

Exposure to parental alcohol use is associated with adolescent drinking even when accounting for best friend's and peers' exposure – Results from a longitudinal multilevel study

EMMANUEL KUNTSCHÉ¹, KOEN SMIT^{1,2}, ROBERT A. ZUCKER³

¹Centre for Alcohol Policy Research, La Trobe University, Melbourne, Australia, ²Trimbos Institute, Utrecht, the Netherlands, ³Addiction Center and Department of Psychiatry, University of Michigan Medical School, Ann Arbor, MI 48109 USA

Presenter's email: e.kuntsche@latrobe.edu.au

Introduction and Aims: *To disentangle the role of exposure to drinking of significant others (parents, peers, best friends) in the development of young adolescent alcohol use, the current study examined 1) whether parent's alcohol use exposure was associated with alcohol use outcomes among adolescents and 2) whether this association remained significant when including best friend and peer drinking exposure.*

Design and Methods: *A longitudinal study followed 765 adolescents from the Netherlands over three years. Adolescents (45.6% male, $M_{age}=11.78$, $SD=0.49$ at baseline) completed questionnaires every six months, resulting in seven measurement waves. Adolescents reported their own alcohol use and exposure to parental, best friend's and peer's drinking.*

Results: *Multi-level regression analyses indicated that parental alcohol use exposure was positively associated with a higher likelihood of adolescent alcohol use in the past six months, drinking in the last month and binge drinking in the last month. These associations remained significant when including exposure to peer and best friend's alcohol use, also when controlling for alcohol use at the previous timepoint (i.e., change in drinking). This was the case for both boys and girls.*

Discussions and Conclusions: *Throughout early adolescence, parental alcohol exposure matters for their offspring's alcohol use, independently of whether peers or their best friend expose them to alcohol or not. Parental alcohol exposure should be considered in prevention efforts to further decrease the number of adolescents that engage in early alcohol use and binge drinking.*

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