

“Sociodemographic variables associated to binge drinking in adolescence: ALERTA ALCOHOL”

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BACKGROUND

Alcohol consumption among adolescents remains high, though it has declined, with more than a quarter reporting use in the previous month (*National Institute on Drug Abuse, USA, 2017*).



(Anderson, 2008; Calafat Far, 2007; Cortés, Espejo, & Giménez, 2007; Romo-Avilés, Marcos-Marcos, Marquina-Márquez, & Gil-García, 2016)

The effects of certain socioeconomic factors and other social factors on health-related behaviours can influence the outcomes of the disease, manifesting itself in a later stage in life (*Braveman, Egerter, Woolf, & Marks, 2011*).

Nowadays, there is little knowledge about the influence of socioeconomic factors and alcohol use in adolescent health.

AIM

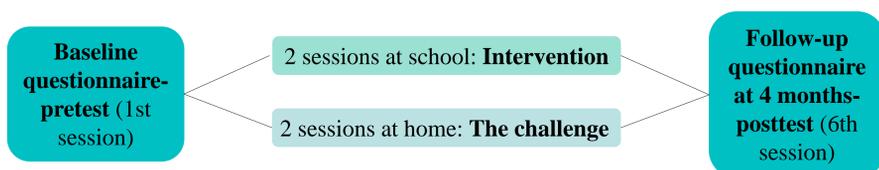
To determine the sociodemographic factors associated with binge drinking in Spanish adolescents who participated in a web-based computer-tailored intervention for prevention of binge drinking.

METHODS

The study population consisted of Andalusian adolescents (from 15 to 19 years old) attending public schools. The sample is part of a cluster randomized clinical trial (CRCT) with an experimental (EC) and a waiting-list control condition (CC) randomized at the school level of a web-based computer-tailored program for the prevention of binge drinking in adolescents known as **ALERTA ALCOHOL**. In each city, a school was assigned to experimental condition and other to waiting-list control condition.

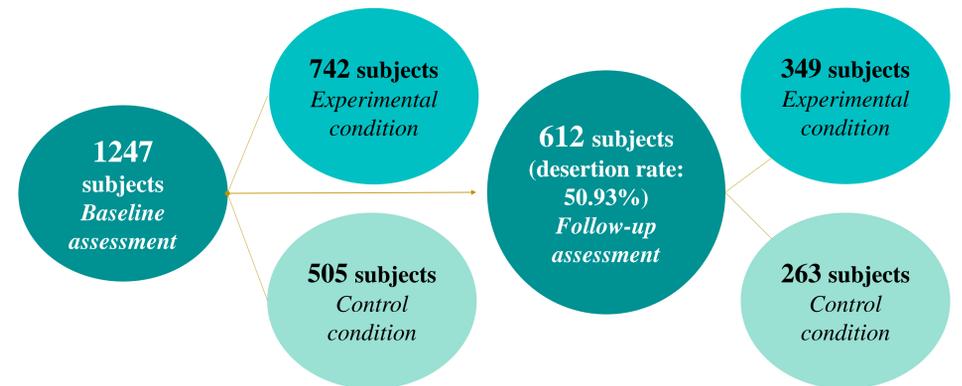
The endogenous variable corresponds to the number of occasions of binge drinking in the last month, which was obtained from the answers given by the adolescents in the completion of a baseline online questionnaire and another at four months follow-up.

Socioeconomic variables (exogenous variables) included were: gender, age, nationality, family composition, parents' education level, economic situation at home, pocket money and family alcohol consumption



Count regressions are used as well as two-part models to identify the associated sociodemographic variables given that the variables associated with the probability of drinking differ from those related to the number of occasions.

RESULTS



The mean age was 16.86 (SD=1.06) in EC and 16.68 (SD=1.03) in CC, with the difference being statistically significant. 53.5% were females in EC and the 52.28% in CC; the difference was not significant. Regarding religion, 62.35% were Catholics and the 31.71% did not believe in any religion in EC and 60.64% and 33.8% in CC, respectively. Regarding the type of family composition, both groups were very similar, with the nuclear family type in 74% of cases.

No. of occasions of Binge Drinking

Risk factors	Protective factors
↑ age 0.333 (0.05)***	↑ mother's schooling years -0.003 (0.002)*
Being girl 0.304 (0.06)***	To fit the questionnaire in the last days of the week -0.326 (0.1)***
Spanish 0.541 (0.26)**	
↑ weekly pocket money 0.025 (0.006)***	
↑ Family alcohol consumption 0.441 (0.06)***	

In addition, when all variables were evaluated at zero, the number of occasions of binge drinking in the entire sample decreased by up to 4.63 times (p=0.000).

DISCUSSION

The results confirm the multi-determination of this behavior, as well as, the influence of age, gender, nationality, pocket money, family alcohol consumption, mother's schooling years and days of the week when they filled the questionnaire on the excessive consumption of alcohol.

Between limitations of this study we found that the questionnaire was self-reported and the association between binge drinking and completing the questionnaire far from last weekend.

In conclusion, the results of this study suggest the need for the inclusion of families in interventions aimed at preventing alcohol use in adolescence and to deepen on why girls consume more alcohol than boys in order to carry out effective interventions in this regard.

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