

Development and Validation of the Responsible Drinking Inventory

The Responsible Drinking Inventory (RDI) is a new 18-item tool for measuring individuals' responsible drinking beliefs and behaviors. People can use this tool to gauge the potential for future alcohol-related harms and understand the nature of responsible drinking.

The Study



To develop the RDI, we conducted a series of studies with online worker panels (i.e., Amazon's MTurk workers).



Initial studies developed potential domains and items for the RDI, and examined the underlying nature of the instrument using surveys, literature reviews, item-quality assessments, and exploratory and confirmatory factor analysis.



Psychometric studies included analyses of RDI reliability and several measures of validity.

Reliability

A measure's ability to provide stable results whenever administered.

Convergent Validity

The extent to which a measure is consistent with other tests that measure similar things.

Divergent Validity

The extent to which a measure is distinct from other tests that measure different things.

Known Groups Validity

A measure's ability to distinguish between groups who differ on the concept being measured.

Predictive Validity

A measure's ability to predict future events related to what you are testing.

Key Findings



The RDI had good psychometrics overall. Items in the RDI address beliefs about short- and long-term harms one might experience, the potential for harm to others, drinking behaviors to avoid, and personal awareness of one's drinking behavior.



A two-week test-retest analysis determined that the RDI had excellent **reliability** overall ($r = 0.77$) and for the 8-item behavior subscale ($r = 0.76$), and good reliability for the 10-item belief subscale ($r = 0.67$).



We determined that the RDI **converges** with two similar instruments: (1) the Characteristics of Responsible Drinking Scale behavioral beliefs, self-efficacy, behavioral intentions, and motivations ($\rho = 0.64, 0.60, 0.55$, and 0.44) subscales and (2) the Protective Behavior Strategies Survey-20 ($\rho = 0.65$).



We determined that the RDI **diverges** from alcohol disorder severity measures: (1) the Alcohol Symptom Checklist ($\rho = -0.38$) and (2) the Alcohol Dependence Scale ($\rho = -0.38$).



RDI scores were higher for **known groups** of individuals with riskier drinking behavior: past-year history of DUI, past-year history of blacking out, past-year history of passing out while drinking, past-year history of binge drinking, and currently defines oneself as a drinker. Effect sizes (Cohen's d) ranged from 0.40 to 0.56.



RDI scores **predicted** future common acute consequences (e.g., had a headache or felt nauseated as a result of your drinking) and future less common acute consequences (e.g., unable to remember the night before), but not future social consequences (e.g., getting into a fight while drinking), in analyses that accounted for mental health and gender.

Key Takeaways

The composition of the RDI suggests that responsible drinking is the tendency to drink alcohol in a manner that avoids harm to the self or others, guided by an honest assessment of one's personal limits and an understanding of the situations in which it is never safe to drink.

The RDI offers a concise way to screen for someone's responsible drinking attitudes and behaviors, providing an opportunity to intervene when necessary.

The following pages contain questions relating to your beliefs, knowledge, and experiences with alcohol. Please read each of the questions carefully and answer as it relates to your own personal thoughts and behaviors related to alcohol and the consumption of alcohol.

<i>To what extent do you agree or disagree with the following statements?</i>	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree
To drink responsibly, people need to know that drinking alcohol can lead to impaired decision making.	1	2	3	4	5
It is important to be honest about how much alcohol you can handle.	1	2	3	4	5
To drink responsibly, people need to know that alcohol can interact with certain medications.	1	2	3	4	5
Drinking responsibly includes avoiding the effects of alcohol (getting drunk or feeling intoxicated).	1	2	3	4	5
Not being honest with yourself or others about your drinking may be indicative of a problem.	1	2	3	4	5
To drink responsibly, people need to know that drinking alcohol can lead to drunk driving.	1	2	3	4	5
Drinking responsibly includes being aware of what you are drinking, how strong it is, and how it will affect you.	1	2	3	4	5
Drinking responsibly includes drinking while considering your health and mental condition.	1	2	3	4	5
Drinking responsibly includes drinking in a manner that minimizes alcohol-related harms like physical or mental harm to yourself or others.	1	2	3	4	5
Drinking responsibly includes having safe and reliable transportation to and from drinking locations.	1	2	3	4	5

<i>How often do you do the following?</i>	Never	Rarely	Sometimes	Most of the time	Always
Limit your drinking to a certain number of days a week or month.	1	2	3	4	5
Drink in the presence of others that you know and trust who can help look out for you.	1	2	3	4	5
Ensure that you have safe and reliable transportation to and from drinking locations.	1	2	3	4	5
Limit your consumption to certain pre-set days, like weekends or special occasions only.	1	2	3	4	5

<i>When you drink, how often do you...</i>	Never	Rarely	Sometimes	Most of the time	Always
Engage in behaviors to ensure your safety and the safety of those around you?	1	2	3	4	5
Ensure that it would not interfere with other responsibilities or obligations you maintain?	1	2	3	4	5
Drink in environments you are familiar with and know well?	1	2	3	4	5
Exit the situation to stay in control of your drinking?	1	2	3	4	5

Scoring instructions: The first 10 items assess responsible drinking (RD) beliefs and the second 8 items assess RD behaviors. For maximum stability, we recommend computing a single average score across all 18 items. Scores can range from 1-5, with higher scores indicating more responsible drinking beliefs and behaviors.