INTERACTIONS BETWEEN DRINKING MOTIVES AND IMPULSIVITY IN BINGE DRINKING: A CLUSTER ANALYSIS

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Impulsivity and drinking motivations have been studied in different patterns of alcohol consumption and seem to constitute crucial psychological factors. However, the interaction between these two factors has not been explored in binge drinking. In this study, we used a data clustering approach with the variables of motivation and impulsivity, based on validated questionnaires (UPPS-P and DMQ-R). The aims are thus to explore (1) if the binge drinking behavior can be determined by motivations and impulsivity variables and (2) if there are subgroups of binge drinkers characterized by some facets of these variables (heterogeneity study). Results showed a repartition in three distinct clusters, two of them characterized by impulsivity and motivations and the last characterized essentially by all motivations to drink. Moreover, this last cluster seemed to be the more problematic group of binge drinkers. These findings have several implications, at a fundamental and theoretical level. They confirmed the joint importance of impulsivity and motivations to better understand binge drinking and they showed that binge drinkers are not a unitary group. Moreover, these results provide interesting outcomes to therapeutic interventions (prevention based on motivations to drink; cognitive restructuration and development of auto-control abilities).