Trajectories of adolescent alcohol consumption: A prospective cohort

Disclosures of Interest

Amy Peacock – untied educational grant from Seqirus and Mundipharma for study of opioid medications
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All other authors have no conflicts of interest to declare.

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Methods

• Australian Parental Supply of Alcohol Longitudinal Study (APSALS)
  • AKA “The Drinking and Teens Project”
• 1,927 parent-adolescent pairs recruited in 2010-2011 through 49 schools across NSW, TAS and WA
• 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)

Roughly follows Australian government recommendations:
• Delayed initiation (First full drink at 17-18 years)
• Majority drinking ≤ 4 drinks in a typical session at age 17-18 years

Potential high-risk trajectory:
• Initiation of full drinks at or prior to age 13-14 years
• Majority drinking ≥ 5 drinks in a typical session by age 16-17 years

Early-onset Heavy Drinking (n=295)

- Quantity: 11+ drinks/ Frequency: Weekly or more frequent
- Quantity: 5-10 drinks/ Frequency: Fortnightly
- Quantity: 1-4 drinks/ Frequency: Monthly
- Quantity: Sips only/ Frequency: Less than monthly
- Quantity: None/ Frequency: Never
Findings – Early-onset heavy drinking compared to late-onset moderate drinking

Wave 1 ($M_{age} = 12.9$ years) 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 ($M_{age} = 18.8$ years), 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

Findings broadly support Australian government recommendations:

• No alcohol consumption before age 15
• Adolescents should delay initiation until age 18
• Consume no more than 4 standard drinks on a single occasion for those aged 18 and over

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.

Thank you! – w.yuen@unsw.edu.au