



Supplementary Materials: Mentalization Impairment Is Associated with Problematic Alcohol Use in a Sample of Young Adults: A Cross-Sectional Study

Table S1. Differences between younger (18–24) and older (25–34) young adults.

Variables	Younger N = 187	Older N = 84	Test	p=	Effect Size	r=
Age—M ± SD	21.33 ± 2.04	27.37 ± 2.48	U= 0.000	< 0.001	d= 2.663	0.800
Females—N (%)	121 (64.7%)	62 (73.8%)	χ ² = 2.19	0.139	V= 0.090	0.090
Tobacco use (last 12 months)—N (%)	91 (48.7%)	39 (46.4%)	χ ² = 0.12	0.733	V= 0.021	0.021
Illegal drugs use (last 12 months)—N (%)	81 (43.3%)	25 (29.8%)	χ ² = 4.47	0.034	V= 0.128	0.128
CAGE ≥ 1—N (%)	55 (29.4%)	17 (20.2%)	χ ² = 2.50	0.114	V= 0.096	0.096
CAGE ≥ 2—N (%)	30 (16.0%)	7 (8.3%)	χ ² = 2.92	0.087	V= 0.104	0.104
CAGE Total score—M ± SD	0.50 ± 0.88	0.32 ± 0.73	U= 7084.5	0.096	d= 0.157	0.078
MZQ Total score—M ± SD	3.33 ± 0.77	3.58 ± 0.75	U= 6288.0	0.009	d= 0.323	0.159
Self-reflection—M ± SD	3.48 ± 0.90	3.71 ± 0.89	U= 6746.5	0.063	d= 0.227	0.113
Emotional awareness—M ± SD	3.34 ± 0.98	3.61 ± 1.06	U= 6557.0	0.029	d= 0.266	0.132
Psychic equivalence—M ± SD	3.24 ± 0.94	3.34 ± 0.93	U= 7367.0	0.413	d= 0.099	0.049
Affect Regulation—M ± SD	3.23 ± 1.07	3.71 ± 0.99	U= 5792.5	< 0.001	d= 0.429	0.210

Abbreviations: CAGE= Cut-Annoyed-Guilty-Eye questionnaire; MZQ= Mentalization Questionnaire.