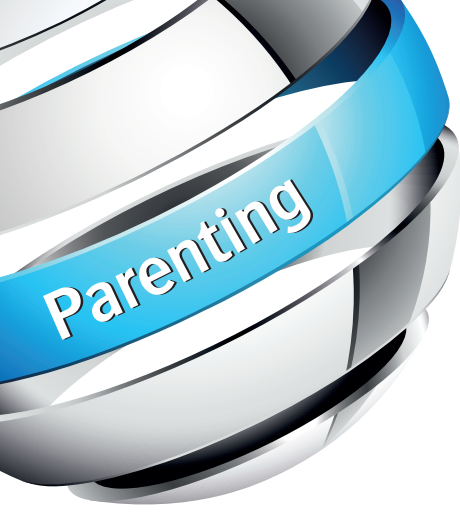




EVIDENCE

Parenting

2011 - 2014 Review Date - 2017

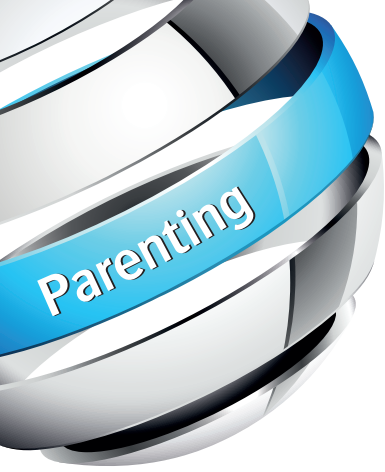


Parenting

Contents

Parenting.....	2
Introduction.....	2
Prevention Strategies	4
Communication.....	12
Parental monitoring	13
Permissive attitudes.....	16
Impact of peers and other family members.....	18
Combined Approaches	19
Implications for Practice	20
Link to other Core Elements	22





Parenting

Introduction

Adolescent alcohol use is common and has serious immediate and long-term ramifications. The average age at which young people in Europe start to drink is twelve and a half, and during the last decade, the quantity of alcohol consumed by younger adolescents in the UK has increased.

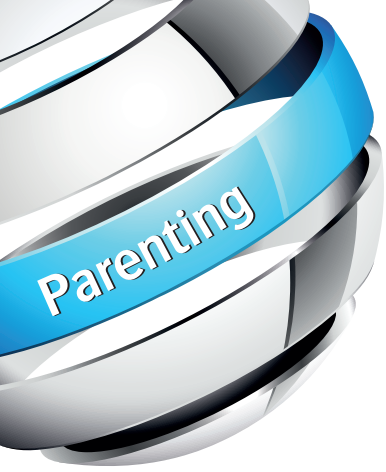
Among 13-15 year olds in Greater Glasgow and Clyde who drank alcohol, the average age for alcohol onset was 12 years old and among those who had used drugs, the average age for drug use initiation was 13 years old (Scottish Schools Adolescent Lifestyles and Substance Use Survey, 2010). While social factors other than those associated with parenting play a role in determining a child's risk for initiation of substance misuse, parents can have a significant influence on their children's decisions about these issues. Thus, of the many risk and protective factors associated with alcohol and drug misuse among young people, psychosocial factors within the family are particularly important.

Longitudinal studies investigating factors associated with adolescent alcohol use have identified a number of parenting variables as influential in delaying adolescent alcohol initiation and reducing consequent alcohol use. These include:

- parental modelling
- provision of alcohol specific communication
- parental disapproval of drinking
- consistent parental discipline, with parents employing an authoritative parenting style characterised by warmth and support combined with rules and control
- provision of positive parental reinforcement
- parental monitoring (reflecting a knowledge about their child's whereabouts and social connections)
- the quality of the parent-child relationship (including the level of conflict between the parent and the child, parental support, parental involvement, amount of time parents spend with their children, and the level and quality of communication between the parent and the child).

The timing of prevention programmes is commonly discussed in the literature. Given the likelihood of engaging in these behaviours during teenage years, pre-adolescence is seen to be a critical time to implement prevention programmes. Matriculation from high school to college/university is also typified by an increase in alcohol use and related harm for many students. Therefore, this transition period is an ideal time for preventive interventions to target alcohol use and related problems. Given the harm associated with alcohol misuse, there is a consensus that adolescents should avoid drinking for as long as possible. For this recommendation to be adopted, parents and guardians of adolescents require information about strategies that they can employ to prevent or reduce their adolescent's alcohol use that are supported by evidence.





Parenting

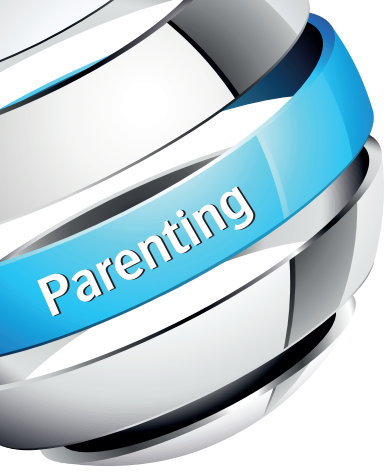
Introduction (continued)

Universal family-focused preventive intervention efforts have focused primarily on teaching parenting skills such as parental monitoring and the use of appropriate discipline techniques that have been demonstrated to be related to adaptive adolescent outcomes such as delayed initiation of substance use (Kumpfer and Alvarado, 2003). In the UK most efforts to prevent alcohol misuse depend on schools as a means of reaching large numbers of young people and, potentially, their families (Velleman, 2009) with classroom-based education for children as an established part of the curriculum. The incorporation of activities or materials for parents or the engagement of parents and children in joint activities has been identified as an important aspect of school-based prevention interventions, driven by the recognition that the family environment plays an important role in shaping young people's attitudes and behaviour towards alcohol, as well as influencing a range of both protective and risk factors (Velleman et al, 2005). The UK Government provides strong strategic support for school-based substance misuse education and for prevention initiatives which involve external agencies and children's families, with all governments now expecting schools to engage with the wider community. Additionally, most schools in the UK have made a commitment to becoming health promoting schools, which involves linking participation to health.

A number of features have been identified which are likely to increase the effectiveness of the interventions. These include a focus on harm reduction rather than abstinence; interactive activities and delivery; targeting children at primary school, when they are less likely to have experimented with alcohol or other substances; and involving parents as well as children directly in the interventions.

Yap et al (2011) highlighted that despite substantial evidence demonstrating the important influence that parents have on adolescent drinking, evidence-based preventative interventions that help parents to reduce the risk that their child will develop later alcohol use problems are lacking. Thus, other than general guidance on parenting styles that are influential in reducing adolescent alcohol use, existing interventions do not clearly describe specific parenting strategies that can be readily put into practice. For this literature to be informative for parents, the parenting styles identified need to be made more explicit as individual, actionable parenting strategies. An additional issue is that parental participation in parenting interventions is generally low.





Parenting

Prevention Strategies

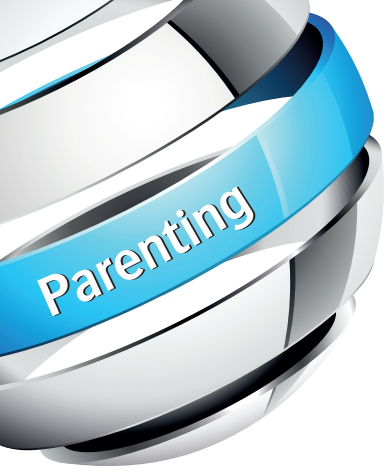
Prevention strategies evaluated in the literature include the following.

- Strengthening Families Program (SFP) (Spoth et al. 1999) which focuses on competency training sessions for parents and include adolescents in part of the training. This programme requires group meetings at specified times and thus demands more specific time commitments from families.
- Family Matters (FM) (Bauman et al. 2001) which is self-directed through booklets and is delivered in the home at a time chosen by the families.
- Preparing for the Drug-Free Years (PDFY, currently called Guiding Good Choices) (Hawkins and Catalano, 1988): a programme for parents of children aged 8 – 14 years. The programme's design was guided by the social development model.
- Parent/Family Intervention Approaches developed by Turrisi et al (2001) that consists of disseminating an informational handbook to the parents of students who are about to enter college.
- www.parentingstrategies.net: an Australian website providing parenting guidelines and a tailored web-based intervention endorsed by longitudinal research evidence and expert consensus.
- Kids, Adults Together (KAT) which is based on the Australian Parents, Adults, Kids Together (PAKT) programme run by Life Education Victoria (Carbines et al, 2007).

Miller et al. (2011) conducted research with mothers of 11-12 year old children (n = 272) to examine differences in preference of two alcohol-drug prevention strategies: Family Matters (FM) and the Strengthening Families Programme (SFP). The results indicated that mothers were significantly more likely to choose SFP when the adolescent had more problem behaviours, and better educated mothers were more likely to choose FM. The results indicate how some families are more likely to engage in one type of intervention over another.

In a similar vein, Law et al (2009) concluded that although there is a wide range of parenting programmes available that have the potential to benefit families who are affected by problems including adolescent substance abuse, the success of these programmes will depend in part on how they can be tailored to meet the social context of the families targeted - (they conducted a review of twenty systematic reviews of parenting programmes alongside a series of focus groups with parents and professionals involved in parenting across three agencies (health, education and social work) in Scotland).





Parenting

Prevention Strategies (continued)

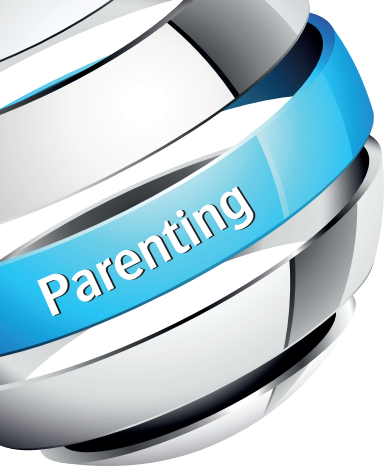
Pettersson et al (2009) conducted a Swedish study to investigate non-participation in a parental programme. The results indicated that educational level was the most important socio-demographic factor for predicting non-participation, with less educated parents being less likely to participate than more educated parents. Programme-related factors also predicted non-participation, e.g. parents who did not perceive any need for the intervention and did not attend the information meeting were more likely to be non-participants. Practical issues, like time demands, also appeared important. The authors suggested the importance of a parental programme with associated marketing that attracts parents regardless of educational level.

Duncan et al (2009) highlighted that when parents are facing the burden of perceived stress from sources both inside the home (e.g., parenting demands, marital conflict) and outside the home (e.g., work overload), they may be less able to parent the way they intend. They proposed a new model for family-focused preventive intervention that involves integrating mindfulness into the Strengthening Families Program (SFP) in order to both influence parent well-being and enhance the programme's effects on parenting (e.g., improved affective quality of the parent-child relationship). Teaching mindfulness-based practices to parents was said to have the potential to improve parent emotion regulation and the parent's ability to cope with the stress and emotional complexity of raising a young teenager. The following core aspects of mindful parenting were incorporated into the SFP:

- listening with full attention;
- maintaining emotional awareness of oneself and one's child during parenting interactions;
- practicing non-judgmental openness and receptivity when children share their thoughts and feelings;
- regulating one's own automatic reactivity to child behaviours; and
- adopting compassion towards oneself as a parent and toward the struggles one's child faces (e.g., in becoming a teenager).

The evaluation was a small, mixed method study with 5 families to test the new programme. Results indicated that most parents commented on their enhanced (or newfound) ability to avoid being reactive in interactions with their children. They reported (a) greater awareness of how their moods affect how they react, and (b) an increased rate of stopping and thinking before reacting in family situations. Additionally, the new intervention activities were generally feasible to deliver, acceptable to participants, and perceived to yield positive benefits for family functioning and parent psychological well-being.





Parenting

Prevention Strategies (continued)

Mason et al (2009) conducted a randomised controlled trial of Preparing for the Drug Free Years (PDFY). The PDFY emphasises parenting and parent-child interactional skills for: creating opportunities for involvement and interaction in the family (e.g., in family meetings); establishing clear family rules; monitoring the behaviour of children, and disciplining children; teaching children skills to resist peer influences to use drugs;

and expressing positive feelings and developing bonding while reducing anger and conflict.

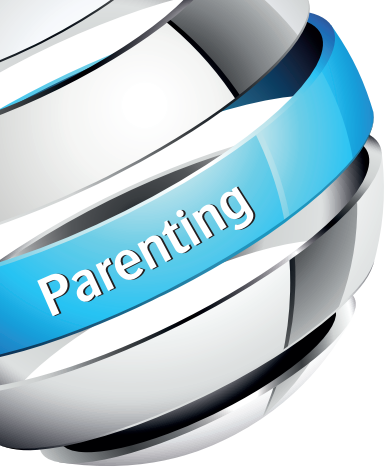
The results of the longitudinal research indicated that PDFY had a long-term effect on young adult alcohol abuse disorder that was moderated by gender. Young women who participated in PDFY with their families in early adolescence reported a lower rate of alcohol abuse in early adulthood compared to the control group. In addition, among girls, PDFY appeared to improve prosocial skills in adolescence, which was also associated with a lower rate of young adult alcohol abuse disorder. The research was said to provide support for the importance of interactive prosocial skills development in preventive interventions. In terms of limitations, the authors highlighted that intervention effects might be specific to the more select sample of target young women who were from more highly educated families and were less heavily involved in alcohol use as teens.

Ichiyama et al (2009) conducted a randomised trial of a parent-based intervention (PBI, developed by Turrisi et al, 2001) with incoming freshman—parent dyads ($n = 724$). Respondents completed baseline assessments and then were randomly assigned to PBI or intervention as usual (an alcohol fact sheet for parents). Student follow-up assessments were completed at 4 and 8 months.

The handbook provided to parents aimed to assist parents in addressing several issues with their children, including skill building (e.g., assertiveness training, improving parent–teen communication, choosing behavioural alternatives to drinking, and avoiding high-risk situations). At the 8-month follow-up, students receiving the PBI were significantly less likely to transition from non-drinker to drinker status, with females (but not males) showing less growth in drinking over the freshman year. These findings suggested that PBIs can have effects that extend beyond the first semester of college. The authors concluded that PBIs are an important component of a more comprehensive preventive intervention and policy approach to the problem of college student drinking.

Yap et al (2011) highlighted how a web-based intervention has the potential to overcome many of the challenges associated with family-based interventions for adolescent alcohol misuse such as their labour-intensiveness, poor uptake and low adherence. Their 2011 paper describes the development of www.parentingstrategies.net. The authors proposed that this website provides the first web-based preventative intervention for parents, and has great potential as a family friendly intervention which forms part of a spectrum of interventions.





Parenting

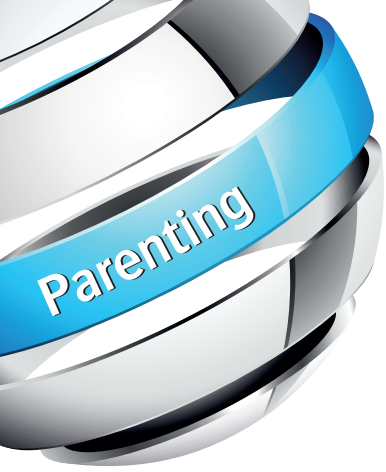
Prevention Strategies (continued)

In a similar vein, Donovan et al. (2010) hypothesised that a web-based parent-based intervention may be well suited to a dispersed parent population. They recruited parent-teen dyads ($n = 279$) to test the efficacy of an online parent-based intervention designed to (1) increase communication between parents and students about alcohol and (2) reduce risks associated with alcohol use to students. The findings

suggested that parents who participated in the online intervention were more likely to discuss protective behavioural strategies (particularly those related to drinking style and stopping/limiting drinking) with their teens, as compared with parents in an e-newsletter control group. In addition, students whose parents received the intervention were more likely to use a range of protective behavioural strategies as compared with students whose parents did not receive the intervention.

Beatty et al (2008) conducted a group randomised intervention trial in Australia with parents of 10-11 year old children ($n = 1,201$) to assess the impact of an in-home parent-directed drug education intervention on parent-child communication about tobacco and alcohol. The self-help intervention comprised five communication sheets containing information and activities designed to encourage parents to talk with their child about issues related to smoking cigarettes and drinking alcohol. The results were positive and indicated that the intervention-group parents were more likely to have spoken with their children, to have engaged the child during the discussion, to have covered the topics identified as being protective of children's involvement in tobacco and alcohol, and to have had longer talks. The authors concluded that parents of 10-11 year-old children appeared to be receptive to the intervention and that the intervention seemed to have enhanced parent-child tobacco and alcohol related communication.





Parenting

Special Interest Article – Rothwell and Segrott (2011)

Rothwell and Segrott (2011) reported on an exploratory evaluation conducted in Welsh schools of a new alcohol misuse prevention programme - Kids, Adults Together (KAT). The long term aim of the programme is to reduce the number of young people who consume too much alcohol and then

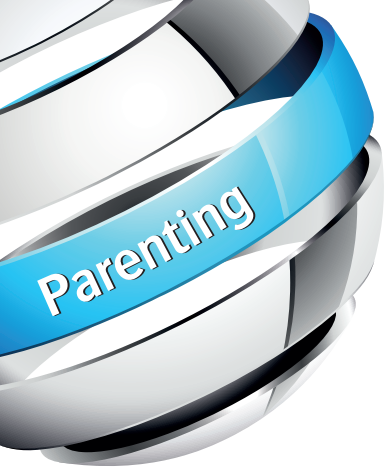
become involved in antisocial behaviour and crime; and the short term objective is “for parents and children to openly recognise and discuss the issues”. The programme involved primary school children preparing activities to present at a ‘family forum’ at the school where their parents are invited, and producing ‘take home bags’ containing leaflets, other items and a specially made DVD for families to watch together. The programme is universal; for children aged 9-11 and their parents; and takes a harm reduction approach. The teachers’ pack supporting the classroom preparation was developed independently by a multi-agency working group.

KAT was piloted in two Welsh schools whose catchment areas had substantially more lone-parent households with dependent children, a higher percentage of children entitled to free school meals, and a lower attendance than the national average. The evaluation comprised various components including: documentary analysis and interviews with key personnel; observation of classroom preparation and family events; focus groups with children, and interviews and questionnaires with parents who attended family events (with follow ups 3 months later); and interviews with head teachers and teachers.

The results suggested that KAT had significant potential as an alcohol misuse prevention intervention, through impacting on knowledge and communication processes within the family. Key features included:

- 1) High levels of acceptability and involvement among both children and parents, with the strong connection between the classroom preparation and the fun evening appearing to be a key mechanism. The main perceived impacts of the programme were increased pro-social communication within families, heightened knowledge and awareness of the effects of alcohol consumption and key legal and health issues, and changes in parental drinking behaviours.





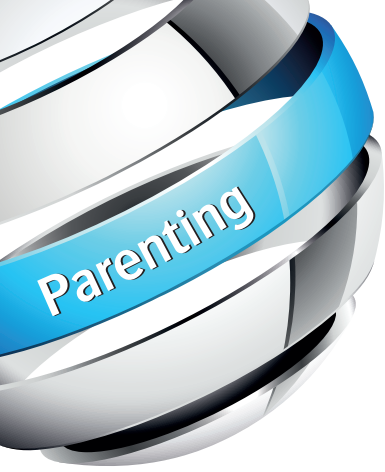
Parenting

Special Interest Article – Rothwell and Segrott (2011)

- 2) The harm reduction approach involved mitigating the negative consequences of alcohol misuse in ways tailored to the individual, thus enabling parents and children to make a range of decisions about alcohol which fitted their own circumstances. This was said to occur as the aims of KAT were open to multiple interpretations by different groups. Although KAT was not designed to address alcohol-misuse problems, there was evidence that it could reach families with such problems and raise awareness of the need for change in ways which participants found helpful. It was suggested that as a universal prevention intervention, KAT should form part of a multi-faceted approach offered in schools, and by more specialist agencies.
- 3) Use of interactive activities and delivery techniques different from standard educational approaches. Children were said to enjoy and learn quickly through drama, discussion, practical activities and use of computers. They liked being able to pass on their knowledge to others through the posters and plays prepared for the fun evening. Thus, they urged their parents to attend, and were keen to talk to them about what they had done and to show off their knowledge by supplying answers to the quiz questions and “teaching their parents”. Thus, parents learned things through taking part in the fun evening which did not expose or assume ignorance about alcohol issues.
- 4) The initiative targeted primary school aged children, and so initiated family communication about alcohol at an early stage when parents are still a primary point of attachment and before young children are likely to have started to experiment with alcohol.

The authors highlighted that KAT should be seen as a ‘complex intervention’, with outcomes derived from the interaction of components rather than each component fulfilling a separate function. The importance of communication was highlighted as the main intermediate outcome of KAT, which is also consistent with the Social Development Model which links family communication with children’s alcohol-related behaviour later in life.





Parenting

Special Interest Article – Rothwell and Segrott (2011)

The limitations with the study were as follows.

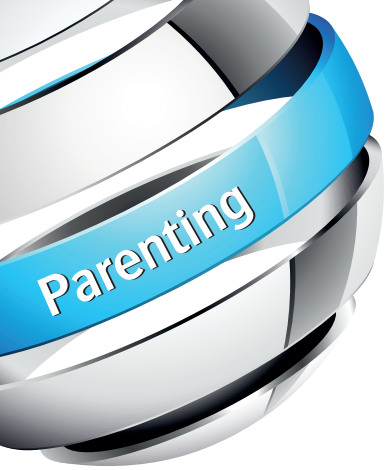
- 1) KAT was run as a pilot to establish its feasibility and acceptability and the evaluation was designed to identify potential outcomes and causal mechanisms, rather than measure changes in pre-specified outcomes.
- 2) Interview and focus-group data were derived from a small sample which may not be representative of the general population.
- 3) The response rate to the questionnaire was low and there may have been overlap between questionnaire respondents and interviewees.
- 4) The research was not able to explore the in-depth experiences of those parents who did not take part in KAT. No systematic data were collected on parents' current or past alcohol-related problems, and so it was not possible to relate findings to parents' experience of use/misuse of alcohol.
- 5) The way in which KAT acted to engage parents through the children's enthusiasm to go to the fun evening may also have missed those who were least likely to interact positively with their children and were unresponsive to any pressure to attend.
- 6) It is also important to note that participation (both in relation to the programme and the research) was higher among mothers than fathers.

Prevention Strategies (continued)

Ryan et al (2011) aimed to produce specific guidance for parents on ways to reduce alcohol use in their adolescent children. They employed the Delphi methodology to establish expert consensus on strategies for parents that are effective in preventing or reducing their adolescent child's alcohol consumption, in line with recommendations outlined by the new Australian and UK alcohol guidelines for young people. In this study, a panel of Australian experts reviewed sources of advice for parents (on three separate presentations) and constructed a set of statements from this literature. Members were also given the opportunity to provide feedback and make suggestions for additional statements. The outcome was a list of statements for which there was substantial consensus in ratings (>90%).

This study identified 289 strategies that were categorised thematically into 11 sub-headings. Details of these headings and example parenting strategies are included in the table on the next page.

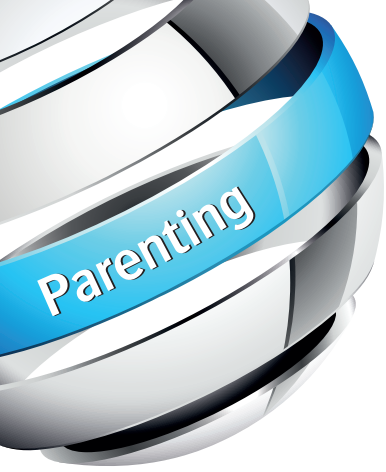




Parenting

Strategies	Example Parenting Strategies
Some things you should know about adolescent drinking	Parents should be aware that adolescents have less physical tolerance to the effects of alcohol.
Delay your adolescent's introduction to drinking	Parents should be aware that the longer their adolescent delays alcohol use, the less likely they are to develop problems associated with alcohol. Parents should be aware that they can teach responsible drinking to their adolescent without allowing the adolescent to drink.
Model responsible drinking and attitudes towards alcohol	Parents who drink should model responsible drinking by never drinking and driving.
Talk to your adolescent about alcohol	When talking to their adolescent child about alcohol, parents should teach them that the effects of alcohol vary between individuals, depending upon the amount of alcohol, the person and the context. Parents should not present a permissive approach to alcohol, as this can increase the likelihood of alcohol misuse by their adolescent child. Parents should be aware of how alcohol is addressed in their adolescent's school curriculum.
Establish family rules	When establishing family rules parents should involve the adolescent in their development. In establishing family rules regarding alcohol, parents should ensure the adolescent knows that these rules are a protective measure, and not just a restriction on their freedom. When establishing consequences for when family rules are broken, parents should make them very clear to their adolescent child.
Monitor your adolescent when you are not around	Parents should be aware that parental monitoring reduces the likelihood of their adolescent misusing alcohol. Parents should monitor their adolescent by asking them where they will be when they are unsupervised. Parents should be aware that adolescents who participate in activities that complement their interests and abilities are less likely to misuse alcohol. Parents should become involved in community activities aimed at the prevention of adolescent alcohol misuse.

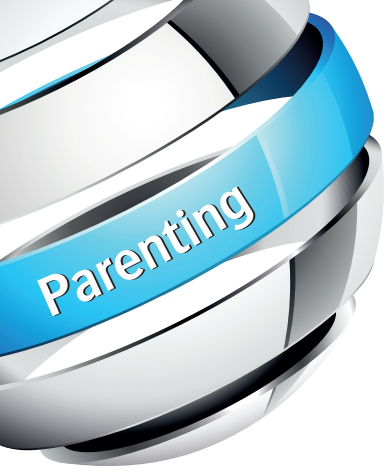




Parenting

Strategies	Example Parenting Strategies
Prepare your adolescent for peer pressure	Parents should be aware that if their adolescent's friends use alcohol, their adolescent is more likely to use alcohol.
Unsupervised adolescent drinking	Parents should discuss with their adolescent situations they may be faced with where they are pressured to drink to ensure they are sufficiently prepared for handling these situations.
When your adolescent has been drinking without permission	If their adolescent comes home drunk, parents should wait until the adolescent is sober before talking to them about their behaviour.
Adolescent parties at your house	When hosting an adolescent party, parents should work with their adolescent to plan age appropriate activities to take the focus off drinking at the party.
Establish and maintain a good relationship with your adolescent child	<p>Parents should praise their adolescent for their efforts as well as their achievements.</p> <p>Parents should not tease their adolescent in a way that could be perceived as hurtful.</p> <p>Parents should ensure that their positive comments outweigh their negative comments in their interactions with their adolescent.</p> <p>Parents can be involved with their adolescent by establishing a regular weekly routine for doing something special with the adolescent.</p> <p>Parents should encourage communication with their adolescent by asking the adolescent about topics that interest them, and listening to them when they talk.</p>





Parenting

Communication

Much research indicates the importance of effective communication between the parent and child in relation to fostering a close relationship, with this being inversely related to alcohol misuse. For example, Ryan et al (2010) conducted a systematic review of longitudinal studies investigating parenting factors associated with reduced adolescent alcohol use and found that delayed alcohol initiation and reduced

levels of later drinking were predicted by (among other things): parent-child relationship quality and general communication. Small et al (2011) examined the protective effect of parent-college student communication. Freshman students (n = 746) completed a web based survey, with results indicating that the amount of time spent communicating with parents on weekend days predicted the number of drinks consumed and heavy drinking. The authors concluded that encouraging parents to communicate with their college students, particularly on weekend days, could be a relatively simple, easily implemented protective process to reduce dangerous drinking behaviours.

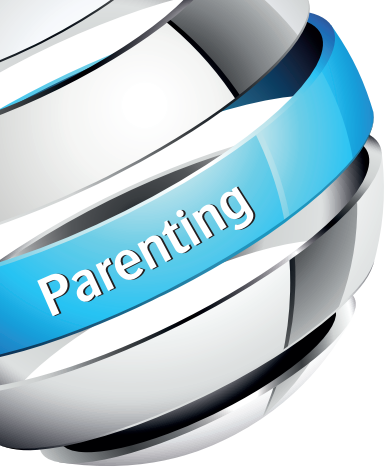
The National Centre on Addiction and Substance Abuse at Columbia University conducts national annual surveys with teenagers and their parents on issues surrounding substance abuse. They report that a young person who does not smoke, use illegal drugs or abuse alcohol before the age of 21 is virtually certain never to do so. They also report that parents have the greatest influence on whether their teenagers will engage in such behaviour.

Their surveys have consistently found a relationship between children having frequent dinners with their parents and a decreased risk of their smoking, drinking or using other drugs and that parental engagement around the dinner table "is one of the most potent tools to help parents raise healthy, drug-free children". In their report, the Importance of Family Dinners, they highlight that compared to teens who have frequent family dinners (five to seven per week) those who have infrequent family dinners (fewer than three per week) are:

- Almost four times likelier to use tobacco;
- More than twice as likely to use alcohol;
- Two and a half times likelier to use cannabis; and
- Almost four times likelier to say they expect to try drugs in the future.

It was stressed that the key aspect of family dinners is the conversations and family engagement around the table (three quarters of teenagers who report having dinner with their family at least once a week find the interaction and being together as the best part of family dinners). The time spent at family dinners was related to teenagers generally spending more time with their parents, which was again linked to more positive behaviour. Compared with teenagers who spend 21 hours or more per week with their parents, those who spend 7 hours or less are twice as likely to use alcohol and say they expect to try drugs in the future.





Parenting

Communication (continued)

Spijkerman et al (2008) conducted a Dutch study investigating how parenting practices related to adolescents alcohol use. Adolescents who had been drinking in the last year (n = 1,344) completed a survey at school and their parents completed a short survey at home. The results indicated that applying strict rules about alcohol use and parents and adolescents having good communication about drinking alcohol seemed to prevent adolescents from heavy drinking patterns.

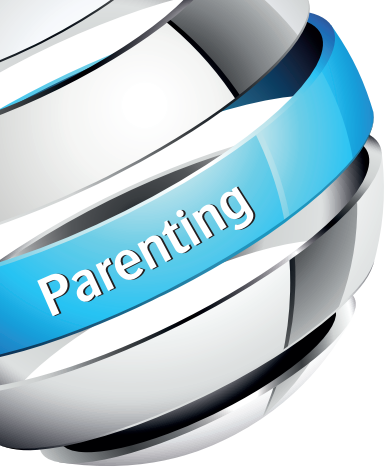
Research has also indicated that parental communication alone may not be sufficient to influence youth risk taking, but that parental monitoring and the establishment of respectful, close relationships with children may be important elements of parent-focused health promotion efforts. For example, Teten and Noonan (2011) analysed the American YouthStyles survey (of 1,357 adolescents) and found that although communication about risk behaviours was a significant predictor of substance use, closeness/respect and rules/monitoring predicted substance non-use.

Parental monitoring

Parental monitoring has been shown as a key factor impacting on an adolescent's alcohol consumption. To illustrate, Ryan et al (2010) reported that delayed alcohol initiation and reduced levels of later drinking by adolescents was predicted by parental monitoring. In addition, research has indicated that parental monitoring during high school can impact positively on drinking behaviour once young people are at college or university, as parents maintain their influence on their adolescents' transition into college. Turrisi and Ray (2010) examined the relationship between parenting and student drinking tendencies during the transitional period between high school and college and into the first year of college; and the ways in which sustained parenting throughout the first year is related to college-drinking outcomes and consequences. The results indicated that sustained parental efforts have a beneficial effect on reducing high-risk drinking and preventing harm even at this late stage of late adolescent/early adult development.

Abar and Turrisi (2008) conducted a survey with students (n = 392) and found that parenting behaviours have a direct impact on their teenager's selection of friends during college. Specifically, the more students reported their parents knowing about or trying to know about the ways in which they spent their free time, the less they tended to associate with heavy drinking peers in college and the less they drank themselves. The findings were said to suggest that parents and prevention programmes should work toward actively increasing parental knowledge and monitoring of teenager's behaviours, while fostering parental disapproval of alcohol misuse. The research also indicated that prevention approaches at the high school level will impact college behaviours.





Parenting

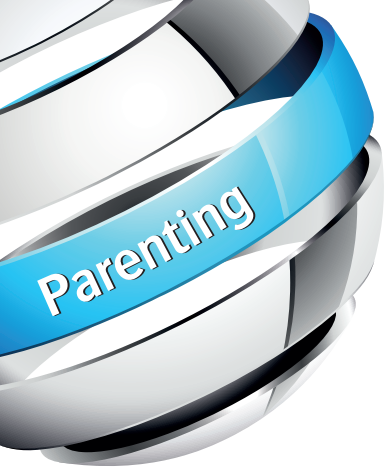
Parental monitoring (continued)

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Arria et al (2008) conducted a longitudinal study of students ($n = 1,253$) which indicated that parental monitoring had an indirect influence on college drinking through reductions in high school drinking. Thus, the results were seen to extend support for parental monitoring and supervision during the high school years as a strategy to reduce adolescent drinking. The authors outlined various possible ways to involve parents in prevention: 1) parents communicating with their college-age child about campus policies related to underage drinking and illicit drug use; 2) parents being encouraged by colleges to express disapproval of underage drinking while their child attends college; and 3) colleges encouraging parents to play an important role in recognising early warning signs of alcohol misuse and intervening by facilitating access to services. To summarise, it was proposed that colleges should invest in initiatives that involve parents as partners in communicating the message to students about the risks of heavy drinking and promote appropriate levels of parental monitoring through the college years.





Parenting

Parental monitoring (continued)

The importance of parental monitoring has also been shown in European studies. For example, a Hungarian study by Piko and Kovac (2010) involving school pupils (n = 881) found that parental monitoring was a universal protective factor against adolescent substance use. The authors suggested that acceptance and respect of parents' values may serve as a protection against binge drinking among adolescents. Moore

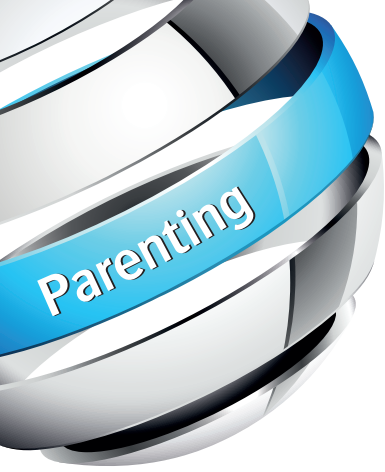
et al (2010) conducted secondary analyses of self-completion questionnaire responses from Welsh secondary school children (n = 6,628). Results indicated that approximately three quarters of respondents reported having tried alcohol, most of whom had first tried alcohol aged 12 or under. Parental monitoring and family closeness were positively correlated with one another and were both associated with significantly lower levels of drinking behaviours. In particular, parental monitoring was identified as the family functioning factor most consistently associated with drinking behaviour.

Choquet et al (2008) examined associations between parental control or parental emotional support and current tobacco, alcohol or cannabis use among 12–18-year-old French students. They analysed data from a cross-sectional survey of 12-18 year old students (n = 16,532), as part of the ESPAD study (European Study Project on Alcohol and Other Drugs). The results indicated a negative relationship between parental control and substance use, with this relationship being more marked for tobacco and cannabis than for alcohol. Other results indicated that parental control was more markedly related to substance use in girls than in boys, and had a greater impact than emotional support.

Okulicz-Kozaryn (2010) conducted a Polish survey with high school pupils (n = 3,087) and found that, among parenting variables, the most significant predictors of alcohol abuse by teenage children were maternal control and time spent with a mother. The authors made various implications for practice: 1) Parents of teenagers should be made aware of the crucial role that their parenting plays in their child's drinking behaviour and as such, prevention programmes focusing on strengthening the family bond should be encouraged (e.g. Strengthening Families Program); 2) Parents (especially mothers) should be encouraged to realise the importance of parental supervision and spending more time with their teenage children.

In an Australian study, Roberts et al (2010) assessed mothers' intentions to introduce their adolescent to alcohol and to examine whether their own alcohol use influenced their intentions. They conducted a survey with mothers of adolescents aged 12 years old (n = 161), and found the majority of mothers felt that parents should introduce their children to alcohol at home before they reach the age of 18. Interestingly, their intentions to initiate their children into alcohol use were similar despite differences in the mothers' own alcohol use. This was said to suggest that prevention approaches involving parents are unlikely to need to take the mothers' alcohol use into account when planning ways to support parents in this aspect of their role, at least for mothers of early adolescents.





Parenting

Parental monitoring (continued)

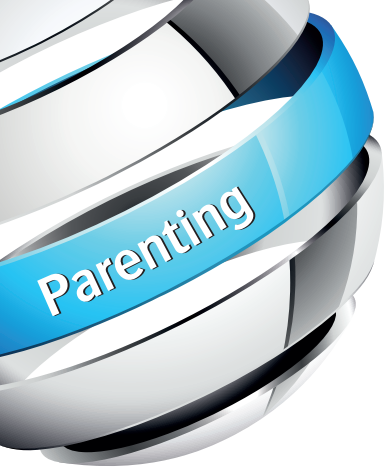
O'Donnell et al (2008) highlighted that underestimation of girls' risks on the part of both parents and professionals, creates barriers to prevention, as interventions to delay risk behaviours are often delivered too late. They examined the extent to which parents of young teenagers underestimated both the risks their daughters were exposed to and the considerable influence they had over their children's decisions and behaviours. They conducted surveys with 13 year old school girls and their parents (n = > 700) from low-income families. The results indicated that parents substantially underestimated the risk behaviours of their daughters, and the extent to which they were engaging in behaviours that were not parentally approved. When parents underestimated risks, daughters reported there were fewer rules, less parental oversight, less parent-child communication, and less disapproval of risk. Girls who reported their parents overseeing their activities, setting rules, and communicating disapproval of risky behaviour were less likely to engage in alcohol use. Given the importance of parenting practices, the authors highlighted that addressing the gap between what girls do and what parents (or other adults) know about is critical, especially at the transition from childhood to adolescence, when there is still opportunity to shape attitudes and intentions as well as behaviours. The authors highlighted the need for caution in generalising results to other populations, especially where early risk taking is not as prevalent.

Permissive attitudes

Research has also highlighted how permissive parental attitudes towards drinking are associated with greater alcohol consumption among adolescents. To illustrate, Moore et al (2010) found that more liberal parental attitudes towards substance use and towards alcohol and petty crime were positively correlated with one another and with higher levels of drinking behaviours.

Abar et al (2009) examined the impact of permissibility of alcohol use in late high school on the alcohol use and experienced negative drinking consequences of college students. Participants (n = 290) were assessed for perceptions of their parents' permissibility of alcohol use and own experienced negative consequences associated with alcohol use. Results indicated that parents who permitted relatively high levels of teenager drinking in high school were more likely to have children who engaged in much riskier drinking behaviours than children whose parents permitted relatively low levels of teenager drinking. Additionally, complete disapproval was more protective than approving of alcohol consumption at any level, as students with more permissive parents drank significantly more and experienced significantly more negative consequences associated with alcohol consumption. Limitations cited with the research were that the data was retrospective in nature (meaning that student recollection could be skewed) and the measure of limit setting did not take into account sips or half drinks of alcohol, only full drinks.





Parenting

Permissive attitudes (continued)

The findings were said to show that acceptance of underage alcohol use in the home is likely to be an ineffective strategy to reduce the likelihood that their teenager will misuse alcohol in college, while disapproval seems to produce the most optimal outcome.

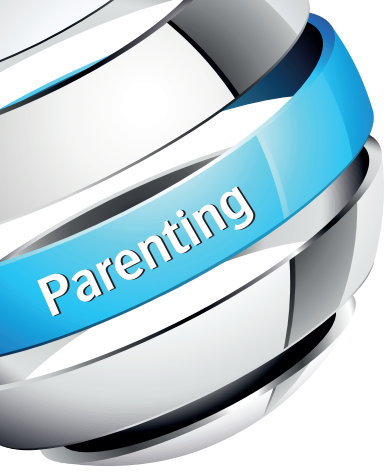
As such, it was suggested that prevention strategies involving parents may benefit from encouraging the communication of parental disapproval of alcohol use to teenagers until the age of 21.

Abar (2011) used a holistic, person-centred approach to examine parenting influences on student alcohol use with first-year university students ($n = 1,153$). Analysis revealed four profiles of perceived parenting (High Quality, High Monitoring, Anti-Alcohol, Pro-Alcohol) and five profiles of student alcohol-related characteristics (Abstainers, Past Drinkers, Light Drinkers, High Risk Drinkers, Extreme Risk Drinkers). The results indicated that students who perceived their parents as belonging to the Pro-Alcohol profile had much higher probabilities of belonging in the High Risk Drinker or Extreme Risk Drinker profiles than students in all other perceived parenting profiles. Thus, it was suggested that in addition to alcohol-specific parenting characteristics, aspects of the parent-teenager relationship quality may also be integral in the prevention of college alcohol misuse. The authors suggested that a targeted approach reflecting the profiles found in the current study might greatly enhance prevention programme efficacy.

Tucker et al (2008) conducted a longitudinal study ($n = 710$) to identify psychosocial factors that may deter adolescents living in permissive households from heavy drinking. Permissive households were defined based on adolescent reports of whether the parents (1) would be upset if the adolescent drank or used marijuana, (2) knew their child's whereabouts when the adolescent was away from home, and (3) set curfews. Three quarters of adolescents from permissive households reported heavy drinking at Grade 9, with less frequent heavy drinking among those who concurrently reported less exposure to peer and adult drinking, less peer approval of drinking, weaker positive beliefs about drinking, a stronger academic orientation, higher resistance self-efficacy, and less delinquency. Furthermore, social influences and alcohol beliefs predicted the frequency of heavy drinking 2 years later among adolescents from permissive households. The authors concluded that growing up in a permissive household was associated with heavy drinking. Nonetheless, several psychosocial factors were associated with less frequent heavy drinking even within this at-risk population. It was suggested that alcohol prevention programmes that target pro-drinking peer and adult influences, positive attitudes toward drinking, and resistance self-efficacy may be particularly important in deterring heavy drinking among adolescents living in permissive households.

Zucker (2008) reviewed six major longitudinal studies from the United States, UK, and Finland, that tested predictive models of drinking and problem drinking behaviour. Commonalities across studies included an undercontrol domain as both a childhood and adolescent predictor of problem drinking outcomes in early through middle adulthood and early drinking behaviour as an index for later drinking outcomes.





Parenting

Permissive attitudes (continued)

van den Eijnden et al (2011) conducted a two-wave longitudinal study (with a 2-year interval) consisting of a self-completion survey among adolescents aged 12-15 years in the Netherlands (n = 537). The findings indicated that perceived alcohol availability at home was the only parenting factor predicting an increase in alcohol intake and alcohol-related problems among adolescents 2 years later. In addition, the effect of alcohol availability on adolescents' alcohol-related problems disappeared when adolescents perceived strict alcohol rules, and parents responded to their child's experienced alcohol-related problems by engaging in more rigorous alcohol-specific parenting (e.g., by increasing alcohol-specific rules and decreasing alcohol availability at home). The findings emphasised that parent interventions aimed at the prevention of an adolescents' alcohol use should include the advice to restrict the perceived presence of alcohol beverages at home. Moreover, to prevent alcohol problems, parents should be advised to enforce strict rules about drinking, particularly when a total absence of alcohol at home is not feasible.

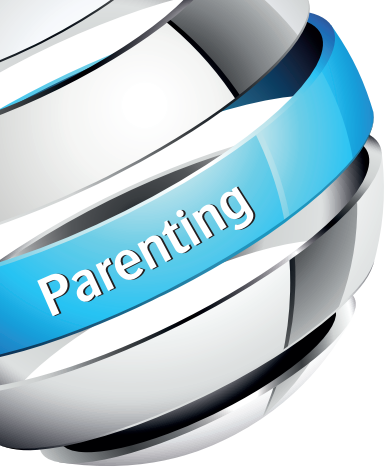
Impact of peers and other family members

As well as parents having an impact on a young person's alcohol consumption, research has also indicated the impact of other sources such as peers, siblings and other family members. Walls et al (2009) conducted a longitudinal survey with college students before matriculation and the two following years (n = 388). The results indicated the importance of the parental context (e.g., parental permissiveness of drinking) as well as peer influences (e.g., intended fraternity/sorority involvement) in drinking behaviour among college students.

Gossrau-Breen et al (2010) conducted an analysis on a national representative sample of 8th to 10th graders in Switzerland who had an older sibling (n = 3,725). Results showed that both parental factors and older siblings' drinking behaviour shaped younger siblings' frequency of risky drinking. Specifically, parental monitoring appeared to be important in preventing risky drinking by their younger children, even if the older sibling drank in such a way. However, a good relationship with parents did not seem to be sufficient to counterbalance an older siblings' influence.

Rosenquist et al (2010) explored the role of social networks in relation to alcohol consumption. They conducted a longitudinal study to explore whether alcohol consumption behaviour spreads from person to person in a large social network of friends, co-workers, siblings, spouses, and neighbours over a 32 year period. Around 12,000 participants were assessed at various points. The results indicated that at all testing points, clusters of drinkers and abstainers were present in the social network, with the changes in the alcohol consumption behaviour of a person's social network having a statistically significant effect on that person's subsequent alcohol consumption behaviour. However, this was only true of the behaviour of relatives, not of immediate neighbours and co-workers. Thus, the results were said to support the use of group-level interventions to reduce problematic drinking.





Parenting

Combined Approaches

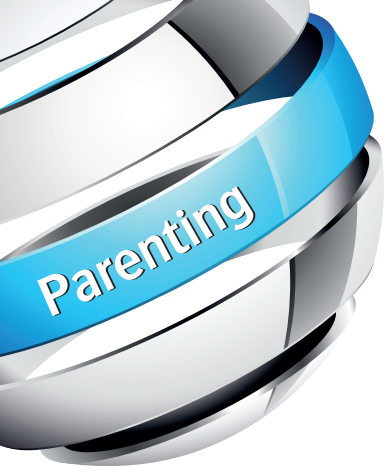
Family, school, and other social contexts do not operate in isolation but rather there is some interplay among them that influences adolescent risk behaviours. School connectedness is central to the long term well-being of adolescents, and high quality parent-child relationships facilitate school connectedness. An Australian study by Kelly et al. (2011) indicated the importance of family-school partnerships in early intervention and prevention. Using a sample of over 7,000 10-14 year olds, they found that the effect for family relationship quality on school connectedness was not significant when adolescents in grade 6 reported that the majority of friends consumed alcohol.

Special Interest Article – Werch et al (2008)

Werch et al (2008) tested the efficacy of brief image-based print messages integrating physical activity with alcohol use avoidance. High school pupils (n = 684) were randomly assigned to either the parent postcard or adolescent flyer arm, with data being collected at baseline and four-month post-intervention. Parents of adolescents in the parent/caregiver postcard arm were posted a series of three postcards cueing parent-youth communication regarding fitness promotion and alcohol avoidance, while adolescents in the flyer arm were posted a series of three flyers pairing commercial quality images of healthy and active young people with brief, fitness promotion and alcohol avoidance messages.

Results indicated less alcohol use frequency and problems among adolescents exposed to parent materials. In addition, drug using adolescents receiving parent print messages showed less alcohol initiation and frequency, and marijuana initiation and frequency. The authors suggested that very brief print materials sent to parents/caregivers may influence substance use among adolescents, particularly those already using drugs. These findings were supported by data showing that parent materials increased adolescent frequency of alcohol self-control behaviours, and parental monitoring.





Parenting

Special Interest Article – Werch et al (2008)

However, the authors noted that although the outcome from the parent materials were positive, they were considerably less extensive than those seen resulting from a face to face consultation providing similar image-based communication (Werch, et al., 2005). Thus, they suggested that print

communication targeting family members (as well as adolescents directly) should be examined as adjuncts to other brief or existing interventions for enhancing and extending intervention effects. One of the more interesting findings of this study was the positive effects found on marijuana use, among drug using young people exposed to parent postcards, given that the substance was not directly addressed in the print materials, suggesting that adolescents may extrapolate image-based information to other health risk behaviours, including marijuana.

Limitations with the research included: 1) the communication strategies consisting of only three pieces of print material (although significant effects were found suggesting that additional materials could possibly increase intervention strength, resulting in additional outcomes); and 2) the lack of a true control condition; and generalisability as the study was limited to a single suburban high school.

Implications for Practice

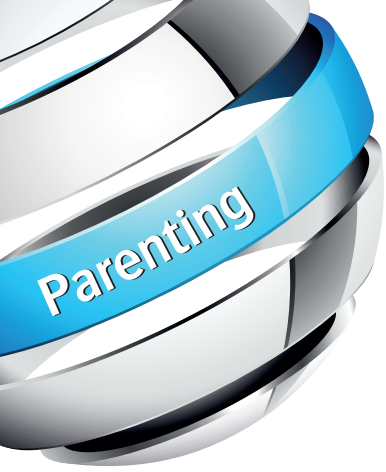
Focus on parent-child communication

Much research has indicated the importance of communication as a means of reducing the chance of alcohol misuse among adolescents. This has been shown to continue to have an impact when individuals go to college/university, suggesting that prevention approaches should encourage communication between the parent and child.

Tailoring prevention approach to family

Research has indicated that different prevention strategies are suited to different types of parents and families. Thus, it is necessary to ensure the needs and characteristics of the target group (such as social context and education level) are considered when deciding on the approach and associated marketing.





Parenting

Implications for Practice (continued)

Consideration of proven approaches

Programmes such as Preparing for the Drug Free Years and the Strengthening Families Programme have been shown to have promise for engaging parents in prevention activities. It is recommended that further consideration is given to these approaches, such as considering their applicability for Greater Glasgow and Clyde.

Comprehensive approach

It is often highlighted that parent based interventions are best viewed as an important component of a more comprehensive preventive intervention and policy approach to the problem of adolescent drinking. Thus, it is important to consider a spectrum of interventions with different formats including handbooks, workshops and web-based approaches. In addition, it is also important to consider other skills to be taught during programmes (i.e. not just information on alcohol and drug use) such as prosocial skills development; and other sources which have an impact including peers and other family members.

Harm reduction

It should be noted that the research highlights the importance of harm reduction, as it allows the individual to tailor their actions to their own needs and circumstances, i.e. reducing harm in their own ways.

Early onset = Early prevention activity

Prevention approaches should be encouraged when children are still at primary school, to encourage family communication about alcohol at an early stage when parents are still a primary point of attachment and influence.

Parental monitoring

Research highlights a range of factors that are related to alcohol misuse among young people including parental monitoring and permissive attitudes, thus suggesting a need to invest in initiatives that involve parents as partners in communicating the message to young people about the risks of heavy drinking and promoting appropriate levels of parental monitoring.

Link to other Core Elements

Resilience and Protective Factors

Education

Social Marketing

Harm Reduction – Alcohol

Harm Reduction - Drugs

