

cją badań powinny być próby wprowadzenia elementów modyfikacji oczekiwań do programów profilaktyki alkoholowej. Warto też podejmować badania, których celem jest określenie, jakie warunki muszą być spełnione, aby modyfikacja oczekiwań przebiegała w pożądanym kierunku.

**Słowa kluczowe:** młodzież, oczekiwania związane z piciem alkoholu, profilaktyka

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**Positive alcohol-related expectancies and alcohol drinking in adolescents.  
An overview of theoretical concepts and examples of studies**

**SUMMARY**

Research findings presented in the literature indicate that assessment of alcohol expectancies allows to predict to a large extent the development of alcohol drinking in adolescents. Another important conclusion is that positive alcohol-related expectancies and alcohol drinking are mutually reinforcing – expectancy of positive effects of drinking leads to drinking more, which in turn reinforces the positive expectancies. Those who expect more positive consequences of drinking change their drinking style definitely faster than do their colleagues – i.e. they drink more frequently and larger quantities of alcohol. Those who do not expect as many positive effects of alcohol drinking at the same time either do not start drinking at all, or increase their average alcohol intake and drinking frequency only in a very small degree.

Results of studies on alcohol expectancies provide evidence indicating that prevention should be started with children before their alcohol initiation. It is already prior to their alcohol initiation that children have differentiated ideas about how alcohol drinking may affect their behavior. Positive alcohol expectancies may influence children's experiences during their first attempts of alcohol drinking. It may be assumed that by the token of self-fulfilling prophecy children expecting pleasurable experiences related to alcohol drinking will have just the type of experience they expect.

Summarizing research findings presenting alcohol expectancies against the background of other risk factors it can be said that expectancies may serve as a measure of risk related to alcohol drinking. Predictive power of models of alcohol drinking including demographic, social, personality, and cognitive-emotional factors is increased by inclusion of alcohol-related expectancies. These expectancies can be assumed to be a mediating variable between some risk factors and alcohol drinking. This may be the case as regards e.g. the relationship between family functioning, parental behaviors, children's alcohol-related experiences and their alcohol drinking.

Finally, it should be emphasized that even though numerous studies are devoted to alcohol-related expectancies in children and adolescents, nevertheless there are almost no reports on the effects of prevention programs based on the alcohol expectancies theory. The only publication on this subject we have found was the above-discussed study by Kraus et al. (21). In the majority of publications recommendations as to interventions target are proposed, but they are rather general, and suggest that

(1) interventions should be undertaken early, i.e. before children have tried alcohol, and (2) contents of alcohol expectancies should be taken into account; e.g. in older age groups interventions should focus on expectancies concerning stimulating effects of alcohol on the organism.

The collected body of evidence clearly indicates that alcohol expectancies are related to alcohol drinking in adolescents. Thus, as a natural consequence of research findings attempts should be made to introduce elements of alcohol expectancies modification into alcohol prevention programs. Moreover, a promising direction of research seems to include studies aimed at determining conditions that must be fulfilled so that modification of expectancies would bring the desired effect.

**Key words:** adolescents, alcohol expectancies, prevention

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