

Survey Urged To Detect Start Of Alcoholism

Cincinnati, Ohio (Science Service)—Community surveys of young people, 15, 20 and 25 years of age with a view to spotting alcoholism at or before its onset was urged at the meeting of the American Psychological Association here.

It is a controversial question just how treatable individuals at the point of onset may be, Dr. Edith S. Lisansky, of the Center of Alcohol Studies, Yale University, said in recommending such surveys. "But we can profit immeasurably if they are accessible for research and study."

No Single Type
There is no single type of personality that develops into the alcoholic, Dr. Lisansky indicated. However, the young adult with a certain combination of personality traits has very good chances of becoming an alcoholic. In fact there may be several different combinations, perhaps related to the different kinds of alcoholism, Dr. Lisansky said.

Principal ingredient in the alcoholic personality make-up is a high degree of internal conflict. The problem drinker wants to be one thing and at the same time wants to be the exact opposite. Among such conflict are dependence vs. independence, passivity vs. aggression and regression vs. growth. Alcohol seems to blur the conflict and reduce the feelings of tension brought on by it. The alcoholic wants to be loved and taken care of by others but at the same time he shows hatred and hostility toward others. The alcoholic binge is a way of acting out this conflict.

Different Effect
Alcohol in moderation may not have the same effect on different persons if they differ in personality type, Dr. Cyril M. Franks of the New Jersey Neuro-Psychiatric Institute, Princeton, N. J., told the same meeting.

Whether a person is a good mixer (extrovert) or a lone wolf type (introvert) may be just as important as sex, age and body weight in predicting what effect a cocktail or highball will have on him, he told the psychologists.

"Perhaps it is the sociably minded individual who should be particularly careful to avoid that 'one for the road'."

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