

Underage Alcohol Use in The Context of Mental Health Decline in The United States

Aaron White, PhD

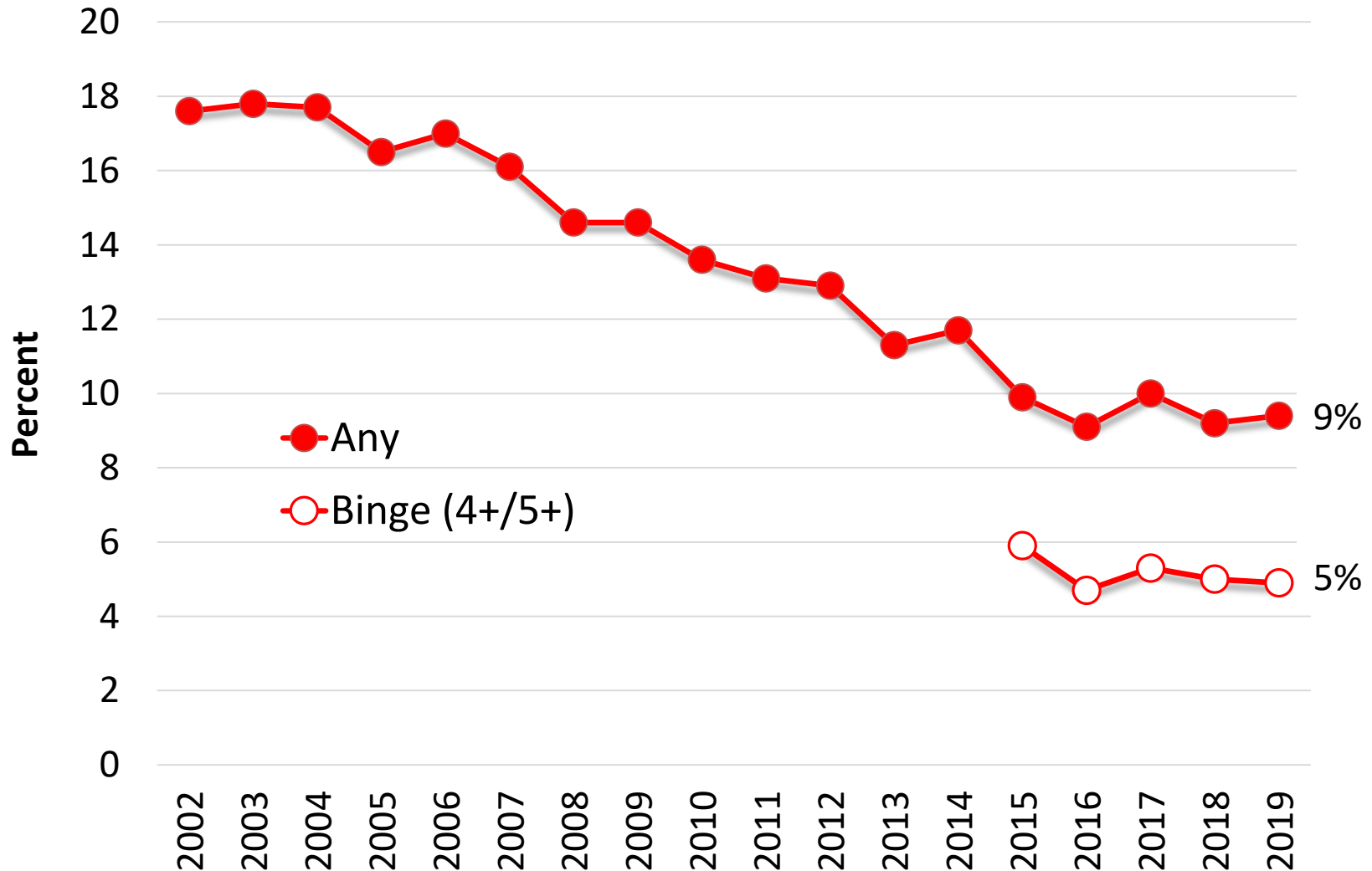
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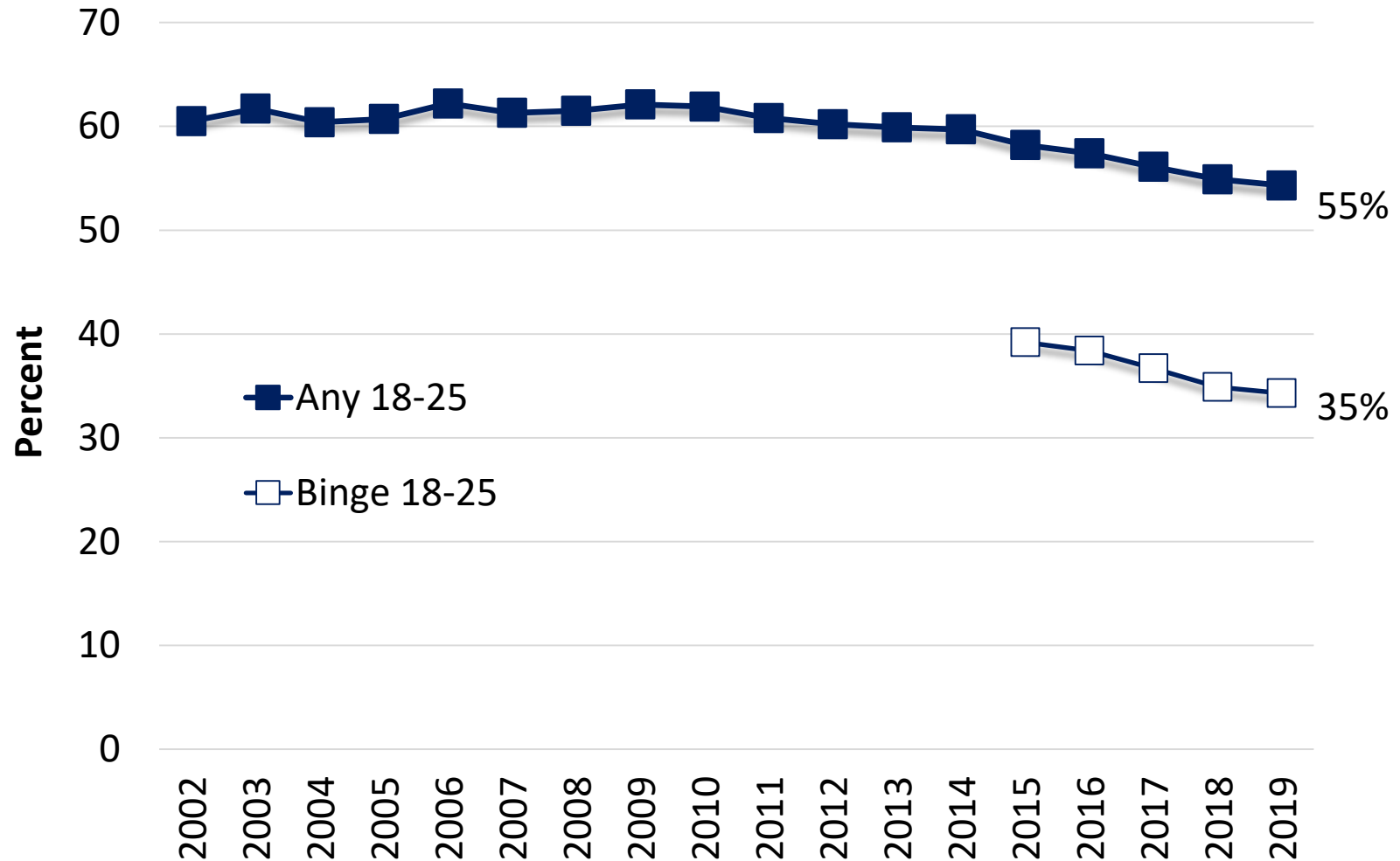
National Institutes of Health

Past month alcohol use by adolescents 12-17



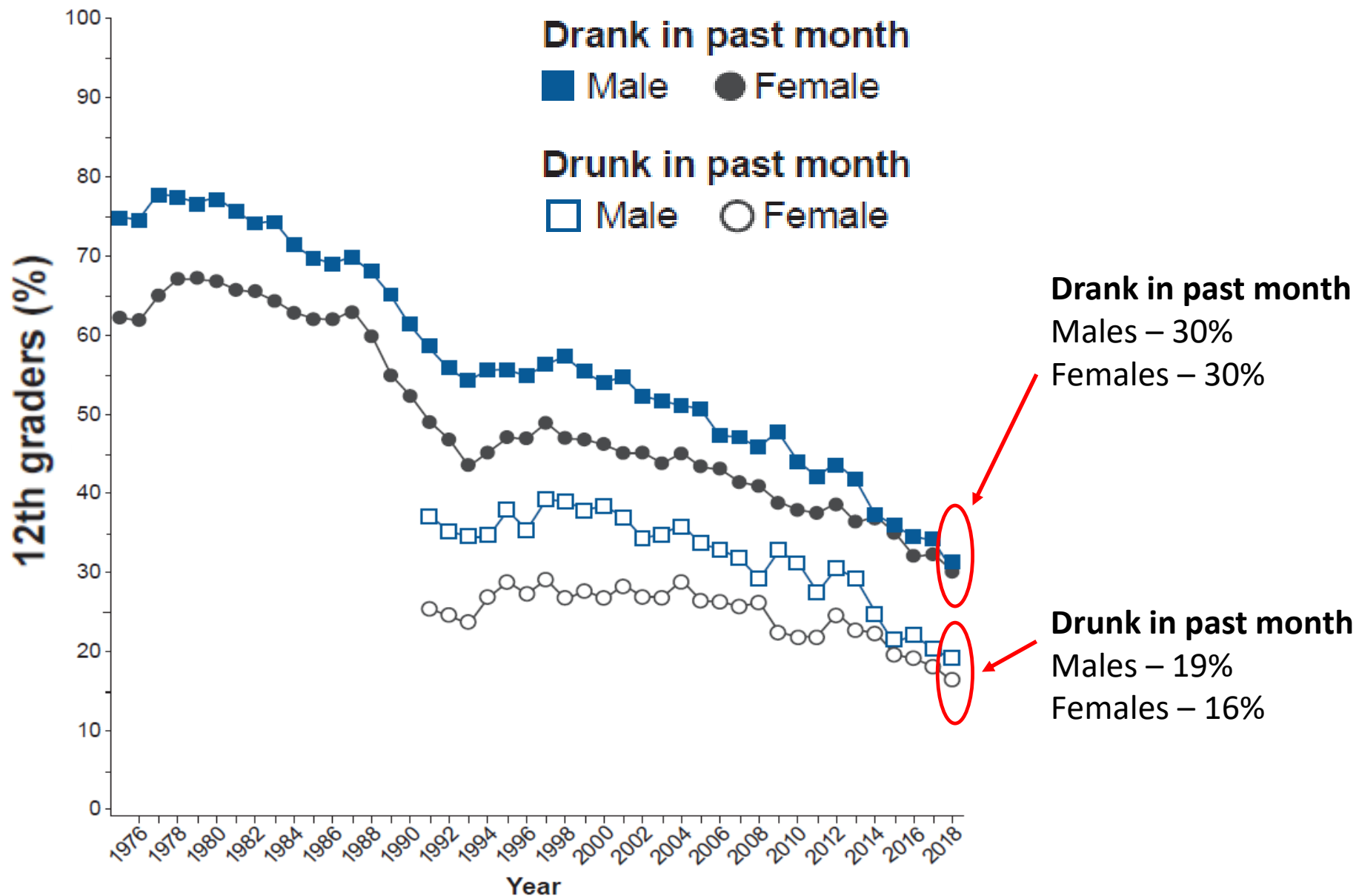
Source: NSDUH

Past month alcohol use by young adults 18-25



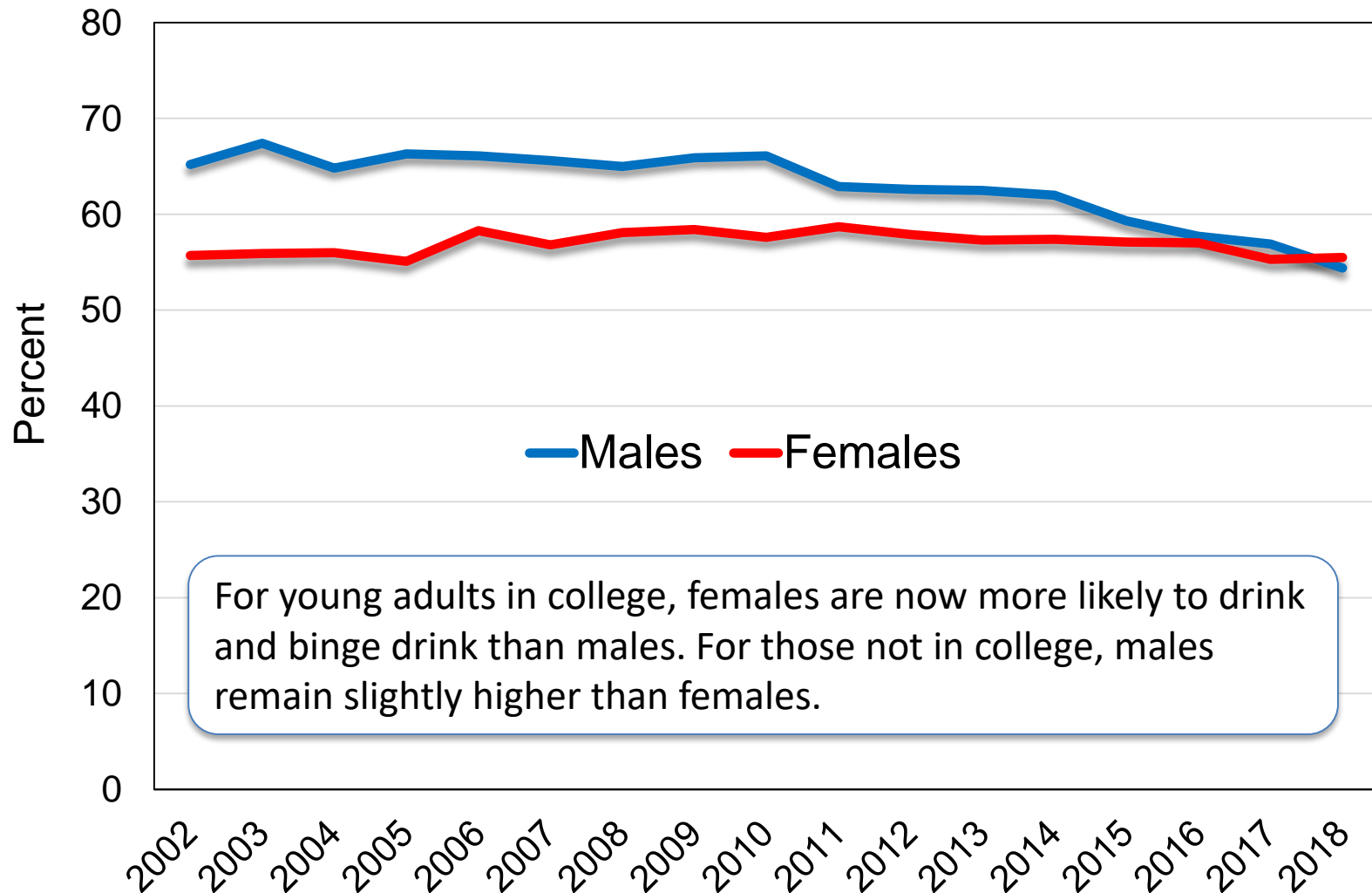
Source: NSDUH

Disappearing gender differences in adolescent drinking



Disappearing Gender Differences In Young Adult Drinking

Past month alcohol use among people aged 18-25



Teens have less face time with their friends — and are lonelier than ever

Teens aren't necessarily less social, but the contours of their social lives have changed

By **JEAN TWENGE** PUBLISHED MARCH 24, 2019 8:00PM (EDT)

Teens who meet up with their friends 'almost every day'

The percentage has declined through the years, with the decline accelerating after 2010.

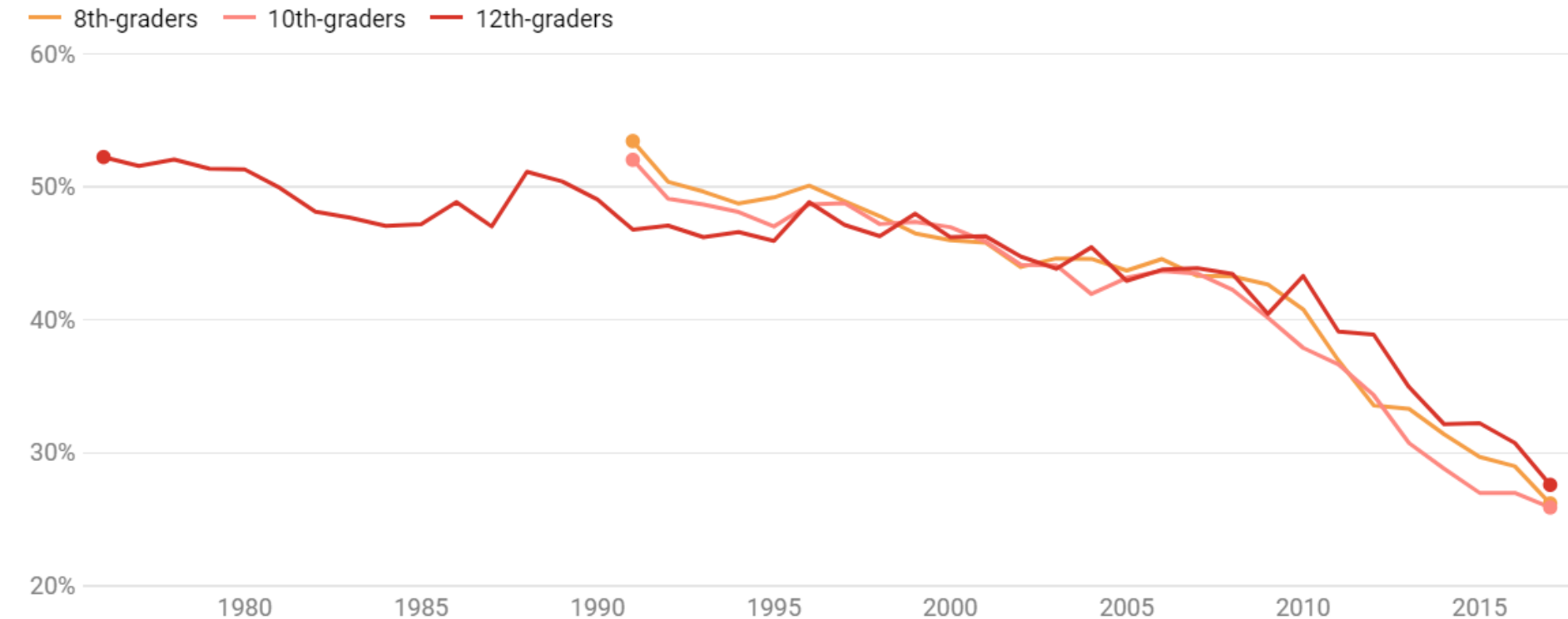


Chart: The Conversation, CC-BY-ND • Source: [Monitoring the Future](#) • [Get the data](#)

[Link to article](#)

Teens have less face time with their friends — and are lonelier than ever

Teens aren't necessarily less social, but the contours of their social lives have changed

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Loneliness rates among teens

The percentage who agreed or mostly agreed with the statement "A lot of times I feel lonely" has shot up in recent years.

8th-graders 10th-graders 12th-graders

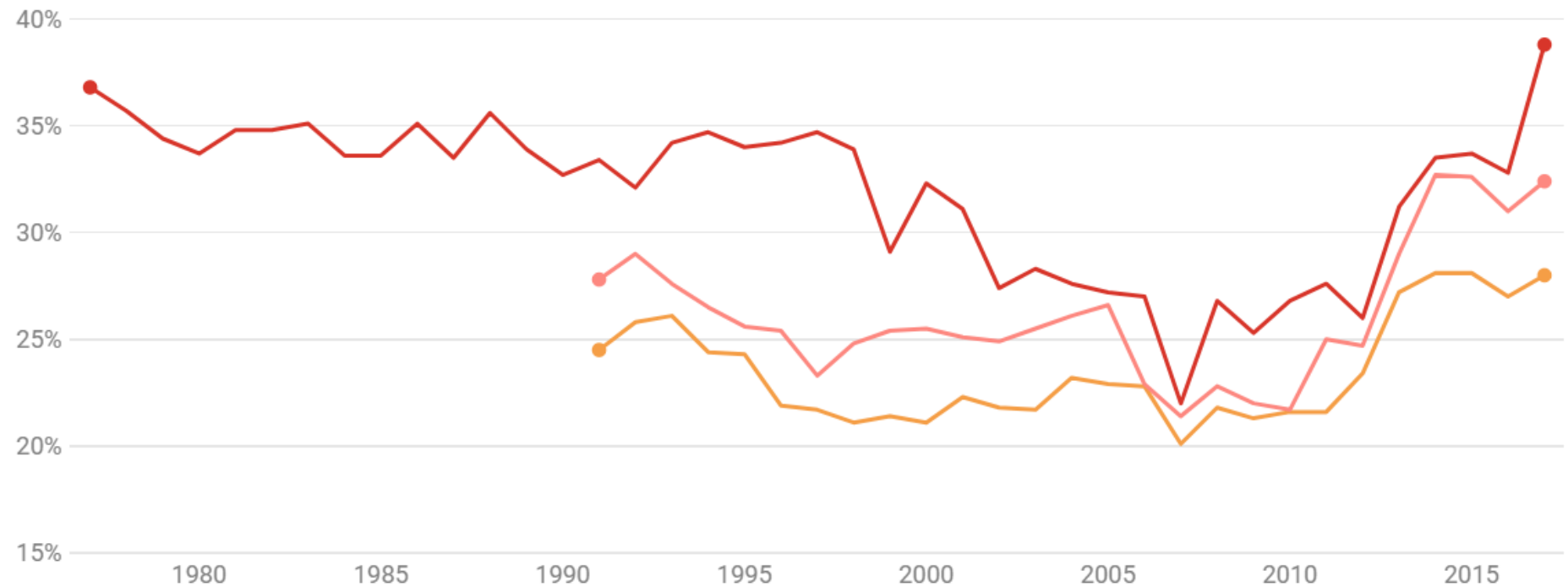


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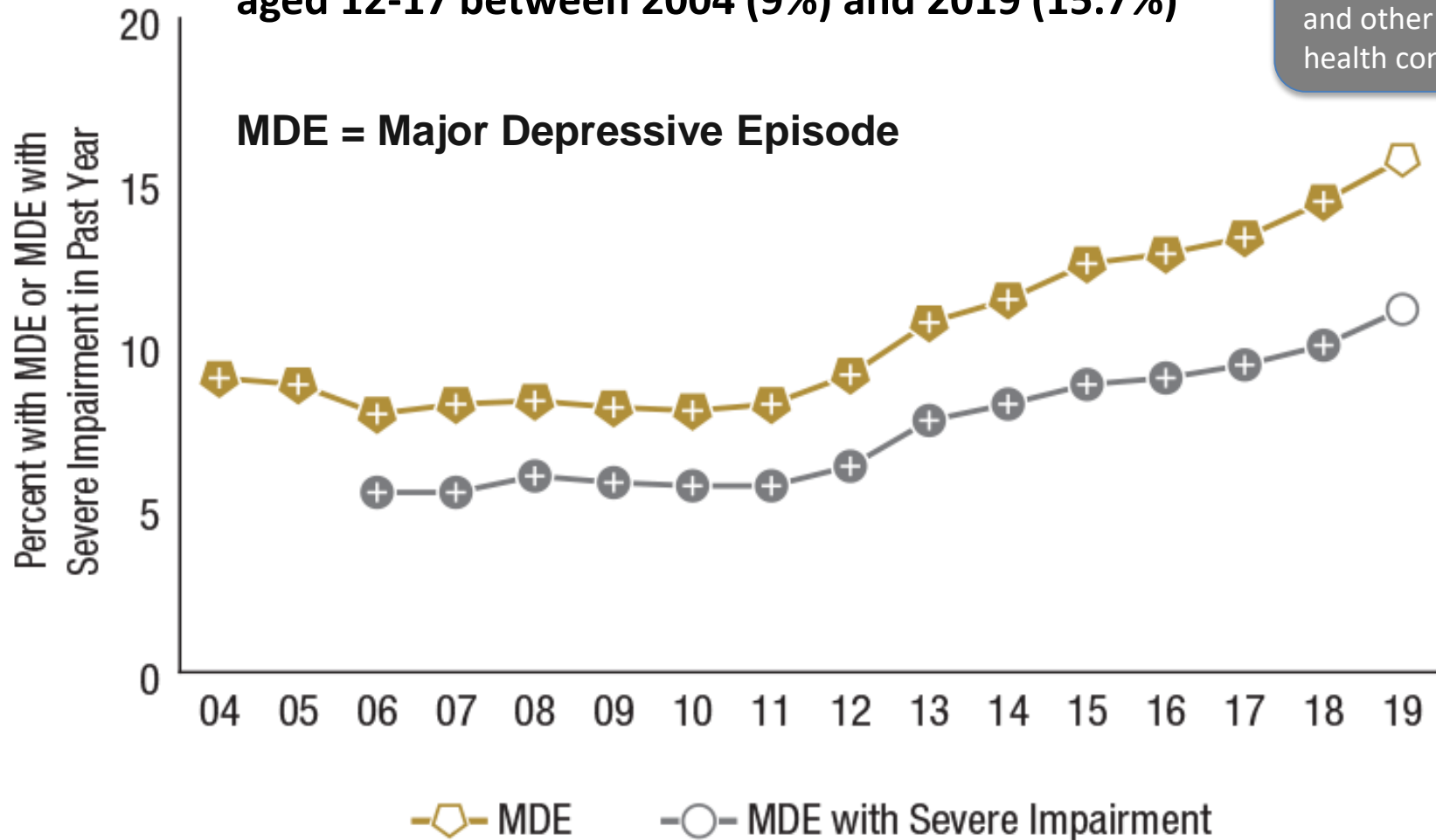
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Mental health among our kids is declining

74% increase in past year MDE among adolescents aged 12-17 between 2004 (9%) and 2019 (15.7%)

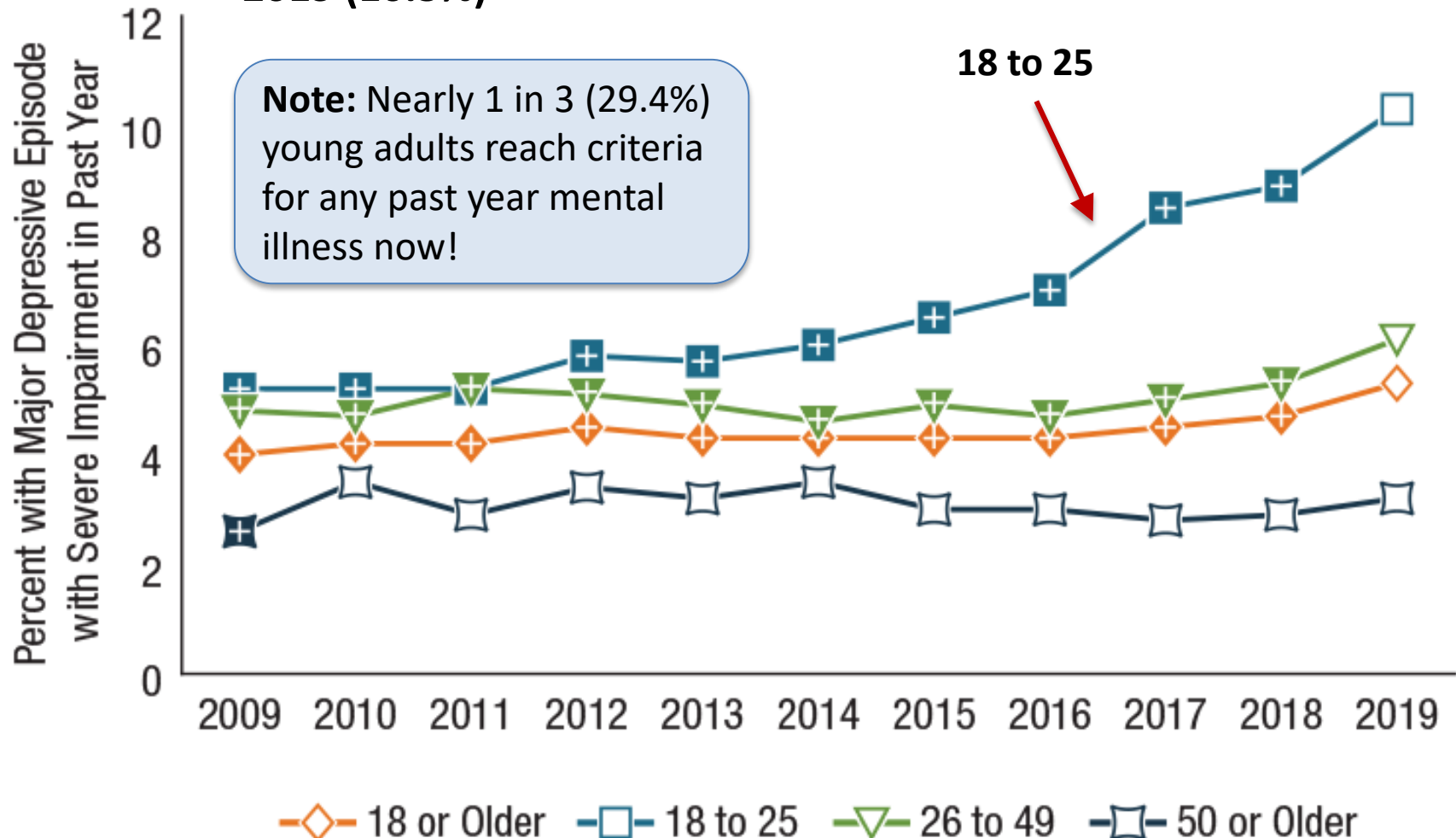
Does not include anxiety disorders and other mental health conditions

MDE = Major Depressive Episode



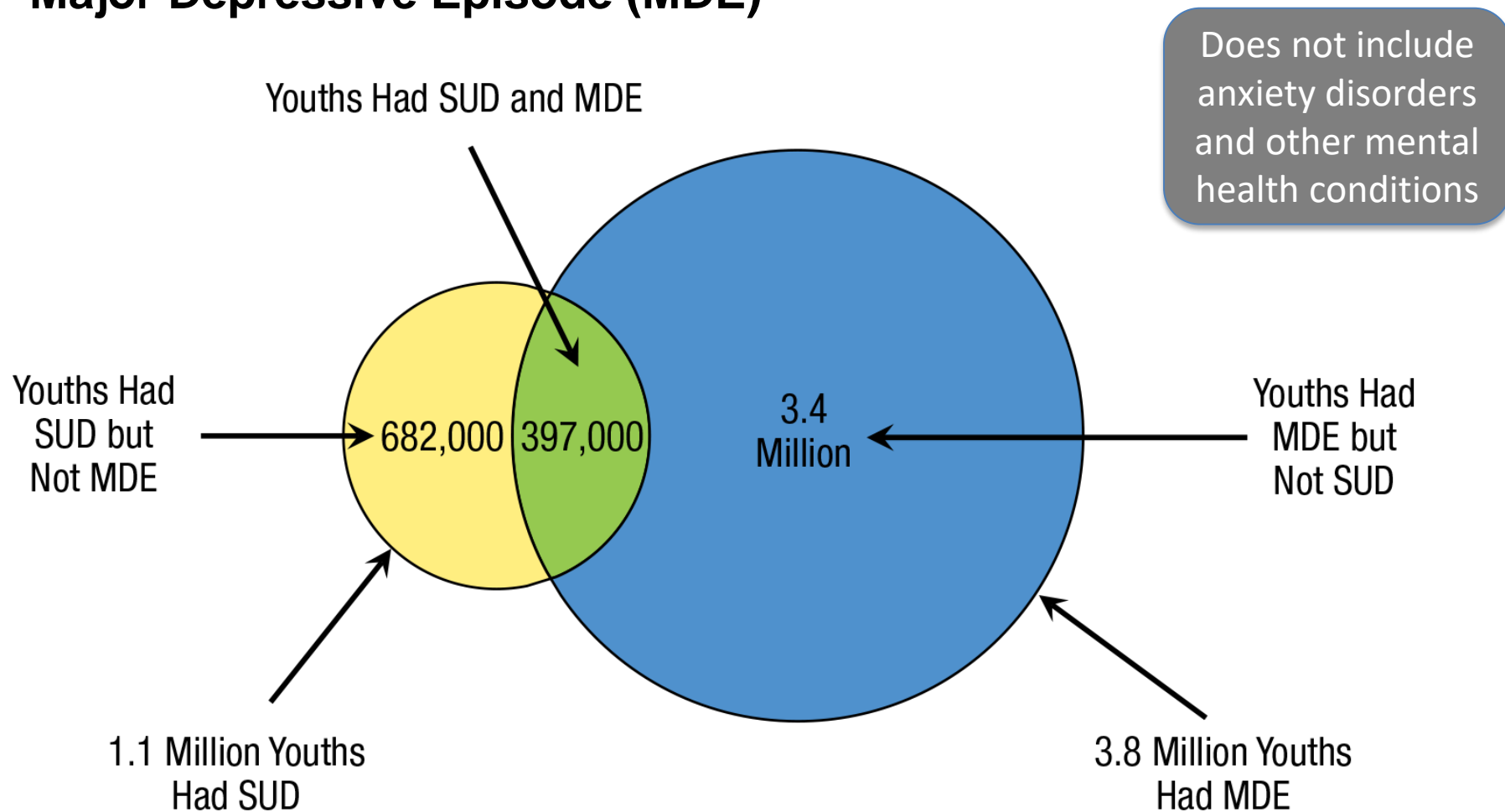
More young adults are struggling

Percentage of young adults 18-25 with past year episode of major depression **DOUBLED** between 2009 (5.2%) and 2019 (10.3%)

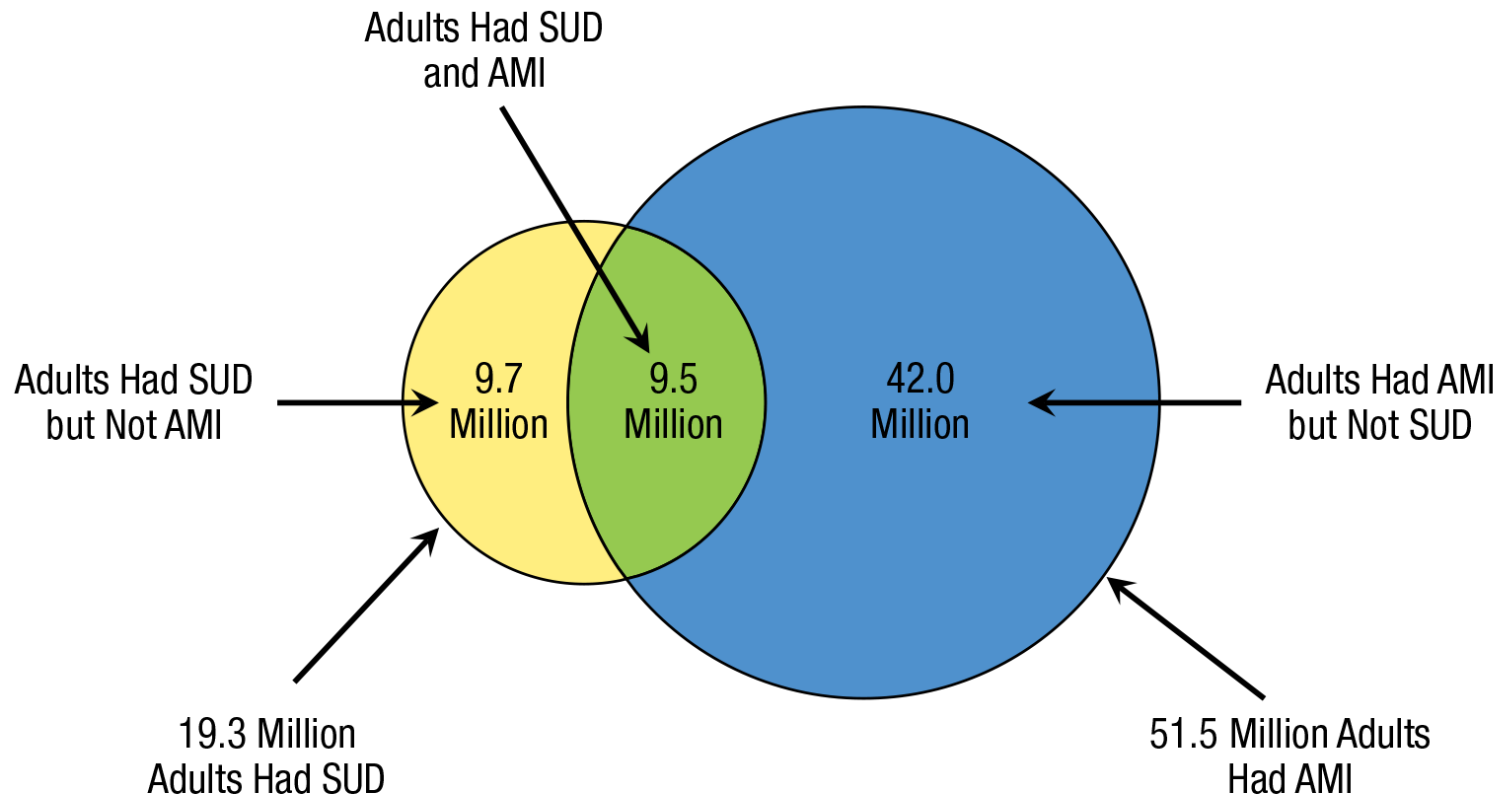


Mental health and substance use disorders overlap in kids – Depression as an example

1 in 3 (36%) adolescents 12 to 17 with an SUD had a past year Major Depressive Episode (MDE)



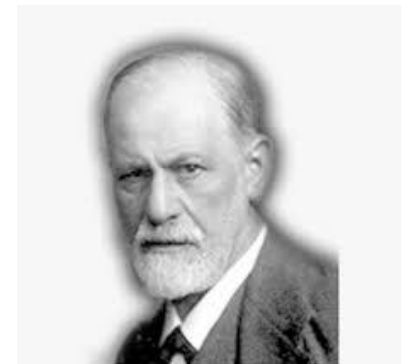
Half of people 18+ with an SUD also had a mental illness



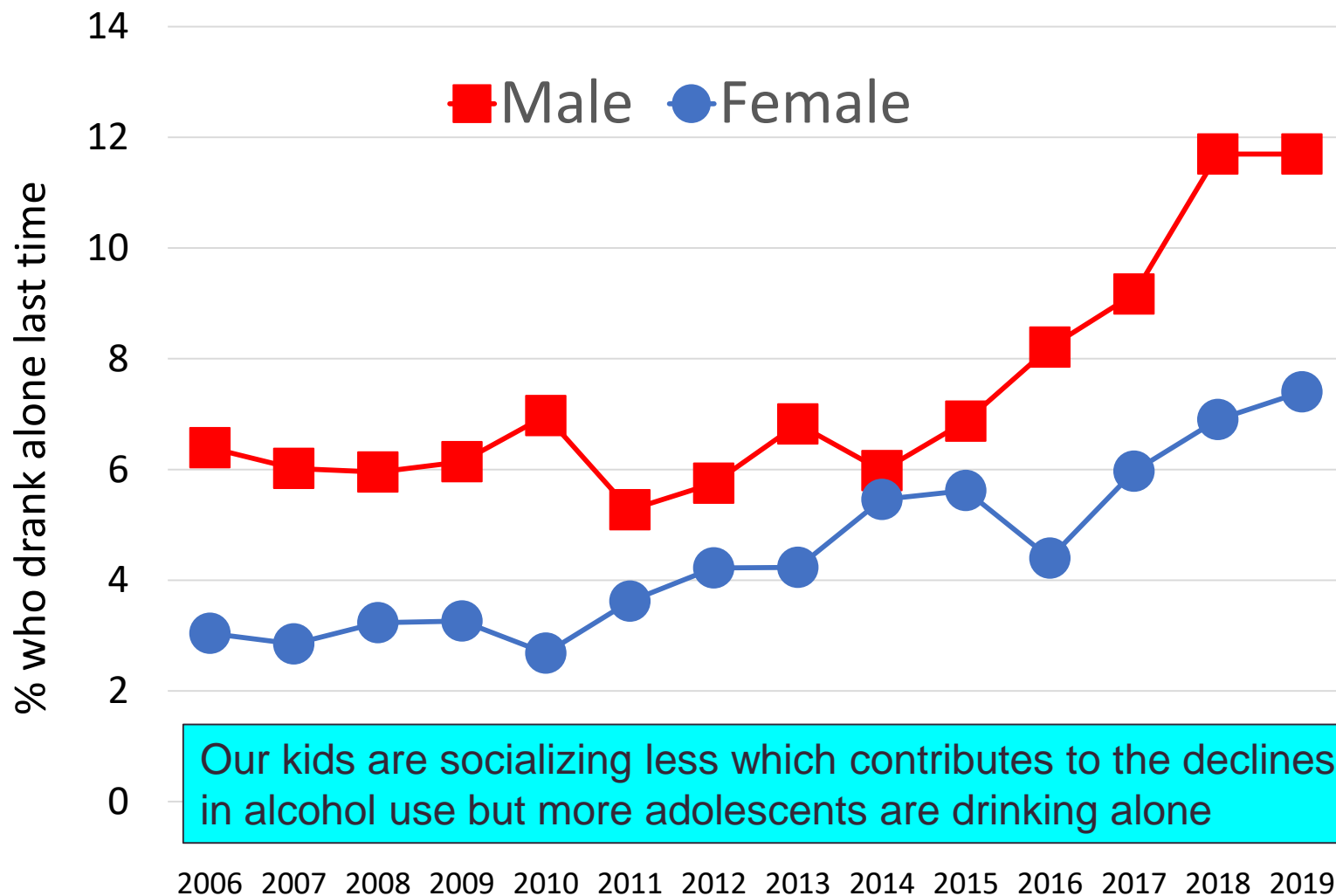
61.2 Million Adults Had Either SUD or AMI

“What do [humans] demand of life and wish to achieve in it? The answer to this can hardly be in doubt. They strive after happiness; they want to become happy and to remain so. **This endeavor has two sides, a positive and a negative aim. It aims, on the one hand, at an absence of pain and unpleasure, and, on the other, at the experiencing of strong feelings of pleasure.**”

- Freud (1930, p 21)



More underage drinkers aged 12-20 drinking alone



Drinking alone is associated with poorer mental health

From a study by [Creswell et al \(2014\)](#) – “Results indicate that drinking alone is an important type of alcohol-use behavior that increases risk for the escalation of alcohol use and the development of alcohol problems.”

Among drinkers 12-17, prevalence of past year MDE is **29.2%**

- For those who drank alone on the last occasion it's **41.5%**
- For those who drank with at least one other person last time it's **27.5%**

Among drinkers 18-20, prevalence of past year MDE is **19.3%**

- For those who drank alone on the last occasion it's **28.4%**.
- For those who drank with at least one other person last time it's **18.6%**.

Drinking to cope predicts problems in young adults

“**Coping motives** are directly, prospectively associated with several unique consequence domains, whereas **enhancement motives** predict consequences only by way of higher levels of drinking over the course of one year.”

“Students who endorse **coping motives** may have a tendency toward worsening drinking problems independent of consumption.”

Source: Merrill, J. E., Wardell, J. D., & Read, J. P. (2014). Drinking Motives in the Prospective Prediction of Unique Alcohol-Related Consequences in College Students. *Journal of Studies on Alcohol and Drugs*, 75(1), 93–102. ([click here](#))

“Our findings are consistent with the notion that DTC motivation confers a unique vulnerability for emotion dysregulation, and that **drinking for such reasons possibly prolongs or exacerbates negative affective states.**”

Source: Arneli et al.. *J Stud Alcohol Drugs*. 2015 Jul;76(4):578-84

Possible sex differences in alcohol reinforcement

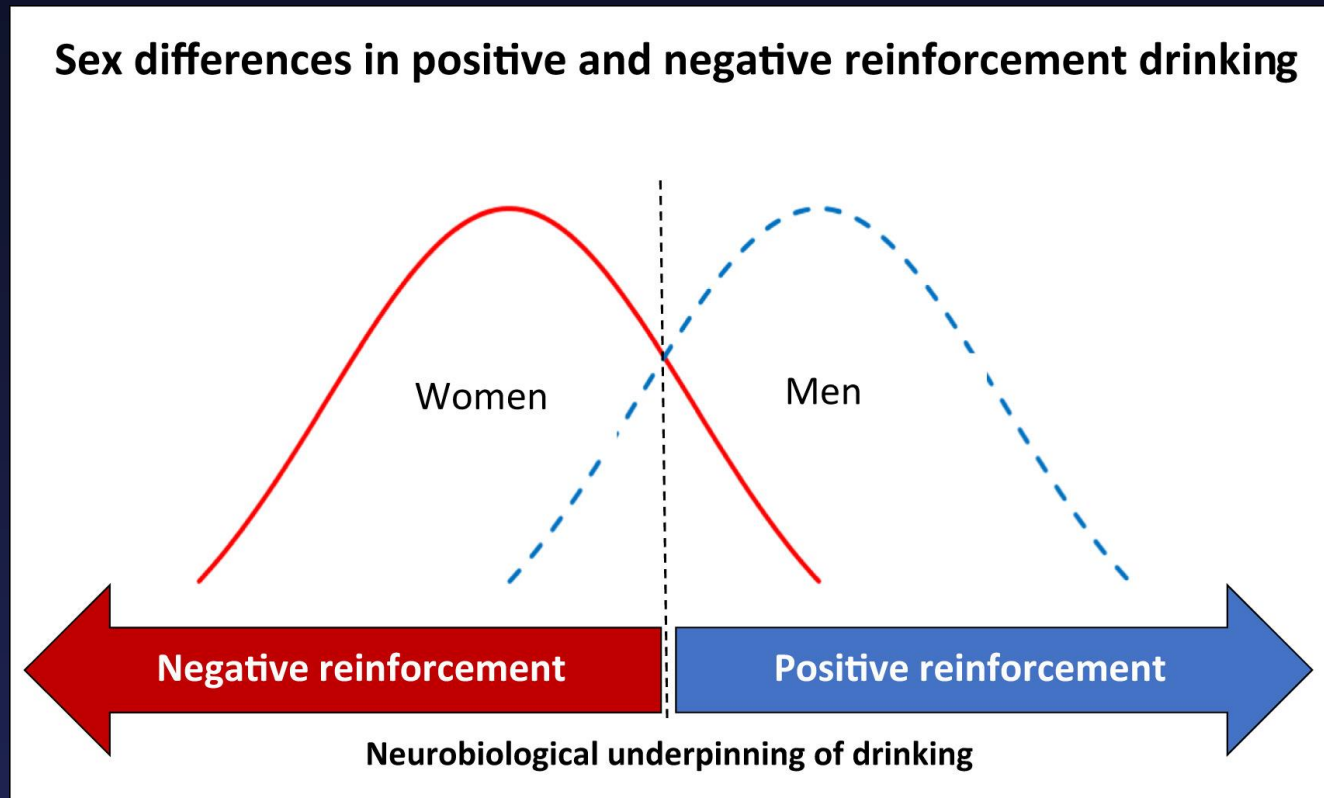
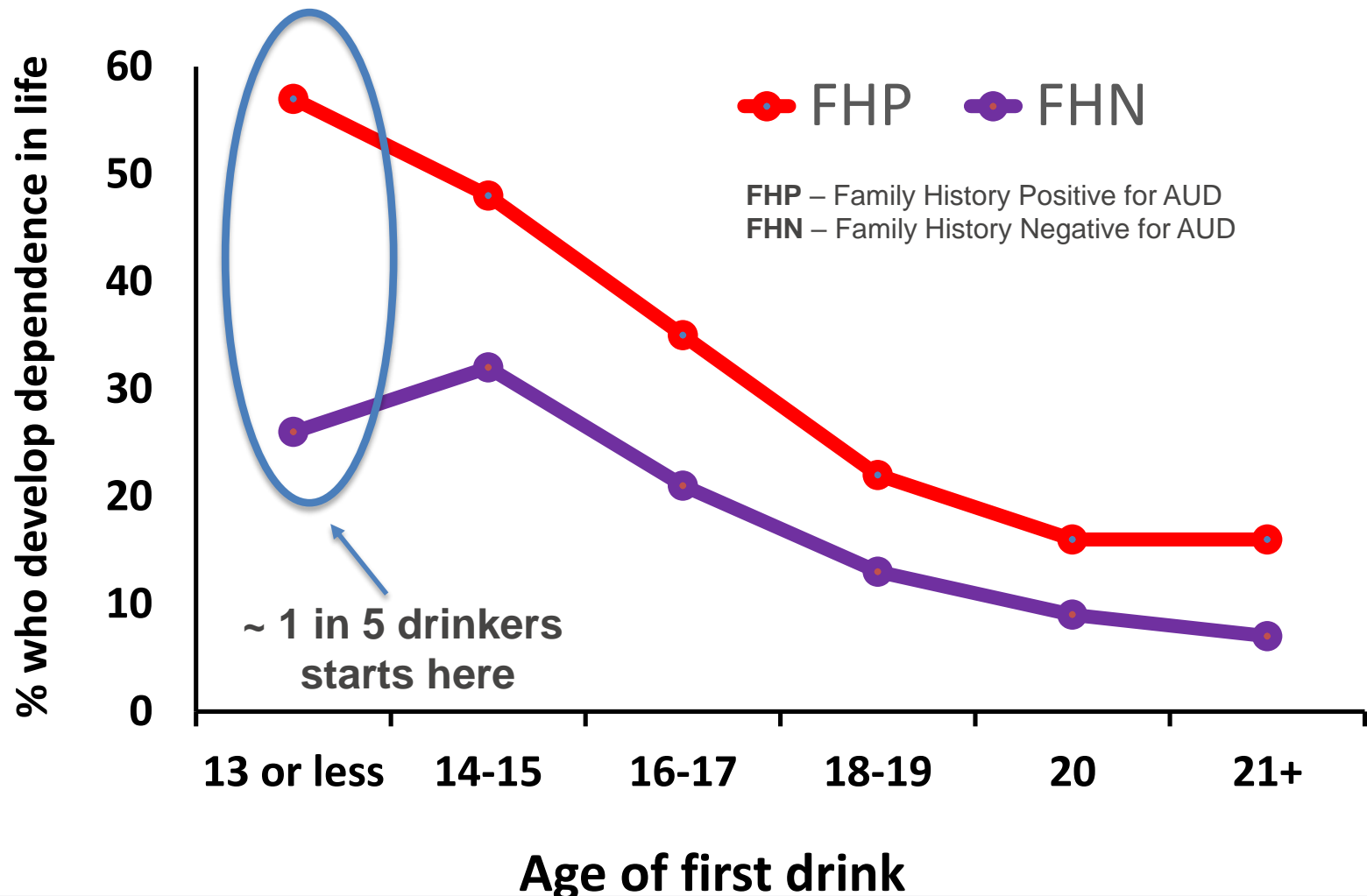


Fig. 1. Schematic summarizing findings from the present review that the general population of women is more likely to drink for negative reinforcement (e.g., stress and negative affect), and the general population of men is more likely to drink for positive reinforcement (e.g., stimulation), which reflects sex differences in the neurobiological underpinnings of drinking behavior. However, as also indicated in Fig. 1, these populations overlap, and some women may drink primarily for positive reinforcement and some men may drink primarily for negative reinforcement. This line of evidence suggests that probing stress pathophysiology may be an important direction to develop tailored treatments for women. (Peltier et al 2019 Neurobiology of Stress)

Women and Cumulative Stress

- Women are more likely to experience trauma (e.g., 1 in 3 women sexually assaulted)
- Women are more likely to be neglected or abused in childhood and to experience domestic violence as adults
- About 12% of households are run by single parents and the vast majority of those single parents (82%) are women
- Even in two parent homes, women do more chores/child rearing
- Women exposed to more discrimination in and out of workplace
- Women are paid 82 cents on the dollar compared to men
- Physiological differences emerge during adolescence and lead women's bodies to react more strongly to stressors
- For almost every stress related psychiatric condition, including major depression, generalized anxiety disorder and PTSD, the prevalence is twice or more for women than men, and these deviations begin early in adolescence.

Enhanced learning potential during adolescence might help explain the impact of early alcohol use on future problems with alcohol



FHP = Family History Positive; **FHN** = Family History Negative

Source: Grant and Dawson, 1997

Growing up in a home with a parent with AUD is associated with poorer outcomes

- Children of parents with an alcohol use disorder are at greater risk for depression, anxiety disorders, problems with cognitive and verbal skills, and abuse or neglect. (Lipari et al., 2017)
- They are 4 times more likely than other children to develop an alcohol use disorder themselves.
- The effects are related to the impact of alcohol use on parenting behavior (e.g., lower involvement, poor parent-child communication, rule setting) (Su et al., 2018)

Sources: Lipari, R.N. and Van Horn, S.L. Children living with parents who have a substance use disorder. The CBHSQ Report: August 24, 2017. Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Rockville, MD.; Yap, M., Cheong, T., Zaravinos-Tsakos, F., Lubman, D. I., & Jorm, A. (2017). Modifiable parenting factors associated with adolescent alcohol misuse: A systematic review and meta-analysis of longitudinal studies. *Addiction*, 112(7), 1142–1162.

Article

Adverse Childhood Experiences are Associated with High-Intensity Binge Drinking Behavior in Adulthood and Mediated by Psychiatric Disorders

Jeesun Jung[†], Daniel B. Rosoff[†], Christine Muench, Audrey Luo, Martha Longley, Jisoo Lee, Katrin Charlet, and Falk W. Lohoff.*

Conclusion: ACEs were associated with significantly increased odds of HIBD and the relationship may be mediated by psychiatric disorders.

Resilience as a Mediator between Adverse Childhood Experiences and Prescription Opioid Misuse among U.S. Adults

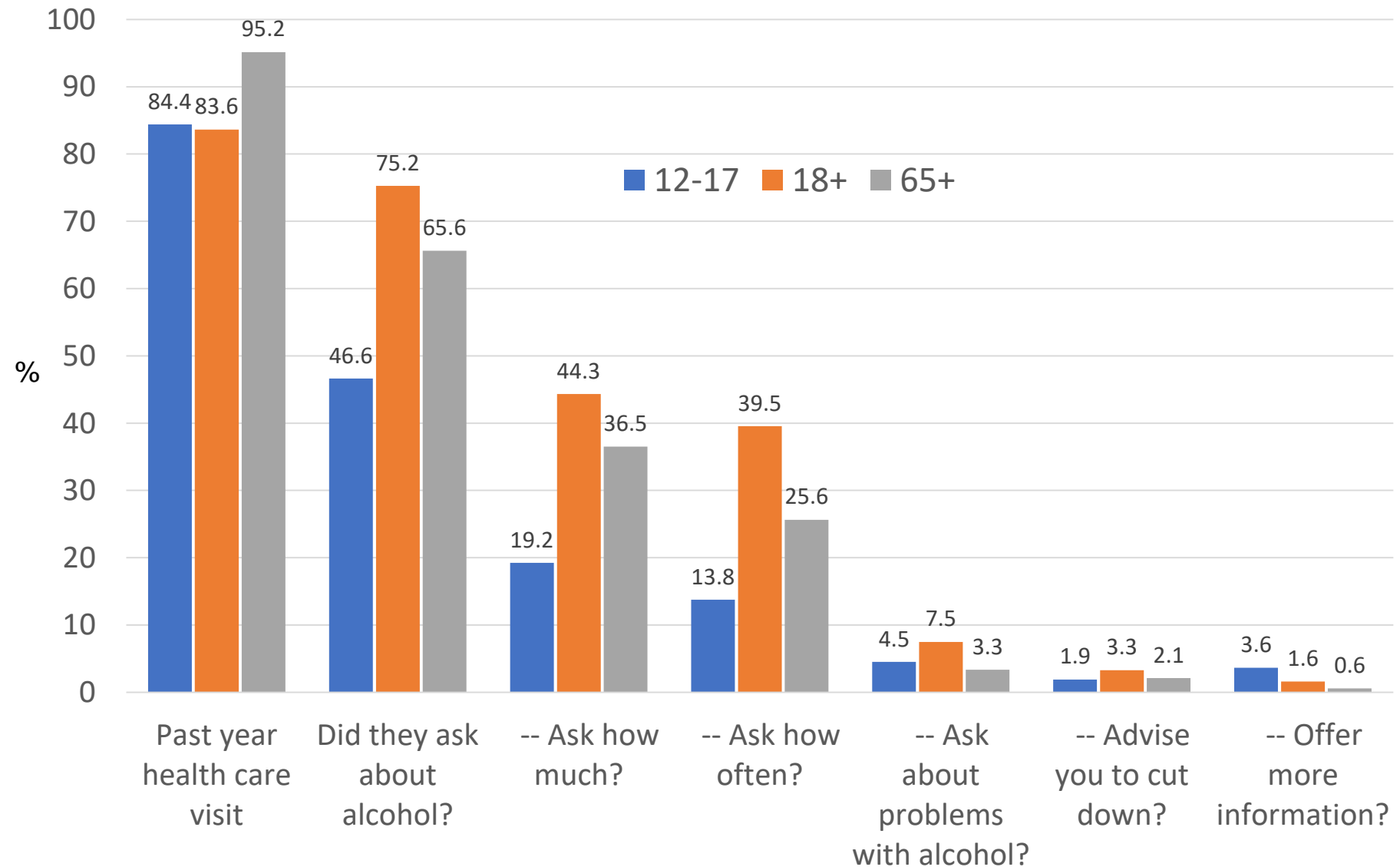
Zhi Wang, David K. Lohrmann, Anne Buu & Hsien-Chang Lin

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To link to this article: <https://doi.org/10.1080/10826084.2021.1879148>

“Studies have shown that resilience, defined as the adaptive well-being process of individuals after experiencing changes or stress, has psychological protective effects when facing adverse events... Previous research found that factors including social connections, religiosity, hardiness, and personal competence are linked to psychological resilience.. Positive experiences in childhood or adolescence may improve personal strengths and competencies that help facilitate remission of mental disorders in adulthood.. Resilience may also protect against adolescents’ risks of using substances..”

How many people report being asked about their alcohol use and given advice or additional information during a healthcare visit (2018-2019 NSDUH)



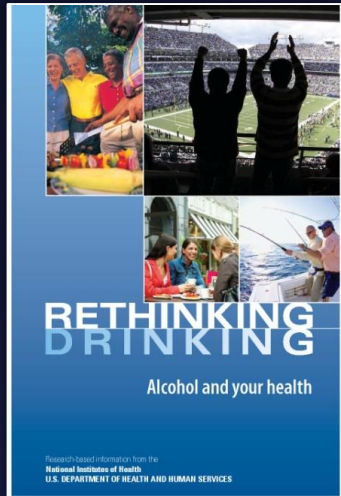
Why does it matter whether clinicians screen for alcohol?

1. Only 1 in 10 people with AUD receive treatment each year including self-help groups
2. Clinicians can help reduce stigma and other perceived barriers to treatment
3. Answers to questions about alcohol can provide clues about other health risks

A few correlates of alcohol use in 2019 NSDUH

		12-17	18+	18-25	65+
<i>Serious thoughts about suicide past year?</i>	No past year alcohol	--	3.4	8.4	1.5
	Past year alcohol	--	4.4	12.7	1.7
	Past month but no binge	--	3.8	13.2	6.4
	Past month binge (4/5)	--	6.3	12.9	2.9
<i>Past year episode of major depression?</i>	No past year alcohol	12.2	6.2	9.8	3.6
	Past year alcohol	25.6	7.4	16.0	2.5
	Past month but no binge	26.5	6.5	16.2	2.1
	Past month binge (4/5)	27.5	9.2	16.4	4.0
<i>Past year pain medication misuse?</i>	No past year alcohol	1.3	2.2	2.3	1.3
	Past year alcohol	5.5	3.2	4.7	1.4
	Past month but no binge	5.3	2.7	4.1	1.3
	Past month binge (4/5)	11.9	6.3	8.7	2.3

Thank You!



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