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Trajectories of adolescent alcohol consumption and their association with alcohol use disorder symptoms in early adulthood: A prospective cohort

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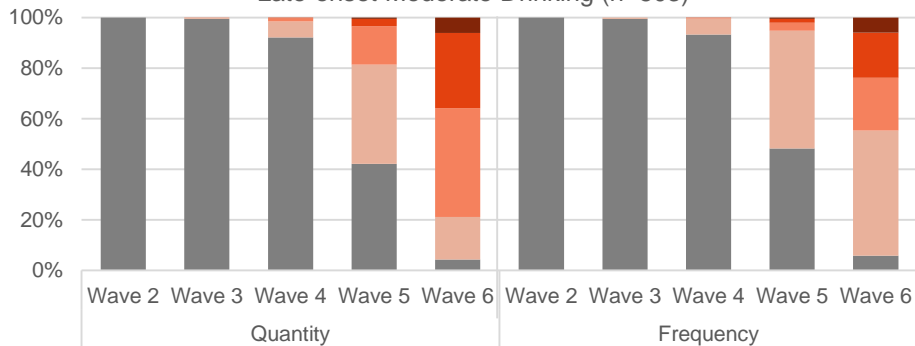
Methods

- Australian Parental Supply of Alcohol Longitudinal Study (APSALS)
- Recruited in 2010-2011 through 49 schools in NSW, TAS and WA
- 1,927 parent-adolescent pairs
- Wave 1 ($M_{age} = 12.9$ years)
- Wave 7 ($M_{age} = 18.8$ years)
- 77.5% response rate at Wave 7



Findings – Trajectories of alcohol consumption

Late-onset Moderate Drinking (n=503)



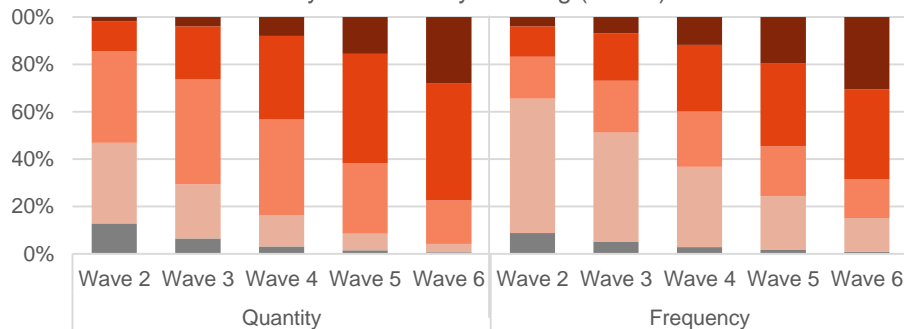
Follows Australian government recommendations:

- Initiation at age 16-18 years
- Majority drinking ≤ 4 drinks in a typical session at age 17-18 years

Potential high-risk trajectory:

- Initiation prior to age 13 years
- Majority drinking > 4 drinks in a typical session by age 16-17 years

Early-onset Heavy Drinking (n=295)



- Quantity: None/ Frequency: Never
- Quantity: Sips only/ Frequency: Less than monthly
- Quantity: 1-4 drinks/ Frequency: Monthly
- Quantity: 5-10 drinks/ Frequency: Fortnightly
- Quantity: 11+ drinks/ Frequency: Weekly or more frequent

Findings – Early-onset heavy drinking compared to late-onset moderate drinking

Wave 1 factors associated with lower risk of early-onset heavy drinking were:

- Stricter parental monitoring
- More alcohol-specific household rules
- Having fewer peers who use alcohol and/or tobacco

Findings – Early-onset heavy drinking compared to late-onset moderate drinking

At Wave 7, early-onset heavy drinking was associated with increased odds of meeting criteria for:

- Alcohol dependence (DSM-IV)
- Alcohol abuse (DSM-IV)
- Alcohol use disorder (DSM-V)

Conclusion

Our findings support Australian government recommendations for adolescents to delay initiation and consume < 4 standard drinks on a single occasion in order to minimise harm.

For parents of children entering adolescence, consideration of parenting factors, i.e. parental monitoring and alcohol-specific household rules, and peer influences may reduce risk of early-onset heavy drinking, and in turn, reduce risk of alcohol-related problems later in life.