

## **THE INCIDENCE OF HANGOVER AMONG THE KOSOVO STUDENTS DURING A WEEK OF HEAVY DRINKING ON HOLIDAY**

**A. Tahiri<sup>1</sup>, A. Duda<sup>1</sup>, B. Saraci<sup>1</sup>, B. Bushi<sup>3</sup>, E. Ranxha<sup>2</sup>, D. Dobi<sup>2</sup>**

<sup>1</sup>Toxicology, <sup>2</sup>Neurology, UHC Mother Teresa, Albania

<sup>3</sup>Pathology, Hospital of Kavaja, Albania

[andrin\\_tahiri@yahoo.com](mailto:andrin_tahiri@yahoo.com)

**Aim:** to study the incidence of hangover among the Kosovo students during a week of heavy drinking on holiday.

**Methods:** a total of 155 Kosovo students tourists were interviewed on three occasions during their holiday in Tirana. They completed the Acute Hangover Scale and answered questions about their alcohol consumption and rest duration. The incidence of hangover was analysed as the proportion of heavy drinkers (i.e. those reporting drinking more than 12 standard units of alcohol during the night before) scoring above the 90% of light drinkers (i.e. those who had consumed fewer than 7 standard units the night before). We estimated the course and predictors of hangover using random effects regression.

**Results:** the incidence of hangover was 52% after drinking more than 12 standard units in the whole sample. The severity of hangover increased significantly during a week of heavy drinking and there was a time X number of drinks interaction, indicating that the impact of alcohol consumed on hangover became more pronounced later in the week.

**Conclusions:** after heavy drinking during holidays appear to be related both to amount drunk and time into the holiday.