

#Drinking: Can taking photographs change your thoughts about alcohol?

Humans are poor predictors of how they will feel in the future and at remembering how they felt in the past. We tend to over-estimate how enjoyable past events were and how enjoyable future events will be (Wilson & Gilbert, 2005). Such small thinking errors become problematic when it comes to decisions about alcohol use. To make a healthy decision about alcohol consumption, a young adult must accurately remember their previous drinking experience and consider whether it was truly as enjoyable as they remember. Then, they must use that information to predict how enjoyable the next experience will be. In this study, we will examine how to help young adults avoid thinking errors when making alcohol use decisions. Specifically, we will look at how taking photographs while drinking influences young adults' alcohol use experiences, as well as their predictions and memories of such experiences. Understanding whether taking photographs can improve the accuracy of our emotional memory is the first step to helping young adults engage in healthier (i.e., reduced) drinking behaviors; for instance, an accurate memory may prompt an individual to avoid binge-drinking in the future. This procedure can eventually be developed into an intervention to be implemented in therapy.