Alcohol Consumption and Associated Risk Factors for Alcohol Use Disorder in Hungarian Women: A Systematic Review
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Background
- Hungary has one of the highest rates of alcohol use disorder (AUD) and mortality from cirrhosis in the world (Bloomfield et al., 2006; Elekes, 2014).
- While the field of addiction research has assessed the impact of AUD in Hungary, researchers have predominately looked at AUD in Hungarian men (Bloomfield et al., 2006; Elekes, 2014; Milhaovic et al., 2020).
- The literature shows there is a correlation between AUD and intergenerational traumas across all cultures (Meulewaeter et al., 2019, & Marsh et al., 2015), yet there is little research that assesses the impact of intergenerational trauma in Hungary in which binge drinking is a pressing issue.
- The given impact of events in Hungary such as World War II (Ritter, 2019) and the Hungarian Revolution of 1956 (Benziger & Weiner, 2011), the relationship between intergenerational trauma and AUD is a pressing issue.
- AUD is continuing to rise in women globally (Webb et al., 2022), but this is a virtually unexplored area among Hungarian women specifically.

Methods
- The Preferred Reporting Items for Systematic reviews and Meta-Analyses (PRISMA) guidelines were used as a framework.
- Ovid MEDLINE, SCOPUS, and PsyNFO were used to conduct a systematic search from 1946 to present.
- Inclusion criteria for this review were: (i) articles about alcohol use, misuse, or disorder differently than Hungarian women in general?
- What is the relationship between Hungarian women and trauma and AUD is a critically unexplored issue and requires further research.
- The literature shows (Milhaovic et al., 2020) that trauma and AUD is a critically unexplored issue.
- The impact of AUD on Hungarian women has not been sufficiently explored.
- There was insufficient evidence regarding intergenerational trauma and Hungarian women’s alcohol use, as well as trauma and alcohol use for Hungarian women with marginalized identities.
- The evidence suggests that Hungarian women consume less alcohol than Hungarian men and experience lower rates of alcohol use, misuse, or disorder.
- The evidence suggests that Hungarian women may experience greater alcohol use if it is more prevalent in their families.
- The evidence suggests that Hungarian women are more likely to have a mental health disorder, and they may be as likely as Hungarian men to experience social marginalization.
- Hungarian women may be less likely to drink and drive, may be less likely to experience alcohol misuse or dependence during intense periods of grief, and may be less likely to have a history of alcohol abuse.
- The evidence suggests that a history of trauma is correlated with higher levels of alcohol consumption.
- While this systematic review’s evidence is limited, the findings may be broadly applicable to Hungarian women’s experiences with alcohol use, misuse, or disorder; additionally, the evidence may be relevant for women living in other formerly Soviet-occupied countries outside of Hungary.
- Future research should focus on changing patterns of alcohol consumption in Hungarian women, as well as the impact of having a marginalized identity in Hungarian women and whether this is correlated with an increase in alcohol consumption or trauma.

Key Questions
1. What is the relationship between Hungarian women and alcohol use?
2. What is intergenerational trauma’s impact on Hungarian women’s alcohol use?
3. Do women with marginalized identities (e.g., BIPOC, LGBTQ+) experience intergenerational trauma and alcohol use differently than Hungarian women in general?

Results

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<th>Key Questions</th>
<th>Summary</th>
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| 1. What is the relationship between Hungarian women and alcohol use? | There is a correlation between AUD and intergenerational traumas across all cultures (Meulewaeter et al., 2019, & Marsh et al., 2015), yet there is little research that assesses the impact of intergenerational trauma in Hungary in which binge drinking is a pressing issue.
| 2. What is intergenerational trauma’s impact on Hungarian women’s alcohol use? | The evidence suggests that Hungarian women consume less alcohol than Hungarian men and experience lower rates of alcohol use, misuse, or disorder.
| 3. Do women with marginalized identities (e.g., BIPOC, LGBTQ+) experience intergenerational trauma and alcohol use differently than Hungarian women in general? | Hungarian women may be less likely to drink and drive, may be less likely to experience alcohol misuse or dependence during intense periods of grief, and may be less likely to have a history of alcohol abuse.

Discussion & Conclusion

- The evidence suggests that Hungarian women may experience greater alcohol use if it is more prevalent in their families.
- The evidence suggests that Hungarian women are more likely to have a mental health disorder, and they may be as likely as Hungarian men to experience social marginalization.
- Hungarian women may be less likely to drink and drive, may be less likely to experience alcohol misuse or dependence during intense periods of grief, and may be less likely to have a history of alcohol abuse.
- The evidence suggests that a history of trauma is correlated with higher levels of alcohol consumption.
- While this systematic review’s evidence is limited, the findings may be broadly applicable to Hungarian women’s experiences with alcohol use, misuse, or disorder; additionally, the evidence may be relevant for women living in other formerly Soviet-occupied countries outside of Hungary.
- Future research should focus on changing patterns of alcohol consumption in Hungarian women, as well as the impact of having a marginalized identity in Hungarian women and whether this is correlated with an increase in alcohol consumption or trauma.

Informed Consent
- The authors have obtained informed consent from all participants in this study.

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References
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Table 1: PRISMA flowchart for literature search

Table 2: Key author, method, outcomes, and risk of bias in included studies

Table 3: Strength of evidence in included studies based on AHRQ (2011) criteria

Table 4: Results included in systematic review

Figure 1: PRISMA flowchart for literature search

For a list of full references, please email horgo001@umn.edu.