



Special Issue Reprint

The Alcohol Hangover

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Ever since the Alcohol Hangover Research Group was founded in 2010, research on alcohol hangovers has constantly increased. The research in this field focuses on the causes, consequences, and treatments of an alcohol hangover. The alcohol hangover is defined as the combination of negative mental and physical symptoms, which can be experienced after a single episode of alcohol consumption when blood alcohol concentration (BAC) approaches zero. Research has identified as many as 47 different symptoms that can be experienced during the alcohol hangover state. There are considerable socioeconomic consequences of experiencing these symptoms, e.g., not fulfilling social obligations and absenteeism or presenteeism at work. Alcohol hangover effects can also significantly impair potentially dangerous daily activities such as driving a car, which increases the risk of having an accident. Despite recent scientific advances, much remains unknown about the pathology of the alcohol hangover. However, current research into alcohol metabolism and the immune system have already significantly increased our understanding of the alcohol hangover. Other researchers have focused on genetics, behavioral aspects, personality, and psychological correlates of the alcohol hangover, or the impact of food and daily diet. The obtained knowledge is essential to better understand the causes and consequences of the alcohol hangover, and to develop effective and safe hangover treatments. The book *The Alcohol Hangover: Causes, Consequences, and Treatment* provides a comprehensive overview of the current knowledge on the alcohol hangover and is essential reading for researchers and clinicians interested in elucidating and understanding the alcohol hangover.



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