

## **Suit, Tie, And Whiskey Rye: How Occupation Factors Contribute to High-Risk Alcohol Consumption Among Australian Workers**

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**Introduction:** Although occupational stressors are acknowledged as contributors to high-risk alcohol consumption, their impact relative to sociodemographic and health factors is not well understood. This study investigates the influence of occupational, sociodemographic, and health factors on high-risk drinking patterns among Australian employees.

**Methods:** Data from 27,237 employed individuals (49.5% female), taken from 23 waves of the Household Income and Labour Dynamics in Australia survey, were analysed. High-risk consumption of alcohol was defined as more than 10 standard drinks per week or more than four standard drinks per day. The authors used generalised linear mixed effects models to investigate overall high-risk drinking, high-risk drinking across the week, and single-occasion high-risk drinking.

**Results:** Individuals who worked full-time or more hours exhibited heightened odds of any high-risk alcohol consumption (OR = 1.14, 95% CI [1.08, 1.20]). Shift workers demonstrated a 7% increase in the odds of single-occasion high-risk drinking (OR = 1.07, 95% CI [1.01, 1.13]) but a 9% reduction in the odds of high-risk alcohol consumption across the week (OR = 0.91, 95% CI [0.85, 0.97]). Individuals who desired to work more hours were associated with a 26% increase in the odds of any high-risk drinking (OR = 1.26, 95% CI [1.17, 1.35]). Additionally, individuals aged 15 to 24 (OR = 2.46, 95% CI [2.02, 3.00]) and those who smoked (OR = 3.03, 95% CI [2.82, 3.26]) exhibited heightened odds of engaging in high-risk drinking.

**Discussions and Conclusions:** Although the present study found that both structural and psychosocial workplace factors explained some of the variance in high-risk alcohol consumption, their impact was less pronounced than sociodemographic and health factors.

**Implications for Practice or Policy:** Alongside recognised predictors of high-risk alcohol consumption, decision-makers must also account for occupational characteristics—such as prolonged work hours—that contribute to high-risk alcohol consumption.

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