

# STYL PICIA ALKOHOLU W OKRESIE OD DORASTANIA DO WCZESNEJ DOROSŁOŚCI

## Część I: wzory zmian intensywności picia alkoholu na podstawie badań katamnesticznych<sup>1</sup>

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**ALCOHOL DRINKING STYLE IN THE TRANSITION FROM ADOLESCENCE TO EARLY ADULTHOOD: (PART I) PATTERNS OF CHANGE IN ALCOHOL DRINKING INTENSITY – A FOLLOW-UP STUDY.**

**ABSTRACT** – The main aim of the analyses presented in the paper was to obtain both quantitative and qualitative characterization of changes in alcohol drinking intensity in the period between adolescence and early adulthood. Patterns of change, called alcohol drinking style, were defined here as either an increase or decline in alcohol drinking intensity in early adulthood as compared to that in adolescence.

Participants in the study were 185 respondents (108 males and 77 females) examined twice at the interval of 8-9 years, who during the first stage of the study had been secondary school students aged 15-18.

In both stages the „You and Health” questionnaires were used, in the first stage – a form for adolescents (Frączek & Stępień 1991), while in the second one – a version adapted for young adults (Stępień 1999). The index of alcohol drinking intensity was based on the frequency of drinking, the amount of alcohol consumed on one occasion, and frequency of consuming large amounts of alcohol.

The following four alcohol drinking styles were found to be characteristic of the sample under study: 1 – maintenance of low-intensity drinking, 2 – a dramatic (twofold) increase in alcohol drinking intensity, 3 – a decline in alcohol drinking intensity, and 4 – maintenance of a high intensity of alcohol drinking over the follow-up period.

**Key words:** adolescence, early adulthood, alcohol drinking style.

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