



EXPLORING THE MODERATING EFFECTS OF FACETS OF DISINHIBITION ON THE RELATIONSHIP BETWEEN SOCIAL ANXIETY & ALCOHOL USE

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INTRODUCTION

- Social anxiety and alcohol use are prevalent and often comorbid.
- Previous research suggests that moderating influences of specific risk factors (i.e. neurobiological traits) may help determine predispositions to developing later psychopathology.



INTRODUCTION

Two relevant facets of disinhibition:

- Impulsivity (IMP) represents a tendency to engage in behavior involving rashness, high novelty seeking, and lack of foresight/planning.
- An individual's tendency to engage in risk-taking (RT) involves making choices with uncertain outcomes, and balancing potential harm/ danger with a reward.



CURRENT STUDY

- In a sample of collegiate adults, the current study sought to understand whether:
 1. An individual's predisposed disinhibition influences the relationship between social anxiety and alcohol use/problems.
- I predicted that:
 1. SA, IMP, and RT would be positively associated with both AU & AP
 2. SA + high IMP/RT would yield increased AU

METHODS

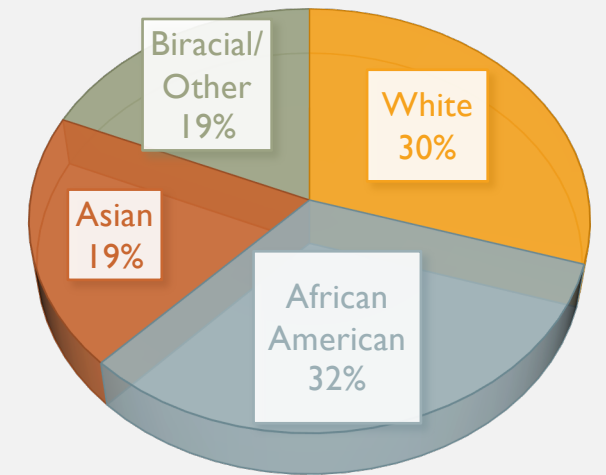
Participants

- 474 adult undergraduates, ages 18-52, recruited through GSU ($M_{age} = 20.6 \pm 3.9$ years, 49.5% female)

Measures

- *Inventory of Depression and Anxiety – Expanded version* (IDAS-II; Watson et al., 2012)
Social Anxiety scale (e.g., “I was worried about embarrassing myself socially”)
- *Personality Inventory for DSM-5 (PID-5)* (Maples et al., 2013)
Impulsivity scale (e.g., “I feel like I act totally on impulse.”)
Risk-taking scale (e.g., “I do a lot of things that others consider risky.”)
- *Externalizing Spectrum Inventory* (ESI-brief; Patrick et al., 2013)
Alcohol Use scale (e.g., “I’ve enjoyed getting drunk now and then, just for fun.”)
Alcohol Problems scale (e.g., “My drinking has led to problems at home.”)

RACIAL DEMOGRAPHICS



DATA ANALYSIS

- *Bivariate Analyses*
 - To examine associations between social anxiety, facets of disinhibition (IMP & RT), and substance use (alcohol use/problems).
- *Multivariate Regression Analyses*
 - To determine the unique and interactive contribution of social anxiety and disinhibition to dimensions of alcohol use/problems in adults.

BIVARIATE CORRELATIONS

	Age	Gender	Social Anxiety	Impulsivity	Risk-Taking	Alcohol Use	Alcohol Problems
Age	—						
Gender	0.053	—					
Social Anxiety	-0.085	0.140**	—				
Impulsivity	-0.073	-0.029	0.256***	—			
Risk-Taking	-0.09	-0.185***	0.156***	0.576***	—		
Alcohol Use	0.154***	0.033	0.037	0.244***	0.283***	—	
Alcohol Problems	0.113*	-0.066	0.190***	0.246***	0.307***	0.424***	—

note: *p < .05, ** p < .01, *** p < .001

REGRESSION ANALYSES

Alcohol Use

Table 1: SA + IMP on AU

	<i>b</i>	<i>t</i>	<i>p</i>	<i>R</i>	<i>R</i> ²
Step 1					
age	0.057	10.876	< .001	0.854	0.73*
gender	0.126	1.783	0.075		
Step 2					
age	0.045	8.078	< .001	0.867	0.752*
gender	0.067	0.928	0.354		
SA	-0.006	-0.167	0.868		
IMP	0.353	6.054	< .001		
Step 3					
age	0.037	5.715	< .001	0.869	0.755*
gender	0.035	0.479	0.632		
SA	0.102	1.69	0.092		
IMP	0.6	4.959	< .001		
SA + IMP	-0.112	-2.326	0.02		

Table 2: SA + RT on AU

	<i>b</i>	<i>t</i>	<i>p</i>	<i>R</i>	<i>R</i> ²
Step 1					
age	0.057	10.876	< .001	0.854	0.73*
gender	0.126	1.783	0.075		
Step 2					
age	0.036	6.32	< .001	0.873	0.761*
gender	0.115	1.633	0.103		
SA	-0.014	-0.387	0.699		
RT	0.473	7.476	< .001		
Step 3					
age	0.034	4.853	< .001	0.873	0.762*
gender	0.109	1.517	0.13		
SA	0.015	0.238	0.812		
RT	0.54	4.057	< .001		
SA + RT	-0.032	-0.577	0.564		

Alcohol Problems

Table 3: SA + IMP on AP

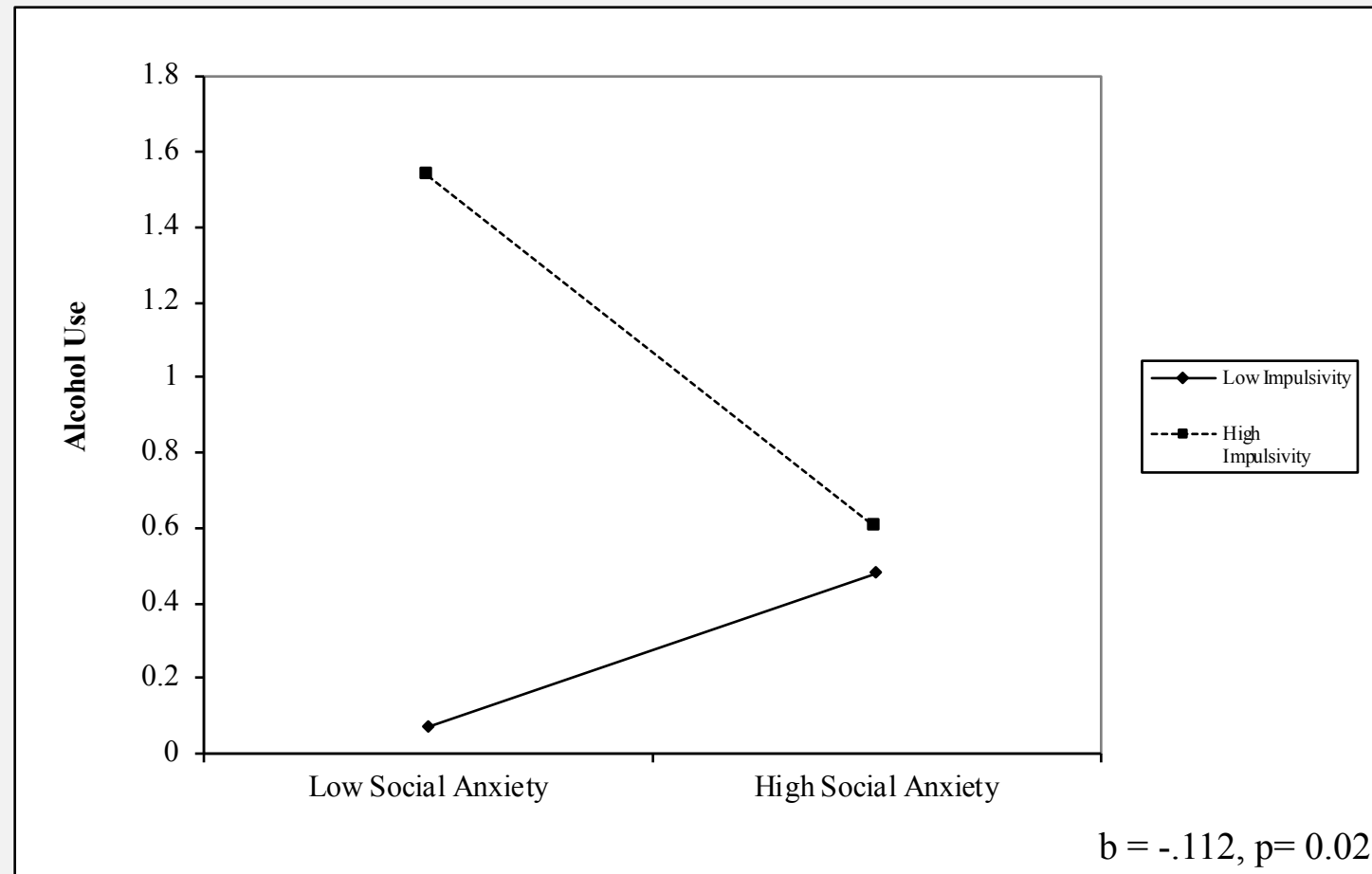
	<i>b</i>	<i>t</i>	<i>p</i>	<i>R</i>	<i>R</i> ²
Step 1					
age	0.025	6.33	< .001	0.58	0.336
gender	-0.052	-0.964	0.336		
Step 2					
age	0.014	3.201	0.001	0.624	0.39
gender	-0.143	-2.6	0.01		
SA	0.09	3.06	0.002		
IMP	0.183	4.093	< .001		
Step 3					
age	0.012	2.365	0.018	0.625	0.39
gender	-0.15	-2.684	0.008		
SA	0.115	2.484	0.013		
IMP	0.24	2.577	0.01		
SA + IMP	-0.026	-0.701	0.484		

Table 4: SA + RT on AP

	<i>b</i>	<i>t</i>	<i>p</i>	<i>R</i>	<i>R</i> ²
Step 1					
age	0.025	6.33	< .001	0.58	0.336
gender	-0.052	-0.964	0.336		
Step 2					
age	0.008	1.891	0.059	0.638	0.407
gender	-0.116	-2.135	0.033		
SA	0.081	2.839	0.005		
RT	0.269	5.513	< .001		
Step 3					
age	0.012	2.186	0.029	0.639	0.409
gender	-0.106	-1.928	0.054		
SA	0.038	0.779	0.436		
RT	0.169	1.643	0.101		
SA + RT	0.047	1.11	0.268		

REGRESSION ANALYSES

- At low levels of SA, IMP increases risk for AU, whereas high levels of SA are largely unaffected by IMP.
- High levels of SA may protect against the inherent risk of AU associated with high IMP.



IMPLICATIONS

- Our results demonstrate the value of anxiety in reducing the chance of engagement in risky behaviors, even in the presence of high impulsivity.
- Drinking is typically a social activity, meaning higher levels of anxiety endorsed here may be specific to social behaviors.
 - Therefore these results are not completely generalizable to *all* forms of risky behavior.

LIMITATIONS

- This study used an undergraduate sample ($M_{age} = 20.6$), which may not accurately capture typical adult substance use patterns.
- Using measures that emphasize level of severity may more appropriately characterize different sub-groups of socially anxious people.



FUTURE DIRECTIONS

- Future studies on SA should continue to take into account self-regulatory tendencies.
 - Different/additional facets of disinhibition should also be included
- Utilizing a more representative sample would more appropriately measure these relationships.
- Additional constructs (e.g. coping and expectancy strategies) should be considered.

THANK YOU SO MUCH!

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