



UNIVERSITY OF LEEDS

This is a repository copy of *New Year, New You: A Qualitative Study of Dry January, Self-Formation and Positive Regulation*.

White Rose Research Online URL for this paper:
<http://eprints.whiterose.ac.uk/137043/>

Version: Accepted Version

Article:

Yeomans, H orcid.org/0000-0001-7095-1141 (2019) *New Year, New You: A Qualitative Study of Dry January, Self-Formation and Positive Regulation*. *Drugs: Education, Prevention and Policy*, 26 (6). pp. 460-468. ISSN 0968-7637

<https://doi.org/10.1080/09687637.2018.1534944>

© 2018, Informa UK Limited, trading as Taylor & Francis Group. This is an author produced version of a paper published in *Drugs: Education, Prevention and Policy*. Uploaded in accordance with the publisher's self-archiving policy.

Reuse

Items deposited in White Rose Research Online are protected by copyright, with all rights reserved unless indicated otherwise. They may be downloaded and/or printed for private study, or other acts as permitted by national copyright laws. The publisher or other rights holders may allow further reproduction and re-use of the full text version. This is indicated by the licence information on the White Rose Research Online record for the item.

Takedown

If you consider content in White Rose Research Online to be in breach of UK law, please notify us by emailing eprints@whiterose.ac.uk including the URL of the record and the reason for the withdrawal request.



eprints@whiterose.ac.uk
<https://eprints.whiterose.ac.uk/>

Figure 1. Regulatory Pyramid of Strategies for Responding to Drinking/Drunkenness (from AUTHOR, 2017)

