

the **RED CUP** Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q Why do people drunk text?

A. Committing a TUI (texting under the influence) can cause any college student a massive amount of regret. Just when you thought you were finally over the breakup, your careless TUIs to your ex during last night's party reopened the wounds and restarted the drama. You stare at your drunk texts and cringe. Most of the words are misspelled; your intent comes out sloppy, embarrassing, and both pushy and desperate. And, really... should any adult person use that many kissie-face emoticons? You've abandoned cute and entered into creepy. Worst of all, now you have to deal with the aftermath of your drunk texts. < sigh >

The effect of excessive alcohol on your brain's limbic system and frontal lobes played a significant part in why you got overly emotional and started drunk texting. The limbic system consists of the hippocampus and septal areas. The limbic system controls emotions and memory. As alcohol affects this system, exaggerated states of emotion (anger, aggressiveness, withdrawal, mood swings) and memory loss may occur. Additionally, as people reach a BAC above .06, judgment becomes impaired and at .08 BAC, people are more likely to do things they would not do when sober. A 120 lb. female needs only slightly more than two standard drinks to reach a .08 BAC. A 140 lb. male could get to .08 BAC by consuming three and a half standard drinks.

Alcohol also affects another center of your brain called the cerebellum, which coordinates movement of muscles, including fine motor movements needed for texting. So, the lack of sound judgment in combination with poor fine-motor control, impulsivity and liquid courage may be a recipe for embarrassment and regret!

Through technology, you might be able to download apps or buy cellphones that have features to reduce drunk calls and texting. But, this problem is not your gizmo, it is your consumption. The easiest way to avoid TUIs is to moderate your drinking.

In closing, we offer two sound pieces of texting advice: If your feelings are real, share them when sober. And, friends don't let friends text drunk.



wildfact

The cell phone was invented in 1973 by Dr. Martin Cooper.



Got a question about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

The Red Cup Q&A is written by Lynn Reyes, LCSW, LSAC, David Salafsky, MPH, Lee Ann Hamilton, MA, CHES, and Spencer Gorin, RN, in the Health Promotion and Preventive Services (HPPS) department of the UA Campus Health Service.