



The APNE scale: a new tool to assess expectations toward alcohol consumption

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The Alcohol Positive and Negative Expectations scale (APNE)

During the last years, alcohol consumption has increased exponentially among young age populations (adolescence and young adulthood), becoming a public health problem with high attention from international government agencies around the world (PNSD, 2020; UNODOC, 2016; WHO, 2022). The pandemic levels reached by the recent COVID-19 and the health measures instated to reduce the spread of this infectious diseases, could have impacted on drinking habits, increasing both frequency and quantity of alcohol use to cope with negative affects/emotions (Juliet et al., 2022; Smith et al., 2021; Vera et al., 2021).

Underage drinking is a serious and dangerous behavior that poses a range of risk and negative consequences, and it is related to high mortality and morbidity rates (even later in life). Most young age individuals are studying at high schools or universities, where high-risk behaviors such as alcohol consumption are common. Drinking at college could even become a ritual perceived by the students as an integral part of the education experience, and they justify the alcohol use based on the aspects and demands of the college environments (such as the limited interactions with parents and/or other adults, unstructured time, peer pressure, socialization and widespread/easy availability of alcohol). Factors related to the specific academic environments can play key roles, leading to changes in the alcohol consumption habits and to problematic use (Borsari et al., 2007; Brown, & Murphy, 2018; Gambles et al., 2021; McCann et al., 2019; Ross-Houle, & Quigg, 2019).

We recently published the original article ‘Assessing alcohol expectations in university students’ (Gomà-i-Freixanet et al., 2022). In this study we showed the psychometric properties of the Alcohol Positive and Negative Expectations (APNE), a new generation tool developed to assess both positive and negative expectations related with the alcohol consumption among young age population. In response to this publication, researchers and professionals in the clinical and educational areas have become interested in the APNE scale. In response to this interest, we now make the APNE available in both Spanish (Annex-1) and English (Annex-2) languages.

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Annex-1

Escala de Expectativas Positivas y Negativas frente al consumo de Alcohol (APNE)

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Instrucciones:

El consumo elevado de alcohol suele verse asociado a conductas, eventos, sensaciones y estados físicos tanto positivos (p. ej., aumento de la autoestima) como negativos (p. ej., disminución de las capacidades sexuales). Dicho consumo se refiere a la ingesta de 6 o más bebidas alcohólicas en una sola ocasión (cerveza, vino, licores, bebidas blancas, mezclas, etc.).

Por favor, lea atentamente las siguientes afirmaciones sobre los posibles efectos tanto positivos como negativos del alcohol e indique tu grado de acuerdo con cada una de ellas.

Responda a partir de sus **CREENCIAS** sobre las consecuencias de la ingesta de alcohol, independientemente de su propio consumo.

	Total desacuerdo	Un poco de acuerdo	Ni acuerdo ni desacuerdo	Bastante de acuerdo	Totalmente de acuerdo
Creo que consumir alcohol posibilita, ayuda a, o causa ...					
1. Sufrir lesiones físicas	0	1	2	3	4
2. Ser el alma de la fiesta	0	1	2	3	4
3. Mantener relaciones sexuales sin protección	0	1	2	3	4
4. Desinhibirse	0	1	2	3	4
5. Sentirse vulnerable o indefenso	0	1	2	3	4
6. Relajarse físicamente	0	1	2	3	4
7. Incremento de la agresividad verbal	0	1	2	3	4
8. Sentirse eufórico/a	0	1	2	3	4
9. Tomar riesgos mayores	0	1	2	3	4
10. Mayor integración y aceptación social	0	1	2	3	4
11. Tener dificultades para concentrarse	0	1	2	3	4
12. Verse envuelto en una pelea	0	1	2	3	4
13. Contraer enfermedades hepáticas (cirrosis)	0	1	2	3	4
14. Mayor probabilidad de "ligar"	0	1	2	3	4
15. Incremento de la agresividad sexual	0	1	2	3	4
16. Olvidarse de las preocupaciones	0	1	2	3	4
17. Sufrir déficits cognitivos (p. ej., memoria, atención, capacidad visoespacial, planificación)	0	1	2	3	4
18. Sentirse invencible	0	1	2	3	4
19. Incurrir en conductas ilegales	0	1	2	3	4
20. Mejorar el rendimiento sexual	0	1	2	3	4
21. Reducción de los niveles de estrés	0	1	2	3	4
22. Mayor probabilidad de sufrir un accidente de tráfico	0	1	2	3	4
23. Incremento del peso corporal	0	1	2	3	4
24. Mayor facilidad para expresar sentimientos y emociones	0	1	2	3	4
25. Sufrir daños cerebrales (p. ej., derrame, traumatismo, demencia, infarto...)	0	1	2	3	4

	Total desacuerdo	Un poco de acuerdo	Ni acuerdo ni desacuerdo	Bastante de acuerdo	Totalmente de acuerdo
Creo que consumir alcohol posibilita, ayuda a, o causa ...					
26. Mayor capacidad para lograr objetivos	0	1	2	3	4
27. Sufrir trastornos del sueño	0	1	2	3	4
28. Mejora de la expresividad verbal	0	1	2	3	4
29. Sensación de adormecimiento y confusión	0	1	2	3	4
30. Incremento de la autoestima	0	1	2	3	4
31. Divertirse más	0	1	2	3	4
32. Actuar impulsivamente	0	1	2	3	4
33. Tener menos reflejos	0	1	2	3	4
34. Mejora de la calidad del sueño	0	1	2	3	4
35. Desarrollar algunos tipos de cáncer (p. ej., laringe, colon, mama)	0	1	2	3	4
36. Reducción de dolor físico	0	1	2	3	4
37. Desarrollar enfermedades cardiovasculares (p. ej., hipertensión arterial)	0	1	2	3	4
38. Sentirse más atractivo/a	0	1	2	3	4
39. Crear dependencia a otras sustancias	0	1	2	3	4
40. Aumento de la libido	0	1	2	3	4
41. Incremento de la agresividad física	0	1	2	3	4
42. Mejora del estado de ánimo	0	1	2	3	4
43. Disminución del deseo sexual	0	1	2	3	4
44. Tener malestar físico (p. ej., náuseas, vómitos)	0	1	2	3	4
45. Sentirse más valiente	0	1	2	3	4
46. Sentirse triste	0	1	2	3	4
47. Disminución del rendimiento sexual	0	1	2	3	4

Por favor verifique que ha contestado todas las preguntas.

Puntuación

Escala	Suma de los ítems	Rango
Expectativas positivas	2, 4, 6, 8, 10, 14, 16, 18, 20, 21, 24, 26, 28, 30, 31, 34, 36, 38, 40, 42, 45	0 a 84
Expectativas negativas		0 a 104
Efectos/sensaciones negativas	5, 29, 33, 39, 43, 46	0 a 24
Problemas físicos y cognitivos	1, 11, 13, 17, 23, 25, 27, 35, 37, 44, 47	0 a 44
Conductas arriesgadas e ilegales	3, 9, 19, 22, 32	0 a 20
Conductas agresivas	7, 12, 15, 41	0 a 16

Referencia:

Gomà-i-Freixanet, M., Ferrero-Rincón, G., & Granero, R. (2022). Assessing Alcohol Expectations in University Students: the APNE Scale. *International Journal of Mental Health and Addiction*. <https://doi.org/10.1007/s11469-022-00854-6>

Annex-2

Alcohol Positive and Negative Expectations Scale (APNE)

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Instructions:

High alcohol consumption levels tend to be related to behaviours, events, sensations, and physical states both positive (e.g., improved self-esteem) and negative (e.g., diminished sexual capabilities). High consumption refers to the ingestion of 6 or more alcoholic beverages in a single occasion (beer, wine, liquors, white beverages, blends, etc.).

Please carefully read the following statements about the possible effects of alcohol consumption, either positive or negative, and indicate your level of agreement with each statement.

Please answer according to your BELIEFS about the consequences of alcohol ingestion, regardless of your own consumption.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
<i>I believe that consuming alcohol enables, facilitates, or causes...</i>					
1. Suffer physical injuries	0	1	2	3	4
2. Be the life and soul of the party	0	1	2	3	4
3. Engage in unprotected sex	0	1	2	3	4
4. Getting rid of inhibitions	0	1	2	3	4
5. Feel vulnerable or defenceless	0	1	2	3	4
6. Feel physically relaxed	0	1	2	3	4
7. Increase in verbal aggressiveness	0	1	2	3	4
8. Feel euphoric	0	1	2	3	4
9. Take greater risks	0	1	2	3	4
10. Higher social integration and acceptance	0	1	2	3	4
11. Have trouble concentrating	0	1	2	3	4
12. Find oneself involved in a fight	0	1	2	3	4
13. Contracting liver diseases (Cirrhosis)	0	1	2	3	4
14. Greater chances of flirting	0	1	2	3	4
15. Increase in sexual aggressiveness	0	1	2	3	4
16. Forget about concerns	0	1	2	3	4
17. Suffer from cognitive deficits (e.g., memory, attention, visuospatial ability, planning).	0	1	2	3	4
18. Feel invincible	0	1	2	3	4
19. Engage in illegal behaviours	0	1	2	3	4
20. Improved sexual performance	0	1	2	3	4
21. Stress level reduction	0	1	2	3	4
22. Higher chance of being involved in a traffic accident	0	1	2	3	4
23. Body-weight increase	0	1	2	3	4
24. Greater ease expressing feelings and emotions	0	1	2	3	4
25. Suffer brain damage (e.g., stroke, trauma, dementia, heart attack, etc.)	0	1	2	3	4

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
<i>I believe that consuming alcohol enables, facilitates, or causes...</i>					
26. Greater capacity of achieving goals	0	1	2	3	4
27. Suffer from sleep disorders	0	1	2	3	4
28. Improved verbal expressiveness	0	1	2	3	4
29. Feeling of sleepiness and confusion	0	1	2	3	4
30. Increased self-esteem	0	1	2	3	4
31. Have more fun	0	1	2	3	4
32. Act impulsively	0	1	2	3	4
33. Reduced reflexes	0	1	2	3	4
34. Improved sleep quality	0	1	2	3	4
35. Develop some types of cancer (e.g., larynx, colon, breast)	0	1	2	3	4
36. Reduced physical pain	0	1	2	3	4
37. Develop cardiovascular diseases (e.g., high blood pressure)	0	1	2	3	4
38. Feel more physically attractive	0	1	2	3	4
39. Develop dependence on other substances	0	1	2	3	4
40. Increased libido	0	1	2	3	4
41. Increased physical aggressiveness	0	1	2	3	4
42. Improved mood	0	1	2	3	4
43. Reduced sexual desire	0	1	2	3	4
44. Having physical discomfort (e.g., nausea, vomiting)	0	1	2	3	4
45. Feel braver	0	1	2	3	4
46. Feel sad	0	1	2	3	4
47. Reduced sexual performance	0	1	2	3	4

Please make sure to have answered all items.

Scoring

Scale	Sum of the items...	Range
Positive Expectations	2, 4, 6, 8, 10, 14, 16, 18, 20, 21, 24, 26, 28, 30, 31, 34, 36, 38, 40, 42, 45	0 to 84
Negative Expectations		0 to 104
Effects / negative sensations	5, 29, 33, 39, 43, 46	0 to 24
Physical and cognitive related problems	1, 11, 13, 17, 23, 25, 27, 35, 37, 44, 47	0 to 44
Risky and illegal behaviors	3, 9, 19, 22, 32	0 to 20
Aggressive behaviors	7, 12, 15, 41	0 to 16

Reference:

Gomà-i-Freixanet, M., Ferrero-Rincón, G., & Granero, R. (2022). Assessing Alcohol Expectations in University Students: the APNE Scale. *International Journal of Mental Health and Addiction*. <https://doi.org/10.1007/s11469-022-00854-6>