

In the Adolescent Population, How Much Does Parental Influences and Involvement Affect the Adolescent's Use of Alcohol?

Michele Kratzer RN
Lehigh Valley Health Network, Michele.Kratzer@lvhn.org

Follow this and additional works at: <https://scholarlyworks.lvhn.org/patient-care-services-nursing>



Part of the [Nursing Commons](#)

Let us know how access to this document benefits you

Published In/Presented At

Kratzer, M. (October 30, 2014). *In the Adolescent Population, How Much Does Parental Influence and Involvement Affect the Adolescent's Use of Alcohol*. Presented at: LVHN Research Day, Allentown, PA.

This Presentation is brought to you for free and open access by LVHN Scholarly Works. It has been accepted for inclusion in LVHN Scholarly Works by an authorized administrator. For more information, please contact LibraryServices@lvhn.org.



Parental Influence on Adolescent Alcohol Use- An Evidenced Based Review

Michele Kratzer, MSN, RN-BC
Lehigh Valley Health Network
October 30, 2014

Searchable Question

- In the adolescent population, does parental influence and/or parental involvement affect their use of alcohol ?

Key words: *adolescents, parents, alcohol abuse, parental influence, parental involvement.*

Objectives of Project

- To systematically review literature to determine if parental influence and/or involvement in an adolescent's life, affects the use of alcohol in this population.
- To propose a plan to educate parents regarding their influence on their adolescent's use of alcohol.

Inclusion Criteria

- ❑ **Studies from 2004 - 2014 which included the following criteria:**
 1. Use of alcoholic beverages by those in the 11 to 18 years age bracket.
 2. Parents who monitor or those who do not monitor their adolescent's daily activities.
 3. Parents who allow or do not allow their adolescents to drink alcoholic beverages at home.
 4. Parents who drink alcoholic beverages themselves.

Exclusion Criteria

1. Studies written in languages other than English.
2. Studies which focus on college age alcohol use.
3. Children under the age of 11.
4. Adolescents with a mental health diagnosis.
5. Parents with mental health issues.
6. Use of other illegal substances.

Background Information

- ❖ Alcohol is the most preferred addictive substance among high school students(Ramstad, 2011).
- ❖ Adolescent-onset substance-use disorders are the most significant public health problem affecting adolescents(Wilens & Yule, 2011).
- ❖ Alcohol use by persons under the age of 21, is a major public health problem(CDC, 2014).
- ❖ Maternal and paternal alcohol abuse, or at-risk drinking was associated with adolescent high levels of attention and conduct disorders(Torvik, et al., 2011).

Project Significance

- ❖ Nurses who work with the adolescent population play an integral role in educating this population about the dangers of alcohol use, as well as the parents or guardians of this population.
- ❖ The maturation of the brain is an important part of adolescent development, and this further shows that the use of alcohol in this age group, could be very detrimental to their health (Arian, et al., 2013).

Additional Project Significance

❑ **In the study by Ryan, Jorm, and Lubman (2010), they found that delayed alcohol initiation was predicted by several variables:**

- Parental monitoring.
- Limits of the availability of alcohol.
- Parental involvement with this age group.
- Quality parent-child relationships.
- General improvements in communication between parents and the adolescent.

Review of Studies

- ❖ 24 studies were initially chosen for review.
- ❖ 17 studies were included as they supported the proposed question, in some manner.
- ❖ Some of the studies focused on the adolescent's observation of parents use of alcohol, which affects the adolescent's view of alcohol use as an acceptable behavior. Others focused on parenting styles, and how this influences the adolescent choices to use alcohol.
- ❖ Communication is found to be key in most cases. It helps the adolescent make better choices.

Recommendations From Literature Review

- ❖ Education of parents regarding the complexity of the problem.
- ❖ More research which includes family-oriented studies.
- ❖ Larger sample size for review.
- ❖ More rigorous research designs.
- ❖ Increased work with parents on the teaching of parenting skills.
- ❖ More research in cases using brief interventions.

References

- Arain, M., Hague, M., Johal, L., Mathur, P., Nel, W., Rais, A., Sandhu, R., Sharma, S., (2013). Maturation of the adolescent brain. *Neuropsychiatric Disease*, 9, 449-461.
- Centers for Disease Control Fact Sheet. Retrieved from <http://www.cdc.gov/alcohol/fact-sheets-underage-drinking.htm>.
- Ramstad, J. (June, 2011). Adolescent Substance Use: America's #1 Public Health Problem. The National Center on Addiction and Substance Abuse at Columbia University. Retrieved from <http://www.casacolumbia.org/addiction-research/reports/adolescents-substance-use>.
- Ryan, S. M., Jorm, A. F., & Lubman, D., I. (2010). Parenting factors associated with reduced adolescent alcohol use: A systematic review of longitudinal studies. *Australian and New Zealand Journal of Psychiatry*, 44, 774-783. Retrieved from <http://www.anp.sagepub.com/content/44/9/774>
- Torvik, F. A., Rognmo, K., Ask, H., Roysamb, E., & Tambs, K. (2011). Parental alcohol use and adolescent school adjustment in the general population.: Results from the HUNT study. *Biomed Central Public Health*, 706, 1-11. Retrieved from <http://www.biomedcentral.com/1471-2458/11/706>
- Wilens, T., & Yule, A., (October, 2011). Familial influences on adolescent substance use. *Psychiatric Times*. 1-4. Retrieved from <http://www.psychiatrictimes.com/child-adolescent-psychiatry/familial-influences-adolesc...>