

INTRODUCTION

PREGAMING

- Pregaming (PreG), also called pre-funking, pre-partying, pre-loading, pre-drinking, refers to “drinking alcohol at home or at someone else’s home prior to going out” ¹⁻² and is viewed as a “supplementary form of drinking” ³
- A huge proportion of drinkers engage in pre-gaming: ~41% to ~67% ^{1, 4-6}
- Pregaming links to alcohol-related consequences (AC) via alcohol use (AU) ^{1, 5, 7}

PROTECTIVE BEHAVIORAL STRATEGIES

- Protective Behavioral Strategies (PBS) are “specific behaviors one can utilize to minimize the harmful consequences of alcohol consumption” ⁸⁻¹⁰
- PBS’s relationship with AC and AU may differ across PBS type, alcohol outcome measures, or drinking context ⁸⁻¹²

THE PRESENT STUDY

This study aimed to explore the role of PBS types, i.e., manner of drinking (PBS-MOD), limiting or stopping drinking (PBS-LSD), serious harm reduction (PBS-SHR), on the relationship among PreG, AU, and AC.

METHOD

PARTICIPANTS

- College students (N = 576)
- $m_{age} = 20.97$ years, $sd = 3.51$
- 74% female
- 75% engage in pre-gaming

MEASURES

- Pregaming (1=Yes; 0=No)
- Protective Behavioral Strategies Scale-20 ^{9,10}
- Alcohol Use Disorder Identification Tool (Consumption Factor) ¹³⁻¹⁴
- Rutgers Alcohol Problem Index ¹⁵

DATA GATHERING AND ANALYSIS

- Data gathered via online survey
- Moderated mediation analysis using MLR estimation was done to test the hypothesized model
- Post-hoc exploratory analysis was done to arrive at the final model

Alcohol use mediates the relationship between pre-gaming and alcohol-related consequences.

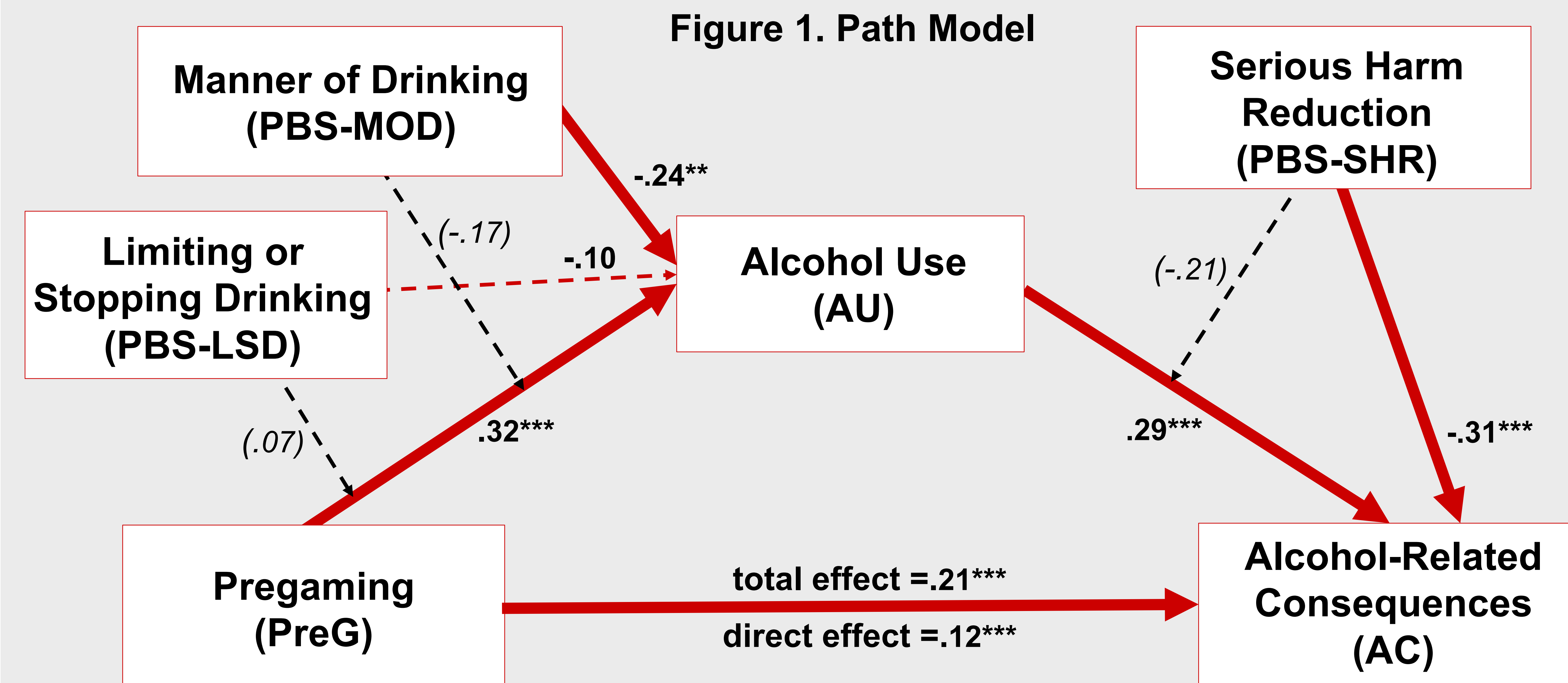
PBS types negatively relate to pre-gaming, alcohol use, and alcohol-related consequences but do not moderate the association among these variables.

RESULTS

Table 1. Descriptive statistics and correlations

Variable	M	SD	1	2	3	4	5
PreG(Y/N)	.75	.43	1				
AU	5.17	2.22	.37**	1			
AC	9.79	11.23	.25**	.38**	1		
PBS-MOD	10.59	4.50	-.17**	-.36**	-.21**	1	
PBS-LSD	18.49	7.93	-.10*	-.29**	-.16**	.66**	1
PBS-SHR	32.13	7.33	-.14**	-.17**	-.37**	.44**	.45**

Note: *** $p < .001$, ** $p < .01$, * $p < .05$



FUTURE DIRECTIONS

- Explore other factors at play in the relationship among pre-gaming, alcohol use, and alcohol consequences
- Examine PBS specific to pre-game consumption
- Foster PBS not only on alcohol consumption but also on pre-drinking and post-drinking behavioral risks



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