

Causal effect of parental supply of alcohol and the age, quantity and frequency of supply across adolescence on young adult alcohol-related outcomes: A prospective cohort study

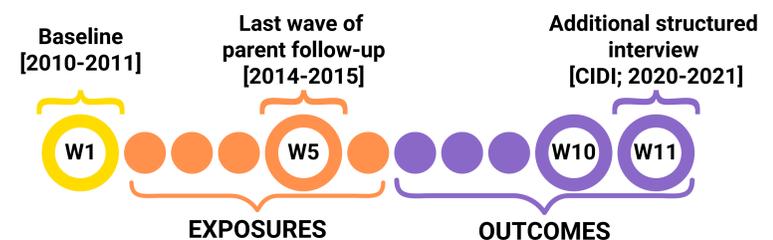
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Introduction

- Whilst recent work contradicts claims parental alcohol supply is 'safer' than no supply, the impact on outcomes beyond adolescence remains unknown.
- This study aimed to estimate the effect of parental alcohol supply across adolescence and earlier timing of supply on alcohol-related outcomes in young adulthood.

Methods

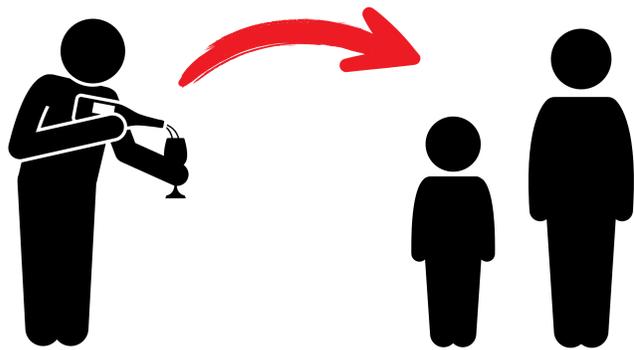


The Australian Parental Supply of Alcohol Longitudinal Study (APSALS) followed 1,906 parent-adolescent dyads (adolescent mean age 12.9 years) recruited from 49 Grade 7 cohorts across government, independent and Catholic schools in 2010/11. Adolescents completed annual surveys through to 2021 and a modified Composite International Diagnostic Interview (CIDI) at Wave 11.

Results



Targeted maximum likelihood estimation was used to estimate overall joint effects of parental supply (age 13-17) on alcohol-related outcomes (age 18-23).



Increased risk of the outcome associated with any parental supply of alcohol

Past 12 month outcomes	Age from which supply occurred					
	<13	≥13	≥14	≥15	≥16	≥17
Any self-reported HED	⬆			⬆		
HED ≥ monthly						
Any self-reported harms	⬆			⬆		
CIDI: DSM-IV Abuse						
CIDI: DSM-IV Depend.						
CIDI: DSM-5 AUD						
DISC: DSM-IV Abuse						
DISC: DSM-IV Depend						
DISC: DSM-5 AUD	⬆	⬆		⬆		

HED - heavy episodic drinking; CIDI - Composite International Diagnostic Interview; DSM - Diagnostic and Statistical Manual of Mental Disorders; AUD - Alcohol Use Disorder; DISC - Diagnostic Interview Schedule for Children

- Parental supply of any alcohol (sips or whole drinks) before age 13 or from age 15 years was associated with greater risk of the following relative to no parental supply:
 - any **heavy episodic drinking** (HED; ≥4 standard drinks),
 - **self-reported alcohol-related harms**, and
 - meeting criteria for **past 12-month DSM-5 Alcohol Use Disorder (DISC)**.
- Risk of DSM-5 AUD (DISC) was also elevated with supply from age 13.
- Similar findings were observed with the supply of whole drinks.



APSALS

CONCLUSIONS & IMPLICATIONS

- **Parental supply of alcohol in early or mid-adolescence**, though potentially less risky than peer supply, is associated with **greater harm in early adulthood** compared to no parental supply.
- Findings underscore the **importance of educating and supporting parents and young people**, through public health guidelines, as well as community, school and health services, to delay the supply and use of alcohol in adolescence.
- These findings do not support the view that parental supply of alcohol to minors protects adolescents from harm. **Supply and consumption of alcohol should be avoided or delayed as long as possible in adolescence.**

