse among African American college students.
- More research is needed to determine if mindfulness is effective in reducing alcohol consumption in peer-pressure situations.

		Observing	Describing	Acting with Awareness	Nonjudgmental	Nonreactive	Total drink
Observing	Pearson Correlation	1	.184*	-.288**	.487**	.409**	.155
	Significant figure (2-tailed)		.032	<.001	<.001	<.001	.073
Describing	Pearson Correlation	.184*	1	.297**	.041	.244**	-.078
	Significant figure (2-tailed)	.032		<.001	.635	.004	.366
Acting with Awareness	Pearson Correlation	-.288**	.297**	1	.441**	-.168	-.243**
	Significant figure (2-tailed)	<.001	<.001		<.001	.051	.004
Nonjudgmental	Pearson Correlation	-.487**	.041	.441**	1	-.293**	-.149
	Significant figure (2-tailed)	<.001	.635	<.001		<.001	.084
Nonreactive	Pearson Correlation	.409**	.244**	-.168	.441**	1	.144
	Significant figure (2-tailed)	<.001	.004	.051	<.001		.095
Total drinks	Pearson Correlation	.155	-.078	-.243**	-.149	.144	1
	Significant figure (2-tailed)	.073	.366	.004	.084	.095	

*. Correlation is significant at the 0.05 level (2-tailed)

** Correlation is significant at the 0.01 level (2-tailed)

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