

TABLE 12.6 Psychological and Physical Effects at Various Blood Alcohol Levels

PROGRESSIVE EFFECTS OF ALCOHOL		
BLOOD ALCOHOL CONCENTRATION	CHANGES IN FEELINGS AND PERSONALITY	PHYSICAL AND MENTAL IMPAIRMENTS
0.01-0.06	Relaxation Sense of Well-being Loss of Inhibition Lowered Alertness Joyous	Thought Judgment Coordination Concentration
0.06-0.10	Blunted Feelings Disinhibition Extraversion Impaired Sexual Pleasure	Reflexes Impaired Reasoning Depth Perception Distance Acuity Peripheral Vision Glare Recovery
0.11-0.20	Over-Expression Emotional Swings Angry or Sad Boisterous	Reaction Time Gross Motor Control Staggering Slurred Speech
0.21-0.29	Stupor Lose Understanding Impaired Sensations	Severe Motor Impairment Loss of Consciousness Memory Blackout
0.30-0.39	Severe Depression Unconsciousness Death Possible	Bladder Function Breathing Heart Rate
=>0.40	Unconsciousness Death	Breathing Heart Rate

Source: Campus Alcohol Abuse Prevention Center, Virginia Tech.