

Pre-gaming

Drinking Before Going to Licensed Premises: An Event-Level Analysis of Predrinking, Alcohol Consumption, and Adverse Outcomes

Labhart, F., Graham, K., Wells, S. and Kuntsche, E. (2013), Drinking Before Going to Licensed Premises: An Event-Level Analysis of Predrinking, Alcohol Consumption, and Adverse Outcomes. *Alcoholism: Clinical and Experimental Research*, 37: 284–291. doi: 10.1111/j.1530-0277.2012.01872.x

- <http://onlinelibrary.wiley.com/doi/10.1111/j.1530-0277.2012.01872.x/abstract>
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Background

Research in the United States and the United Kingdom indicates that drinking before going out (commonly called “predrinking”) is common among young people and associated with increased harm. On the basis of Swiss data, this study investigates differences in alcohol consumption and adverse or risky outcomes for evenings when persons consumed alcohol before going to a licensed premise (i.e., predrinking), drank on-premise only, or drank off-premise only.

Methods

Using the recently developed Internet-based cell phone-optimized assessment technique (ICAT), alcohol consumption and drinking location were assessed at 6 time points (5 PM to the next morning) on Thursdays, Fridays, and Saturdays over 5 consecutive weeks by means of participants' cell phones. Overall, 7,828 assessments provided by 183 young adults (53.0% women, mean age [SD] = 23.1 [3.1]) on 1,441 evenings were analyzed by means of cluster-adjusted means and proportion tests and of multilevel structural equation models. The extent to which alcohol consumption mediated the association between predrinking and adverse outcomes was also examined.

Results

Higher alcohol consumption occurred on evenings with predrinking (7.1 drinks on average) compared with on-premise only (4.2 drinks) and off-premise only (4.3 drinks) evenings. Adverse outcomes occurred more often on evenings with predrinking (with 23.8% of predrinking nights involving at least 1 outcome) than on evenings with on-premise drinking only (13.9%) and off-premise drinking only (12.0%). Predrinking was indirectly associated with adverse outcomes, mediated by larger amounts of alcohol consumed in the evening.

Conclusions

Because of its association with heavier consumption and related adverse outcomes, predrinking, especially combined with on-premise drinking, represents a major target for prevention. Educational interventions as well as structural measures, such as reduction in late-night off-sale opening hours, and staff training in responsible beverage service, are needed to prevent high total consumption and related adverse consequences among young people.

Predictors and Consequences of Pregaming Using Day-and Week-Level Measurements

Barnett, N. P., Orchowski, L. M., Read, J. P., & Kahler, C. W. (2013). Predictors and Consequences of Pregaming Using Day-and Week-Level Measurements. *Psychology of Addictive Behaviors*.

- <http://psycnet.apa.org/index.cfm?fa=buy.optionToBuy&id=2013-06059-001>

Abstract

Drinking before going to a social event is common in adolescents and young adults and is associated with harmful outcomes, but information collected at the daily level is needed to better examine individual and contextual factors associated with pre-gaming. The purpose of this study was to investigate the prevalence of pre-gaming in a diverse sample of college students; demographic differences in rates of pre-gaming; the degree to which pre-gaming is associated with higher volume drinking, intoxication, and consequences; and the importance of time-of-year and day-of-week. College students (N = 750) at three colleges completed past-week surveys throughout their freshman and sophomore years. Pregaming was reported by 3 out of 4

drinkers and occurred on 31% of 12,361 drinking days. Compared with nonpregaming days, participants drank approximately 2 more drinks on pregaming days; this increase accounted for a .040 higher estimated blood alcohol concentration. Using generalized estimating equations, we established that women, racial/ethnic minority students, and first-year students were more likely to pregame on a drinking day than males, non-Hispanic White students, and sophomore students, respectively. Men became more intoxicated on pregaming days and sophomores consumed more alcohol. Pregaming predicted higher positive and higher negative consequences, even after controlling for the number of drinks consumed. Pregaming was more common in the fall semester, in the early weeks of each semester, and on weekends. Prevention efforts targeting first-year students, the early weeks of the semester, and the hours before traditional party times may be effective at reducing this hazardous practice.

Drinking before drinking: Pregaming and drinking games in mandated students

Borsari, B., Boyle, K.E., Hustad, J.T.P., Barnett, N.P., O'Leary Tevyaw, T., Kahler, C.W. (2007). Drinking before drinking: Pregaming and drinking games in mandated students. *Addictive Behaviors*, 32(11): 2694-2705.

- FULL ARTICLE: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2094391/>

Abstract

Pregaming, the practice of consuming alcohol before attending a social function, has not received as much research attention as drinking games among college students. This study investigated the prevalence of both pregaming and drinking game participation in a sample of mandated students ($N = 334$) who had been referred for an alcohol violation. Approximately one-third (31%) of the sample reported pregaming on the night of their referral event. Pregaming was associated with higher estimated blood alcohol content on that night, along with a greater history of pregaming and taking greater responsibility for the incident. A higher proportion of the students (49%) reported playing drinking games on the event night and reported the event to be less aversive than non-players. Neither drinking games nor pregaming was consistently related to recent alcohol consumption or problems, nor did they frequently occur together on the event night. Pregaming was a unique predictor of intoxication on the night of the referral, and drinking games were not. Therefore, pregaming and drinking games appear to be distinct activities. This research suggests methods of prevention for both activities as well as promising research directions for future research.

Practices of Pre-Gaming

DeJong, W., DeRocco, B. (2006). Pre-gaming: An exploratory study of strategic drinking by college students in Pennsylvania. Pennsylvania Liquor Control Board: Alcohol Education Unit.

- http://www.lcbapps.lcb.state.pa.us/phe/interior/default.php?tID=Research%20%2F%20Reports&slID=Practices%20of%20Pre-Gaming&clD=rReports_practicePreloading

In a preliminary questionnaire, just over one third of the participants (36.0%) said they had not engaged in pre-loading/pre-gaming during the last two weeks. Reported frequency of pre-gaming was as follows: once, 18.4%; twice, 21.1%; 3-5 times, 18.4%; and 6-9 times, 6.1%. Among the students who had ever pre-gamed, 39.0% said they had consumed five or more drinks the last time they had engaged in pre-loading/pre-gaming, while 61.0% had consumed fewer than five drinks. Students reported engaging in pre-gaming prior to several types of activities, including formals and other dances, on- or off-campus parties, and sports events. Interestingly, pre-gaming also occurs before students head for bars. The discussions revealed that students approach pre-gaming strategically. With pre-gaming, they are more likely to drink heavily when they expect to drink less alcohol later, either because it is unavailable at the event, access is tightly controlled, or the event is crowded, which can make it harder to get served. Avoiding the expense at a bar is another rationale. Students also said they were more likely to pre-game if they thought a later event would be boring. At the same time, some students cautioned that they would moderate their pre-gaming (and lower their risk of acting out or getting sick) if they were attending an event where campus officials would be in attendance. A common theme was using pre-gaming to reduce social anxiety when arriving at a later event. Pre-gaming can also serve as a social lubricant at a later event to help them "hook up" with a sexual partner.

Pre-gaming: Alcohol Consumption of Underage and Of-age College Students

Smith, H.E. (2010). Pre-gaming: Alcohol Consumption of Underage and Of-age College Students. Marietta College Thesis.

- <http://etd.ohiolink.edu/view.cgi/Smith%20Hollie%20E.pdf?marietta1264615751>

The previous literature on the pre-gaming phenomena is scant. The present study furthered this literature by exploring the rates of pre-gaming between of-age and underage students, as well as the differing reasons for why each group of students are pre-gaming. The relationship between the amounts of alcohol consumed while pre-gaming and the age of the college student were also examined. No significant differences were found in the frequency of pre-gaming or the average amount of alcohol consumed while pre-gaming in the two age groups. However, underage students' reported reasons for pre-gaming differed from of-age students' reasons. Less risk of getting caught was reported to be more important to underage students while cost was reported to be more important to of-age students. In addition, peer pressure had a significant effect on the average amount of alcohol consumed while pre-gaming by underage students.

“Pregaming” and Use of Alcoholic Energy Drinks: Underage and of Legal Age College Students

- <http://urpasheville.org/proceedings/ncur2011/papers/NP51128.pdf>
- Proceedings of The National Conference of Undergraduate Research (2011)

Hazardous drinking among college students, along with negative effects from risky behaviors of alcohol consumption, are significant public health concerns and are highly prevalent in campus environments (Zamboanga, Schwartz, Ham, Borsari, & Van Tyne, 2009). There is a correlation between negative consequences and common risky drinking practices such as drinking games and pre-gaming (Pedersen, LaBrie, & Kilmer, 2009). Pregaming, defined as risky drinking behavior also referred to as “pre-partying,” “pre-bar,” “front-loading,” “preloading,” and “prefunking” occurs when students consume alcohol before attending a main social event (Pedersen, LaBrie, & Kilmer, 2009; Zamboanga, Schwartz, Ham, Borsari, & Van Tyne, 2009). Pregaming is linked to further drinking, binge drinking, and elevated blood alcohol levels (Pedersen, LaBrie, & Kilmer, 2009). Due to the high prevalence of pre-gaming, it is important to understand the motives for pre-gaming in order to fulfill the need for and development of intervention and prevention strategies (Read, Merrill, & Bytschokow, 2010). Problems relating specifically to the rapid consumption of alcohol, such as blacking out or passing out correlate with pre-gaming frequency and quantity (Pederson & LaBrie, 2007). In current literature, reasons for pre-gaming include arriving to a social event under the influence, saving money, and making the night more interesting (Pedersen, LaBrie, & Kilmer, 2009). Current literature has used motives to drink in general in order to predict the motives to pregame for all students, yet the uniqueness of pre-gaming motives is not fully understood. Thus, research is not available to determine if these pre-gaming motives differ among drinkers who are underage and drinkers who are over 21. This study also aims to gain knowledge on the use of alcoholic energy drinks in association to pre-gaming. Data was collected using an online survey targeting college students. Data was collected from 273 college students.