

Home to Habit: The Relationship Between The Presence of Substances within The Household and Substance Use of Adolescents as Adults

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Introduction

- Parental alcohol and tobacco use negatively affects children's future substance use, disrupting family dynamics and leading to long-term public health issues. (Daphne, 2021)
- Children exposed to parental substance misuse experience reduced well-being and are at higher risk for early initiation of substance use and faster progression to substance disorders. (Kuppens, 2020)
- This study investigates the link between childhood exposure to household alcohol and tobacco use and adult substance use patterns. (Oliveira, 2019)
- By analyzing longitudinal data on parental substance use and its effects on children, the research aims to identify risk factors and inform prevention strategies to disrupt intergenerational cycles of substance use.

Methods

Sample

- The sample (n=6500) is from The U.S. National Longitudinal Survey of Adolescent Health (ADDHEALTH) and represents adolescents in grades 7-12 in the United States in 1998.
- The sample includes 2 time points — when they began the study as adolescents (Wave 1) and later in life when they are 30-40 years old (Wave 5).

Measures

- Participants were asked if cigarettes and alcohol were easily accessible within their household as adolescents and whether they partook in substance use growing up.
- 30 years later, responding to the same questionnaire, substance use was measured by the frequent usage over the 30 days prior to submitting their responses.

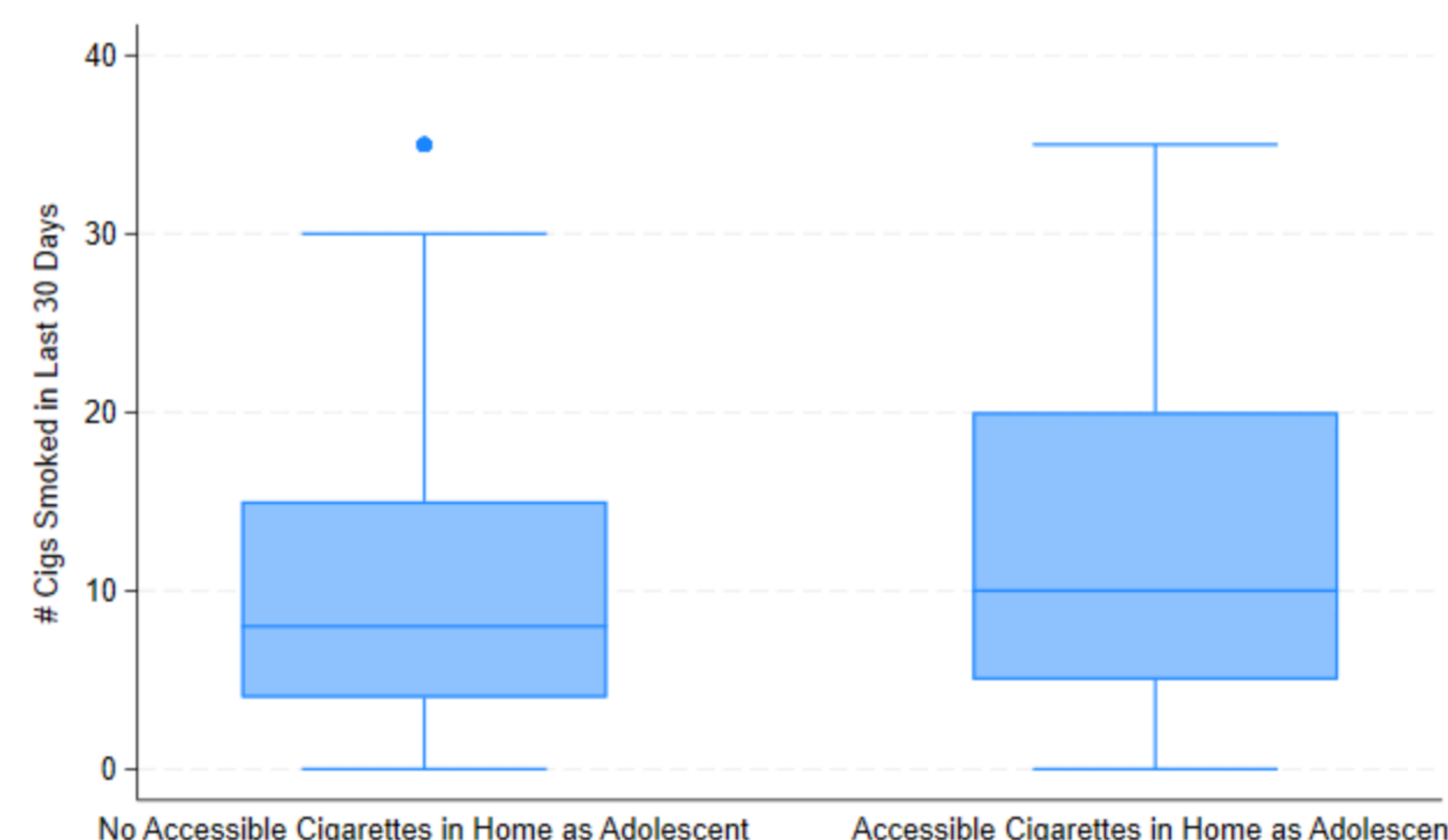
Research Question

Are adolescents with access to substances, such as alcohol and cigarettes, in their household use substances more frequently as adults than other adolescents without access to substances?

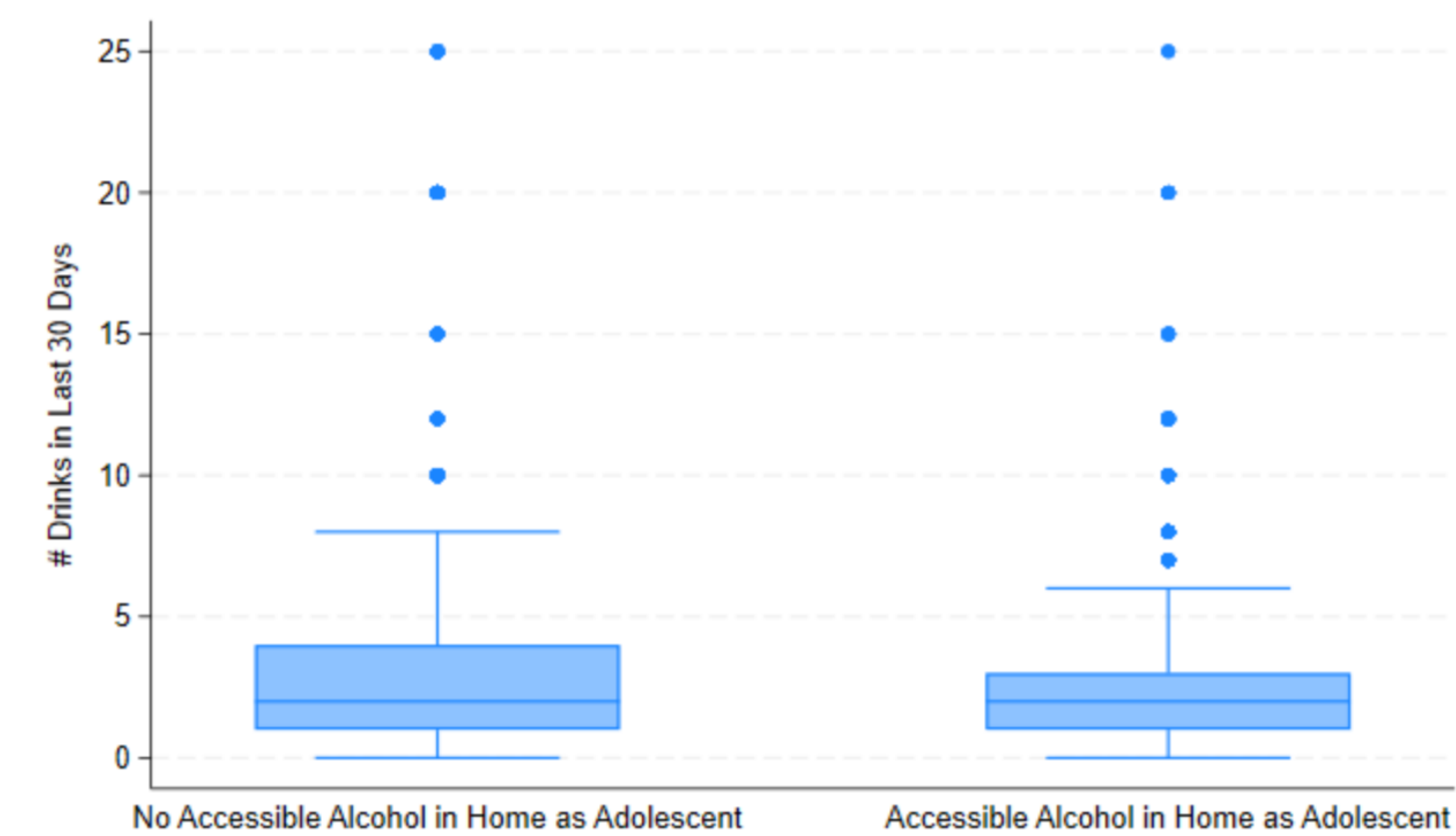
Results

Bivariate

- Analysis of Variance (ANOVA) revealed adults with cigarettes in the home as an adolescent reported smoking more cigarettes per day (Mean=12.36, s.d.±8.16) compared to those without cigarettes in the home (Mean=9.94, s.d. ±7.99) adults P-Value=.630



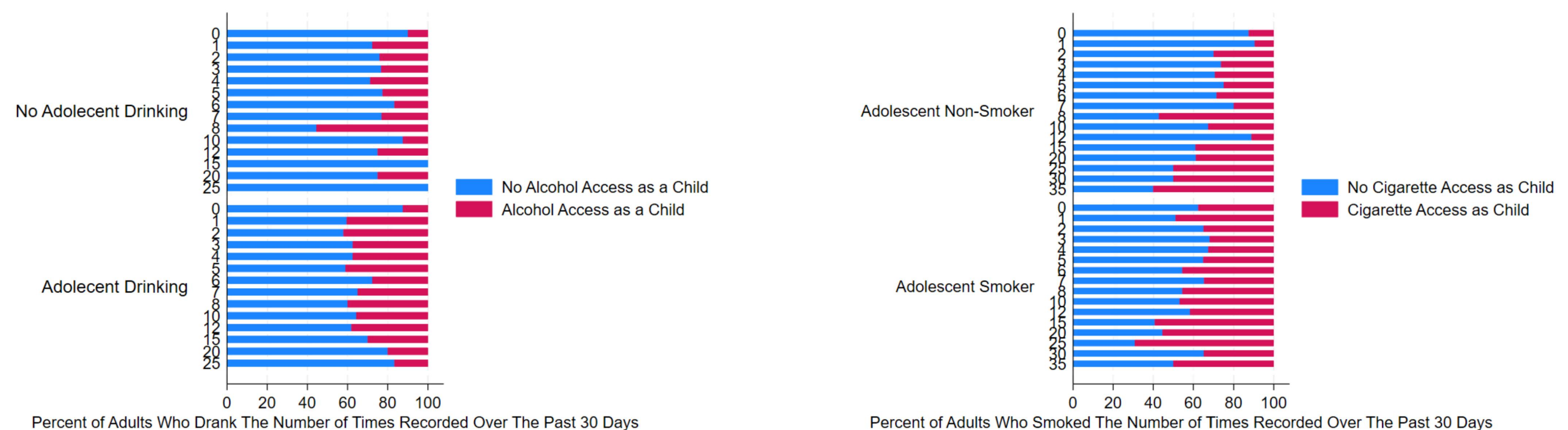
- Analysis of Variance (ANOVA) revealed adults with alcohol in the home as an adolescent drank fewer days (Mean=2.95, s.d. ±2.54) compared to those without alcohol in the home (Mean=3.14, s.d. ±3.06) as adults P-Value=.0967



Multivariate

- Using Multiple Linear Regression, the number of drinks within 30 days before the study (Beta= -.217, CI -.676 .242, P-Value=.354) was not statistically significant after controlling for adolescent alcohol usage.
- Using Multiple Linear Regression, the number of cigarettes a smoker had 30 days before the study (Beta= -1.24, CI -3.68 1.19, P-Value=.317) was not statistically significant after controlling for adolescent cigarette usage.

Substance Usage 30 Days Before Study as a function of Household Substance Presence and Adolescent Substance Usage



Discussion

- Overall, while trends suggest that household access to substances may influence adult usage, the statistical analyses do not provide strong evidence for significant differences in substance use frequency between those with and without access during adolescence.
- The lack of statistical significance suggests that future research should employ larger sample sizes and more diverse populations to better understand the relationship between household substance access and adult usage patterns
- The results indicate that household access alone may not be the primary determinant of adult substance use, suggesting the need to explore other factors such as peer influence, genetics, and socioeconomic conditions
- While not conclusive, the findings suggest that public health initiatives aimed at reducing household substance access might have long-term benefits for reducing adult substance use

References

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