

## Understanding Australian parents' supply of alcohol to adolescents: a national survey guided by the Theory of Planned Behaviour

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**Introduction:** Parents are the most common source of alcohol for Australian adolescents who drink alcohol, and parental supply is associated with increased risk of subsequent adolescent alcohol use and harms. Drawing on the Theory of Planned Behaviour, we examined how parental supply is associated with attitudes, perceived norms, and perceived behavioural control to inform health promotion initiatives.

**Method:** We conducted an online cross-sectional survey of N=1197 Australian parents of adolescents aged 12-17 years in April-May 2022. We performed multivariate logistic regression to examine associations between self-reported parental supply of alcohol (primary outcome) and measures of: attitudes (beliefs about health harms and benefits of alcohol for adolescents), perceived norms (beliefs that friends/other parents supplied alcohol), and perceived behavioural control (beliefs that their influence as parents will be overridden by cultural expectations).

**Results:** Controlling for demographic covariates, parents were more likely to have supplied a full drink of alcohol to their adolescents if they agreed with statements suggesting that alcohol had benefits for adolescents (AOR=2.42, 95% CI=1.96, 2.99), disagreed with statements suggesting that alcohol can harm adolescents (AOR=0.39, 95% CI=0.29, 0.52), and believed that their friends (AOR=6.14, 95% CI=3.68, 10.24), or other parents (AOR=4.54, 95% CI=2.52, 8.18) supplied alcohol.

**Discussions and Conclusions:** Parental supply of alcohol was associated with attitudes and perceived norms. Future research could investigate whether messages targeting these specific constructs can influence parents' future supply intentions.

**Implications for Practice or Policy:** Interventions to discourage parental alcohol supply could aim to increase awareness of the negative health effects of adolescent alcohol consumption and correct misperceptions regarding benefits of alcohol use during adolescence and perceived norms around parental supply.

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