

### **A prospective study of youth gambling behaviors.**

Winters KC; Stinchfield RD; Botzet A; Anderson N.

*Psychology of Addictive Behaviors* 16(1): 3-9, 2002. (32 refs.)

Little is known about the course and outcomes of adolescent gambling. This prospective study describes findings from a 3-wave (Time 1 [T1], Time 2 [T2], and Time 3 [T3]) assessment of gambling behaviors among youth (N = 305). Stable rates of any gambling and regular gambling (weekly or daily) were observed across T1, T2, and T3. The rate of at-risk gambling significantly increased at T3 (young adulthood), whereas the rate of problem gambling remained stable over time. Several adolescent risk factors were associated with either T3 at-risk or problem gambling, many of which are risk factors for adolescent substance abuse. Findings suggest that important to the origins of young adult gambling problems are risk factors associated with the problem behavior syndrome of adolescence.

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### **Factors associated with adolescent utilization of alcohol treatment services.**

Wu P; Hoven CW; Tiet Q; Kovalenko P; Wicks J.

*American Journal of Drug and Alcohol Abuse* 28(2): 353-369, 2002. (30 refs.)

Objective: This study examined factors associated with adolescents' use of alcohol treatment services. Method: Data on adolescents (aged 12-17) from the 1994 National Household Survey on Drug Abuse (NHSDA, N = 4698), a large representative sample of the U.S. population, were used in this study. Information obtained from the survey included adolescent alcohol use, drinking patterns, alcohol abuse/dependent problems, and service use for alcohol-related problems. In addition, socio-demographics, health insurance, mental and behavioral problems, and other drug-use were also included in the analysis. Results: The findings indicate that many adolescents with alcohol problems did not receive treatment. White adolescents were more likely to receive alcohol treatment services than nonwhites. Among alcohol-related problems, alcohol causing problems at home, school, or other settings predicted entry into alcohol treatment. Drug use and poor health status were also associated with receiving alcohol treatment services. Conclusions: This study calls for an improved service delivery system to meet service needs of

adolescents with alcohol-related problems, especially among minorities, and those with alcohol-related problems but without yet experiencing significant negative social consequences.

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### **Familial and "on-the-street" risk factors associated with alcohol use among homeless and runaway adolescents.**

McMorris BJ; Tyler KA; Whitbeck LB; Hoyt DR. *Journal of Studies on Alcohol* 63(1): 34-43, 2002. (69 refs.)

Objective: This study investigated factors associated with alcohol use among homeless and runaway adolescents, using a risk-amplification model. Method: Homeless and runaway adolescents (N = 536, 60% female) were recruited and interviewed by outreach workers directly on the streets, in shelters and in drop-in centers in four Midwestern states. The average age was 16 years; ages ranged from 12 to 22. Results: Parent alcohol problems were indirectly linked to adolescent drinking through familial abuse and its relationship to deviant peers, time on own and risky subsistence behaviors. Parent alcohol problems also predicted offspring alcohol use through parental rejection and its association with deviant peers and with risky subsistence behaviors. The strongest direct effects on alcohol use were hanging out with antisocial friends and participating in deviant behaviors in order to survive on the street. Conclusions: This study sheds light on the nature of alcohol use in a high-risk population, Family background and "on-the-street" (time on own) factors must be taken into consideration when treating alcohol misuse in street youth. The alternative is a vicious cycle whereby homeless youth may become homeless adults.

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### **The influence of parental separation on smoking initiation in adolescents.**

Kirby JB. *Journal of Health and Social Behavior* 43(1): 56-71, 2002. (60 refs.)

Most adult smokers start smoking when they are adolescents and, the prevalence of smoking declines less than other unhealthy behaviors as people mature. Understanding why adolescents start smoking is, therefore, key to developing effective policy aimed at lowering the prevalence of smoking ill both children and adults. In this

study, I suggest that parental separation is one possible risk factor for smoking initiation. I use a nationally representative sample of American adolescents interviewed at two points in time to examine the influence of parental separation on smoking initiation. Two questions are addressed. First, is there a relationship between parental separation and the likelihood that an adolescent will initiate smoking? Second, if there is a relationship, through what factors does parental separation operate to influence the initiation of smoking in adolescents? My findings suggest that parental separation increases the likelihood that adolescents will start smoking. It does so in part by raising depressive symptoms and rebelliousness in adolescents. Despite the significance of these indirect effects, however, the bulk of the effect of parental separation on smoking initiation is direct.

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#### **Sibling collusion and problem behavior in early adolescence: Toward a process model for family mutuality.**

Bullock BM; Dishion TJ. *Journal of Abnormal Child Psychology* 30(2): 143-153, 2002. (45 refs.)

Sibling collusion is a process by which siblings form coalitions that promote deviance and undermine parenting. Collusive sibling processes were identified and measured using macro ratings of videotaped family interactions. Hypotheses were tested on a multiethnic sample of urban youth, with a target child identified as either "high risk" (n = 26) or "normative" (n = 26), and their families. Siblings in families with a high-risk target child showed reliably higher rates of collusion than those in families with a normative target child. Sibling collusion also accounted for variance in problem behavior after controlling for involvement with deviant peers. Findings suggest that deviant conduct forms a common ground among siblings, potentially amplifying risk of mutuality in problem behavior during early adolescence. These data also indicate that attention to sibling relationship processes is relevant to family interventions designed to mitigate the development of behavior problems

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#### **Feasibility of computerized scheduled gradual reduction for adolescent smoking cessation.**

Riley W; Jerome A; Behar A; Zack S. *Substance Use & Misuse* 37(2): 255-263, 2002. (15 refs.)

The purpose of this project was to modify a smoking cessation program that uses computerized scheduled gradual reduction for use with adolescent smokers and to test the feasibility of this cessation approach in group support and minimal contact modalities. Utilizing a lesson plan approach with high school marketing students in five

high schools and student survey feed-back, the LifeSign program was modified to be an acceptable smoking cessation program for adolescent smokers. In the first study, 17 adolescent smokers used the modified program with seven associated weekly group support sessions. At the end of treatment, 29% had quit smoking, and over half of those who continued to smoke reduced their smoking rate by 50%. In the second study, the LifeSign for Teens program was evaluated with 18 adolescent smokers in a minimal contact format. At the end of treatment, 17% had quit smoking, and mean smoking rate reductions of 43% were found among those who continued smoking. At 1-year follow-up, all subjects who had quit at post treatment reported continuous abstinence. The results of these two small trials suggest that computerized scheduled gradual reduction approach may be an accepted and potentially efficacious approach for smoking cessation among adolescent smokers.

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#### **The relationship between the consumption of various drugs by adolescents and their academic achievement.**

Jeynes WH. *American Journal of Drug and Alcohol Abuse* 28(1): 15-35, 2002. (63 refs.)

This study uses the NELS data set to assess the relationship between adolescent patterns of the consumption of marijuana, cocaine, alcohol, and cigarette consumption and their academic achievement. The results of the study indicate that increased frequency of cigarette smoking and being under the influence of marijuana, cocaine, and alcohol did frequently have an impact on adolescent academic achievement. When all types of drug consumption were considered together, cigarette smoking, being drunk, and under the influence of alcohol while at school were the variables that produced the most consistent statistically significant effects. Being under the influence of cocaine generally produced the largest regression coefficients, but the effects were often not statistically significant, which may in part be due to the small portion of students who reported being under the influence of cocaine while at school. When examined separately, being under the influence of cocaine and marijuana each had consistently statistically significant effects on academic achievement.

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#### **Young people's images of cigarettes, alcohol and drugs.**

Leeming D; Hanley M; Lyttle S. *Drugs: Education, Prevention and Policy* 9(2): 169-185, 2002. (39 refs.)

To meet their aim of reducing the acceptability of psychoactive substances to young people, the designers of drug prevention programmes need to have a thorough understanding of the personal views already held by their

audience with respect to the object of attitude and behavioural change. However, few studies involving younger adolescents have collated participant-generated impressions of a range of legal and illegal substances. The present study used a word association methodology to explore adolescents' impressions of cigarette smoking, drinking alcohol and taking a range of illegal drugs. In total, 3571 images were generated which were placed into 24 categories on the basis of content analysis. The predominance of negative imagery was of note, particularly for cigarette smoking and drug taking and there was little evidence of a simplistic generic attitude to substance use. Images of alcohol, especially alcopops, were markedly more positive and were much less likely to contain reference to specific health problems than the images of cigarette smoking. However, there was less differentiation between 'hard' and 'soft' illegal drugs than has been found with older adolescents in other studies and many of the images relating to illegal drugs were poorly defined, revealing vague notions of danger and risk. The present methodology is proposed as a useful tool for assessing attitudes both prior to and following prevention programmes and it is suggested, based on the wide variation in images elicited, that successful prevention dialogues with young people may need to vary their message according to the particular substance targeted.

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#### **Adolescent part-time work and heavy drinking in Finland.**

Kouvonen A; Lintonen T. *Addiction* 97(3): 311-318, 2002. (24 refs.)

Aims: To examine the relationship between part-time work and heavy drinking among Finnish adolescents. Design, setting: The cross-sectional survey data (the School Health Promotion Survey, n = 47 568) were collected in classrooms in 2000. Participants: Finnish lower-level secondary school students from the 8th and 9th grades, aged 14-16 years. The response rate was 82%. Measurements Work intensity, work type and the frequency of heavy drinking obtained from self-administered questionnaires. The relationship between work and heavy drinking was studied using polychotomous logistic regression models. Findings: Compared with non-workers, adolescents working more than 10 hours per week had an increased risk of heavy drinking, and also the frequency of heavy drinking was connected with this intensive working. When gender, grade level, parental education, the employment status of the parents, family structure, economic situation of the family, the degree of urbanisation, parental control, steady dating, GPA and disposable allowance were adjusted for the odds of weekly drunkenness were almost three times the odds of not reporting drunkenness

among intensive workers compared with non-workers. When adjusted for other factors, some typical children's jobs marginally decreased a likelihood of heavy drinking. Conclusions: Work does seem not protect adolescents from heavy drinking. Although many relevant factors were controlled for the effect may, however, be mediated through factors not covered in the Survey. Therefore, further clarification of the causal chains linking adolescent working and drinking is needed.

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#### **The ADHD spectrum and everyday life: Experience sampling of adolescent moods, activities, smoking, and drinking.**

Whalen CK; Jamner LD; Henker B; Delfino RJ; Lozano JM. *Child Development* 73(1): 209-227, 2002. (86 refs.)

Using an experience sampling methodology, the every-day lives of 153 adolescents with low, middle, or high levels of attention-deficit/ hyper-activity disorder (ADHD) characteristics as assessed by either parent or teen were examined. Twice each hour, across two 4- day recording intervals, participants in a longitudinal study of stress and health risks logged their behaviors, moods, and social contexts. Those with high, in contrast to low, ADHD symptom levels recorded lower negative and fewer positive moods, lower alertness, more entertaining activities relative to achievement-oriented pursuits, more time with friends and less time with family, and more tobacco and alcohol use. Fewer associations emerged with parent- defined than with teen-defined subgroups, although the differences in alertness, peer and family contexts, entertainment versus achievement activities, and substance use were consistent across sources. Even at subclinical levels, ADHD characteristics were associated with behavioral patterns and contexts that may promote peer deviancy training, unhealthy lifestyle behaviors, and vulnerability to nicotine dependence.

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#### **Cigarette acquisition and proof of age among US high school students who smoke.**

Jones SE; Sharp DJ; Husten CG; Crossett LS. *Tobacco Control* 11(1): 20-25, 2002. (45 refs.)

Objective: To determine how US high school students who are under 18 years of age and who smoke obtain their cigarettes and whether they are asked for proof of age. Design and setting: Data from the Centers for Disease Control and Prevention's 1995, 1997, and 1999 national Youth Risk Behavior Surveys which employed national probability samples of students in grades 9-12 (ages 14-18 years). Main outcome measures: Associations of usual source of cigarettes and request for proof of age with

variables such as sex, race/ethnicity, grade, and frequency of smoking. Results: In 1999, among current smokers under age 18 years, 23.5% (95% confidence interval (0), -4.5% to +4.5%) usually purchased their cigarettes in a store; among these students, 69.6% (95% CI -5.7% to +5.7%) were not asked to show proof of age. As days of past month smoking increased, reliance on buying cigarettes in a store ( $p < 0.001$ ) and giving someone else money to buy cigarettes ( $p < 0.001$ ) increased, and usually borrowing cigarettes decreased ( $p < 0.001$ ). From 1995 relying on store purchases significantly decreased (from 38.7% (95% CI -4.6% to +4.6%) to 23.5% (95% CI -4.5% to +4.5%)); usually giving someone else money to buy cigarettes significantly increased (from 15.8% (95% CI -3.6% to +3.6%) to 29.9% (95% CI -4.5% to +4.5%)).

Conclusions: Stricter enforcement of tobacco access laws is needed to support other community and school efforts to reduce tobacco use among youth. Furthermore, effective interventions to reduce non-commercial sources of tobacco, including social, need to be developed and implemented.

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**Adolescent boys and the muscular male body ideal. (review).**

Labre MP. *Journal of Adolescent Health* 30(4): 233-242, 2002. (72 refs.)

Although research on the role of the media in promoting body dissatisfaction and related problems among males is scarce, there is evidence that the male body ideal disseminated by the media is becoming more muscular and that body dissatisfaction and related problems are increasing among males. There is evidence that other eating disorders, such as anorexia nervosa and bulimia nervosa, may also remain undetected among adolescent males. A recent study found that males with eating disorders were more

likely to delay seeking treatment, perhaps owing to embarrassment at having what is considered a female problem. The prevalence of eating disorders among this population, therefore, may be higher than suggested by estimates based on the number of adolescent males seeking treatment for these disorders. It is estimated that between 3% to 12% of male high school seniors have used anabolic steroids. The use of anabolic steroids is associated with many health risks. In addition to physical consequences, the use of anabolic steroids also has been associated with mood disorders and aggression. Adolescent males wishing to increase their muscularity also have at their disposal a number of easily accessible and legal dietary supplements. Another dietary supplement increasingly popular among athletes is creatine. Butanediol is another dietary supplement currently marketed under names such as Thunder Nectar, InnerG, and Amino Flex as a natural and nontoxic way to build muscle and improve athletic performance. When ingested, Butanediol is converted into the date rape drug gamma-hydroxybutyrate (GHB), banned by the federal government in 1990. Other nutritional supplements that young men may use to reduce fat and increase muscularity include ephedrine and human growth hormone-releasing compounds. As evidenced by the literature discussed, research suggests that two trends are indeed occurring: the male body ideal is becoming more muscular and adolescent males are increasingly experiencing body dissatisfaction, engaging in disordered eating, and using anabolic steroids and untested dietary supplements to control their weight and to gain muscle. These behaviors can have serious, long-term health consequences. However, research on the role of the media in promoting these types of behaviors among adolescent males is lacking.

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