



RESEARCH SUMMARY
Date Compiled: February 2023

Key takeaways from included research:

- A new study examined the prospective relationship between COVID-19 psychological distress and heavy alcohol use among US young adult women. They found that women who reported greater COVID-19-related grief were also more likely to report having alcohol consumption therefore there needs to be targeted outreach and clinical intervention for these individuals.
- This study examined the individual characteristics associated with taking alcohol from a parents' home without permission and the associations between taking alcohol and drinking, alcohol consequences, as well as marijuana use. Researchers found that taking alcohol from home without permission as well as obtaining it from friends were associated with increased odds of weekly drinking, the associated consequences, and marijuana use in the past 30 days.
- Researchers wanted to examine how initiation of high-intensity drinking (HID) and speed of escalation from first drink and binge drink to the first HID episode as well as the associated characteristics. Using Monitoring the Future data, they found that on average alcohol use, binge drinking, and HID were initiated during high school and the average time of escalation between first drink to first HID was 1.9 years while first binge drink to first HID was 0.7 years. Researchers called for greater utilization of screening for adolescent and young adults.
- Previous research has determined an association between proximity to alcohol selling outlets and violent crime, therefore researchers wanted to examine the effect of alcohol availability and sales volume on violent crime in parts of England. Researchers concluded that while associations varied, increased proximity to high-sales outlets as in fact associated with increased risk for violence in inner city settings.

PSYCHOLOGICAL DISTRESS AND HEAVY ALCOHOL CONSUMPTION AMONG U.S. YOUNG WOMEN DURING THE COVID-19 PANDEMIC

February 2023

Introduction: The predictors of heavy drinking among U.S. young women during the COVID-19 pandemic are not well-examined. This study aims to determine the prospective relationship between COVID-19 psychological distress and heavy alcohol use among U.S. young adult women.

Design: This study used the COVID-19 Adult Resilience Experiences Study (CARES) data collected from April 13, 2020, to August 31, 2020 (T1) and September 21, 2020, to March 15, 2021 (T2). Among the young adults (ages 18–30) who participated in both surveys, a total of 684 identified as women (including transgender women) and were included in the analysis. Three or more drinks as a typical intake were defined as heavy drinking. Psychological distress in T1 was measured using scores for financial stress, COVID-19–related worry, and COVID-19–related grief. A series of logistic regression analyses were performed to identify risk factors associated with young women's heavy drinking during the pandemic.

Results: Twenty-two and one-half percent of young women reported heavy drinking in a typical intake. After controlling for covariates, women who reported high levels of COVID-19–related grief were more likely to report heavy drinking (odds ratio, 1.06; 95% confidence interval [CI], 1.01–1.13; $p < .05$). Those with high levels of COVID-19–related worry were less likely to report drinking heavily (odds ratio, 0.90; 95% confidence interval, 0.85–0.97; $p < .01$).

Conclusions: Those who suffer from a deeper sense of COVID-19–related grief are particularly at risk of heavy drinking and should be targeted for outreach and clinical intervention. Further research is necessary to determine the long-term impacts of the pandemic on heavy drinking among young women and should include a more comprehensive assessment of psychological distress.

Source: Hahm, H. C., Hsu, K. C., Hyun, S., Kane, K., & Liu, C. H. (2023). Psychological distress and heavy alcohol consumption among US young women during the COVID-19 pandemic. *Women's health issues*, 33(1), 17-24. <https://doi.org/10.1016/j.whi.2022.09.002>

TAKING ALCOHOL FROM ONE'S PARENTS' HOME WITHOUT PERMISSION AS A RISK FACTOR FOR GREATER ALCOHOL AND MARIJUANA USE DURING THE TRANSITION INTO COLLEGE

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Abstract

While adolescents and underage emerging adults typically obtain alcohol from social sources (e.g., parents, friends, parties), taking alcohol from the home without permission is not well understood. The current study investigated plausible individual characteristics associated with taking alcohol from one's parents' home without permission and associations between taking alcohol and drinking, alcohol consequences, and marijuana use. Two cohorts of alcohol-experienced underage emerging adults ($N = 562$) completed a web-based survey pre-college matriculation. Participants reported sources of alcohol (friend, mother, father, party, took it from home); drinking; consequences; marijuana use (ever and past 30 days); age of alcohol initiation; symptoms of depression, anxiety, and stress; parental modeling of drinking; and demographic information. Results revealed that taking alcohol was significantly associated with several of the measures examined here (e.g., having obtained alcohol from friends, parents, and parties; earlier age of alcohol initiation; parental modeling of alcohol). Having taken alcohol from the home without permission and obtained it from friends were uniquely associated with increased odds of typical weekly drinking, consequences, and marijuana use in the past 30 days when controlling for all other variables assessed in this study (including drinking, in the consequences and marijuana models). Parent-based interventions targeting adolescents and

emerging adults should inform parents of the risks associated with taking alcohol from the home and obtaining it from friends. Further, parents should also be informed that supplying their adolescent with alcohol or modeling drinking may increase the likelihood that they take alcohol from their home.

Source: Trager, B. M., Morgan, R. M., Boyle, S. C., & LaBrie, J. W. (2023). Taking alcohol from one's parents' home without permission as a risk factor for greater alcohol and marijuana use during the transition into college. *Addictive behaviors*, 137, 107502.
<https://doi.org/10.1016/j.addbeh.2022.107502>

INITIATION OF AND ESCALATION TO HIGH-INTENSITY DRINKING IN YOUNG ADULTS **January 2023**

Importance: High-intensity drinking (HID) (≥ 10 drinks in a row) is associated with acute negative outcomes. Identifying factors associated with HID initiation in adolescence and how it is associated with young adulthood outcomes can inform screening and prevention.

Objective: To identify when individuals initiate HID and speed of escalation from first drink and first binge to first HID; characteristics associated with initiation and escalation; and whether these characteristics are associated with weekly alcohol consumption, HID frequency, and symptoms of alcohol use disorder at age 20 years.

Design, Setting, and Participants: This cohort study analyzed web-based survey data from respondents in the US who reported alcohol use in the past 30 days recruited from the 2018 12th grade Monitoring the Future study and surveyed again from February 14 through April 17, 2020, at modal age 20 years in the Young Adult Daily Life Study. Only respondents who reported HID by modal age 20 years were included in the analyses.

Exposures: Retrospective alcohol use initiation and self-reported alcohol use measures.

Main Outcomes and Measures: Key retrospective measures included year of initiation for alcohol, first binge (≥ 5 drinks), and HID (≥ 10 drinks). Measures at age 20 years included weekly alcohol consumption, HID frequency, and Alcohol Use Disorders Identification Test (AUDIT) scores. Covariates included biologic sex, race and ethnicity, parental college education, family history of alcohol problems, and college status. Descriptive statistics and multivariable regression models were used, and all analyses were weighted.

Results: Of the 451 participants with data eligible for analysis, 62.0% were male (38.0% female). On average, alcohol, binge, and HID were initiated during high school. Mean time of escalation from first drink to first HID was 1.9 (95% CI, 1.8-2.1) years and between first binge and first HID, 0.7 (95% CI, 0.6-0.8) years. Initiating HID by grade 11 (vs later) was associated with higher average weekly alcohol consumption (adjusted incidence rate ratio [aIRR], 1.40; 95% CI, 1.10-1.79), HID frequency (aIRR, 2.01; 95% CI, 1.25-3.22), and AUDIT score (adjusted odds ratio, 1.17; 95% CI, 1.02-1.34) at age 20 years. Escalation from first binge to first HID in the same year (vs ≥ 1 year) was associated with higher HID frequency at age 20 years (aIRR, 1.66; 95% CI, 1.06-2.61).

Conclusions and Relevance: These findings suggest that understanding ages and patterns of HID initiation and escalation associated with particular risk may facilitate screening for adolescents and young adults.

Source: Patrick ME, Evans-Polce RJ, Arterberry BJ, Terry-McElrath Y. (2023). Initiation of and Escalation to High-Intensity Drinking in Young Adults. *JAMA Pediatr*.
<https://doi.org/10.1001/jamapediatrics.2022.5642>

THE SPATIAL EFFECT OF ALCOHOL AVAILABILITY ON VIOLENCE: A GEOGRAPHICALLY WEIGHTED REGRESSION ANALYSIS

January 2023

Abstract

Studies have identified an association between proximity to outlets selling alcohol and violent crime. The strength of this association has been known to vary spatially as not all areas have the same accessibility to alcohol outlets, suggesting local context matters. Within this evidence base, however, studies have not routinely incorporated spatial variance into their models. Moreover, whilst it is acknowledged that the characteristics of the alcohol outlets (for example distinguishing between on- and off-trade premises) is important in studying the varying pathways to violent crime, studies have not often explored the role/contribution of outlet sales volume in this relationship.

This study used open-source police and alcohol outlet data to explore the effect of alcohol availability and sales volume on violent crime, across small areas in England. Spatial associations were calculated using geographically weighted regression controlling for contextual variables, such as deprivation and population characteristics.

Associations between alcohol outlets and violence varied spatially, for both on- and off-trade outlets and for different premise types, e.g. pubs and bars. Increased proximity to high-sales outlets was associated with an increased risk of violence in inner city contexts, where there is a concentration of night-life spaces. Through incorporating space, this study highlighted the spatially varying associations between different types of alcohol outlets and violence across small areas in England; so that licensing boards and local authorities can determine which appropriate measures are needed for targeting areas with high alcohol availability, to reduce risk of violence at the small area level.

Source: Horsefield, O. J., Lightowlers, C., & Green, M. A. (2023). The spatial effect of alcohol availability on violence: a geographically weighted regression analysis. *Applied geography*, 150, 102824. <https://doi.org/10.1016/j.apgeog.2022.102824>