

# TAKE A



# Shot Q&A

## **Q.** Do people really get Beer Goggles, or is that just an excuse to hook up?



Studies have shown a little alcohol can indeed up the “smokin’ hot” factor in others. Further, studies demonstrate individuals who have consumed a bit of alcohol appear more attractive to onlookers as well.

Who needs plastic surgery when we can get a makeover with moonshine, right? Well, not exactly.

Drinking too much can cause this phenomenon to backfire just as quickly as it begins. Researchers at Bristol University found students who had consumed just *one* drink were rated more attractive than they were rated when sober *or* intoxicated.

Here’s why:

- 1. Alcohol Expectancy:** Your perception of how alcohol will make you feel has a significant influence on your mood and behavior. If you believe alcohol will up your swag and lure in a hottie boombalotti, your mindset might actually increase your confidence and the likelihood of that happening. However, heavy alcohol consumption typically counteracts any benefits of a positive mindset.
- 2. Decreased Inhibitions:** Most people believe alcohol is “liquid courage” making it much easier to loosen up, make conversation, hit the dance floor, and possibly even take that hottie boombalotti home without over-thinking potential implications as you might if you were sober. However, the more you drink the less you care, which may land you on a direct flight to Regretsville. #wtfwasithinking
- 3. Increased Serotonin:** Serotonin is a neurotransmitter which can impact mood and sexual desire, among many other physical functions. Alcohol causes a temporary boost in serotonin levels, making people feel good, along with increasing feelings of pleasure (note: “function” doesn’t always align with desire after too much alcohol). While this burst of serotonin might make you feel great for a period of time, as alcohol is metabolized, serotonin levels tend to drop lower than they originally were, making Regretsville even worse. #fml
- 4. Decreased Vision:** Alcohol, a central nervous system depressant, causes the iris to constrict and dilate much slower than normal. This can lead to blurred, double vision, especially in darker settings. So after a night of heavy partying & petting, don’t be surprised to find that hottie boombalotti looking a little different in the daylight after you’ve sobered up.

So, if you’re looking to sexy yourself up with a six-pack, the key is to find that sweet buzz (BAC between .02 -.06) and maintain that level of intoxication throughout the night by drinking moderately, pacing yourself, and planning for how you want your night to end.

### **MAYFACT:**

Of Maverick drinkers, 41% have done something they later regretted when drinking.  
(NCHA, 2014)



### **GOT A QUESTION**

*about substance use?*

Email it to: [healthservices@mnsu.edu](mailto:healthservices@mnsu.edu)

MINNESOTA STATE UNIVERSITY MANKATO

Student Health Services  
MINNESOTA STATE UNIVERSITY, MANKATO

**TAKE A SHOT** Q&A is written by **Laura Herbst-Johnson, MS, CHES, CPP**  
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