Additional file 1 - Factors in the proximal determinants of alcohol consumption: attitude, social influence and self-efficacy

Items	Factors	
Attitude (-2, +2)	**Pros of alcohol**[a]	**Cons of alcohol**[b]
When I drink alcohol, …	($\alpha = .93$)	($\alpha = .95$)
… I feel more confident.	.80	
… I feel more confident when I am in company.	.77	
... I feel happier.	.76	
… it makes me funny.	.73	
… it makes it easier for me to approach others.	.72	
… it makes me loosen up.	.71	
… I fit in better.	.70	
… I get more attention from my friends.	.70	
… I am not bored.	.69	
… I can cope better with problems.	.68	
… I feel more relaxed.	.67	
… I have a lot of friends.	.66	
… people look up to me.	.65	
… I feel like somebody.	.62	
… it is exciting.	.60	
… I relax.	.60	
… I do not feel lonely.	.57	
… it helps with feelings of frustration, depression and/or stress.	.53	
… my concentration improves.	.49	
… it is a pleasant/cosy feeling.	.49	
… I can more easily fall asleep.	.41	
… it makes me cause conflicts with others.		.87
… I have problems.		.84
… I get in conflict with others.		.82
… the relationship with my partner becomes worse.		.81
… I feel ashamed.		.81
… I more often do things that I regret.		.80
… my condition gets worse.		.77
… I have problems at work.		.77
… I make mistakes.		.73
… it is bad for my brain.		.71
… the risk of developing cancer increases.		.70
… I become aggressive.		.69
… I cause traffic accidents.		.68
… it impairs/decreases my sexual functioning.		.67
… I become emotional.		.67
… it is bad for my health.		.66
… I do not feel fit/well.		.66
… the risk of developing cardiovascular diseases increases.		.65
… it is bad for my liver.		.65
… I get tired.		.59
… the hangover is a disadvantage.		.58
… I become more stupid.		.54
… I do not sleep well.		.50
… it costs a lot.		.44

Social influence (-2, +2)	Modeling [c] (α = .70)	Support [d] (α = .85)	
My partner does not drink more than two glasses* of alcohol per day.	.88		
My family do not drink more than two glasses* of alcohol per day.	.83		
My friends do not drink more than two glasses* of alcohol per day.	.66		
My colleagues do not drink more than two glasses* of alcohol per day.	.51		
My partner encourages me not to drink more than two glasses* of alcohol per day.		.88	
My family encourage me not to drink more than two glasses* of alcohol per day.		.88	
My friends encourage me not to drink more than two glasses* of alcohol per day.		.84	
My colleagues encourage me not to drink more than two glasses* of alcohol per day.		.76	
Self-efficacy	**Social SE [e]**	**Emotional SE [e]**	**Routine SE [e]**
I am able to drink no more than two glasses* of alcohol ...	(α = .94)	(α = .97)	(α = .88)
... when someone offers me a drink.	.92		
... when there is something to celebrate.	.91		
... when I am at a party.	.90		
... when I am at a café or restaurant.	.83		
... when I see people around me drinking alcohol.	.78		
... when I see somebody else enjoying a drink.	.61		
... when others criticize me when I do not want to drink.	.55		
... when I experience feelings of depression.		.98	
... when I am sad.		.97	
... when I feel stressed or nervous.		.94	
... when I have problems.		.93	
... when I am in a bad mood.		.91	
... when I am annoyed, angry or frustrated.		.87	
... when I cannot fall asleep.		.79	
... when I am around others and feel uncomfortable.		.74	
... when I cannot concentrate.		.67	
... when I am bored.		.67	
... when I get up in the morning.			.98
... when I have a break.			.94
... after doing sports.			.63
... during lunch or dinner.			.52
... when I see or smell alcohol.			.46

Note. *This item refers to females (three glasses for males). [a]+2 = *positive attitude*, -2 = *negative attitude;* [b]+2 = *negative attitude*, -2 = *positive attitude;* [c]+2 = *positive modeling*, -2 = *negative modeling;* [d]+2 = *high social support*, -2 = *low social support;* [e]+2 = *high self-efficacy*, -2 = *low self-efficacy*