
Abstract

Risk factors associated with high-risk drinking habits among Japan Ground Self-Defense Force personnel

DOBASHI, Kosuke

Japan Ground Self-defense Force, Camp Kokura

Heavy drinking is considered a risk factor for various physical and mental disorders. The purpose of this study was to clarify the actual situation of high-risk drinking habits among Japan Self-Defense Force personnel and the factors associated with such habits. A cross-sectional and self-reported questionnaire survey using the Alcohol Use Disorders Identification Test (AUDIT) was conducted with Japan Ground Self-Defense Force personnel. The result was that there were 724 (84.7%) non-drinkers/moderate drinkers (AUDIT score 0-7) and 131 (15.3%) high-risk drinkers (AUDIT score ≥ 8). The χ^2 test showed significant differences in age group, rank, marital status, residential category, and job description between non-/moderate drinkers and high-risk drinkers. Multiple logistic regression analysis revealed that risk factors associated with high-risk drinking habits were older age groups, and the ranks of officer and sergeant. Further research should be conducted on a larger scale, including members of the Maritime and Air Self-Defense Forces, as well as taking other potential risk factors into account.

Keywords: high-risk drinking, AUDIT (Alcohol Use Disorders Identification Test), Japan Self-Defense Force personnel, alcohol, risk factor
