

Polska wersja kwestionariusza DMQ-R SF do badania motywów picia alkoholu przez młodzież

The Polish version of DMQ-R SF for the study of the motives of adolescent drinking

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Abstract – Introduction. Knowledge of young people's immediate motives for using alcohol may significantly increase the effectiveness of prevention programmes.

Objectives: 1. describing the structure and assessing the psychometric characteristics of the Polish version of DMQ-R SF (Drinking Motives Questionnaire-Revised Short Form); 2. examining the relationship between the motivation for drinking and frequent drunkenness after adjustment for additional demographic, social and psychological factors.

Methods. In 2010, a survey was conducted on a group of 1132 adolescents (525 boys and 607 girls) with an average age of 17.7, who had drunk alcohol within the preceding year. The DMQ-R SF includes 4 dimensions: enhancement, coping, conformism and social factors; they can be categorised according to the sources of motivation and value here assigned. The reliability of the Polish version of DMQ-R SF was measured with Cronbach's alpha, while exploratory and confirmatory factor analysis was applied to examine its structure. A multidimensional linear regression model was estimated to examine the link between frequent drunkenness and the motivation for drinking, with adjustment for gender, domicile, number of evenings out with friends, peer risk behaviours and state of mental health (measured by GHQ-12).

Results. The 4-dimensional structure was corroborated along with sufficient reliability of the Polish version of DMQ-R SF. According to the standardised means (scale 0–100 points), motives indices ranged from 8.67 for conformity to 52.43 for social reasons. Only internal motives for drinking were qualified for the final model and the main predictor for frequent drunkenness was the desire to enhance one's good mood.

Conclusions. The Polish version of DMQ-R SF is characterised by good psychometric qualities and may be used in surveys on adolescents. Social motives are the most frequently chosen reasons for alcohol use, with frequent binge drinking more likely to be conditioned by internal motives, both positive and negative.

Key words: drinking motives, DMQ-R SF, being drunk, psychological factors, social factors, adolescents

Streszczenie – Wprowadzenie. Wiedza na temat bezpośrednich motywów sięgania przez młodzież po alkohol może znacząco zwiększyć skuteczność programów profilaktycznych.

Celem pracy było opisanie polskiej wersji DMQ-R SF (Drinking Motives Questionnaire-Revised Short Form) i ocena jej własności psychometrycznych. A także zbadanie związku między motywami picia a częstym upijaniem się, po uwzględnieniu wpływu czynników demograficznych, społecznych i psychologicznych.

Finansowanie/Financial support. Praca powstała w ramach działalności statutowej Instytutu Matki i Dziecka.

Konflikt interesów nie występuje. *Conflict of interest no declared.*