

Dear Colleagues,

Here is the latest issue of **Alcohol Research Digest**, a resource featuring alcohol-related articles from peer reviewed academic journals and research-oriented reports, newsletters, and resources from a variety of Canadian and international sources. All sources were published within the months of **February and March 2010** and include at minimum, a link to an online abstract. If a link becomes broken, please copy and paste it directly into your web browser.

PLEASE NOTE: Some websites require a free or paid subscription to view resources. Some articles are available on-line for a limited time only.

We hope you will use **Alcohol Research Digest** to inform your work. Please take a few moments to browse through the titles and read/print those most relevant to you.

Material was selected based on potential relevance and usefulness to program planners, health promoters, policy-makers, researchers, and others active in substance abuse prevention (specifically alcohol) across Ontario.

We encourage you to download any articles you find interesting, in accordance with copyright rules posted on individual sites.

To view past issues, please visit

<http://www.apolnet.ca/resources/pubs/respapers/ResMonthlyHome.html>.

The Alcohol Policy Network (APN) is a project of the Ontario Public Health Association, and is funded through the Ministry of Health Promotion. For more information about this Electronic mailing list, or Alcohol Policy Network please visit [www.apolnet.ca/AboutUsHome.html](http://www.apolnet.ca/AboutUsHome.html).

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## 1. ALCOHOL ADVERTISING / PROMOTION / SPONSORSHIP

### **GUILT-BASED ANTI-ALCOHOL ADS CAN BACKFIRE, STUDY FINDS**

Research Summary, Join Together, March 1, 2010

Using shame or guilt to try to prevent overconsumption of alcohol can actually cause people to drink more, researchers say.

<http://www.jointogether.org/news/research/summaries/2010/guilt-based-anti-alcohol-ads.html>

### **U.K. RESEARCHERS FAULT ALCOHOL INDUSTRY SELF-REGULATION**

Research Summary, Join Together, February 1, 2010

An investigation of internal marketing documents from alcoholic-beverage firms and their marketing agencies has led researchers in the U.K. to conclude that the country's system of alcohol industry self-regulation has failed,.

<http://www.jointogether.org/news/research/summaries/2010/uk-researchers-fault.html>

See also: **FAILURE OF SELF REGULATION OF UK ALCOHOL ADVERTISING**

[http://www.bmj.com/cgi/content/extract/340/jan20\\_1/b5650?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=diageo&searchid=1&FIRSTINDEX=0&sortspec=date&resourcetype=HWCIT](http://www.bmj.com/cgi/content/extract/340/jan20_1/b5650?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=diageo&searchid=1&FIRSTINDEX=0&sortspec=date&resourcetype=HWCIT)

## 2. IMPAIRED DRIVING / ROAD SAFETY

### **STUDY HINTS AT MORE DRUNK DRIVING AMONG YOUNG WOMEN**

Research Summary, Join Together, February 23, 2010

The rate of alcohol-related fatal car crashes has risen among some populations of female drivers, a worrying trend that runs counter to the decline in such crashes among young men.

<http://www.jointogether.org/news/research/summaries/2010/study-hints-at-more-drunk.html>

### **STUDY LINKS ALCOHOLIC ENERGY DRINKS TO INTOXICATION, DRUNK DRIVING**

Research Summary, Join Together, February 11, 2010

Bar patrons who consumed energy drinks mixed with alcohol were three times more likely to leave drunk and four times more willing to drive drunk compared to patrons who drank alcohol alone, according to researchers who surveyed college-aged drinkers as they left bars.

<http://www.jointogether.org/news/research/summaries/2010/study-links-alcoholic-energy.html>

See also: **EVENT-LEVEL ANALYSES OF ENERGY DRINK CONSUMPTION AND ALCOHOL INTOXICATION IN BAR PATRONS**

[http://www.sciencedirect.com/science?\\_ob=ArticleURL&\\_udi=B6VC9-4XSJVVB-1&\\_user=10&\\_coverDate=04%2F30%2F2010&\\_rdoc=6&\\_fmt=high&\\_orig=browse&\\_srch=doc-info\(%23toc%235949%232010%23999649995%231633095%23FLA%23display%23Volume\)&\\_cdi=5949&\\_sort=d&\\_docanchor=&\\_ct=16&\\_acct=C000050221&\\_version=1&\\_urlVersion=0&\\_userid=10&md5=9a196bce98a1b2737e455d69cc80d1ab](http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6VC9-4XSJVVB-1&_user=10&_coverDate=04%2F30%2F2010&_rdoc=6&_fmt=high&_orig=browse&_srch=doc-info(%23toc%235949%232010%23999649995%231633095%23FLA%23display%23Volume)&_cdi=5949&_sort=d&_docanchor=&_ct=16&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=9a196bce98a1b2737e455d69cc80d1ab)

### 3. DEMOGRAPHIC GROUPS

#### A. YOUTH AND YOUNG ADULTS

##### **STUDY: BINGE DRINKING AFFECTS STUDENTS' MOOD, BUT NOT TEST-TAKING ABILITY**

Research Summary, Join Together, March 25, 2010

College students who drank heavily the night before an exam performed surprisingly well on tests the next day, even though binge drinking was found to affect their mood, attention, and reaction times, according to Boston University and Brown University researchers.

<http://www.jointogether.org/news/research/summaries/2010/study-binge-drinking-affects.html>

See also: **THE EFFECTS OF BINGE DRINKING ON COLLEGE STUDENTS' NEXT-DAY ACADEMIC TEST-TAKING PERFORMANCE AND MOOD STATE**

<http://www3.interscience.wiley.com/journal/123317541/abstract>

#### B. OLDER ADULTS

##### **PEER INFLUENCE, OTHER SOCIAL FACTORS CAN AFFECT DRINKING AMONG OLDER ADULTS**

Research Summary, Join Together, February 2, 2010

As with underage drinking, social factors can help predict excessive drinking among older adults, according to new research.

<http://www.jointogether.org/news/research/summaries/2010/peer-influence-other-social.html>

See also: **SOCIAL AND FINANCIAL RESOURCES AND HIGH-RISK ALCOHOL CONSUMPTION AMONG OLDER ADULTS**

<http://www3.interscience.wiley.com/journal/123263199/abstract>

### 4. ALCOHOL CONTROLS / LIABILITY

##### **ALCOHOL ADVERTISING BANS, CONSUMPTION AND CONTROL POLICIES IN SEVENTEEN OECD COUNTRIES, 1975-2000**

Jon P Nelson, Applied Economics, March 2010

This article uses cross-country panel data to study the effects of advertising bans and other control policies on alcohol demand.

<http://www.informaworld.com.ezproxy.lib.ryerson.ca/smpp/content-content=a791942051~db=all>

## 5. HEALTH AND SAFETY

### A. PREGNANCY / FETAL ALCOHOL SPECTRUM DISORDER (FAS/FASD)

#### **ALCOHOL USE IN PREGNANCY CHANGES FETAL GENES, ANIMAL STUDY FINDS**

Research Summary, Join Together, February 1, 2010

An animal study conducted at Australia's Queensland Institute of Medical Research found that alcohol exposure during pregnancy can cause permanent genetic changes in fetuses.

<http://www.jointogether.org/news/research/summaries/2010/alcohol-use-in-pregnancy.html>

See also: **MATERNAL ETHANOL CONSUMPTION ALTERS THE EPIGENOTYPE AND THE PHENOTYPE OF OFFSPRING IN A MOUSE MODEL**

<http://www.plosgenetics.org/article/info%3Adoi%2F10.1371%2Fjournal.pgen.1000811>

### B. LOW / HIGH RISK DRINKING / HARM REDUCTION

#### **BINGE DRINKING CONFOUNDS ANY HEALTH BENEFITS OF DRINKING, STUDY SAYS**

Research Summary, Join Together, February 22, 2010

Alcohol consumption may improve coronary health, some studies say, but new research suggests that even the occasional binge-drinking episode can foil any such health benefits.

See also: **IRREGULAR HEAVY DRINKING OCCASIONS AND RISK OF ISCHEMIC HEART DISEASE: A SYSTEMATIC REVIEW AND META-ANALYSIS**

<http://aje.oxfordjournals.org/cgi/content/abstract/kwp451>

### C. CRIME / VIOLENCE / INJURY PREVENTION

#### **ALCOHOL-RELATED INJURY VISITS: DO WE KNOW THE TRUE PREVALENCE IN U.S. TRAUMA CENTRES?**

MacLeod JB, Hungerford DW. Injury, 2010, Safety Lit, February 8, 2010

Alcohol consumption is a significant risk factor for injuries.

[http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds%5B%5D=citjournalarticle\\_182759\\_1](http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationIds%5B%5D=citjournalarticle_182759_1)

**ADOLESCENT FEMALES WHO REPORT ENGAGING IN VIOLENT BEHAVIOR MORE LIKELY TO ALSO REPORT ALCOHOL AND ILLICIT DRUG USE**

Research Summary, CEASAR Fax, University of Maryland, February 1, 2010  
Slightly more than one-fourth (27%) of adolescent females engaged in at least one of three types of violent behaviors in the past year (getting into a serious fight at school or work, participating in a group- against-group fight, or attacking others with the intent to seriously hurt them), according to data from the National Survey on Drug Use and Health.

<http://www.cesar.umd.edu/cesar/cesarfax/vol19/19-04.pdf>

**D. ADDICTION AND TREATMENT****AA ATTENDANCE CUTS DRINKING AND DEPRESSION, STUDY FINDS**

Research Summary, Join Together, February 1, 2010

People who attended Alcoholics Anonymous meetings drank less -- and less frequently -- than those who did not attend AA, and also were less depressed, according to research based on the federal Project MATCH treatment study.

<http://www.jointogether.org/news/research/summaries/2010/aa-attendance-cuts-drinking.html>

See also: **MECHANISMS OF BEHAVIOR CHANGE IN ALCOHOLICS ANONYMOUS: DOES ALCOHOLICS ANONYMOUS LEAD TO BETTER ALCOHOL USE OUTCOMES BY REDUCING DEPRESSION SYMPTOMS?**

<http://www3.interscience.wiley.com/journal/123250375/abstract?CRETRY=1&SRTRY=0>

**6. WORKPLACE**

Nothing to report

**7. INFLUENCING POLICY****THE EFFECTIVENESS OF TAX POLICY INTERVENTIONS FOR REDUCING EXCESSIVE ALCOHOL CONSUMPTION AND RELATED HARMS**

Elder RW et al. American Journal of Preventive Medicine 2010; 38(2): 217-29., Safety Lit, February 8, 2010

A systematic review of the literature to assess the effectiveness of alcohol tax policy interventions for reducing excessive alcohol consumption and related harms was conducted for the Guide to Community Preventive Services (Community Guide).

[http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citations%5B%5D=citjournalarticle\\_181651\\_1](http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citations%5B%5D=citjournalarticle_181651_1)

**8. PRACTITIONER RESOURCES**

**EFFICACY OF A WEB-BASED, TAILORED, ALCOHOL PREVENTION/INTERVENTION PROGRAM FOR COLLEGE STUDENTS: INITIAL FINDINGS**

Bingham CR, Barretto AI, Walton MA, Bryant CM, Shope JT, Raghunathan TE. Journal of American College of Health, 2010; 58(4): 349-56, Safety Lit, February 22, 2010

Reduce college student at-risk drinking (ARD) using a Web-based brief motivational alcohol prevention/intervention called Michigan Prevention and Alcohol Safety for Students (M-PASS).

[http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationsIds%5B%5D=citjournalarticle\\_183238\\_1](http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationsIds%5B%5D=citjournalarticle_183238_1)

**THE CANADIAN CENTRE ON SUBSTANCE ABUSE UNVEILS RESOURCE FOR ENHANCING CANADA'S SUBSTANCE ABUSE WORKFORCE** (link to PDF, 2 pages)

News Release, Canadian Centre on Substance Abuse, February 1, 2010

The Canadian Centre on Substance Abuse (CCSA)—Canada's non-governmental organization dedicated to reducing the harms associated with alcohol and drugs—today announced the release of the Competencies for Canada's Substance Abuse Workforce.

<http://www.ccsa.ca/2010%20CCSA%20Documents/ccsa-newrel-20100201-e.pdf>

**9. OTHER****ALCOHOL MEASURES AND TERMS: A PERFECT STORM FOR CHRONIC CONFUSION**

Glassman TJ. Journal of American College of Health, 2010; 58(4): 397-9. Safety Lit, February 22, 2010

Members in the prevention and treatment fields continue to examine how to most effectively assess and label high volume alcohol consumption.

[http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationsIds%5B%5D=citjournalarticle\\_183236\\_1](http://www.safetylit.org/citations/index.php?fuseaction=citations.viewdetails&citationsIds%5B%5D=citjournalarticle_183236_1)