

DYADIC DRINKING BEHAVIORS WITHIN MILITARY- CONNECTED COUPLES

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BACKGROUND

High rates of alcohol use have been separately documented within military personnel and spouses. However, little research has investigated alcohol consumption behaviors in matched couples or nonclinical veteran samples and the manner in which couples influence one another's drinking remains unclear.

This study examined hazardous drinking scores and drinking behaviors in a sample of post-9/11 service-connected individuals and their spouse/partners.

RESEARCH CONDUCTED

Veterans and Reserve/Guard Service Members were recruited throughout 35 workplace organizations in Oregon.

Service-connected individuals and their romantic partners completed baseline surveys assessing the extent of their hazardous drinking and psychological distress and then enrolled in a daily diary study where they reported on their alcohol consumption behaviors over the course of 32 days.

RESULTS

- Veterans' hazardous drinking predicted their spouses' average drinking volume on drinking days.
- The respective hazardous drinking of veterans and spouses was predictive of their significant other's drinking frequency.
- Psychological distress was found to be related to greater number of drinks and drinking more frequently through one's status as a hazardous drinker.

IMPORTANCE

- Many employed veterans still engage in hazardous alcohol use years after separation which also affects the drinking volume and frequency of their spouses.
- Military-connected couples, particularly those engaging in hazardous drinking, uniquely influence one another's alcohol consumption behaviors.
- Considering the drinking behaviors of partners in addition to service-connected individuals, may better indicate the extent to which drinking occurs in military-connected households.



Summary based on the following paper:

Lee, J. D., O'Neill, A. S., Denning, E. C., Mohr, C. D., & Hammer, L. B. (2020). *A Dyadic Examination of Drinking Behaviors within Military-Connected Couples*. *Military Behavioral Health*