# The influence of social-cognitive, personality and co-morbidity factors on the drinking behaviour of young people in Australia

## Researcher

Dr Angela Hain

## Summary

This study examines the psychological factors that influence alcohol consumption by young Australians (18-30 years old). It focuses on the role of personality, cognitive and psychological distress in maintaining problematic drinking; and compares the community sample with a treatment sample from a youth substance abuse service.

## Outcomes

Current results enhance the understanding of the risk and protective factors underlying harmful alcohol use, and it was anticipated that the findings of this study would assist in decreasing the incidence of problem drinking in this population through increased practical intervention. However, findings suggested that attaining this outcome would require a long term commitment from not only researchers, health practitioners and policy makers, but also young Australian drinkers.

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