
ENGLISH SUMMARY

Torsten Norlander & Roland Gustafson: Drinking and creativity – hypotheses and experiments

(Skåla och skapa – hypoteser och experiment om alkohol och kreativitet)

This article, concerning the relationship between alcohol and creativity, contains a comprehensive critique directed toward 'authors' studies' whether using interviews or biographical analysis. The risks of reconstructing after the fact and using second-hand information is notable. In addition there is a tendency in these kinds of studies to generalize all to easily the writers' experiences as representative of the whole range of questions concerning alcohol and creativity. An experimental approach on the matter seems absolutely necessary in order for research into the relationship between alcohol and creativity to progress further.

Surprisingly, only a few experimental studies have been made on this subject. Some of the most well-known are referred to in the article, as well as the series of experiments that are being carried out at the University of Örebro under the guidance of Roland Gustafson.

The authors have made three experiments in which they have studied the influence of alcohol in different phases of creativity. These studies, as well as the analysis of the empirical results received by others, have resulted in a four-perspective model (the FP-model). The four perspectives are based on four different theorists: Graham Wallas (the W-perspective), J.P. Guilford (the G-perspective), Abraham Maslow (the M-perspective), and Matti Bergström (the B-perspective).

The W-perspective contains Wallas' four steps in the creative process: i.e. preparation, incubation, illumination, and verification. To these a fifth is added, namely restitution. The G-perspective contains different abilities and testing techniques from Guilford's SI-model. The M-perspective adds the concepts of primary and secondary process, as well as integrative creativity, to the model: i.e. when these two processes are functioning in a well balanced mixture and in a proper order. The B-perspective is a physiological perspective, where the key concepts are the random-generator in the brainstem and the knowledge-generator in the cerebral cortex.

To the FP-model a hypothesis is connected, according to which alcohol inhibits creative work during the phase of preparation, disinhibits during incubation, inhibits during illumination and verification, and disinhibits during the phase of restitution. Or, in other words, that alcohol, consumed in modest quantities, inhibits those aspects of creativity that are mainly based on the secondary process (preparation, illumination, verification), and disinhibits those mainly based on the primary processes (incubation, restitution). This is called the "ILJ-hypothesis" after the writer Ivar Lo-Johansson.

The article concludes with preliminary answers to the questions presented within the context of the four perspectives.

Key words:

alcohol, creativity, inhibition, disinhibition, experimental studies