

Your feedback - Student Services Alcoholtest

The advice is applicable to persons at least 18 years of age

What does riskful drinking mean?

Riskful drinking doesn't necessarily mean that you already experiences any negative consequences, however what is certain is that you greatly increase the chances to gain several negative consequences, such as problems with social relations, studies, pshycological health, injuries, high blood pressure etc.

This summary shows your alcoholhabits i relation to the recommended consumption levels by Swedish standards.

Weekly Consumption

Your total weekly consumption a typical week is **10** standard drinks, this implies a increased risk for negative social and health consequences.



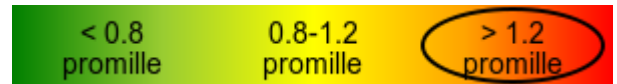
Drinking Pattern

Your frequency of intake of a greater amount of alcohol (*5 standard drinks or more*) on a single occasion is 2-3 times per month. This implies a increased risk for negative social and health consequences. For a more detailed explanation of this, please look at "Drinking Pattern" in "Personal advice" below.



Estimated blood alcohol concentration

On the occasion when you had the most to drink, you had an estimated blood concentration of 1.81 promille when you stopped drinking, which infers a risk for negative social and health consequences. However during your drinking hours your promille might have been higher.

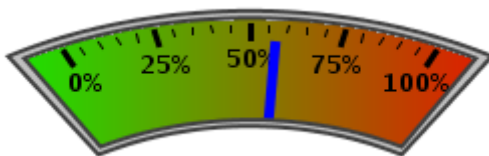


Compared to other students

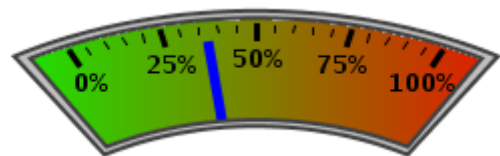
Your weekly consumption and your drinking pattern (frequency of consumption of 5 drinks or more on a single occasion) is presented below in relation to other 21-25 year old male students.

The percentage of students that drink *less than you* are those to the **left** of the blue line.

Total weekly consumption



Drinking pattern



What was your image of others?

You answered that in relation to other students you drink somewhat more alcohol. Reflect upon this as you see how you actually drink compared to your peers according to the above charts.

Personal advice, based on your responses

Total weekly consumption

Your *weekly consumption* of alcohol, counted in standard drinks, is 10 drinks per week. This implies that your consumption does bring with it an increased risk for negative social and health related consequences. You will minimize the risk for health consequences if you decrease your consumption to less than *10 standard drinks per week* assuming your health is good in general, and if you don't take any medicine that interact with alcohol. If you are uncertain ask your physician for advice.

Drinking Pattern

Your *drinking pattern* infers an increased risk of health issues, since you 2-3 times per month drink 5 or more standard drink on a single occasion, e.g. during an evening. *Experience has shown that if you continuously exceed this amount of alcohol when you drink, for instance during a night, the risk for negative consequences increases, however it should be set in proportion with the speed of drinking.* You should consider limiting the number of times you drink 5 or more standard drinks on a single occasion, since it exposes you to social, medical and physical negative consequences. The risk increases the more you drink above 5 or more standard drinks but also on the time it takes for you to consume a greater amount of alcohol. *If you drink slowly and make a habit of drinking "everyother water", you will feel better both when you drink and the day after.*

A good measure is to not to drink 5 or more standard drinks more often than once a month, and then not significantly more than 5 standard drinks depending on the total time it takes you to consume the alcohol. The slower you drink, the lower the concentration of alcohol in your blood, and hence a less risk of injuries.

Estimated blood alcohol concentration

On the occasion when you had the most to drink, you had an estimated blood concentration of **1.81** promille when you stopped drinking. This infers a high risk for negative social and physical problems, even if it might have gone well for you on this occasion. However there is always a risk for social and physical injuries when you have this level of alcohol in your blood. However during your drinking hours your promille might have been higher. If you want to avoid intoxication and not put your health in social, medical or physical danger, you should keep in mind to drink slowly, and keep your consumption to the recommended levels as mentioned above. Then there is a very low risk for you to achieve a promille level that may infer negative consequences.

Motivation for change

You answered that you have thought about changing your alcohol habits, but that you aren't ready to do so yet. However since your consumption does infer risks regarding your drinking pattern, your weekly consumption and your highest blood alcohol level you might once again consider what obstacles that are preventing a change of your alcohol habits. You could start with the pros and cons of alcohols impact on your life and health. By changing your habits you would feel better, along with keeping the *positive* effect of alcohol. Take one step at a time, and make up your mind for change in those drinking occasions where you feel it is most easy to make a change.

Negative consequences

You answered that alcohol has been a factor for negative consequences regarding: my studies. Since your consumption does infer risks regarding your drinking pattern, your weekly consumption and your highest blood alcohol level you should consider making a decision about changing your habits. Start with pros and cons for alcohols role in your life, and under what circumstances you consume alcohol – and choose those occasions where you easily could decrease your consumption or where you could abstain from drinking alcohol.

Alcodiary - a simple tool to track your alcohol habits.

If you want a better overview of how much you drink each week, you might get some help from the below alcodiary.

Your weekly alcohol consumption

Calculate your weekly alcohol consumption by counting in standard drinks:
One standard drink corresponds to:


 One light beer 2-3% (50 cl)


 One strong beer/ cider or cooler, 5% (33 cl)


 One small glass of table wine (15 cl)


 Fortified wine 15-22% (8cl)


 Spirits (4 cl)

One can (50 cl) strong beer 5% is **1,5** standard drinks
 One can (50 cl) strong beer 7-8% is **2** standard drinks
 One can (50 cl) strong beer 9-10% is **3** standard drinks

Write the number of standard drinks of alcohol that you drink on each day during a week. Summarize then the amount of standard drinks for each week

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total

Plan your drinking and minimize the risk for negative consequences

- Drink slowly and start later in the day than usual.
- Decide a day, or more, each week when you won't drink any alcohol.
- Set a limit for how much you are going to drink during an evening - before you start drinking.
- Drink a glass of water in between every drink.
- Choose drinks with less alcohol - if you mix your own, then use less spirit.
- Don't drink if you haven't eaten
- Don't be afraid to say No, it's your call!
- Tell your friends that you have decided to drink less - this should give your decision respect.
- Avoid going out with people that you know always drink too much.

Get to know your blood alcohol consumption

Below is a table of typical signs of how people react and behave at certain blood alcohol concentrations. If you want to be reasonably sure not to get problems when consuming alcohol you should not have a higher blood alcohol concentration than 0.8.

BAC	Impact
0,2-0,4	The first effects of alcohol are noticeable. Feelings of warmth and relaxation. Response time is increased.
0,5	Reduced precision of motor skills. Slight elation. Reduced inhibitions. Slightly slurred speech.
0,8	Exaggerated movements, increasingly noisy, poorer hearing. Smell of alcohol.
1,0	Significant increase in response time. Reduced motor skills. Difficulties controlling emotions.
1,5	Significant disturbance of balance. Falling over. Clearly intoxicated.
2,0	Difficult to talk, and to stand upright. Double vision.
3,0	Can't perceive what's going on. Bordering on unconsciousness.
4,0	Unconsciousness, slow breathing.
More than 4,0	Coma, death.



If you want more information please contact the Student Health Service:

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E-post: studenthalsan@liu.se

Hemsida: www.student.liu.se/studenthalsan

If you have any feedback on the questionnaire, we would appreciate if you emailed us at: info@alexit.se