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DRINKING BEHAVIOR AND ACADEMIC PERFORMANCE: DIRECT LINK OR JUST A HIKE?

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The negative effect of alcohol use on academic performance has been reported in several studies. The results of our research conducted for the past half-decade show that before the start of alcohol use, students who were then abstainers had a better academic performance. However, conducted statistical analysis used in several studies had been a bidirectional approach which limits conclusion on the negativity of alcohol use on academic performance. Although a cause-effect relation might be there, bidirectional or bivariate approach does confirm this kind of relationship. Critics have argued that not only alcohol use can result in reduction in academic performance, the opposite might be the case too. Besides, other factors might also affect academic performance. In this present study, we further confirm in a sample of university students using regression analysis that alcohol use result in reduction of academic performance.