You’re only as drunk as the people around you so let’s get another round in

[http://i1.wp.com/metrouk2.files.wordpress.com/2015/09/ashitha-nagesh-e1442239358900.jpg?crop=20px%2C0px%2C509px%2C509px&resize=150%2C150&quality=80&strip=all&ssl=1&w=40&h=40](http://metro.co.uk/author/ashitha-nagesh-for-metro-co-uk/)

[Ashitha Nagesh for Metro.co.uk](http://metro.co.uk/author/ashitha-nagesh-for-metro-co-uk/)Tuesday 13 Sep 2016 8:56 am

**Remember when you were a total drunken arse at those work drinks that time? (Yes, you do, don’t lie.)**

Well do not fear – apparently you may not have been as embarrassingly sloshed as you thought you were.

New research has shown that we assess how drunk we are based on the drunkenness of those around us, rather than how much we’ve actually drunk.

So if everyone else in your office was playing it safe and nursing a half pint while you were going full gin o’clock on the double g&ts, take heart – you may not have been all that bad.

Prof Simon Moore from Cardiff University told [MailOnline](http://www.dailymail.co.uk/sciencetech/article-3781958/I-m-fine-People-judge-drunk-based-NOT-ve-consumed.html" \t "_blank): ‘This has very important implications for how we might work to reduce excessive alcohol consumption.

‘We could either work to reduce the number of very drunk people in a drinking environment, or we could increase the number of people who are sober. Our theory predicts the latter approach would have greatest impact.

The study, which was published in the journal BMC Public Health, claims to be the first to look at how people judge their own drunkenness and the health consequences of alcohol while actually being out for a drink.

In the past, people have only been studied when sober and in non-drinking environments – relying on their own memories of being drunk.

For this study, researchers breathalysed 1,862 participants with an average age of 27 who were out on in pubs and bars on Friday and Saturday evenings.

Gender and location were used to divide the people into eight reference groups, one group for each gender in each location – the assumption being that drinkers would compare themselves to others of the same gender in the same location.

Individual breath alcohol concentration (BrAC) levels were then ranked within each reference group.  They then had to answer a series of questions about how drunk they felt and the potential health consequences.

‘Researchers have historically worked under the assumption that those who drink most alcohol incorrectly ‘imagine’ everyone else also drinks to excess,’ Prof Moore added.

‘It turns out that irrespective of how much someone has drunk, if they observe others who are more drunk than they are, they feel less at risk from drinking more.’

Read more: <http://metro.co.uk/2016/09/13/youre-only-as-drunk-as-the-people-around-you-so-lets-get-another-round-in-6124958/#ixzz4NXWrv9hZ>