

Expressed Emotion, Alcohol Use Disorder Tendency and The Moderating Role of Congruence Among Unemployed Young Adult Males

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Abstract: Alcohol use disorder (AUD) is an emerging concern in the Philippines as its numbers continue to increase, hence, identifying risk factors of AUD is a necessity. Throughout the years, the contributing factor of the familial environment in the form of expressed emotion (EE) was associated with relapse of various psychological disorders including AUD. However, a scarcity of local literature investigating the aforementioned variable is evident. This study was conducted to elucidate the relationship of expressed emotion, congruence, and the risk of having AUD, and the moderating role of congruence among unemployed young adult males. This research utilized a cross-sectional, explanatory research design ($n = 52$) in which the relationship of the variables was analyzed through partial correlation and moderation analysis. Following data analysis, EE has a weak positive relationship with AUD tendency. It was also ascertained that congruence and EE have a moderate inverse relationship. However, no significant relationship was found between AUD tendency and congruence. Furthermore, it was revealed that congruence does not moderate the strength and degree of the relationship between EE and AUD tendency. Low-risk alcohol consumption must be maintained, and congruence must be sustained to regulate EE at a minimal level. Their families are encouraged to persist in their positive relationships with them, as these would likely boost their self-acceptance and contain the risk of developing AUD. Regulating the drinking habits is recommended as the family's negative interactions towards the person would be least likely to occur.

Keywords: expressed emotion; alcohol use disorder tendency; congruence

Abstrak: Gangguan penggunaan alkohol (AUD) menjadi kekhawatiran yang muncul di Filipina karena angkanya terus meningkat, oleh karena itu, mengidentifikasi faktor risiko AUD menjadi suatu kebutuhan. Selama bertahun-tahun, faktor kontribusi dari lingkungan keluarga dalam bentuk emosi yang diekspresikan (EE) dikaitkan dengan kambuhnya berbagai gangguan psikologis termasuk AUD. Namun, kekurangan literatur lokal yang menyelidiki variabel tersebut terlihat. Penelitian ini dilakukan untuk menjelaskan hubungan antara emosi yang diekspresikan, kongruensi, dan risiko memiliki AUD, serta peran moderasi kongruensi di antara pria dewasa muda yang menganggur. Penelitian ini menggunakan desain penelitian eksplanatori potong lintang ($n = 52$) di mana hubungan variabel dianalisis melalui korelasi parsial dan analisis moderasi. Setelah analisis data, EE memiliki hubungan positif lemah dengan kecenderungan AUD. Juga diketahui

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bahwa kongruensi dan EE memiliki hubungan invers moderat. Namun, tidak ditemukan hubungan signifikan antara kecenderungan AUD dan kongruensi. Selanjutnya, terungkap bahwa kongruensi tidak memoderasi kekuatan dan tingkat hubungan antara EE dan kecenderungan AUD. Konsumsi alkohol dengan risiko rendah harus dipertahankan, dan kongruensi harus dipertahankan untuk mengatur EE pada tingkat minimal. Keluarga mereka didorong untuk bertahan dalam hubungan positif dengan mereka, karena ini kemungkinan akan meningkatkan penerimaan diri mereka sendiri dan mengendalikan risiko mengembangkan AUD. Mengatur kebiasaan minum direkomendasikan karena interaksi negatif keluarga terhadap orang tersebut kemungkinan terjadi paling sedikit.

Kata kunci: emosi yang diekspresikan; kecenderungan gangguan penggunaan alkohol; kongruensi



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Introduction

Preponderance of existing research thoroughly explicated the influence of familial climate on the development and course of various psychiatric disorders. To date, family dynamics in the form of expressed emotion (EE) is among the most thoroughly investigated psychosocial research constructs in psychiatry (Rath & Mohapatra, 2021). Expressed emotion is a concept pioneered by George W. Brown and his colleagues which prompted several studies about the influence of familial climate on psychological disorders (Barlow & Durand, 2017). Specifically, “expressed emotion is an operationalized measure of environmental stress in the home characterized by communication styles of relatives that include hostility, criticism and emotional overinvolvement” (Brown et al., 1972). Essentially, a high level of expressed emotion corresponds to an abrasive and skeptical response from the family members of a person who has a mental disorder. From the perspective of family members, they feel that the only way a person will change their behavior is through aggressive verbal criticisms (Al Ubaidi, 2018). Hence, it has been identified as a risk factor for the exacerbation and course of mental illness (Fahrer et al., 2022).

Notwithstanding the growing evidence regarding the relevance of expressed emotion to the clinical field, existing studies about this construct mainly focus on its role in relapse of various psychological disorders — schizophrenia (Ng et al., 2020), depression, alcoholism, and bipolar disorder (Al Ubaidi, 2018). Hence, its possible implication on well-adjusted individuals is scarce or even nonexistent. As concluded by Gerlsma et al. (1992), “there is no reason to expect that the EE categories of criticism and emotional overinvolvement are exclusive characteristics of psychiatric patients' relatives” — thus, concreting the population gap for this variable of interest.

One of the significant findings related to expressed emotion is the contribution of familial climate to an individual's problematic drinking behavior (Hung et al., 2009) — which has been an emerging concern in the Philippines as alcohol use disorder is alarmingly increasing. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (American Psychiatric Association, 2022) defined alcohol use disorder as a maladaptive pattern of alcohol use where an individual may exhibit excessive alcohol intake, irresistible urge of alcohol use, increased tolerance, withdrawal symptoms, and/or clinical impairment. In the recent data in 2016, it was stated that around 8.8 percent of males and 1.8 percent of

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females in the Philippines have alcohol use disorders (Statista, 2016). In relation to these numbers, the Department of Health reported that alcohol consumption in the country was “high,” where four out of 10 Filipinos stated that they had drunk alcoholic beverages in the most recent 30 days (Crisostomo, 2021). To supplement this information, a new survey in the Philippines shows alarming numbers related to increasing alcohol consumption among Filipinos. Specifically, one in three Filipinos (33.1%) reported high-risk in heavy alcohol use wherein men engaged in greater numbers in binge alcohol consumption than women (43.2% vs. 22.9%) (International, 2021).

These numbers are not appalling as *Tagayan* or *inuman*, a drinking tradition commonly done during celebration and often related to camaraderie, is undeniably embedded in the Filipino culture (Mejia, 2018). However, the growing attestation of an increase in alcohol consumption among Filipinos posits widespread consequences in the public's health and the society at large. Specifically, it was revealed that high alcohol consumption is proven to have a harmful impact on one's health as it could lead to various medical conditions such as reduced immunity (Barr et al., 2016), cancer, cardiovascular disease, and liver cirrhosis, and psychiatric disorders such as depression and alcohol use disorder (Collins, 2016). In addition to this, detrimental influence of alcohol intake is evident as Foran & O'Leary (2008) revealed that it is strongly associated with violence, including intimate partner abuse, and increases the susceptibility of an individual to commit violent crimes such as homicide and physical assaults (Sontate et al., 2021). Undoubtedly, strong association of alcohol intake to negative alcohol-related consequences is evident; thus, perusing various factors to these alcohol-related outcomes is discernible.

Taking the abovementioned information into account, social factors have been viewed as crucial elements and have long-lasting effects on alcohol intake which, in some instances, lead to excessive alcohol consumption (Anacker & Ryabinin, 2010). Specifically, related to expressed emotion, unemployment is one of the social factors that has been linked to alcoholism as it could increase tension and family discord, which then lead to increased alcohol use (Peirce et al. 1994; Wilson and Walker 1993; Catalano et al. 2011 as cited in Popovici & French, 2013). Substantially, unemployed individuals are often stigmatized as they can be perceived less among friends and family, and in the community at large (Krug et al., 2019). As such, they often feel ashamed or humiliated about their status, which leads to isolation and more family conflicts than employed people (Indeed Editorial Team, 2022). In relation to this, discrimination within the family can be discerned and might contribute to the burden of unemployed individuals, making them susceptible to stress. Their vulnerability to stress can lead to the onset of alcohol misuse (Keyes et al., 2012), and resorting to excessive alcohol consumption is considered to be their way of coping — since alcoholic beverages could negatively reinforce and alleviate one's negative emotional state (Koob, 2011) brought by certain factors such as expressed emotion within the familial environment. With these premises, it can be inferred that investigating unemployed individuals in the context of alcohol use disorder tendency is discernible.

The potential relationship of expressed emotion to alcohol use disorder tendency can be best explained by the premises of self-awareness theory (Hull, 1981), one of the theoretical underpinnings of this study. Self-awareness theory suggests that alcohol use may be motivated by a desire to avoid painful states of self-awareness. Highly self-conscious individuals who are receiving failure feedback are hypothesized to use alcohol to reduce their awareness of negative self-relevant information. Alcohol use might be precipitated by an individual's high self-consciousness towards negative feedback. Specifically, Hull (1981) assumes highly conscious individuals might resort to alcohol abuse as their way of escaping

from the negative self-relevant information they receive. Basically, this theory is relevant to the claims and premises of this study since negative feedback is one of the core components of expressed emotion.

Botes & Schenck (2015) further added that alcohol abuse and dependence is a complex phenomenon where feelings of inadequacy, experiences of non-acceptance, and conflict between who the person is, and outside expectations are integrated. Taking account with this argument, another variable of interest may play a role and expand the causal relationship of expressed emotion and one's tendency for alcohol use disorder—namely, the concept of “congruence”. Rogers (1959) suggested in one of the tenets of his person-centered theory that an individual's congruence pertains to “to be real or genuine, to be whole or integrated, to be what one truly is”. He further elaborated that achieving congruence equates to an increase in one's self-worth (Rogers, as cited in Mcleod, 2024). However, failure to attain that attribute can lead to “incongruence”—which Rogers posited to be the source of all psychological disorders. Consequently, if an individual is experiencing immense negative feedback, the likelihood of resorting to alcohol abuse might be moderated if an individual is congruent to his oneself. Such a plausible relationship can also be reflected to those who have incongruence; expressed emotion may be more impactful to one's tendency for the said psychological disorder if he is unable to portray his genuine self. With this, the moderating role of congruence to the possible relationship of expressed emotion and alcohol abuse tendency can be deduced.

To underpin the relevance of this research, research gaps from existing literature were scrutinized. It was apprehended that existing studies about alcohol abuse focus on its biological mechanism (Anacker & Ryabinin, 2010), while the contributing role of different psychosocial factors were not given attention, especially in the local literature. Particularly, few studies have explored whether problem drinking, or alcohol abuse are commonly observed among unemployed individuals (Popovici & French, 2013). And in the Philippines where alcohol consumption and unemployment rate increased again to 4.8% in the present year (Domingo, 2023), discerning the alcohol abuse tendency among unemployed Filipinos offers beneficence in local health science research.

Furthermore, scarcity in local studies investigating expressed emotion is also limited, as preponderance of studies exploring this variable were conducted from western countries. Furthermore, subjects in various research that pivoted expressed emotion were limited to psychiatric patients and to psychiatric disorder relapses, while scarcity of studying EE among healthy individuals is evident. Finally, there is an evident dearth of research exploring the moderating role of congruence between expressed emotion and alcohol abuse tendency— hence, emphasizing the existence of methodological gaps among these variables of interest.

Practical gaps are also evident in terms of the role of congruence in the treatment of alcohol use disorder. Prentice (2018) stated that literature is inconsistent in terms of determining the effectiveness of Rogerian therapy in comparison with traditional interventions for alcohol abuse. For example, genuineness does not play a significant role in Alcoholics Anonymous (Cohen et al., 2020). Contrastingly, Ends & Page (1957) indicated that a person-centered approach is more effective in treating hospitalized alcoholics than techniques derived from learning theory approach. However, only a few studies have specifically assessed genuineness (Sherer & Rogers, 1980) and its effects on therapy outcome (Truax & et

al, 1966). Nonetheless, it is not safe to assume that such foreign literature holds the same within the Filipino context, as the value placed by Western psychotherapy on authenticity to oneself may be different for patients from collectivist cultures who are more oriented to inter-dependence than independence (Kolden et al., 2018).

From these aforementioned research gaps, a delineation of the necessity to bridge and fill these apertures is apparent. Specifically, this study aimed to determine the association among expressed emotion, alcohol abuse tendency, and congruence of unemployed male young adults and ascertained the moderating role of congruence between the predictor and outcome variable. Ultimately, the framed premises of the study may provide opportunities in the clinical field as these encourage further investigation and understanding of the specific dynamics and consequences of alcohol use disorder, expressed emotion and their possible relationship, and the moderating role of congruence in the local literature. Findings of this research may also pave a supplement in improving the Rogerian approach and approaches in family therapy in treating alcohol use disorder and may contribute to other known approaches, thus reiterating the relevance of this study.

The following are the research hypotheses of this study:

Ho₁: There is no significant relationship between expressed emotion, alcohol use disorder tendency, and congruence among the respondents.

Ho₂: Congruence does not moderate the relationship between expressed emotion and alcohol use disorder tendency.

Method

This study utilized a cross-sectional, explanatory research design (Johnson, 2001) with the aim of determining the causal relationship between expressed emotion and alcohol use disorder tendency, as well as identifying the moderating role of congruence between the aforementioned relationship.

Moderation analysis as the statistical treatment was utilized in this study to investigate under which circumstance would the association be relatively strong or weak (Hoyt et al., 2008). Since one of the research objectives is to determine the relationship of EE and AUD tendency, mediation analysis was not employed for the reason that causal relationship between EE and AUD tendency was not established from previous literature. In accordance with Mathieu & Taylor (2006), nonexistence of causal relationship between the predictor and outcome variable, means that there is nothing to be mediated. Furthermore, it is not logical to test for mediators of the XY relation if it is statistically insignificant (Hoyt et al., 2008).

The study gathered a total of 52 respondents. Inclusion criteria for the respondents were as follows: (a) male, (b) young adult (ages 20 to 40 years old) (Papalia & Martorell, 2021), (c) at least a high school graduate (d), currently unemployed but actively seeking a job/currently a college student with previous work experience, and (e) taking at least two drinks on at least one day in the past month (U.S. Department of Agriculture & U.S. Department of Health and Human Services et al. 2020). These restrictions were set in relation to the generated gaps in previous literature about the variables of interest. Particularly, it has been previously evinced in the literature review that unemployment is related to alcohol use and expressed emotion—hence, foregrounding unemployed individuals in this study was a necessity.

Convenience sampling was employed in which data were gathered from conveniently available respondents in the digital space. Specifically, various social media platforms (i.e., Facebook, Twitter, and

Instagram) were maximized in scouting potential pool of respondents who will fit in the previously stated criteria. Publication material was posted online to reach potential respondents. Questionnaires were provided via Google Forms including the informed consent written both in Filipino and English. Furthermore, the data gathering of this research was approved by the DLSU-D Ethics Review Committee with the code ERC-CERT-2022-23_7_353T2.

In assessing the respondents' expressed emotion, the researchers used the modified Level of Expressed Emotion (LEE) scale by Cole & Kazarian (1988). This instrument has been developed to provide an estimate of the perceived emotional climate in a person's influential relationships such as family. This 28-item questionnaire encompasses four factors: perceived lack of emotional support, perceived intrusiveness, perceived irritation, and perceived criticism. Cronbach's alpha for the total scale was 0.93, indicating excellent evidence for inter-item reliability (Hale et al., 2007).

In quantifying the AUD tendency, the researchers utilized the Alcohol Use Disorders Identification Test (AUDIT) by Babor et al. (2001). This 10-item test is designed to briefly assess individuals in terms of excessive alcohol consumption, alcohol dependence, and problematic experiences associated with harmful drinking. Reliability analysis indicated that the test has good item consistency of 0.75–0.97, and test-retest reliability of 0.70–0.89 (Reinert & Allen, 2007, as cited in Tuliao et al., 2016).

Lastly, the Authenticity Scale by Wood et al. (2008) Wood et al. (2008) was used to measure the respondents' congruence. This 12-item questionnaire measures three facets of authenticity: self-alienation, authentic living, and accepting external influence. The internal consistency of the test is $\alpha = 0.688-0.689$, indicating a reliable measure for congruence (Febrianti, 2023).

The Jamovi software (version 2.4.11) was used in subjecting the data to statistical analyses. In addition to the moderation analysis, a series of partial correlations was also used in determining the relationship between AUD tendency, EE, and congruence while controlling potential variables that could affect the relationship among the variables. Specifically, the included covariates are the 1) duration of unemployment, 2) presence and absence of alcoholism in immediate family members, 3) socioeconomic status, and 4) educational attainment.

Result

Table 1 indicates the demographic profile of the respondents. In general, the majority of respondents have zero to one member in their family who has history of alcoholism (88.46%), are in the low-income class (46.15%), and have 1 year or less of being unemployed (84.62%). Meanwhile, the median value for the number of members in the family who had potential or diagnosed AUD is zero. Furthermore, the median duration of unemployment is 6.50 months, while the median monthly household income is ₱23 000.

Table 1
Demographic Profile of the Respondents (n = 52)

Characteristic	Frequency	Percentage
<i>Number of Family Cases of Alcoholism</i>		
0-1 Members with AUD	46	88.46 %

2-3 Members with AUD	3	5.77 %
4-5 Members with AUD	2	3.85 %
6-7 Members with AUD	1	1.92 %
<i>Monthly Household Income</i>		
Rich Class	2	3.85 %
High-Income Class	1	1.92 %
Upper Middle Class	1	1.92 %
Middle Class	5	9.62 %
Lower Middle Class	19	36.54 %
Low-Income Class	24	46.15 %
<i>Educational Attainment</i>		
College Graduate	28	53.85 %
SHS Graduate ^a	24	46.15 %
<i>Duration of Unemployment</i>		
>2 Years to 3 Years	3	5.77 %
>1 Year to 2 Years	5	9.62 %
1 Year or Less	44	84.62 %

Note. ^aSenior High School Graduate

Table 2 shows the descriptive statistics of the respondents in accordance with expressed emotion, alcohol use disorder tendency, and congruence. The Shapiro-Wilk test indicates that the data is in non-normal distribution. Hence, median, and median absolute deviation (MAD) were used for expressed emotion, AUD tendency and congruence.

Data revealed that the respondents have low expressed emotion (*Mdn* = 52.00). Likewise, respondents have a median score of 5.00 in terms of alcohol use disorder tendency, indicating low-risk alcohol consumption. Further, the respondents exhibited high congruence (*Mdn* = 64.00).

Table 2

Descriptives of the Variables (n = 52)

Variable	Median	MAD	Interpretation
EE	52.00	11.50	Low ^a
AUDT	5.00	3.00	Low-risk consumption ^b
Congruence	64.00	11.00	High ^c

Note. ^a Scoring for Modified LEE Scale follows: 28–65, Low; 66–103, Moderate; 104–140, High.

^b Scoring for AUDIT follows: 0–7, Low-risk consumption; 8-15, Moderate-risk consumption; 16-19, High-risk consumption; 20 and above, further diagnostic evaluation for alcohol dependence.

^c Scoring for Authenticity Scale follows: 12–35, Low; 36–59, Moderate; 60-84, High.

Table 3 indicates Pearson's partial correlations result that was used to determine the associations between the three variables, while controlling their relationships to history of alcoholism in the immediate family, duration of unemployment, socioeconomic status as per household monthly income, and educational attainment. Despite the normality assumption being violated, Pearson's r was still utilized as bootstrapping converts non-normal distribution into normal as per central limit theorem (Rudy, 2016). Hence, 5000 bootstrap replicates were included in the analysis.

The data illustrates that expressed emotion and AUD tendency has a significant weak direct relationship with moderate effect size, $r(50) = .37, p = 0.01, 95\% \text{ CI } [0.03, 0.62]$. Further, it was revealed that congruence and expressed emotion has a statistically significant, moderate inverse relationship with moderate effect size, $r(50) = -.47, p < .001, 95\% \text{ CI } [-0.69, -0.20]$. However, it was found that there is no significant relationship between AUD tendency and congruence, $r(50) = -.26, p = 0.08$.

Table 3

Pearson's Partial Correlations (n = 52)

Paired Variable	r	p -value	Decision	Interpretation
EE and AUDT	0.37*	0.01	Reject Ho	Weak positive relationship
EE and Congruence	-0.47***	< 0.001	Reject Ho	Moderate inverse relationship
AUDT and Congruence	-0.26	0.08	Fail to Reject Ho	No significant relationship

Note. If $p < 0.05$, reject the null hypothesis.

If $p > 0.05$, fail to reject the null hypothesis.

*Significant at .05 level.

***Significant at .001 level.

Confidence interval based on 5000 bootstrap replicates.

Table 4 demonstrates the result of testing the moderation hypothesis through hierarchical regression, where the EE and congruence were added in step one of the model, and the interaction term EE X congruence was added in step two. Normality of residuals, independence of observations, linearity of relationships, homoscedasticity, and absence of significant outliers were observed among the variables—hence the use of such analysis. Additionally, multicollinearity was addressed through mean centering of the predictor and moderating variables.

When EE and congruence were considered additively, 13.88% of the variance in AUD tendency was explained by the two variables, $R^2 = .14, \text{ Adj. } R^2 = .11$, which represents a statistically significant relationship, $F(2, 49) = 3.95, p = 0.03$. When the interaction of EE and congruence was accounted in the model, 14.98% of the variance in AUD tendency is explained by the two variables combined with the interaction, $R^2 = .15, \text{ Adj. } R^2 = .10$, and is statistically significant, $F(3, 48) = 2.82, p = 0.049$. However, it was suggested that congruence does not moderate the strength of the relationship of EE to AUD tendency, $R^2_{\text{change}} = .01, p = 0.43$.

Table 4

Model Summary (n = 52)

	<i>B</i>	95% CI for <i>B</i>		<i>β</i>	<i>p</i>	<i>r</i> ² _{a (b,c)}	<i>R</i> ² _{change}
		LL	UL				
Block 1							.37*
Congruence and AUDT	-0.04	-0.15	0.08	-0.10	0.53	.02	
EE and AUDT	0.09	-0.004	0.19	0.30	0.06	.02	
Block 2							.01
AUDT and Congruence	-0.002	-0.009	0.004	-0.11	0.43	.01	

Note. If *p* < .05, reject the null hypothesis.

If *p* > .05, fail to reject the null hypothesis.

*Significant at .05 level.

Discussion

Returning to the objective of this research, the general objective of this study is to determine if there is a significant relationship between alcohol use disorder tendency, expressed emotion, and congruence. Furthermore, the study also aims to know if congruence has a moderating role in the potential relationship between expressed emotion and alcohol use disorder tendency.

It was shown that the respondents tend to have a consistent emotionally validating familial environment, where lack of empathy and hostility whenever they are emotionally unwell seems to be rare. Family members tend to provide a positive atmosphere to the person where his negative emotions are regulated and even minimized. It is possible that the Filipino values of *pagpapahalaga sa pamilya* and *pakikisama* (Goyala, 2019) led to such low expressed emotion. Perhaps because of these values, Filipinos prefer seeking help from close family and friends whenever they are in psychological distress (Martinez et al., 2020). In fact, family cohesion (Olson et al., 1983) can serve as a strong protective factor within the Filipino community, and perhaps, low rates of seeking and obtaining counseling may be attributed to resources found within the family (Javier et al., 2018).

Moreover, the respondents are at low risk in terms of developing alcohol use disorder due to alcohol intake. Such a finding is in contrast with Crisostomo's article, (2021) and International, M. (2021) about Filipinos' alcohol consumption. This is probably because of the existence of COVID-19 pandemic during such a survey wherein those who experienced COVID-19-related stress (versus not) reported consuming more drinks and a greater number of days drinking (Grossman et al., 2020). However, the state of public health emergency due to the pandemic has been lifted as of this writing Click or tap here to enter text.. Hence, it is noticeable that the AUD tendency may have been reduced as the respondents are at low-risk alcohol consumption.

The respondents are further in touch with themselves at most instances, if not always, as they are fully knowledgeable in terms of their true selves. They also have an inclination towards holding onto their beliefs and values regardless of the situation that they belong to. Respondents also oppose the tendency

of accepting external influences, as they stand by their real self-concepts versus conforming to the general consensus. This is probably because men, in general, value their appearance of high status to which is demonstrated by being independent from opinions of others, hold their ground, and refuse to conform compared to the opposite sex (Jhangiani et al., 2022). Such an argument has been supported by Ilma & Muslimin (2020) who found that men had higher self-acceptance than women.

In addition, it was revealed that as the respondents' congruence increases, their expressed emotion decreases, and vice versa. This supports Roger's proposition (1959, as cited in Feist et al., 2018) that incongruence stems from external evaluations; the opinion from the social environment becomes the trigger towards the diversion of one's self-concept versus his organismic experiences. As such, attaining a high level of congruence posits the fact that a person would "be less likely to look to others for direction and less likely to use others' opinions and values as the criteria for evaluating their own experiences" (Feist et al., 2018).

Moreover, findings indicated that as the person's expressed emotion increases, so is their AUD tendency and vice versa. Such a result is consistent with the study of Hung et al., (2009) who indicated that less perceived parental support and more family conflict increases one's risk for alcohol use. It also adds evidence and support to Hull's theory (1981) that alcohol use is precipitated by negative feedback from others.

Meanwhile, results indicated that there is no relationship between congruence and AUD tendency. This is consistent with Cohen et al. (2020) who proposed that genuineness, or congruence, does not affect the outcome of therapy for individuals with AUD. Meanwhile, the finding is contradictory with Botes & Schenck (2015) who implied that experiences of social rejection towards expressing oneself are part of one's predisposition to alcohol abuse and dependence.

Finally, it was ascertained that congruence does not moderate the impact of expressed emotion towards AUD tendency. Such a derived result may have been due to the sample size of the research, as moderation analyses often require larger sample sizes in order to detect the moderating role of specific variables (Geiser, 2021). Alternatively, the findings might be inconclusive and require a higher number of sample size. Such might lead to substantial supporting evidence towards the possibility that congruence does not moderate the relationship between EE and AUD tendency.

Nonetheless, this study's result implies that the traditional view of Filipino families towards mental health conditions such as alcohol use disorder is still prominent and remains restricted. The indifference of family members towards their condition might be exacerbated by the stigma associated to alcohol use (e.g., disobedience and irresponsibility); hence, instead of being able to help in preventing the disorder, familial climate may become a predisposing factor contributing to the development of alcohol use disorder.

The findings may also imply the possible positive contribution of involving family members in the counseling approaches of treating alcohol use disorder in the Philippines. Particularly, having family members to recognize their important role in the development and relapse of the disorder might help in disregarding any misconceptions about the disorder, addressing any enabling behaviors, enhance open communication, and induce a supportive environment towards their vulnerable family members. Overall, involvement of family members in the counseling process could help counselors in the Philippines to

understand societal and cultural dynamics, and tailor treatment approaches towards alcohol use disorder accordingly.

Conclusions

Based on the results derived from the respondents, it can be concluded that there is a significant link between expressed emotion with AUD tendency and congruence. EE plays an important role towards the tendency of an individual to develop a set of maladaptive behaviors related to alcohol misuse, and AUD tendency can as well increase the risk of an individual to experience aggression, intrusiveness, and criticism from his family members. EE can also decrease one's expression and acceptance towards his own genuine self, while a decrease in congruence can be associated with an increased tendency to be exposed to a hostile family environment. Furthermore, the combination of EE and congruence can predict one's risk of developing AUD.

Following the findings of this study, it is recommended for the population of the respondents to maintain their drinking habits in moderation to consequently secure their low-risk status in alcohol consumption. Further, it is suggested that they sustain their congruence in order to retain expressed emotion at a minimal level. Likewise, the families of the said population are encouraged to persist their positive relationships with them, and to pursue in creating a familial atmosphere that prioritizes emotional validation and rejects hostility and intrusiveness. Striving for such interactions would more likely boost the self-acceptance and genuineness of the male members of the family while they are out-of-work. In addition, maintaining these positive social relationships can be beneficial in terms of containing one's risk to develop AUD at a lower degree. As such, regulating an individual's drinking habits to prevent clinical impairment, distress and potential danger is recommended as the family's negative treatment and interactions towards the person would be least likely to occur.

Succinctly, the major limitation of the study was the restricted sample size. Furthermore, only male respondents were targeted in this study and preponderance of them were obtained in restricted geographical locations in the country. Consequently, the following recommendations are encouraged for the furtherance of this research. First, an increase in sample size is recommended to establish the generalizability, alleviate possible range truncation (especially in AUD tendency), and to increase the statistical power of this study. Moreover, inclusion of females and widening of age range are also encouraged for more diverse data—increasing the probability of obtaining scores of variables outside the range of the current dataset. Incorporating face-to-face data gathering is also recommended to increase the rate of acceptance of participation from potential respondents as well as to better ensure the validity of their answers. In addition, investigating other models of regression is also encouraged due to the suggested inverse, moderate, and significant relationship between expressed emotion and congruence and direct moderate relationship between expressed emotion and AUD tendency. Lastly, it is further suggested to investigate the variables using qualitative research to gather extensive information regarding this phenomenon.

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