#### ORIGINAL PAPER



#### Novel Associations Among Trauma, Mindfulness, and Impaired Control Over Alcohol Use

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#### Abstract

Objective Two thirds of adults experience at least one lifetime traumatic incident. Specifically, childhood traumas (physical neglect, emotional neglect, physical abuse, emotional abuse, and sexual abuse) are associated with increased alcohol use. According to the self-medication hypothesis, alcohol is used to alleviate upsetting thoughts and memories. This may lead to greater impaired control over alcohol use (i.e., a breakdown of an intention to limit drinking). Utilizing mindfulness reduces maladaptive responses to trauma. Trauma and difficulties maintaining control (generally) have been examined with mindfulness as a mediator; however, control over alcohol use specifically, has not.

Methods. We analyzed data from a cross-sectional, student survey (N = 847, 49% female) utilizing path modeling. We examined mindfulness and impaired control over alcohol use as potential mediators between trauma and alcohol outcomes (i.e., drinks per drinking day [DPDD] and alcohol-related problems).

Results: Emotional neglect (EN) was the strongest predictor among five facets of trauma. Higher EN related to lower mindfulness ( $\beta = -0.22$ ; SE = 0.05;  $p \le 0.001$ ) and greater impaired control over alcohol ( $\beta = 0.11$ ; SE = 0.06; p = 0.05). Finally, EN was related to higher DPDD, mediated by mindfulness and impaired control over alcohol use (standardized indirect effect = 0.006; 95% CL 0.002, 0.012).

Conclusion These findings suggest potential mediating pathways from childhood trauma to alcohol-related outcomes via mindfulness and greater impaired control over alcohol use. Current research informs efforts to promote mindfulness interventions to reduce alcohol use and related problems among college students, especially those who have experienced childhood traumas and may experience elevated impaired control over alcohol use.

Keywords Drinking consequences - Impaired control over drinking - Risk factors - Alcohol use - Heavy drinking - Childhood trauma

Approximately two out of three adults have experienced at least one traumatic life event, many in their childhood (Karam et al. 2014; Norris and Sloan 2014; Stein et al. 2014). Specifically, a childhood trauma refers to multiple distressing childhood experiences, such as interpersonal violence, abuse, and neglect (D'Andrea et al. 2012). Prior research has found that although college students have similar rates as the general population for lifetime experience of emotional, physical, and sexual childhood abuse (Duncan 2000; Kenny and McEachern 2000), previously traumatized students are at a higher risk of experiencing another traumatic event while on campus (Fisher et al. 2000). Traumatic childhood events are associated with negative consequences in adulthood, including poorer relationship quality, intimacy dysfunction, and social adjustment difficulties (Davis et al. 2001; Ducharme et al. 1997; Schore 2009). Further, students with childhood traumas experience greater mental health difficulties later in their adult lives (Carr et al. 2013) and may have difficulties progressing in their studies (Duncan 2000). Relatedly, maintaining control over thoughts and behaviors

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