Factors related to adolescent alcohol use progression
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Introduction
Although increased public health knowledge about the adverse health effects of alcohol, adolescents still experiment with alcohol use. Some adolescents who consume alcohol later abuse and may develop alcohol dependence. Intentions and favorable attitudes toward alcohol use predict trial use; refusal self-efficacy may predict onset and escalation of drinking; peer and parent use appear to predict some progression beyond trial use, but predictors of addictive drinking are not altogether clear. Identifying factors of alcohol progression is an important issue because have important implications for prevention and research.

Methods
This study using the longitudinal data from an ongoing prospective household study in Puerto Rico on the risk and resilience to drug use among adolescent offspring of drug using and non-drug using parents. A total of 361 adolescents who completed the first one-year follow up were used in the analyses. The adolescents were between ages 12 to 17 and residing in poor neighborhoods.

Analysis
Descriptive and bivariate analyses were used to calculate the changes of alcohol use and the association with a selected number of variables. A multiple logistic regression model adjusted by gender, age, education and living arrangement was performed.

Results

Table 1. The sample comprise of 48.3% males and 51.7% females; 61.5% in middle school and 39.5% in high school. No gender differences were found in the case of alcohol use. Older adolescents were more likely to initiate and continue using alcohol than younger.

Table 2. Adolescents who look oldest, those involved in violence behavior and those reporting sexual activity were more likely to continue using alcohol. Those who report cigarettes access were more likely to initiate alcohol use at follow up.

Table 3. Had a family member or a friend that uses drugs or a friend that uses cigarettes was associated to continue using alcohol. All school factors are related to continuing use of alcohol.

Conclusions
Continued research examining the principal factors related to continuing use of alcohol among adolescents will aid to develop and implement innovative programs for this population. Prevention programs for children could simultaneously have depressive symptom, conduct disorder and involving in violence behavior are needed. Alcohol use among adolescents is a concern that should be addressed in diverse systems: school, physical and mental health providers, community and family.

References