
Alcohol Consumption as a Phenomenon in Lithuania: A Narrative Synthesis

Alkohola patēriņš kā fenomens Lietuvā: naratīva sintēze

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This article presents the context of the alcohol consumption phenomenon in Lithuania during its first 30 years of independence. This context is revealed through a narrative synthesis of scientific articles analyzing alcohol consumption in various aspects. EBSCO, Science Direct, Wiley Online, and PubMed were searched using the key words “alcohol” and “Lithuania”. Studies were included if they met the selection criteria: full-text English articles with a Lithuanian author or coauthor and evaluating Lithuanian samples with at least some aspect of alcohol consumption. To analyze phenomena development patterns, a literature search was done in three time periods by decade from 1990 to 2019. As a result, 6,250 titles were screened, and 69 were selected for narrative synthesis. We summarized the main emerging themes regarding a particular time period and highlighted the main sociocultural aspects regarding alcohol consumption. Context analysis of alcohol as a phenomenon in Lithuania can contribute to future policymaking, as it provides the ability to relate the field of alcohol consumption research with the state’s implementation of knowledge through a timeline overview and synthesis of this topic.

Key words: alcohol consumption, health, Lithuania, narrative synthesis.

Introduction

Lithuania is one of leading countries in alcohol consumption worldwide (WHO, 2019). Heavy drinking has become a leading cause of many health problems and social issues (Lithuanian Institute of Hygiene, 2017). Serious warning signs from the Organization for Economic Co-operation and Development (OECD) state that Lithuania is first in both mental (high depression and suicide rates) and physical diseases (high circulatory disease rate) that are significantly caused by alcohol consumption. The lowest life expectancy at birth in Lithuania compared with those in other European countries, is also related to high alcohol consumption rates and associated health issues (OECD, 2020).

Excessive alcohol consumption is mainly related to psychological problems and a complex social context primarily highlighted by economic transition in 1990 (Karpuškienė *et al.*, 2019). Among the Eastern Europe countries (Estonia, Latvia, Poland), Lithuania is an example of an emerging economy facing a post-Soviet transition process (Sinkevičius, 2016). This was a time not only of important political or economic transformation but also of future uncertainty, cultural and social confusion, or new social and personal challenges (Ghedrovici & Ostapenko, 2013). In this case, the social circumstances of Lithuania are inseparable from alcohol consumption issues; therefore, attention to context is imperative.

Nowadays, the significant role of context in the synergy of policymaking and scientific research is clear (Weyrauch *et al.*, 2016). Systematic changes in the health system are inseparable from understanding the conditions of changes intended (The Health Foundation, 2020). To know what and how it works (in this case, health improvement), one has to know where it works (Pettigrew *et al.*, 1988).

“Social scientists of the most varying standpoints agree that human action can be rendered meaningful only by relating it to the contexts in which it takes place. The meaning and consequences of a behaviour pattern will vary with the contexts in which it occurs. This is commonly recognized in the saying that there is a “time and a place for everything” Alvin Gouldner 1951 (Child & Bate, 2017, 35).

Regarding the precursor of change theory in the health system, Pettigrew (1988) argued that research in the health sector has to deal with analysis of context, content, and process. Therefore, it is not enough to prepare the “right” or “effective” intervention; there is also the fundamental need to assess the capacity of the target group (Pettigrew *et al.*, 1988).

The idea of context importance and subjective reality construction implies the cornerstone of social constructivism (Burr, 1995), which is chosen as a knowledge frame for this article. Social constructivism states that pure knowledge of the world is not derived from its “real” nature; it is constructed by people living in certain places, in certain times, and in certain social interactions (Burr, 2015). As initiators of the term “social construction,” Berger and Luckmann (1991) pointed out that everyday reality is a world that originates in the thoughts and actions of members of society and is maintained as real, and scientists may take this reality as the object of their analysis and as data for particular a phenomenon analysis arising within it (Berger & Luckmann, 1991). And language is an instrument which allows one to reach this particular reality.

Language is a tool for public communication and expression of thought done in society and leads to cooperation; therefore it is a social phenomenon “controlled by collective intentionality of a linguistic community“ (Bo, 2015). In essence, language is a reflection of reality whether spoken or written. Therefore, this paper is an attempt to search for reality regarding alcohol consumption as observed by scientists living in certain periods and thus in certain cultural, political, and social circumstances (second-order narrative).

In this paper, the specific field of alcohol consumption in Lithuania is approached through narrative synthesis, which enables the exploration of connections within the data, allows for the investigation of similarities and differences among studies, and enables summarizing and constructing knowledge related to a specific research problem (Karolina & Porritt, 2016). Narrative synthesis relies primary on the use of

text to investigate the phenomena researched (Popay *et al.*, 2006). Therefore, narrative synthesis was chosen for the overview and analysis of the current knowledge in the field of alcohol consumption in Lithuania.

The purpose of our study was to provide the context of alcohol consumption in Lithuania. Therefore, the research question is as follows: *How is alcohol consumption researched, analyzed, and conceptualized in Lithuania-scientific articles?* The research question is answered through article analysis about alcohol consumption in Lithuania in various aspects and written during specific periods chosen following the SANRA method (Baethge *et al.*, 2019). In this paper, alcohol consumption is analyzed through a biopsychosocial viewpoint; therefore, the chosen articles addressed various issues, starting from themes arising from health science to social or even pedagogical concerns. The main underlying idea was to directly check everything written in the scientific field about alcohol consumption in Lithuania that served as a reality reflection based on social constructivism theory. Then, after applying narrative synthesis principles, emerging tendencies, specificities, and themes were searched that could reflect the biopsychosocial context of a particular decade regarding the issues addressed.

This paper may provide interdisciplinary insight into various practitioners and scientists, but special emphasis could be placed on social work. Social work attempts to deal with society problems in general and is aimed at individual, group, or community levels more precisely. Nowadays, it is acknowledged that alcoholism as a disease affecting not only individuals but also the community, the healthcare system, the workplace, families, schools, and even world economy and society as a whole. Therefore, this work can contribute to the understanding of the alcoholism phenomenon in Lithuanian society and on this particular period when social work as a discipline is still creating a foundation for professionalism in Lithuania and social workers are facing alcoholism in many circumstances.

1. Methodology

To analyze the sociocultural context of alcohol consumption in Lithuania, narrative synthesis, which is a qualitative methodology, was used to collect data and analyze and report results (McAlpine, 2016). Narrative synthesis was done within the framework of social constructivism (Burr, 2015) based on two premises: it allowed for the interpretation of second-order narratives (scientific articles) as a subjective representation of reality in a particular time and a particular sociocultural context, and second, it provided an opportunity to simply dive into narratives (articles in this paper) and look for trends, themes, and interest groups. After all, the importance of understanding the reality of the subject from this point of view is based on social constructivist theory (Burr, 2015), and, in essence, this paper is an attempt to take society as a client to understand its reality regarding a concrete problem (alcohol consumption).

The comprehensive analysis of scientific literature on alcohol addiction in Lithuania focuses on the context of phenomena development through three decades after the country's independence (1991-2019). To be more specific, the main purpose is not only to overview a topic but also to analyze the progression of scientific research of alcohol dependence done in Lithuania over time. Therefore, instead of effect size or intervention effectiveness measures (more traditional applications of narrative synthesis), this type of narrative synthesis seeks to analyze all potentially relevant research for the analyzed topic while detecting main themes, theoretical perspectives, or common areas of interest within phenomena (Wong *et al.*, 2013).

With a full intent to reach the quality criterion of narrative synthesis, this narrative review was done considering a newly constructed and scientifically proven critical appraisal tool: SANRA (Baethge *et al.*, 2019). Following these guidelines, this study provided the conditions for using the narrative synthesis method's best properties for a context description of alcohol phenomenon research. We followed the assessment of narrative review guidelines and reported on (1) the justification of the article's importance to its readership, (2) the statement of concrete/specific aims or formulation of question, (3) the description of literature search, (4) referencing, (5) scientific reasoning, and (6) appropriate presentation of data (Baethge *et al.*, 2019).

1.1. Identifying studies

A comprehensive electronic database search was carried out in EBSCO, Science Direct, SpringerLink, Wiley Online, and PubMed. The primary search focused on two keywords to screen potentially relevant articles: “*alcohol*” and “*Lithuania*”. These keywords were searched during whole article, not only the title. Articles were finally selected for analysis if they met the selection criteria: full-text English articles with a Lithuanian author or coauthor and evaluating a Lithuanian sample with at least some aspect of alcohol consumption. The article search was conducted in three different time restrictions: (1) *the first decade*, published during 1990-1999; (2) *the second decade*, published during 2000-2009; and (3) *the third decade*, published during 2010-2019.

1.2. Data results

For the research material, 6,250 titles were screened and the abstracts further evaluated in case of a need for clarification. The full selection criteria were met by 69 articles. Considering the nature of the study question, a full-text review was done to assess the fit of the study in the chosen selection criteria. After a final article assessment, only one was left in the first decade (reasons explained in 2.1.), 26 in the second decade, and 42 in the third decade. Categorized research results are presented in Supplementary Material Table 1 (*see Appendix*).

1.3. Synthesis and interpretation of results

The articles were analyzed and categorized according to the main themes/results represented. The first decade (1990-1999) resulted only in one article, which was not sufficient to produce any category (situation will be discussed later). The other two decades produced some specific leading thematic groups, which are shown in Figure 1 below. Articles that had a single theme or did not comprise a larger thematic group were categorized under “various consumption issues in different groups.”



Fig. 1. Thematic groups of scientific research done in Lithuania (1990-2019)

As narrative synthesis in the social scientific field allows for more interpretation, the results below are presented already classified by emerging theme, with each part (or decade) having an introduction, exposition, and discussion.

2. Narrative synthesis of study results

2.1. The first decade (1990-1999)

The first decade of Lithuania's independence was orientated toward life stability in all state levels. The scientific field in Lithuania was only emerging. The country had to deal with overall tension and high stress because of its transition from being dependent on Russia and faced changes in its legal system, economic model, and existing institutions and strategies in trade, labor, and health (Sinkevičius, 2016). Lithuanian society faced high rates of unemployment and lowered living standards because of industry decline and therefore faced poverty (Jurėniene & Jurėnė, 2018).

The scientific literature review resulted in one article which met the criteria for selection. Indeed, this scientific article clearly represented the context of the alcohol phenomenon in the first researched decade. Jakubonienė (1998) defined the need for an alcohol control policy while describing the post-Soviet transition. Overall, this article clearly described the phenomenon in the first decade of Lithuanian independence, which could be summarized as having political, societal, and economic chaos (Jakubonienė, 1998).

As there was not enough scientific material to construct the social context of 1990-1999 in Lithuania, some articles from this decade that were not written by Lithuanians (do not fully meet the selection criteria for this narrative review) needed mentioning. The articles described were deliberately chosen and were published in this specific period. This is congruent with the social constructivist notion and the idea of narrative as a reflection of reality. Therefore, it is important to analyze the knowledge and the view that were constructed during this time (the context sets the knowledge).

The post-Soviet transition period may be characterized by at least six factors: poverty, unemployment, uncertainty, migration, divorce, and hopelessness (Cornia, 1996). Researchers emphasized that psychosocial stress may be the explanatory factor for increased mortality in the transition because of heart and liver diseases, alcohol psychosis, and suicide (Cornia, 1996). Statistics showed a rapid increase in mortality, suicide, alcohol consumption, and crime (Law on Alcohol Control, 1995). Higher psychological strain and lowered interest in one's own health (Ginter, 1995) resulted in risky health behavior, from a rise in alcohol poisoning and alcoholic psychosis (Jakubonienė, 1998) to increased crime and suicide (Ginter, 1995). Considering the historical background, it is not surprising that there was a lack of scientific literature during this period.

2.2. The second decade (2000-2009)

At around 2004-2008, Lithuania began to benefit from the first results of longitudinal cross-cultural cohort studies, mostly initiated by the World Health Organization (WHO) or other European organizations. Therefore, identifying the sociodemographic alcohol consumer profile was the focus in this decade. However, the youth gained the most attention, as the majority of studies during this period (48%) were concerned with alcohol consumption prevalence and patterns and psychosocial risk factors among the youth (schoolchildren, adolescents, students under 23 years old). From early childhood, alcohol consumption was spreading, along with an increase in alcohol risk-taking behavior, gambling, and bullying, which are shown to be associated with a huge paternal impact. Lithuanian researchers during this period were interested in various alcohol consumption aspects and alcohol usage habits in different single-study target groups, too.

Sociodemographic profile of alcohol consumption. Lithuania was ranked second among Baltic countries in the number of people consuming alcohol every week, based on data from 1997 (McKee *et al.*, 2000). However, the first study done in Lithuania, which compared health behavior patterns in Estonia, Finland, and Lithuania, showed similar sociodemographic patterns of risk-related behaviors (Puska *et al.*, 2003). Therefore, this decade was marked with the search for the sociodemographic profile of alcohol consumers. Lithuanians showed binge drinking patterns (especially on weekends) (Chenet *et al.*, 2001). A between-country comparison revealed that Lithuanian men (34-49 years old) drank strong alcoholic drinks more often in Estonia than in Lithuania. In the case of alcohol consumption among women, it was more prevalent among the highest educated in Finland and Lithuania (Puska *et al.*, 2003). Women began to drink more (1994-2002) while heavy drinking was more common among better-educated and divorced men (Helasoja, 2008), and men were more prone to risky drinking, with every fifth alcohol consumer shown to be a risky consumer (Grabauskas *et al.*, 2008). Drinking men also were more prone to misreporting their educational and marital status (Shkolnikov *et al.*, 2007).

Risk factors for alcohol consumption and prevalence rates among Lithuanian youth. Alcohol consumption becomes a significant social and health problem among Lithuanian youth. Research found that alcohol consumption increased with age among school-aged (11-15 years old) children in Lithuania in 1994-2002 (Šumskas & Zaborskis, 2004). These children reported being drunk two or more times more often compared with their peers from other EU countries, and boys may be characterized by an early onset of

alcohol consumption (Zaborskis & Lenciauskienė, 2006; Zaborskis *et al.*, 2006). As a consequence, Lithuanian students (under age 23) are more prone to problem drinking and are more suspected to develop alcohol dependence syndrome compared with students from other EU countries (Stock *et al.*, 2009).

The main reasons for alcohol usage among school children at higher grades (7th, 9th, and 11th grades) are relaxation, curiosity, or fear of being different from others (Bielskutė & Zaborskis, 2005). Alcohol consumption at a young age was shown to be associated with adverse behavior patterns such as gambling (Skokauskas & Satkevičiūtė, 2007) and more risk-prone behavior resulting in injuries (Starkuvienė & Zaborskis, 2005), which are highly prevalent among adolescent offenders (Narkauskaitė & Juozulynas, 2006). However, only smoking habits (not alcohol consumption) were related to bullying activities at school (Jankauskienė *et al.*, 2008). The role of family in the development of alcohol-consuming behavior has been shown to be highly significant too.

Alcohol usage is widespread in Lithuanian families (Petrauskienė *et al.*, 2007), and Lithuanian children report their parents having the highest overuse rate among four investigated countries (Latvia, Lithuania, Macedonia, and Moldova), and parental overuse of alcohol was significantly correlated with emotional and physical abuse (Sebre *et al.*, 2004). Fewer parental examples of substance usage not only prevents abuse in families but also prevents kids from alcohol consumption behaviors among boys while for girls, the preventative factor is family time spent together (Garmienė *et al.*, 2006). Petronytė *et al.* (2007) summarized that the situation of alcohol consumption among the youth showed ineffective prevention and signaled the need for a more adaptive solution to this psychosocial problem (Petronytė *et al.*, 2007).

Alcohol consumption among different target groups. Some distinct and more specific target groups attracted researchers' attention. Interest was focused on the alcohol consumption habits of offenders and people in prison (Narkauskaitė *et al.*, 2005; Narkauskaitė *et al.*, 2007) with results showing a widespread (more than 80%) alcohol usage some time before imprisonment. A cohort study of medical radiation workers' lifestyle to obtain direct observational evidence of health effects associated with this professional specificity showed only smoking habits as more prevalent compared to non-radiologists while alcohol consumption was less frequent (Samerdokienė *et al.*, 2005). Another specific biological research was done to reveal associations between environmental pollution and different intensities of alcohol consumption in two different Lithuanian districts and showed that this combination causes various alterations in immune system functions in males and females (Kazbarienė *et al.*, 2007). More research addressed alcohol issues in family settings or pregnancy and showed that maternal alcohol consumption was associated with low birth weight (Dičkutė *et al.*, 2002) and prenatal deaths (171 deaths per 1,000 births during the perinatal period in 1997-1998) (Gaižauskienė *et al.*, 2003). However, later studies could not confirm the findings of previous ones showing the impact of maternal alcohol on premature death, stating that the influence of the father's alcohol abuse has a statistically significant negative impact on pregnancy outcomes (Gaižauskienė *et al.*, 2007).

The alcohol consumption context in 2000-2009 could be referred as still highly tied to health policy development, intervention search, and epidemiological information on Lithuanian conditions. Therefore, cross-national comparison studies or epidemiological studies within Lithuania addressed such questions as "what happens" and "what it is like." As Piovani and Krawczyk (2017) stated, this type of inquiry is basically at the core

of cross-national comparative research. Comparative studies in social science not only set the context or knowledge background but also may be used to diagnose the social problems of the sample (country) and set the foundation for policies and legitimation (Piovani & Krawczyk, 2017). The World Health Organization (WHO) also emphasized the effect of cross-national comparison on policy and intervention making, with specific regard to understanding the sources underlying those policies (Gilson, 2012). The majority of cross-national or epidemiological studies in Lithuania directly represent the efforts of a young country (10-20 years after independence) to set the background of the social context related to alcohol consumption and the search for policy or other intervention tools to deal with this national health issue effectively.

2.3 Third decade (2010-2019)

The period between 2010 and 2019 complemented the scientific alcohol consumption field with more diversity and an essentially distinct focus on research. More attention was paid to determine alcohol as a risk factor for concrete diseases (gastric cancer, ischemic heart disease, etc.), for overall mortality (homicides, traffic death), and for mental health (depression, anxiety, suicide). Protective factors or aspects of motivation to refuse drinking, as well as motivation to change drinking behaviors, were analyzed. These themes were absent in the previous decade, which were more generally focused on the sociodemographic picture and pattern of alcohol consumption. Debates arose on the effectiveness of alcohol policies applied in Lithuania – again, a subject that was absent in the previous decade.

Alcohol-related morbidity and mortality. Starting from tendencies to misclassify alcohol-attributable deaths as coronary deaths leading to an unclear real situation of alcohol-attributable mortality (Radišauskas *et al.*, 2011), Lithuania dealt with mortality on roads associated with alcohol consumption (Lengrand *et al.*, 2013; Lunevičius *et al.*, 2010) and homicides related to alcohol intoxication in almost 60% of homicide victims (Chmieliauskas *et al.*, 2018) and was characterized as having lower life expectancy and higher alcohol-related mortality than Western European countries (Madureira-Lima & Galea, 2018). However, most of the scientific attention in this decade was drawn to the connection between alcohol consumption and disease risk, which indicated the role of human genome variants (Baronas *et al.*, 2018; Hubacek *et al.*, 2019). Links were found with gastric cancer (Everatt *et al.*, 2012), estrogen receptor-positive breast cancer (Strumylaitė *et al.*, 2015), pancreatitis and liver cirrhosis (Aghdassi *et al.*, 2017), total cancer (upper aerodigestive tract, oral cavity, pharynx, larynx, esophagus, colorectal, and liver cancer, but not pancreatic cancer) (Everatt *et al.*, 2013; Kuzmickienė *et al.*, 2013), and alcohol-induced liver disease (Grigoriev *et al.*, 2016). Heavy alcohol consumption increased the risk of all-cause mortality and mortality from cancer and cardiovascular disease (CVD) (Bobak *et al.*, 2016; Sapranavičiūtė-Zabazlajeva *et al.*, 2017). However, earlier, only higher body mass index and poor population plasma lipid profile (not alcohol consumption) were found to be contributing factors to high CVD mortality and morbidity in Lithuania (Burokienė *et al.*, 2017).

Alcohol as a risk factor for mental health. Lithuanian researchers began to search the impact of alcohol on mental health problems. Alcohol consumption was indicated to have a relation with suicidal ideation (Bunevičius *et al.*, 2014) and suicide attempts (Dambrauskienė *et al.*, 2019). It was also found to be related to depression in women (higher alcohol consumption per occasion) and in men (higher alcohol consumption per year) (Sapranavičiūtė-Zabazlajeva *et al.*, 2014). Men with higher psychological

well-being (PWB) consumed alcohol less frequently whereas women with higher PWB consumed alcohol more frequently compared to the lower-PWB group (Sapranavičiūtė-Zabazlajeva *et al.*, 2017). Finally, alcohol consumption proved to affect child mental health, as maternal problem drinking was associated with adverse psychological and behavioral reactions among eight-year-old girls (Husky *et al.*, 2017).

Structural dimension as a point of research interest. Alcohol policy evaluation is a new theme during this period. The role of the alcohol ban (2008) on the reduction of alcohol-related injuries was analyzed (Sauliūnė *et al.*, 2012), and the need for international regulations to limit the influence of the alcohol industry's interest on national law making was asserted (Paukštė *et al.*, 2014). Later, Rehm (2019) introduced an alcohol policy evaluation protocol (Rehm *et al.*, 2019), and Štelemėkas (2019) established a tool to monitor tobacco and alcohol control policies (Štelemėkas *et al.*, 2019). These articles provide a clear basis for understanding alcohol control policies in Lithuania.

Sociodemographic characteristics of alcohol consumption in different target groups. There was still little interest in sociodemographic pattern of regular drinking that showed that in young and highly educated women, regular drinking of wine and beer is frequent (Klumbienė *et al.*, 2012). Unemployed men are at higher risk of alcohol-related death (Grigoriev *et al.*, 2017). Less physically active men living with a partner more often drink alcohol (Sauliūnė *et al.*, 2014). Tamutienė (2017) found that women living in urban areas and who frequently and excessively consume alcohol are at an increased risk to be harmed by strangers (Tamutienė, 2017).

Various aspects of alcohol use in different target groups. Correlates of alcohol usage with various aspects were investigated in different target groups: kids, students, and elderly. For example, it was investigated that the elderly (60-84 years) used alcohol more often in cases of psychological abuse (Tredal *et al.*, 2013). Also, it was investigated that university students perceive peer alcohol use to be higher than their own use and were more likely to drink alcohol themselves (Helmer *et al.*, 2016). Alcohol usage among students was associated with psychological factors, such as stress reduction, relaxation, or the need for increased communication (Merfeldaitė *et al.*, 2019). However, leisure activities among students can be both risk and protective factors for alcohol usage when participation in sports or hobbies protect students from usage while going out to a disco, cafe, and party increases the risk of alcohol intake (Rupšienė *et al.*, 2018). Lastly, some attention was focused on the educational viewpoint initiating learning changes to improve knowledge and attitudes among psychiatric residents in treating alcohol-/substance-related disorders (Jokubonis *et al.*, 2019).

In school-aged groups, some important results were presented as well, indicating an increase in the prevalence of smoking and drinking (Šumskas *et al.*, 2012), which encouraged the search for reasons and their correlation, and attention was directed to families. Parental heavy drinking was positively associated with child maltreatment (Tamutienė, 2018) whereas among adolescents, some more strict parental styles were associated with weekly use of alcohol (Šumskas & Zaborskis, 2017). Alcohol abusers' family members face stigmatization, and other family members, such as kids, have to take responsibility for the drinker, which results in the neglect of personal needs (Tamutienė & Laslett, 2017). However, studies show that children not only suffer from maltreatment in drinking families; they also face problems in disclosing their troubles in professional settings, reducing the possibility for professional help (Tamutienė & Jogaitė, 2019). Low internal motivation and decreased recognition of alcohol harm increase the risk of alcohol usage in schoolchildren (Leskauskas *et al.*, 2018).

Psychological/cognitive/motivational factors in alcohol usage. The readiness to change unhealthy lifestyle questionnaire was validated in the Lithuanian sample with an alcohol consumption part (Petrolienė *et al.*, 2016). Among protective factors of alcoholism, religion and health consciousness were found to significantly influence alcohol purchase intention (Sinkevičius, 2016), and emotional expressivity was found to increase motivation to refuse alcohol among alcohol-dependent patients (Slavinskienė & Žardeckaitė-Matulaitienė, 2014).

Overall, this period raised questions regarding changes in the adverse alcohol consumption situation and searched for motivation to refuse drinking and indicated preventative solutions for the future. The third decade (2010-2019) also showed a switch from epidemiology to search for alcohol consumption influences to physical and mental diseases or the investigation of psychosocial or intentional factors for alcohol usage. The biggest attention was focused on alcohol as a risk factor for etiology in concrete physical and mental illnesses. Two other distinct focus groups that were absent in the previous period (as well as mental health investigation) emerged: alcohol policy evaluation and psychological or motivational factors in alcohol consumption and refusal. Along with ongoing results from sociodemographic profile investigation, Lithuanian researchers were still highly focused on situations in families consuming alcohol and of young people under these circumstances.

Conclusions

This narrative synthesis of scientific articles published from the Lithuanian independence until today (almost 30 years) revealed the alcohol consumption phenomenon in various aspects. Since around 2004, literature mainly focused on large-scale cross-national and national comparison studies, but further research gained more depth with more specific and distinct sample evaluation and a search for underlying psychosocial consumption reasons, intentions, or alcohol policy analysis. Lithuanian scientists addressed alcohol consumption problems in various age groups (kids, youth, adolescence, students, and, in the last decade, the elderly), analyzed the role of the wider social context in alcohol consumption issues, and investigated mortality and morbidity in relation to alcohol consumption.

In this narrative synthesis, social constructivism was chosen as an underlying knowledge frame for two reasons. First, it allowed for looking into subjective reality as a research object, and second, it enabled a search for reality with specific attention to political, historical, and social circumstances. Simply put, alcohol consumption in Lithuania (a reality) was analyzed through words (scientific papers written by Lithuanian authors) with special attention to circumstances (context) in which it arose.

Lithuania, as a young country, has dealt with various obstacles in its healthcare system and overall social health situation, politics, economy, and societal issues (family level, schools, etc.) during this transition time. The need for knowledge oriented Lithuanian scientists toward health and medical research (alcohol as a risk factor for mortality and morbidity). The need to understand alcohol consumption in a developing society directed research toward various age groups and distinct target groups. Lastly, the need to change the situation (shown during the last decade) increased attention to motivational factors or to policy evaluations so that services and practitioners working with alcohol users could adopt more effective interventions.

The research results provided a background on the state of knowledge regarding alcohol consumption in Lithuania during the first three decades of independence. Because of attention to the context implied by the social constructivist paradigm and narrative in essence, this research allowed the reality of the alcohol phenomenon to unfold in every social dimension, from epidemiology to motivational issues or policy interventions. This is especially important in social work – to get to know the society where the social work is performed or to obtain a knowledge foundation from which effective solutions could be implemented.

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22. Popay Jennie, Roberts Helen, Sowden Amanda, Petticrew Mark, Arai Lisa, Rodgers Mark, Britten Nicky, Roen Katrina & Duffy Steven. (2006) *Guidance on the conduct of narrative synthesis in systematic reviews. A product from the ESRC Methods Programme*. Lancaster University, pp. 1-92. <https://doi.org/10.13140/2.1.1018.4643>
23. Sinkevičius Mindaugas. (2016) Intention to purchase alcohol by adults in the country in transition: The effects of health consciousness, self-efficacy and religion importance. In: *Organizations and Markets in Emerging Economies* (Vilnius, Lithuania), Vol. 7, No. 2, pp. 25-42.
24. Weyrauch Vanessa, Echt Leandro & Suliman Shahenda. (2016) *Knowledge into Policy: Going beyond 'Context matters'. Politics & Ideas and the International Network for the Availability of Scientific Publications*. Report, May 2016, pp. 1-73.
25. WHO/World Health Organization. (2019) *Status report on alcohol consumption, harm and policy responses in 30 European countries 2019. Fact sheet*. Retrieved from: <http://www.euro.who.int/en/health-topics/disease-prevention/alcohol-use/publications/2019/status-report-on-alcohol-consumption,-harm-and-policy-responses-in-30-european-countries-2019>
26. Wong Geoff, Greenhalgh Trish, Westhorp Gill, Buckingham Jeanette & Pawson Ray. (2013) RAMESES publication standards: Meta-narrative reviews. In: *BMC Medicine*, Vol. 11, article No. 20, pp. 1-15.

APPENDIX

Supplementary Material Table 1

The first decade (1990-1999). 1 article.

	<i>Alcohol policy</i>
1.	Jakubonienė Daiva. (1998) Alcohol control legislation in Lithuania. In: <i>European Journal of Health Law</i> , Vol 5, No. 2, pp. 185-189.

The second decade (2000-2009) thematic groups. 26 articles.

	<i>Sociodemographic profile of alcohol consumer</i>
1.	Chenet Laurent, Britton Annie, Kalėdienė Ramunė & Petrauskienė Jadvyga. (2001) Daily variations in deaths in Lithuania: The possible contribution of binge drinking. In: <i>International Journal of Epidemiology</i> , Vol. 30, No. 4, pp. 743-748. https://doi.org/10.1093/ije/30.4.743
2.	Grabauskas Vilius, Klumbienė Jūratė, Petkevičienė Janina, Petrauskienė Aušra, Tamošiūnas Abdonas, Kriaučionienė Vilma & Ramazauskienė Vitalija. (2008) Risk factors for noncommunicable diseases in Lithuanian rural population: CINDI survey 2007. In: <i>Medicina</i> (Kaunas, Lithuania), Vol. 44 (8), pp. 633-639.
3.	Helasoja Ville. (2008) <i>The social patterning of health, smoking and drinking in Estonia, Latvia, Lithuania and Finland in 1994-2004</i> . Publications of the National Public Health Institute, A10/2008, 75 p. ISSN 1458-6290.
4.	McKee Martin, Pomerleau Joceline, Robertson Aileen, Pudule Iveta, Grīnberga Daiga, Kadziauskienė Kamelija, Abaravičius Algis & Vaask Sirje. (2000) Alcohol consumption in the Baltic Republics. In: <i>Journal of Epidemiology and Community Health</i> , Vol. 54, No. 5, pp. 361-366. http://dx.doi.org/10.1136/jech.54.5.361
5.	Puska Pekka, Helasoja Ville, Prättälä Ritva, Kasmel Anu & Klumbienė Jūratė. (2003) Health behaviour in Estonia, Finland and Lithuania 1994-1998: Standardized comparison. In: <i>European Journal of Public Health</i> , Vol. 13, No. 1, pp. 11-17. https://doi.org/10.1093/eurpub/13.1.11
6.	Shkolnikov Vladimir M., Jasilionis Domantas, Andreev Evgeny M., Jdanov Dmitri A., Stankūnienė Vladislava & Ambrozaitienė Dalia. (2007) Linked versus unlinked estimates of mortality and length of life by education and marital status: Evidence from the first record linkage study in Lithuania. In: <i>Social Science and Medicine</i> , Vol. 64, No. 7, pp. 1392-1406. https://doi.org/10.1016/j.socscimed.2006.11.014

	<i>Alcohol consumption among youth</i>
1.	Bielskutė Jolita & Zaborskis Apolinaris. (2005) Alcohol addiction of adolescents and risk factors related to this habit. In: <i>Medicina</i> (Kaunas, Lithuania), Vol. 41, No. 5, pp. 409-417.

2.	Garmienė Asta, Žemaitienė Nida & Zaborskis Apolinaras. (2006) Family time, parental behaviour model and the initiation of smoking and alcohol use by ten-year-old children: An epidemiological study in Kaunas, Lithuania. In: <i>BMC Public Health</i> , Vol. 6, article No. 287, pp. 1-10. https://doi.org/10.1186/1471-2458-6-287
3.	Jankauskienė Rasa, Kardelis Kęstutis, Šukys Saulius & Kardelienė Laimutė. (2008) Associations between school bullying and psychosocial factors. In: <i>Social Behaviour and Personality: An International Journal</i> , Vol. 36, No. 2, pp. 145-162.
4.	Petrauskienė Aušra, Dregval Liudmila & Petkutė Sandra. (2007) Health behavior of families having preschool-age children. In: <i>Medicina</i> (Kaunas, Lithuania), Vol. 43, No. 10, pp. 816-823.
5.	Petronytė Gintarė, Zaborskis Apolinaras & Veryga Aurelijus. (2007) Risk factors for alcohol use among youth and main aspects of prevention programs. In: <i>Medicina</i> (Kaunas, Lithuania), Vol. 43, No. 2, pp. 103-109.
6.	Narkauskaitė Laura, Juozulynas Algirdas, Prapiestis Jonas & Lukšienė Aloyza. (2006) Psychotropic substances: Use patterns and risk factors among young offenders in Lithuania. In: <i>Acta Medica Lituanica</i> , Vol. 13, No. 2, pp. 105-108.
7.	Sebre Sandra, Spruģevica Ieva, Novotni Antoni, Bonevski Dimitar, Pakalniškienė Vilmantė, Popescu Daniela, Turchina Tatiana, Friedrich William & Lewis Owen. (2004) Cross-cultural comparisons of child-reported emotional and physical abuse: Rates, risk factors and psychosocial symptoms. In: <i>Child Abuse and Neglect</i> , Vol. 28, No. 1, pp. 113-127. https://doi.org/10.1016/j.chiabu.2003.06.004
8.	Skokauskas Norbertas & Satkevičiūtė Regina. (2007) Adolescent pathological gambling in Kaunas, Lithuania. In: <i>Nordic Journal of Psychiatry</i> , Vol. 61, No. 2, pp. 86-91. https://doi.org/10.1080/08039480701226054
9.	Starkuvienė Skirmantė & Zaborskis Apolinaras. (2005) Links between accidents and lifestyle factors among Lithuanian schoolchildren. In: <i>Medicina</i> (Kaunas, Lithuania), Vol. 41, No. 1, pp. 73-80.
10.	Stock Christiane, Mikolajczyk Rafael, Bloomfield, Kim, Maxwell Annette, Özcebe Hilal, Petkevičienė Janina, Naydenova Vihra, Marin-Fernandez Blanca, El Ansari Walid & Krämer Alexander. (2009) Alcohol consumption and attitudes towards banning alcohol sales on campus among European university students. In: <i>Public Health</i> , Vol. 123, No. 2, pp. 122-129. https://doi.org/10.1016/j.puhe.2008.12.009
11.	Šumskas Linas & Zaborskis Apolinaras. (2004) Alcohol consumption in Lithuanian school-aged children during 1994-2002. In: <i>Medicina</i> (Kaunas, Lithuania), Vol. 40, No. 11, pp. 1117-1123.
12.	Zaborskis Apolinaras & Lenciauskiene Ilona. (2006) Health behavior among Lithuania's adolescents in context of European Union. In: <i>Croatian Medical Journal</i> , Vol. 47, No. 2, pp. 335-343.
13.	Zaborskis Apolinaras, Šumskas Linas, Maser Mai & Pudule Iveta. (2006) Trends in drinking habits among adolescents in the Baltic countries over the period of transition: HBSC survey results, 1993-2002. In: <i>BMC Public Health</i> , Vol. 6, No. 67, pp. 1-12. https://doi.org/10.1186/1471-2458-6-67

<i>Alcohol consumption in different target groups</i>	
1.	Dičkutė Jolanta, Padaiga Žilvinas, Grabauskas Vilius, Gaižauskienė Aldona, Basys Vytautas & Obelenis Vytautas. (2002) Do maternal social factors, health behavior and work conditions during pregnancy increase the risk of low birth weight in Lithuania? In: <i>Medicina</i> (Kaunas University of Medicine, Lithuania), Vol. 38, No. 3, pp. 321-332.
2.	Gaižauskienė Aldona, Padaiga Žilvinas, Starkuvienė Skirmantė & Mizerienė Rūta. (2007) Prediction of perinatal mortality at an early stage of pregnancy. In: <i>Scandinavian Journal of Public Health</i> , Vol. 35, No. 6, pp. 564-569. https://doi.org/10.1080/14034940701316596
3.	Gaižauskienė Aldona, Padaiga Žilvinas, Basys Vytautas, Grigorjev Grigorij & Mizerienė Rūta. (2003) Risk factors of perinatal mortality in Lithuania, 1997-1998. In: <i>Scandinavian Journal of Public Health</i> , Vol. 31, No. 2, pp. 137-142. https://doi.org/10.1080/04034940210164957
4.	Kazbarienė Birutė, Kalibatas Julius, Krikštaponienė Aurelija, Zabulytė Danguolė & Moncevičiūtė-Eringienė Elena. (2007) Alterations of human immune system functions in relation to environmental contamination, gender and alcohol consumption intensity. In: <i>Central European Journal of Public Health</i> , Vol. 15, No. 1, pp. 13-17. https://doi.org/10.21101/cejph.a3404
5.	Narkauskaitė Laura, Juozulynas Algirdas, Prapiestis Jonas & Lukšienė Aloyza. (2005) Problems of addiction among incarcerated women in Lithuania. In: <i>Acta Medica Lituanica</i> , Vol. 12, No. 2, pp. 26-30.
6.	Narkauskaitė Laura, Juozulynas Algirdas, Mackiewicz Zygmunt, Šurkienė Genė & Prapiestis Jonas. (2007) The prevalence of psychotropic substance use and its influencing factors in lithuanian penitentiaries. In: <i>Medical Science Monitor: International Medical Journal of Experimental & Clinical Research</i> , Vol. 13, No. 3, pp. 131-135.
7.	Samerdokienė Vitalija, Kurtinaitis Juozas, Atkočius Vydmantas & Valuckas Konstantinas Povilas. (2005) Prevalence of cancer risk factors among women radiologists and radiology assistants in Lithuania. In: <i>Acta Medica Lituanica</i> , Vol. 12, No. 2, pp. 51-5.

The third decade (2010-2019) thematic groups. 42 articles.

<i>Alcohol as a risk factor for mortality and physical diseases</i>	
1.	Aghdassi Ali A., Schneider Alexander, Kahl Matthias, Schütte Kerstin, Kuliavienė Irma, Salacone Paola, Lutz Jon A., Tukiainen Eija, Simon Peter N., Schauer Birgit, Uomo Generoso, Hauge Truls & Ceyhan Güralp O. (2017) Analysis of lifestyle factors in patients with concomitant chronic pancreatitis and liver cirrhosis. In: <i>Pancreatology</i> , Vol. 17, No. 5, pp. 698-705. https://doi.org/10.1016/j.pan.2017.07.194
2.	Baronas Karolis, Rančelis Tautvydas, Pranculis Aidan, Domarkienė Ingrida, Ambrozaitytė Laima & Kučinskas Vaidutis. (2018) Novel human genome variants associated with alcohol use disorders identified in a Lithuanian cohort. In: <i>Acta Medica Lituanica</i> , Vol. 25, No. 1, pp. 7-13. https://doi.org/10.6001/actamedica.v25i1.3698

3.	Bobak Martin, Malyutina Sofia, Horvat Pia, Pajak Andrzej, Tamošiūnas Abdonas, Kubínová Růžena, Simonova Galina I., Topor-Madry Roman, Peasey Anne, Pikhart Hynek & Marmot Michael. (2016) Alcohol, drinking pattern and all-cause, cardiovascular and alcohol-related mortality in Eastern Europe. In: <i>European Journal of Epidemiology</i> , Vol. 31, No. 1, pp. 21-30. https://doi.org/10.1007/s10654-015-0092-8
4.	Burokienė Neringa, Domarkienė Ingrida, Ambrozaitytė Laima, Uktverytė Ingrida, Meškienė Raimonda, Karčiauskaitė Dovilė, Kasiulevičius Vytautas, Šapoka Virginijus, Kučinskas Vaidutis & Aušrelė-Kučinskienė Zita. (2017) Classical rather than genetic risk factors account for high cardiovascular disease prevalence in Lithuania: A cross-sectional population study. In: <i>Advances in Medical Sciences</i> , Vol. 62, No. 1, pp. 121-128. https://doi.org/10.1016/j.advms.2016.08.005
5.	Chmieliauskas Sigitas, Laima Sigitas, Andriuškevičiūtė Gerda, Jurolaic Eleonora & Jasulaitis Algimantas. (2018) Homicide rates in Lithuania. In: <i>Journal of Forensic Sciences</i> , Vol. 63, No. 3, pp. 724-727. https://doi.org/10.1111/1556-4029.13618
6.	Everatt Rūta, Kuzmickienė Irena, Virvičiūtė Dalia, Radišauskas Ričardas, Rėklaitienė Regina & Milinavičienė Eglė. (2012) Alcohol consumption and risk of gastric cancer: A cohort study of men in Kaunas, Lithuania, with up to 30 years follow-up. In: <i>BMC Cancer</i> , Vol. 12, pp. 1-12. https://doi.org/10.1186/1471-2407-12-475
7.	Grigoriev Pavel, Jasilionis Domantas, Shkolnikov Vladimir M., Meslé France & Vallin Jacques. (2016) Spatial variation of male alcohol-related mortality in Belarus and Lithuania. In: <i>European Journal of Public Health</i> , Vol. 26, No. 1, pp. 95-101. https://doi.org/10.1093/eurpub/ckv060
8.	Hubacek Jaroslav A., Pikhart Hynek, Peasey Anne, Malyutina Sofia, Pajak Andrzej, Tamošiūnas Abdonas, Voevoda Mikhail, Holmes Michael V. & Bobak Martin. (2019) The association between the FTO gene variant and alcohol consumption and binge and problem drinking in different gene-environment background: The HAPIEE study. In: <i>Gene</i> , Vol. 707 (April), pp. 30-35.
9.	Kuzmickienė Irena, Everatt Rūta, Virvičiūtė Dalia, Tamošiūnas Abdonas, Radišauskas Ričardas, Rėklaitienė Regina & Milinavičienė Eglė. (2013) Smoking and other risk factors for pancreatic cancer: A cohort study in men in Lithuania. In: <i>Cancer Epidemiology</i> , Vol. 37, No. 2, pp. 133-139. https://doi.org/10.1016/j.canep.2012.10.001
10.	Legrand Sara-Ann, Isalberti Cristina, van der Linden Trudy, Bernhoft Inger, Hels Tove, Simonsen Kirsten, Favretto Donata, Ferrara Santo, Čaplinskienė Marija, Minkuvienė Zita, Pauliukevičius Alvydas, Houwing Sjoerd, Mathijssen René, Lillsunde Pirjo, Langel Kaarina, Blencowe Tom & Verstraete Alain. (2013) Alcohol and drugs in seriously injured drivers in six European countries. In: <i>Drug Testing and Analysis</i> , Vol. 5, No. 3, pp. 156-165. https://doi.org/10.1002/dta.1393
11.	Lunevičius Raimundas, Herbert Hadley & Hyder Adnan. (2010) The epidemiology of road traffic injuries in the Republic of Lithuania, 1998-2007. In: <i>European Journal of Public Health</i> , Vol. 20, No. 6, pp. 702-706. https://doi.org/10.1093/eurpub/ckq007

12.	Madureira-Lima Joana & Galea Sandro. (2018) Alcohol control policies and alcohol consumption: An international comparison of 167 countries. In: <i>Journal of Epidemiology and Community Health</i> , Vol. 72, No. 1, pp. 54-60. https://doi.org/10.1136/jech-2017-209350
13.	Radišauskas Ričardas, Prochorskas Remigijus, Grabauskas Vilius, Bernotienė Gailutė & Veryga Aurelijus. (2011) Recent heavy alcohol consumption at death certified as ischaemic heart disease: Correcting mortality data from Kaunas (Lithuania). In: <i>Alcohol and Alcoholism</i> (Oxford, Oxfordshire), Vol. 46, No. 5, pp. 614. https://doi.org/10.1093/alcalc/agr068
14.	Sapranavičiūtė-Zabazlajeva Laura, Lukšienė Dalia, Virvičiūtė Dalia & Bobak Martin. (2017) Link between healthy lifestyle and psychological well-being in Lithuanian adults aged 45-72: A cross-sectional study. In: <i>BMJ Open</i> , Vol. 7, No. 4, pp. 1-8. https://doi.org/10.1136/bmjopen-2016-014240
15.	Strumylaitė Loreta, Sharp Stephen J., Kregždytė Rima, Poškienė Lina, Boguševičius Algirdas & Pranys Darius. (2015) The association of low-to-moderate alcohol consumption with breast cancer subtypes defined by hormone receptor status. In: <i>PLoS ONE</i> , Vol. 10, No. 12, pp. 1-13. https://doi.org/10.1371/journal.pone.0144680

	<i>Alcohol as a risk factor for mental health</i>
1.	Bunevičius Robertas, Liaugaudaitė Vilma, Pečeliūnienė Jūratė, Raškauskienė Nijolė, Bunevičius Adomas & Mickuvienė Narseta. (2014) Factors affecting the presence of depression, anxiety disorders, and suicidal ideation in patients attending primary health care service in Lithuania. In: <i>Scandinavian Journal of Primary Health Care</i> , Vol. 32, No. 1, pp. 24-29. https://doi.org/10.3109/02813432.2013.873604
2.	Dambrauskienė Kristina, Adomaitienė Virginija, Žalinkevičius Rimantas, Jarienė Giedrė, Vilkas Vigintas, Rybakova Ina & Dunderienė Loreta. (2019) Can suicide attempt be related to problem drinking: Cohort study. In: <i>Alcohol and Alcoholism</i> (Oxford, Oxfordshire), Vol. 54, No. 1, pp. 104-111. https://doi.org/10.1093/alcalc/agy080
3.	Husky Mathilde M., Keyes Katherine, Hamilton Ava, Stragalinou Anastasia, Pez Ondine, Kuijpers Rowella, Lesinskienė Sigita, Mihova Zlatka, Otten Roy & Kovess-Masfety Viviane. (2017) Maternal problem drinking and child mental health. In: <i>Substance use and misuse: An international interdisciplinary forum</i> , Vol. 52, No. 14, pp. 1823-1831. https://doi.org/10.1080/10826084.2017.1312448
4.	Sapranavičiūtė-Zabazlajeva Laura, Lukšienė Dalia, Virvičiūtė Dalia & Peasey Anne. (2014) Correlates of depressive symptoms in urban middle-aged and elderly Lithuanians. In: <i>Social Psychiatry and Psychiatric Epidemiology</i> , Vol. 49, No. 8, pp. 1199-1207. https://doi.org/10.1007/s00127-019-01657-2
5.	Sapranavičiūtė-Zabazlajeva Laura, Lukšienė Dalia, Virvičiūtė Dalia, Bobak Martin & Tamošiūnas Abdonas. (2017) Link between healthy lifestyle and psychological well-being in Lithuanian adults aged 45-72: A cross-sectional study. In: <i>BMJ Open</i> , Vol. 7, No. 4, pp. 1-8. https://doi.org/10.1136/bmjopen-2016-014240

<i>Alcohol policy evaluation</i>	
1.	Paukštė Ernesta, Liutkutė Vaida, Štelemėkas Mindaugas, Goštautaitė-Midttun Nijolė & Aurelijus Veryga. (2014) Overturn of the proposed alcohol advertising ban in Lithuania. In: <i>Addiction</i> , Vol. 109, No. 5, pp. 711-719. https://doi.org/10.1111/add.12495
2.	Rehm Jürgen, Štelemėkas Mindaugas & Badaras Robertas. (2019) Research protocol to evaluate the effects of alcohol policy changes in Lithuania. In: <i>Alcohol and Alcoholism</i> (Oxford, Oxfordshire), Vol. 54, No. 1, pp. 112-118. https://doi.org/10.1093/alcalc/agy068
3.	Sauliūnė Skirmantė, Petrauskienė Jadvyga & Kalėdienė Ramunė. (2012) Alcohol-related injuries and alcohol control policy in Lithuania: Effect of the year of sobriety, 2008. In: <i>Alcohol and Alcoholism</i> (Oxford, Oxfordshire), Vol. 47, No. 4, pp. 458-463. https://doi.org/10.1093/alcalc/ags033
4.	Štelemėkas Mindaugas, Galkus Lukas, Liutkutė-Gumarov Vaida, Goštautaitė-Midttun Nijolė & Miščikienė Laura. (2019) Holding policy makers to account: Monitoring voting patterns on alcohol and tobacco policy in the Lithuanian Parliament. In: <i>Drug and Alcohol Review</i> , New York: Wiley, pp. 1-8. https://doi.org/10.1111/dar.12972

<i>Sociodemographic characteristics of alcohol consumer in different target groups</i>	
1.	Grigoriev Pavel, Jasilionis Domantas, Stumbrys Daumantas, Stankūnienė Vladislava & Shkolnikov Vladimir. (2017) Individual- and Area-level characteristics associated with Alcohol-related mortality among adult Lithuanian males: A multilevel analysis based on census-linked data. In: <i>PLoS ONE</i> , Vol. 12, No. 7 (e0181622), pp. 1-15. https://doi.org/10.1371/journal.pone.0181622
2.	Klumbienė Jūratė, Kalasauskas Darius, Petkevičienė Janina, Veryga Aurelijus & Šakyatė Edita. (2012) Trends and social differences in alcohol consumption during the postcommunist transition in Lithuania. In: <i>The Scientific World Journal</i> , Vol. 2012, article ID: 615183, pp. 1-8. https://doi.org/10.1100/2012/615183
3.	Sauliūnė Skirmantė, Kalėdienė Ramunė, Kaselienė Snieguolė & Jaruševičienė Lina. (2014) Health profile of the urban community members in Lithuania: Do socio-demographic factors matter? In: <i>Medicina</i> (Kaunas, Lithuania), Vol. 50, No. 6, pp. 360-365. http://dx.doi.org/10.1016/j.medic.2014.11.003
4.	Tamutienė Ilona. (2017) Alcohol's harm from strangers drinking in Lithuania. In: <i>Journal of Substance Use</i> , Vol. 22, No. 5, pp. 534-540. https://doi.org/10.1080/14659891.2016.1271030

<i>Varios aspects of alcohol use in different target groups</i>	
1.	Helmer Stefanie Maria, Sebena Rene, Mcalaney John, Petkevičienė Janina, Salonna Ferdinand, Lukács Andrea & Mikolajczyk Rafael T. (2016) Perception of high alcohol use of peers is associated with high personal alcohol use in first-year university students in three Central and Eastern European countries. In: <i>Substance Use and Misuse</i> , Vol. 51, No. 9, pp. 1224-1231. http://doi.org/10.3109/10826084.2016.1162810

2.	Jokubonis Darius, Adomaitienė Virginija, Leleikienė Aistė, Baltaitytė Laura, Diržius Edgaras & de Jong Cornelis A. J. (2019) How to integrate addiction medicine in psychiatry training: Results of an experiment with two educational methods. In: <i>Open Review of Educational Research</i> , Vol. 6, No. 1, pp. 1-11. https://doi.org/10.1080/23265507.2018.1558104
3.	Leskauskas Darius, Adomaitienė Virginija, de Jong Cornelis A. J., Vorevičiūtė Birutė & Juknaitė Rima. (2018) Changes over time in lithuanian schoolchildren's attitudes toward addictive behaviors: Promoting and preventing factors. In: <i>PLoS ONE</i> , Vol. 13, No. 12, pp. 1-11. https://doi.org/10.1371/journal.pone.0208481
4.	Merfeldaitė Odeta, Indrašienė Valdonė, Jegelevičienė Violeta, Railienė Asta & Žemaitaitytė Irena. (2019) Psychoactive substance use and preventive trends in higher education institutions in Lithuania. In: <i>International Journal of Adolescence and Youth</i> , Vol. 24, No. 1, pp. 29-39. https://doi.org/10.1080/02673843.2018.1458632
5.	Rupšienė Liudmila, Batuchina Aleksandra, Baranauskienė Ingrida & Saveljeva Regina. (2018) Leisure time activities, perceived risks of drinking and selected socio-demographic variables as predictors of university students' alcohol use. In: <i>Social Welfare: Interdisciplinary Approach</i> (Siauliai, Lithuania), Vol. 2, No. 7, pp. 46. http://dx.doi.org/10.21277/sw.v2i7.312
6.	Šumskas Linas & Zaborskis Apolinaras. (2017) Family social environment and parenting predictors of alcohol use among adolescents in Lithuania. In: <i>International Journal of Environmental Research and Public Health</i> , Vol. 14, No. 9, pp. 1-14. https://doi.org/10.3390/ijerph14091037
7.	Šumskas Linas, Zaborskis Apolinaras & Grabauskas Vilius. (2012) Social determinants of smoking, alcohol and drug use among lithuanian school-aged children: Results from 5 consecutive HBSC surveys, 1994-2010. In: <i>Medicina</i> (Kaunas University of Medicine, Lithuania), Vol. 48, No. 11, pp. 595-604. https://doi.org/10.3390/medicina48110087
8.	Tamutienė Ilona. (2018) Alcohol-related child maltreatment: Reports to the Child Rights Protection Service in Kaunas municipality. In: <i>NAD Nordic Studies on Alcohol and Drugs</i> (Nordisk alkohol & narkotikatidskrift), Vol. 35, No. 1, pp. 9-23. https://doi.org/10.1177/1455072517749132
9.	Tamutienė Ilona & Jogaitė Birutė. (2019). Disclosure of alcohol-related harm: Children's experiences. In: <i>NAD Nordic Studies on Alcohol and Drugs</i> (Nordisk alkohol & narkotikatidskrift), Vol. 36, No. 3, pp. 209-222. https://doi.org/10.1177/1455072518807789
10.	Tamutienė Ilona & Laslett Anne-Marie. (2017) Associative stigma and other harms in a sample of families of heavy drinkers in Lithuania. In: <i>Journal of Substance Use</i> , Vol. 22, No. 4, pp. 425-433. http://dx.doi.org/10.1080/14659891.2016.1232760
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Alkohola patēriņš kā fenomens Lietuvā: naratīva sintēze

Kopsavilkums

Raksts aplūko kontekstu alkohola patēriņa fenomenam Lietuvā tās pirmajos 30 gados kopš neatkarības atjaunošanas. Šo kontekstu atklāj naratīva sintēze zinātniskajiem rakstiem, kuri aplūko alkohola lietošanas dažādos aspektus. Raksti tika meklēti tādās zinātniskajās datu bāzēs kā *EBSCO*, *Science Direct*, *Wiley Online*, un *PubMed*, par atslēgas vārdiem izvēloties jēdzienus “alkohols” un “Lietuva”. Pētījumi tika atlasīti pēc šādiem atlasē kritērijiem: raksti angļu valodā ar lietuviešu autoru vai līdzautoru, un Lietuvas piemēru izvērtēšana ar vismaz vienu alkohola lietošanas aspektu. Lai analizētu fenomena attīstības gaitu, tika izvēlēta literatūra no trim laika periodiem: trim dekādēm no 1990. līdz 2019. gadam. Rezultātā tika izsijāti 6250 raksti, un 69 no tiem tika izvēlēti naratīva sintēzei. Mēs apkopojām galvenās tēmas, kas bija raksturīgas konkrētajiem laika periodiem (desmitgadēm), un izcēlām galvenos sociokulturālos aspektus attiecībā uz alkohola patēriņu. Konteksta analīze alkohola lietošanai Lietuvā var sniegt ieguldījumu valsts politikas veidošanai nākotnē, jo tā sasaista alkohola lietošanas izpētes lauku ar valsts politikas īstenošanu caur ilgāka laika posma vispārēju analīzi un šīs tēmas sintēzi.

Atslēgas vārdi: alkohola patēriņš, veselība, Lietuva, naratīva sintēze.



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