

To Drink or Not to Drink: When Drinking Intentions Predict Alcohol Consumption and Consequences

Supplemental Materials

For binary outcomes (i.e., did versus did not consume alcohol), we specified a binomial error distribution with a logit-link function. We also calculated exponentiated slopes ($\exp[b]$), which represent the odds ratio (i.e., an exponentiated slope of 1 indicates no change in odds while an exponentiated slope of 2 indicates that an individual is twice as likely to engage in the behavior for each one unit increase in the predictor variable).

The results from the model predicting any alcohol consumption that evening are shown in Table S1. As predicted, in both samples we found that participants were more likely to consume alcohol on evenings when they had reported higher intentions to drink earlier in the day. As predicted, results also revealed a significant Past Drinking Behavior \times Intention interaction in both samples (see Table S1). In both samples, although the effect sizes are small, participants with less frequent (versus more frequent) past drinking behavior showed a faster rate of increase in the association between drinking intentions and the probability of consuming alcohol (see Figure S1). The derivative of the function in Figure S1 is shown in Figure S2. This shows the sensitivity of the function to changes in drinking intentions at each standard deviation of drinking intention.

We also found a significant Social Environment \times Intention interaction in both samples (see Table S1). Contrary to hypotheses, participants who reported higher than average (versus lower than average) peer alcohol consumption had a stronger nonlinear association between daily

drinking intentions and odds of alcohol consumption that evening, although the effect sizes are small (see Table 3, Figure S3).

Next-day Stress

Table 4 shows the results of the model predicting next-day stress. As predicted, we found a significant Intention \times Drinking Behavior interaction in both samples. In both samples, alcohol consumption was associated with lower next-day stress only among individuals with low (versus high) drinking intentions (see Table S4, Figure S4).

Next-Day Regret

As predicted, we found a significant Intention \times Drinking Behavior interaction in Sample 2 (see Table S3). Contrary to hypotheses, the association between alcohol consumption and regret was stronger among participants who had reported higher than average (versus lower than average) drinking intentions, although the effect sizes are small (see Table S4, Figure S5).

Table S1*Alcohol Consumption as a Function of Drinking Intentions, Past Drinking Behavior, and Social Environment*

	Sample 1		Sample 2	
	Exp(B) [95% CI]	<i>p</i>	Exp(B) [95% CI]	<i>p</i>
Wave			1.03 [0.96, 1.10]	.45
Weekend	1.43 [1.36, 1.48]	<.001	1.43 [1.37, 1.49]	<.001
Age	1.16 [1.11, 1.20]	<.001	1.13 [1.07, 1.19]	<.001
Gender	0.95 [0.90, 1.00]	.06	0.83 [0.79, 0.88]	<.001
Race	1.17 [1.08, 1.27]	<.001	1.12 [1.01, 1.25]	.03
Student status			1.05 [0.93, 1.18]	.44
Average drinking intentions	2.83 [2.65, 3.03]	<.001	2.89 [2.71, 3.08]	<.001
Daily drinking intentions	2.24 [2.19, 2.30]	<.001	2.11 [2.06, 2.16]	<.001
<i>Moderation by Past Drinking Behavior</i>				
Past drinking behavior	1.06 [1.04, 1.07]	<.001	1.31 [1.23, 1.39]	<.001
Drinking intentions × Past drinking behavior	0.99 [0.98, 0.99]	<.001	0.96 [0.95, 0.98]	<.001
<i>Moderation by Social Environment</i>				
Average number of others	0.97 [0.93, 1.01]	.14	0.96 [0.86, 1.07]	.47
Average number of drinks consumed by others	1.22 [1.12, 1.33]	<.001	1.84 [1.64, 2.06]	<.001
Number of others	1.11 [1.09, 1.13]	<.001	1.29 [1.25, 1.33]	<.001
Number of drinks consumed by others	1.48 [1.44, 1.53]	<.001	1.50 [1.44, 1.56]	<.001
Drinking intentions × Number of drinks consumed by others	1.01 [1.00, 1.02]	.04	1.02 [1.01, 1.03]	.01

Note. Weekend was coded -1 = weekday, 1 = weekend. Gender was coded -1 = male, 1 = female. Race was coded 1 = White, -1 = non-White. Student status was coded 1 = undergraduate student, -1 = not an undergraduate.

Table S2

Alcohol Consumption as a Function of Drinking Intentions at High and Low Levels of Past Drinking Behavior and Social Environment

	Sample 1		Sample 2	
	Exp(B) [95% CI]	<i>p</i>	Exp(B) [95% CI]	<i>p</i>
<i>Moderation by Past Drinking Behavior</i>				
High past drinking behavior (+1 <i>SD</i>)	2.16 [2.09, 2.23]	<.001	2.06 [2.00, 2.11]	<.001
Low past drinking behavior (-1 <i>SD</i>)	2.62 [2.53, 2.72]	<.001	2.27 [2.17, 2.37]	<.001
<i>Moderation by Social Environment</i>				
High number of drinks consumed by others (+1 <i>SD</i>)	1.83 [1.77, 1.90]	<.001	1.76 [1.69, 1.83]	<.001
Low number of drinks consumed by others (-1 <i>SD</i>)	1.78 [1.70, 1.87]	<.001	1.64 [1.57, 1.71]	<.001

Table S3*Next-day Experiences as a Function of Evening Drinking Behavior and Drinking Intentions*

	Sample 1		Sample 2	
	<i>B</i> [95% CI]	<i>p</i>	<i>B</i> [95% CI]	<i>p</i>
Stress				
Wave			-0.03 [-0.09, 0.03]	.32
Weekend	-0.21 [-0.23, -0.19]	<.001	-0.16 [-0.18, -0.14]	<.001
Age	0.001 [-0.04, 0.04]	.95	0.03 [-0.02, 0.08]	.21
Gender	0.24 [0.20, 0.29]	<.001	0.21 [0.16, 0.25]	<.001
Race	-0.10 [-0.16, -0.04]	.002	-0.07 [-0.14, 0.000]	.05
Student status			0.08 [-0.02, 0.18]	.13
Average drinking intentions	0.10 [0.01, 0.19]	.03	0.02 [-0.05, 0.10]	.51
Average drinking behavior	-0.16 [-0.39, 0.08]	.20	0.04 [-0.14, 0.22]	.66
Daily drinking intentions	-0.07 [-0.09, -0.06]	<.001	-0.09 [-0.10, -0.08]	<.001
Daily drinking behavior	-0.03 [-0.06, -0.002]	.04	-0.03 [-0.06, -0.01]	.01
Drinking intentions × Daily drinking behavior	0.03 [0.02, 0.04]	<.001	0.03 [0.02, 0.04]	<.001
Regret			Exp(<i>B</i>) [95% CI]	<i>p</i>
Wave			0.85 [0.75, 0.95]	.01
Weekend			0.95 [0.88, 1.02]	.12
Age			1.07 [0.98, 1.16]	.12
Gender			1.03 [0.93, 1.13]	.63
Race			0.97 [0.83, 1.13]	.68
Student status			1.07 [0.88, 1.31]	.49
Average drinking intentions			1.04 [0.87, 1.24]	.66
Average drinking behavior			1.38 [0.52, 3.63]	.52
Daily drinking intentions			1.05 [1.01, 1.10]	.02
Daily drinking behavior			1.42 [1.30, 1.55]	<.001
Drinking intentions × Daily drinking behavior			1.07 [1.02, 1.11]	.002

Note. Drinking behavior was coded -1 = did not drink, 1 = did drink. Weekend was coded -1 = weekday, 1 = weekend. Gender was coded -1 = male, 1 = female. Race was coded 1 = White, -1 = non-White. Student status was coded 1 = undergraduate student, -1 = not an undergraduate.

Table S4*Next-day Experiences as a Function of Evening Drinking Behavior at High and Low Levels of Drinking Intentions*

		Sample 1		Sample 2	
		<i>B</i> [95% CI]	<i>p</i>	<i>B</i> [95% CI]	<i>p</i>
Stress					
	High drinking intentions (+1 <i>SD</i>)	0.02 [-0.003, 0.05]	.08	0.02 [-0.01, 0.04]	.28
	Low drinking intentions (-1 <i>SD</i>)	-0.08 [-0.12, -0.04]	<.001	-0.08 [-0.12, -0.05]	<.001
Regret				Exp(<i>B</i>) [95% CI]	<i>p</i>
	High drinking intentions (+1 <i>SD</i>)			1.58 [1.41, 1.76]	<.001
	Low drinking intentions (-1 <i>SD</i>)			1.23 [1.10, 1.39]	<.001

Figure S1

Probability of Consuming Alcohol as a Function of Drinking Intentions and Past Drinking Behavior

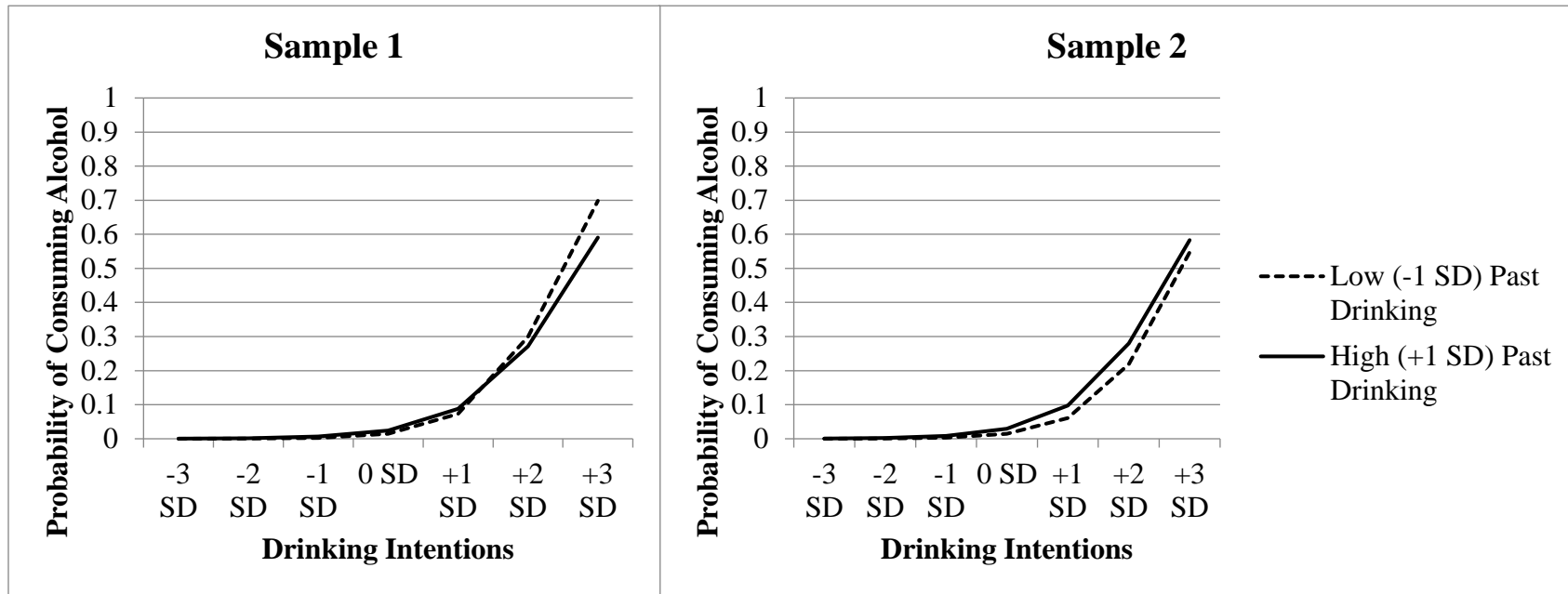


Figure S2

Change in Probability of Consuming Alcohol as a Function of Drinking Intentions and Past Drinking Behavior

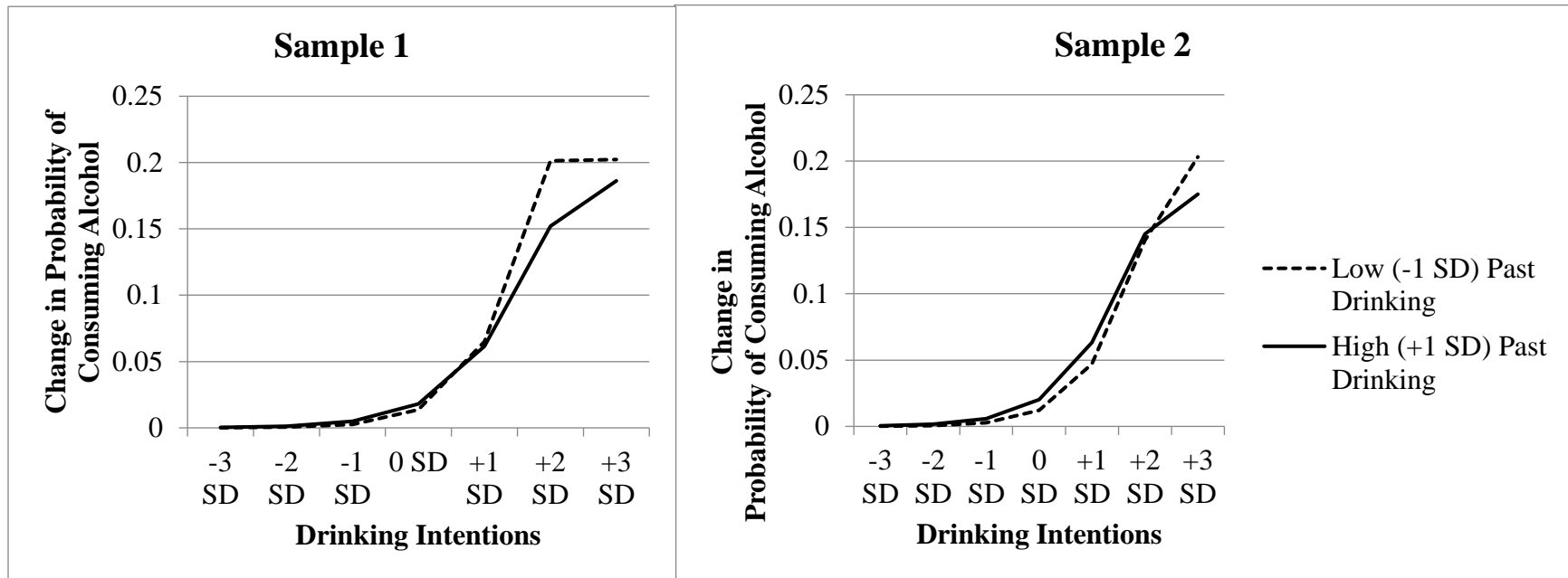


Figure S3

Probability of Consuming Alcohol as a Function of Drinking Intentions and Social Environment

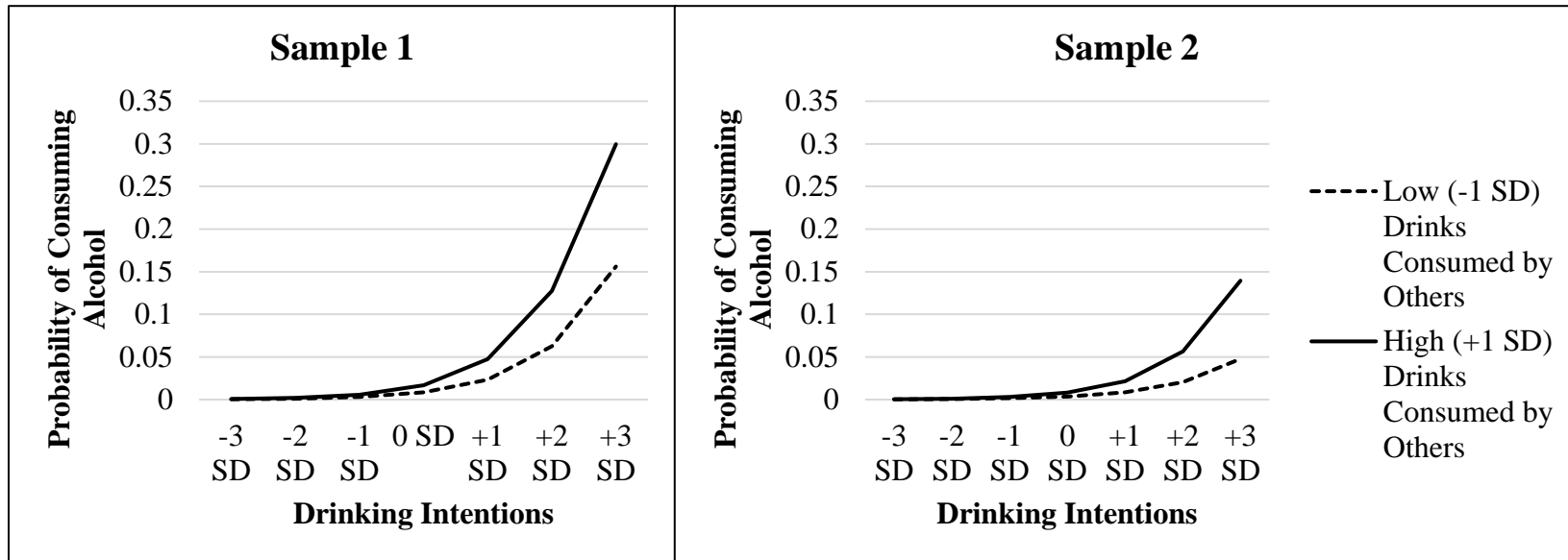


Figure S4

Next-Day Stress as a Function of Drinking Intentions and Drinking Behavior

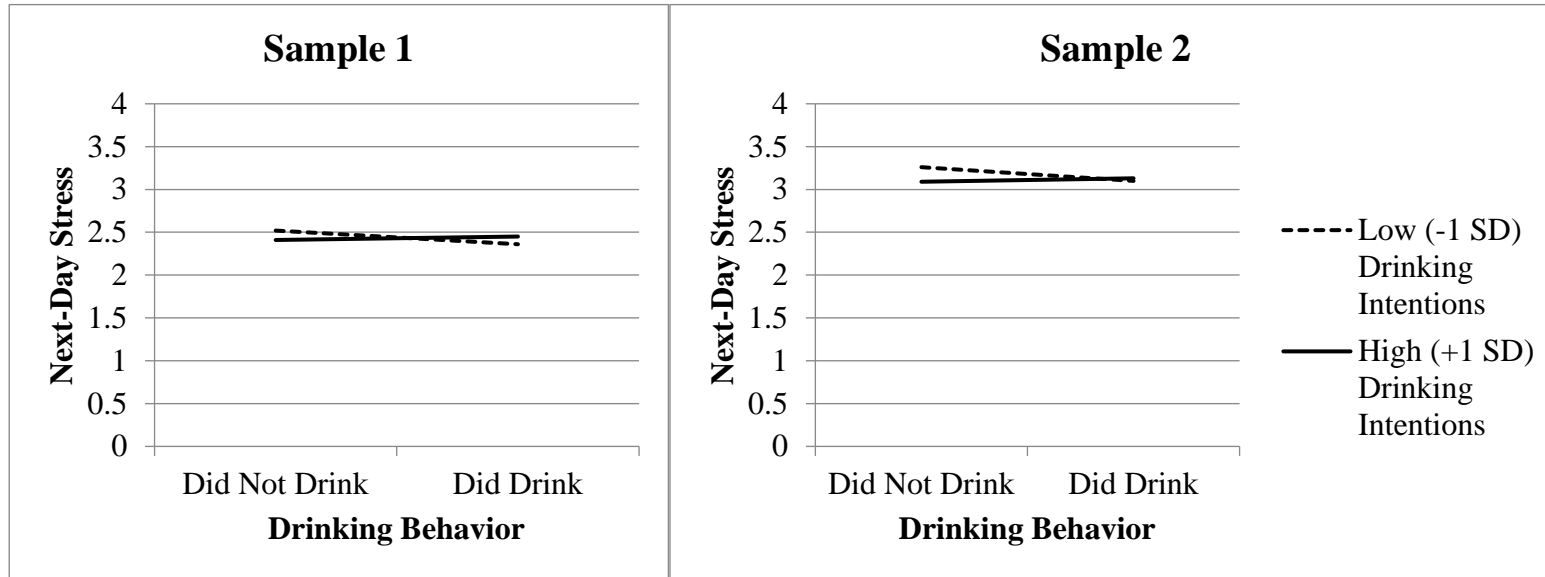


Figure S5

Probability of Experiencing Regret as a Function of Drinking Intentions and Drinking Behavior

