

Alcohol Harm Prevention Bulletin

**New evidence relating to alcohol harm prevention
in Scotland and beyond**

April 2026



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Recent journal articles (from Medline and Proquest Public Health)

A selection of publications from the last month relating to prevention of alcohol harms. Search criteria are available upon request from Knowledge Services and will be reviewed regularly to consider appropriateness and/or new areas of interest.

The searches are undertaken by PHS Knowledge Services. If you need any help with obtaining the full text of any of the articles, please contact phs.knowledge@phs.scot

Pricing, taxation and policy

- Angus C. **Not all alcohol policies are created equal.** Lancet Public Health 2026; 11: e140–e141. 2026/03.
- Ellyson AM, Adhia A, DiMascolo L et al. **Policy surveillance shows improvements and remaining gaps in U.S. campus alcohol and sexual violence policies.** J Stud Alcohol Drugs 2026; 87: 376–389. 2026/03.
- Latif H, Timmer A, Tessler H et al. **Unmasking the pandemic’s dark side: exploring the roles of stress, emotions, and alcohol use in violent behavior across six countries.** Int J Offender Ther Comp Criminol 2026; 70: 393–412. 2026/03.
- Sherk A, Lawrence K, Clay J et al. **The effect of alcohol minimum unit pricing and cancer warning labels on cancer incidence and mortality in Canada: an epidemiological modelling study.** Lancet Public Health, 11, e164-e175. 2026/03
- Tanguay L, Faivre P, Mekari S et al. **Modeling the Impact of Behavior Changes on Mortality Attributable to Non-communicable Diseases in Canada.** J Prev Med Public Health 2026; 2026/03/17.

Availability and Licensing

- Valério I, Uny I, Burela A et al. **Untangling the complex web of alcohol policy needs and potential solutions in Brazil: evidence from civil society and political stakeholders.** Health Policy Plan 2026; 41: 365–375. 2026/03/10.
- Valiente R, Tunstall H, Wilson LB et al. **Low and no alcohol availability and sales in small retailers in Great Britain: A geographic longitudinal analysis from 2018 to 2022.** Addiction 2026; 2026/03/19.

Marketing and Advertising

- Edwardes F, Keric D and Stafford J. **“Zero-alcohol” products and the guise of responsibility.** J Public Health Policy 2026; 47: 142–151. 2026/03.
 - Nicholls E. **“hiding the label”: “passing” as drinkers and reinforcing drinking norms through no and low alcohol consumption in social settings.** Drug Alcohol Rev 2026; 45: e70102. 2026/02.
- Dionisi T, De Vita V, Sario GD et al. **Alcohol use: less is better. An umbrella systematic review of clinical interventions, policies, and dose-response health risks in adults.** Eur J Intern Med 2026; : 106837. 2026/03/25.

Health Information

- D’Sa A, Crutzen R, Bödenler M et al. **Socioeconomic differences in dementia risk, lifestyle, and relevant determinants of behavior.** J Alzheimers Dis 2026; 110: 157–170. 2026/03.
- Dumont R, Baysson H, Mechoullam S et al. **Prevalence of alcohol consumption and awareness of consumption guidelines: A population-based study in Geneva, Switzerland.** Prev Med Rep 2026; 63: 103415. 2026/03.
- Fujiwara S, Sherry SB, Rostampour R et al. **Anxiety sensitivity dimensions and the alcohol hangover experience: Longitudinal associations with hangover-related anxiety and depression.** Addict Behav 2026; 179: 108687. 2026/03/28.

- Greene NK, Seidenberg AB, Butera G et al. **Alcohol and cancer messaging: A scoping review**. *Cancer Epidemiol Biomarkers Prev* 2026; 2026/03/31. <https://doi.org/10.1158/1055-9965.EPI-25-2058>
- Jansson M, Olsson L, Wiberg A-C et al. **I am in the passenger seat of my own body: a qualitative interview study of the relationship between binge eating and concurrent problematic alcohol use**. *J Eat Disord* 2026; 2026/03/16.
- Jiang H, Livingston M, Room R et al. **Alcohol consumption and mortality from four alcohol-related cancers in Australia 1950-2018: a time series analysis**. *Br J Cancer* 2026; 134: 914–923. 2026/03.
- Leng Y, Ding H, Li Y et al. **Sex-Specific Fifteen-Year Alcohol Consumption Trajectories and Their Association with Cardiovascular Events and Mortality: The Framingham Heart Study**. *Nutrients* 2026; 18. 2026/03/05.

Early Intervention

- Andersson K, Handlin L, Huskic Beslic S et al. **Assessment of Emerging Technologies to Support Individuals With At-Risk Alcohol Consumption: Pilot Controlled Investigation Study**. *JMIR Formative Research* 2026; 10: e83592. 2026/03/06.
- Biesen JN, Metser-Waldman M and Doss BD. **Mechanisms of change in alcohol use in online relationship programs for distressed couples**. *Psychol Addict Behav* 2026; 40: 230–242. 2026/03.
- Dionisi T, De Vita V, Sario GD et al. **Alcohol use: less is better. An umbrella systematic review of clinical interventions, policies, and dose-response health risks in adults**. *Eur J Intern Med* 2026; : 106837. 2026/03/25.
- Freeman C, Radoman M, Martins JS et al. **Sex-specific neural activation to stress and alcohol cues in high-risk drinkers: links between orbitofrontal circuits, alcohol craving, and future drinking**. *Neuropsychopharmacology* 2026; 2026/03/06.

- Kittaneh AA, Sidhu NK, Jin JT et al. **Efficacy and usability of a mobile application developed to moderate alcohol use in real time.** J Stud Alcohol Drugs 2026; 87: 291–296. 2026/03.

Young People and Prevention

- Ares-Maneiro S, Espelt A, Antelo-Iglesias L et al. **Social and Experiential Drivers of Adolescent Alcohol Use: Evidence from an Exploratory Concept Mapping Study.** Children (Basel) 2026; 13. 2026/03/20.
- Avcu AB, Gündoğdu SN, Sülü M et al. **Patterns and Correlates of Co-occurring Smoking, Alcohol Use, Gambling, and High Internet Use Among University Students: A Cross-Sectional Study in Türkiye.** J Community Health 2026; 2026/03/20.
- Bathie L, Yusoff A, Sträuli B et al. **Attitudes to restrictions on the promotion and parental supply of zero alcohol products.** Drug Alcohol Rev 2026; 45: e70123. 2026/03.
- De Jans S, Hudders L, Van de Sompel D et al. **Adolescents' intention to reduce alcohol use: a health belief model approach to cancer prevention.** Alcohol Alcohol 2026; 61. 2026/03/17.
- Duncan AE, McGuire HF, Garasky C et al. **Gender identity moderates the association between alcohol use and eating disorder risk in U.S. college and university students.** J Stud Alcohol Drugs 2026; 87: 409–418. 2026/03.
- Fernández-León P, Lima-Serrano M and Martínez-Montilla JM. **Usability evaluation of Alerta Alcohol 2.0: an eHealth game to prevent adolescent alcohol consumption.** J Public Health (Oxf) 2026; 2026/03/24.
- Gückel T, Newton NC, Prior K et al. **Developmental shifts in the anxiety and hazardous alcohol use relationship: Moderating factors from adolescence to young adulthood.** Behav Res Ther 2026; 200: 105015. 2026/03/10.

- Janes J, Roberts S and Morgan G. **Spike on a bike: mobile harm reduction in action.** Harm Reduct J 2026; 2026/03/25.
- Linden-Carmichael AN, Mogle J, Miller SE et al. **High-intensity and blackout drinking impact on next-day cognitive functioning among college-attending young adults.** Alcohol Clin Exp Res (Hoboken) 2026; 50: e70280. 2026/03.
- Rai U, Patte KA, Senthilselvan A et al. **Investigating public health unit engagement in secondary schools and student substance use over time.** Can J Public Health 2026; 2026/03/10.

Recent reports (grey literature)

Highlights of publications from key organisations within the last month.

- Alcohol Change UK. **Who uses Try Dry®? Mapping engagement with our behaviour change programme.** ACUK. Mar 2026.
- Alcohol Change UK. **Action on alcohol during the next Senedd 2026-2030.** ACUK. Mar 2026.
- Alcohol Focus Scotland. **No more half measures. Time to get serious about alcohol harm.** AFS. Mar 2026.
- Scottish Government. **Preventing Harm, Promoting Recovery: Scotland's Alcohol & Drugs Strategic Plan 2026 – 2035.** SG. Mar 2026
- Patton, D. **Towards Culturally Safe Systems: A Thematic Synthesis of five reports for Recovery and Inclusion in Scotland (2008–2025).** SHAAP. Mar 2026.

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This is not meant as an exhaustive list of publications on these topics for the given time period, but rather a selection as seen most relevant.

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