

# The Effects Personality Traits Have on Coping with Stress and Alcohol Consumption.

## ● Abstract

The present study sought to expand on the understanding of how personality traits indicate how an individual utilizes alcohol to cope with daily stressors. The study asked participants to complete the Big 5 Personality Test and respond with information about their drinking patterns. The researchers wanted to find out which personalities would be the most likely to have errors and tend to use alcohol more for stress.

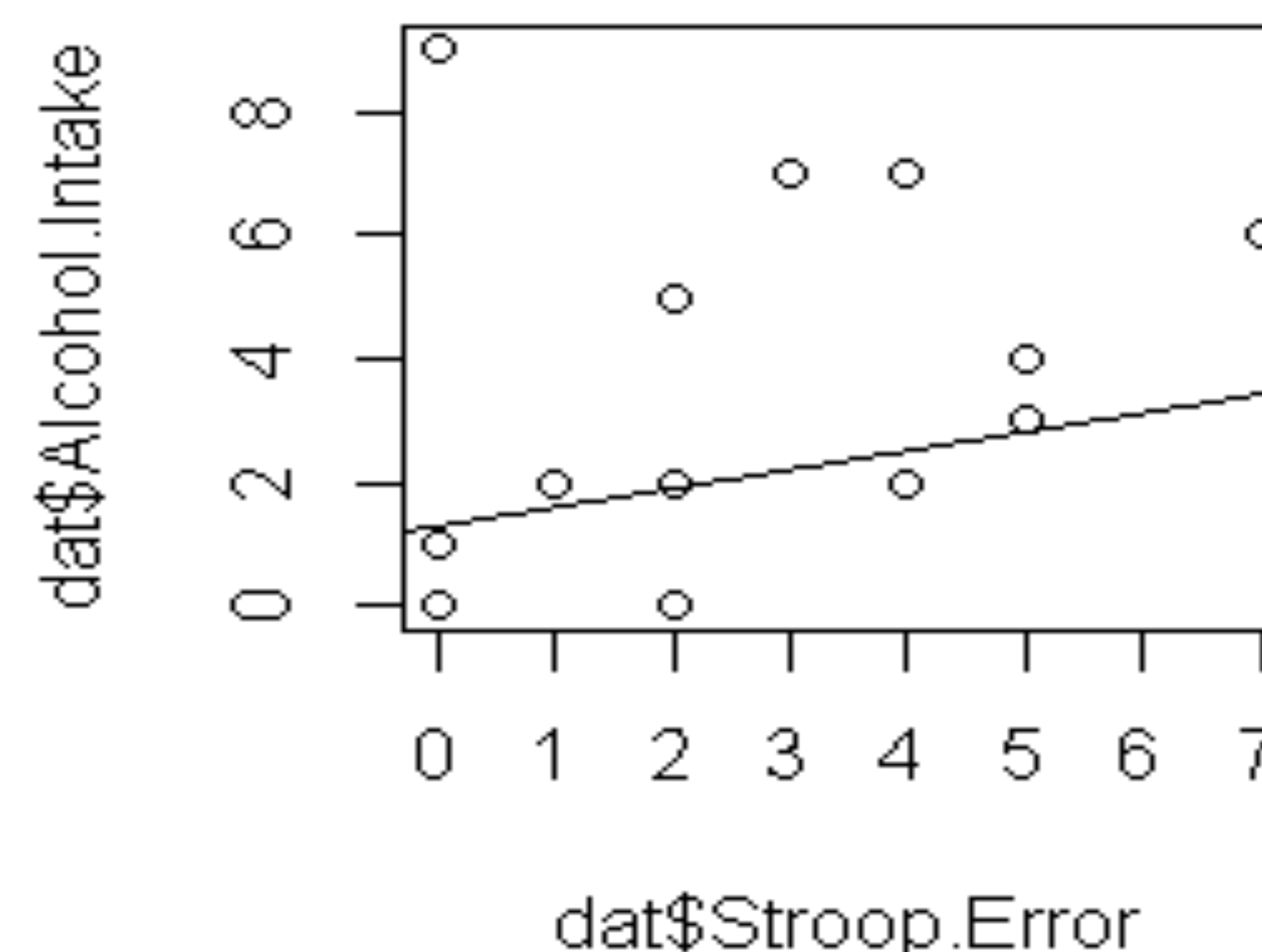
## ● Introduction

The role of personality traits and how they pertain to alcohol consumption and stress levels have been a focus of many studies (Mackinnon, S. P., Kehayes, I. L., Clark, R., Sherry, S. B., & Stewart, S. H., 2014). It is speculated that daily alcohol consumption is a coping mechanism for stress for those with certain personality types. The current study is designed to replicate this finding.

## ● Methods

Big five inventory, patient stress questionnaire, and stroop words. In this study participants were given the Big Five Inventory and the patient stress questionnaire. This was done to gather information about the participants personality and stress. Once that was done patients were given the stroop test under two different conditions. Half were done under stress, while the other half was allowed to do it at there leasure under no stress.

## ● Results



## ● Discusion

Based on multiple regressions that were run the condition of adding stress while participants took the Stroop test were significant in more error when Alcohol intake was factored. Stress levels of the participants has no significance on how many errors were made nor does ones personality.

## ● Summary

Many variables have come into play but the one that has the most significance on number of errors would be the condition in which the test is taken.

## ● References

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