

Patterns of alcohol consumption and sexual behavior among young adults in nightclubs

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Abstract

Background: Alcohol consumption has been linked to a variety of sexual risk behaviors. However, much research addresses this connection among college students, ignoring other social contexts in which this association may be prevalent, such as club settings.

Objectives: As such, this study assessed patterns of drinking and sexual activity among young adults who frequent nightclubs.

Methods: Using time-space sampling, we surveyed 308 young adults (ages 18-29) in New York City clubs.

Results: Participants reported binge drinking on 52% of drinking days. Roughly, 62% reported recent sex under the influence, and 29% of them reported being less safe in sexual situations as a result of their drinking. Men reported more days of drinking and binge drinking than women, and were more likely to report recent sex under the influence. Younger participants were more likely to report being less safe sexually while intoxicated. Recent binge drinking was associated with sex after drinking.

Conclusions and Scientific Significance: These data suggest the need for targeted intervention and prevention efforts at nightclubs.

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