

# Mixed consumption of alcohol and energy drinks research paper

[Health & Medicine](#), [Alcoholism](#)



## **INTRODUCTION**

Undergraduates and youths in general have different opinions on the outcome of drinking alcohol alone and mixing it with energy drinks. Their perceptions differ because of the variant experiences the individuals have had for long. There are different articles used in this report that have significant information to the opinions of undergraduates concerning the outcome of drinking alcohol alone and mixing it with energy drinks. This report includes different journal articles with different and relevant information on the mixed consumption of alcohol and energy drinks.

### **The Social Learning Theory**

The social learning theory plays an elemental role in the identification and analysis of the opinions of the undergraduates and other youths (Skewes, Decou & Gonzalez, 2013, p. 5). The theory postulates that the individuals learn from each other through modeling, imitation and observation (Verster & Scholey, 2014, p. 16). Additionally, the theory exists as a bridge between the cognitive learning and behaviorist theories because it encompasses motivation, memory and attention.

### **The Health Belief Model**

The health belief model is also significant in the explanation of the perspectives of the undergraduates because it is a psychological model that seeks to explain and predict the anticipated health behaviors such as the outcome of drinking alcohol alone and mixing it energy drinks (Schry & Norberg, 2013, p. 17). By use of the model, it would be proficient to

understand their assumptions by stating that the anticipated negative conditions of health can be avoidable. On the other hand, the model states the positive expectations of the intended actions.

## **Overview of Articles**

In the discussion of the individual-focused approaches to prevent undergraduates drinking of alcohol, there is an evident support for the feedback-based interventions and their focus on the blood alcohol concentrations (Striley & Khan, 2014, p. 28). Additionally, the feedback interventions (PFIs) co-exist with the personalized normative feedback (PNFs) (Ham & Hope, 2003, p. 14). Therefore, these feedbacks suggest the degree of effects of alcohol consumptions among the youth. The mixed consumption of alcohol with the AMEDs has both long-term and short-term risks that are beyond those of consumption of alcohol alone (Droste, Tonner, Zinkiewicz, Pennay, Lubman, Miller, 2014, p. 25).

In the problematic drinking of undergraduates, the binge drinkers are most likely to experience adverse effects of alcohol compared to other drinkers (Morean, Corbin & Treat, 2012, p. 25). Huntley gives expectancies for the effects of drugs including relapses and cessations and relates them to caffeine, which is in energy drinks (Huntley & Juliano, 2012, p. 27), which relates the effects of mixed drinking of the AMEDs. In a letter to the editor, the university students drink more hazardously than their peers do (Peacock, Pennay, Droste, Bruno & Lubman, 2014, p. 11). AEAS have tangible effects on the issue (Mallet, Marzell, Scaglione, Hultgren & Turrisi, 2014, p. 28).

AMEDs have psychological and hazardous drinking practices (Varvil-Weld,

Marzell, Turrisi, Mallet & Cleveland, 2013, p. 28).

The problem of energy drinks and alcohol is a risky behavior among undergraduates (Kypri, Cronin & Wright, 2005, p. 16). The motives for the mixing of energy drinks with alcohol by Verster et al., presents the potential risks of issue (Verster, Aufricht, & Alford, 2012, p. 28). Additionally, the mixing of alcohol consumption with energy drinks has many cognitive, behavioral and health consequences (Cronce, Larimer, 2011, p. 22). Lastly, in the NSW research, mixing of energy drinks with alcohol has significant consequences (NSW, 2013, p. 18).

## References

- Carey, K. B., Scott-Sheldon, L. A., Carey, M. P., & DeMartini, K. S. (2007). Individual-level interventions to reduce college student drinking: A meta-analytic review. *Addictive Behaviors*. doi: 10. 1016/j. addbeh. 2007. 05. 004
- Cronce, J. M., & Larimer, M. E. (2011). Individual-focused approaches to the prevention of college student drinking. *Alcohol Research and Health*, 34, 210-221. Retrieved from [http://www. niaaa. nih. gov//journals/alcohol-research](http://www.niaaa.nih.gov/journals/alcohol-research)
- Droste, N., Tonner, L., Zinkiewicz, L., Pennay, A., Lubman, D. I., & Miller, P. (2014). Combined alcohol and energy drink use: Motivations as predictors of consumption patterns, risk of alcohol dependence, and experience of injury and aggression. *Alcoholism: Clinical and Experimental Research*. Advance online publication. doi: 10. 1111/acer. 12438
- Ham, L. S., & Hope, D. A. (2003). College students and problematic drinking: A review of the literature. *Clinical Psychology Review*, 23, 719-759. doi: 10.

1016/S0272-7358(03)00071-0

Heinz, A. J., Wit, H., Lilje, T. C., & Kassel, J. D. (2013). The combined effects of alcohol, caffeine, and expectancies on subjective experience, impulsivity, and risk-taking. *Clin Psychopharmacol*, 22, 222-234.

Huntley, E. D., Juliano, L. M. (2012). Caffeine expectancy questionnaire (CaffEQ): Construction, psychometric properties, and associations with caffeine use, caffeine dependence, and other related variables. *Psychological Assessment*, 24, 592-607. doi: 10. 1037/a0026417

Kypri, K., Cronin, M., & Wright, C. S. (2005). Do university students drink more hazardously than their non-student peers? [Letter to the editor]. *Addiction*, 100, 713-717. doi: 10. 1111/j. 1360-0443. 2005. 01116. x

Mallet, K. A., Marzell, M., Scaglione, N., Hultgren, B., & Turrisi, R. (2014). Are alcohol and energy drink users the same? Examining individual variation to alcohol mixed with energy drink use, risky drinking, and consequences. *Psychology of Addictive Behaviors*, 28, 97-104. doi: 10. 1037/a0032203

Morean, M. E., Corbin, W. R., & Treat, T. A. (2012). The anticipated effects of alcohol scale: Development and psychometric evaluation of a novel assessment tool for measuring alcohol expectancies. *Psychological Assessment*, 24, 1008-1023. doi: 10. 1037/a0028982

NSW. (2013). Alcohol and Energy Drinks in NSW: Research.

Peacock, A., Pennay, A., Droste, N., Bruno, R., & Lubman, D. I. (2014). 'High' risk? A systematic review of the acute outcomes of mixing alcohol with energy drinks. *Addiction*. Advance online publication. doi: 10. 1111/add. 12622

Reis, J., & Riley, W. L. (2000). Predictors of college students' alcohol

<https://assignbuster.com/mixed-consumption-of-alcohol-and-energy-drinks-research-paper/>

consumption: Implications for student education. *Journal of Genetic Psychology*, 16(3), 282 - 291.

Schry, A. R., & Norberg, M. M. (2013). Factor structure of the modified Timeline Followback: A measure of alcohol-related consequences. *Journal of Studies on Alcohol and Drugs*, 74, 803-809. Retrieved from <http://www.jsad.com/>

Skewes, M. C., Decou, C. R., & Gonzalez, V. M. (2013). Energy drink use, problem drinking and drinking motives in a diverse sample of Alaskan college students. *International Journal of Circumpolar Behavioral Health*, 72, 194-199. doi: 10. 3402/ijch. v72i0. 21204.

Striley, C. W., & Khan, S. R. (2014). Review of the energy drink literature from 2013: Findings continue to support most risk from mixing with alcohol. *Current Opinion in Psychiatry*, 27, 263-268. doi: 10. 1097/YCO. 0000000000000070

Varvil-Weld, L., Marzell, M., Turrisi, R., Mallet, K. A., & Cleveland, M. J. (2013). Examining the relationship between alcohol-energy drink risk profiles and high-risk drinking behaviors. *Alcoholism: Clinical and Experimental Research*, 37, 1410-1416. doi: 10. 1111/acer. 12102

Verster, J. C., Benson, S., & Scholey, A. (2014). Motives for mixing alcohol with energy drinks and other nonalcoholic beverages, and consequences for overall consumption. *International Journal of General Medicine*, 7, 285-293. doi: 10. 2147/IJGM. S6)

Verster, J. C., Aufricht, C., & Alford, C. (2012). Energy drinks mixed with alcohol: misconceptions, myths, and facts. *International Journal of General Medicine*.

<https://assignbuster.com/mixed-consumption-of-alcohol-and-energy-drinks-research-paper/>

Wechsler, H., Lee, J. E., Nelson, F. N., & Kuo, M. (2002). Underage college students' drinking behavior, access to alcohol, and the influence of deterrence policies. *Journal of American College Health*, 50(5), 223 – 236.