

## Literature to Support Risk and Protective Factors for Underage Drinking

Risk Factor	Brief Findings	Literature (not exhaustive list)
<b>Access and Availability</b>	<p>Surveys and focus groups of persons under the minimum legal drinking age have indicated that the majority of alcohol consumed by youth is obtained through social sources, such as parents and friends, at underage parties, and at home (Birckmayer et al, 2004). Availability of alcohol or illegal drugs led to increases in use. (Hawkins et al, 1995). Without availability, there can be no use and associated problems. Research has shown that when alcohol or other drugs are inexpensive, convenient, and easily accessible, people are more likely to use it (Birckmayer et al, 2004).</p>	<p>Birckmayer, JD, Holder, HD, Yacobian, GS, &amp; Friend, KB. (2004). A general causal model to guide alcohol, tobacco, and illicit drug prevention: Assessing the research evidence. <i>Journal of Drug Education</i>, 34(2), 121-153.</p> <p>Dent, C. W., J. W. Grube, et al. (2005). Community level alcohol availability and enforcement of possession laws as predictors of youth drinking. <i>Preventive Medicine</i>, 40(3), 355-362.</p> <p>Hawkins, D. J., Catalano, R. F., &amp; Miller, J. Y. (1992). Risk and protective factors for alcohol and other substance problems in adolescence and early adulthood: Implications for substance abuse prevention. <i>Psychological Bulletin</i>, 112(1), 64-105.</p> <p>Hawkins, J. D., M. W. Arthur, et al. (1995). Preventing substance abuse From Building a Safer Society: Strategic Approaches to Crime Prevention, Volume 19, P 343-427. 1995. Michael Tonry &amp; David P Farrington, eds. United States.</p> <p>Wagenaar, A. C., T. L. Toomey, et al. (2005). Preventing youth access to alcohol: Outcomes from a multi-community time-series trial*. <i>Addiction</i>, 100(3), 335-345.</p>
<b>Acculturation</b>	<p>Acculturation, the process of adjusting to the mainstream culture, has also been identified as an important correlate of alcohol and drug use. Acculturation is usually found to be risk inducing (Felix-Ortiz and Newcomb, 1999).</p>	<p>Félix-Ortiz, M. and M. D. Newcomb. (1999). Vulnerability for drug use among Latino adolescents. <i>Journal of Community Psychology</i>, 27(3), 257-280.</p>
<b>Age of Onset</b>	<p>Early onset drinking seems to pose an increased risk for</p>	<p>Chou, S. P. and R. P. Pickering. (1992). Early onset of drinking as a risk factor for lifetime alcohol-related problems. <i>British Journal of Addiction</i>, 87(8), 1199-1204.</p>

	<p>lifetime alcohol-related problems. The age at which people started drinking related to whether alcohol-related problems developed, later in life. A delay in drinking until 20-21 yrs old reduced the risk of developing alcohol-related problems (Chou et al, 1992).</p>	<p>Gerra, G., L. Angioni, et al. (2004). Substance use among high-school students: Relationships with temperament, personality traits, and parental care perception. <i>Substance Use &amp; Misuse</i>, 39(2), 345-367.</p> <p>Gruber, E., R. J. DiClemente, et al. (1996). Early drinking onset and its association with alcohol use and problem behavior in late adolescence. <i>Preventive Medicine</i>, 25(3), 293-300.</p> <p>Harford, T. C. (2003). Early onset of alcohol use and health problems: Spurious associations and prevention. <i>Addiction</i>, 98(11), 1483-1484.</p> <p>Hawkins, D. J., Catalano, R. F., &amp; Miller, J. Y. (1992). Risk and protective factors for alcohol and other substance problems in adolescence and early adulthood: Implications for substance abuse prevention. <i>Psychological Bulletin</i>, 112(1), 64-105.</p> <p>Hingson, R. W., T. Heeren, et al. (2006). Age at drinking onset and alcohol dependence: Age at onset, duration, and severity. <i>Arch Pediatric Adolescent Med</i>, 160(7), 739-746.</p> <p>Kosterman, R., J. D. Hawkins, et al. (2000). The dynamics of alcohol and marijuana initiation: Patterns and predictors of first use in adolescence. <i>American Journal of Public Health</i>, 90(3), 360-360.</p> <p>Labouvie, E., M. E. Bates, et al. (1997). Age of first use: Its reliability and predictive utility. <i>Journal Of Studies On Alcohol</i>, 58(6), 638-643.</p> <p>Warner, L. A. and H. R. White. (2003). Longitudinal effects of age at onset and first drinking situations on problem drinking. <i>Substance Use &amp; Misuse</i>, 38(14), 1983-2016.</p> <p>York, J. L., J. Welte, et al. (2004). Association of age at first drink with current alcohol drinking variables in a national general population sample. <i>Alcoholism: Clinical and Experimental Research</i>, 28(9), 1379-1387.</p> <p>Birckmayer, JD, Holder, HD, Yacoubian, GS, &amp; Friend, KB. (2004). A general causal model to guide alcohol, tobacco, and illicit drug prevention: Assessing the research evidence. <i>Journal of Drug Education</i>, 34(2), 121-153.</p> <p>Chen, M.-J., J. W. Grube, M. Bersamin, E. Waiters and D. B. Keefe. (2005). Alcohol</p>
<p><b>Alcohol Promotion</b> <i>(Advertising, Media)</i></p>	<p>Research has reported high recall of alcohol advertising among youth, and investigations of youth also indicate that</p>	

	<p>expectancies related to the effects of alcohol and intentions to drink can be positively influenced by advertising. Increased exposure to alcohol ads is associated with increased consumption and with heavy or hazardous drinking (Birckmayer et al, 2004). Alcohol advertisements that were rated by youth as more likeable were also endorsed with greater intention to purchase the brand and products promoted. These findings are consistent with marketing research indicating that likeable advertisements are more effective and persuasive, and that liking of advertisements is one factor that affects attitudes toward brand and product (Chen, Grube et al. 2005).</p>	<p>Advertising: What Makes It Attractive to Youth? <i>Journal of Health Communication</i>, 10(6), 553-565.</p> <p>Fleming, K., E. Thorson and C. K. Atkin. (2004). Alcohol Advertising Exposure and Perceptions: Links with Alcohol Expectancies and Intentions to Drink or Drinking in Underaged Youth and Young Adults. <i>Journal of Health Communication</i>, 9(1), 3-29.</p> <p>Grube, J. W. and E. Waiters. (2005). Alcohol in the media: Content and effects on drinking beliefs and behaviors among youth. <i>Adolescent Medicine Clinics</i>, 16(2), 327.</p> <p>Grube, J. W. and L. Wallack. (1994). Television beer advertising and drinking knowledge, beliefs, and intentions among schoolchildren. <i>American Journal of Public Health</i>, 84(2), 254-259.</p> <p>Unger, J. B., D. Schuster, J. Zogg, C. W. Dent and A. W. Stacy. (2003). Alcohol Advertising Exposure and Adolescent Alcohol Use: A Comparison of Exposure Measures. <i>Addiction Research &amp; Theory</i>, 11(3), 177.</p> <p>Wyllie, A., J. F. Zhang and S. Casswell. (1998). Responses to televised alcohol advertisements associated with drinking behaviour of 10-17-year-olds. <i>Addiction</i>, 93(3), 361.</p>
<p><b>Early and Persistent Problem Behaviors, Risk Taking and High Sensation Seeking</b></p>	<p>Early aggressiveness or antisocial behavior persisting into early adolescence predicts later adolescent aggressiveness, drug abuse, and alcohol problems (Hawkins et al, 1995).</p>	<p>Gerra, G., L. Angioni, et al. (2004). Substance use among high-school students: Relationships with temperament, personality traits, and parental care perception. <i>Substance Use &amp; Misuse</i>, 39(2), 345-367.</p> <p>Hawkins, J. D., M. W. Arthur, et al. (1995). Preventing substance abuse From Building a Safer Society: Strategic Approaches to Crime Prevention. Volume 19, P 343-427. 1995. Michael Tonry &amp; David P Farrington, eds. United States.</p>
<p><b>Low Commitment to School</b></p> <p><i>Also cited in literature:</i></p> <p><b>Poor School Achievement</b></p>	<p>Research shows that adolescents who do poorly in school are more likely to become alcohol involved (Birckmayer et al, 2004). One study found that the</p>	<p>Birckmayer, JD, Holder, HD, Yacobian, GS, &amp; Friend, KB. (2004). A general causal model to guide alcohol, tobacco, and illicit drug prevention: Assessing the research evidence. <i>Journal of Drug Education</i>, 34(2), 121-153.</p> <p>Friedman, A. S., S. Bransfield, et al. (1995). Early childhood risk and protective factors for substance use during early adolescence: Gender differences. <i>Journal of</i></p>

<p><b>and School Bonding</b></p>	<p>odds of drinking to intoxication and drug use were highest among adolescents whose friends used alcohol or drugs or were often in trouble, who reported low commitment to school, or whose parents had a hostile and ineffective parenting style (Hotton, 2004).</p>	<p><i>Child &amp; Adolescent Substance Abuse</i>, 4(4), 1-23.</p> <p>Gerra, G., L. Angioni, et al. (2004). Substance use among high-school students: Relationships with temperament, personality traits, and parental care perception. <i>Substance Use &amp; Misuse</i>, 39(2), 345-367.</p> <p>Hawkins, D. J., Catalano, R. F., &amp; Miller, J. Y. (1992). Risk and protective factors for alcohol and other substance problems in adolescence and early adulthood: Implications for substance abuse prevention. <i>Psychological Bulletin</i>, 112(1), 64-105.</p> <p>Hotton, T. (2004). Alcohol and drug use in early adolescence. <i>Health Reports / Statistics Canada, Canadian Centre For Health Information</i>, 15(3), 9-19.</p> <p>Birckmayer, JD, Holder, HD, Yacoubian, GS, &amp; Friend, KB. (2004). A general causal model to guide alcohol, tobacco, and illicit drug prevention: Assessing the research evidence. <i>Journal of Drug Education</i>, 34(2), 121-153.</p>
<p><b>Low Enforcement of Alcohol Laws</b></p>	<p>As the actual and/or perceived likelihood of being detected and arrested or cited for law violations increases, so does compliance. Studies that look at efforts to enforce youth access and specific types of use policies have found that increased enforcement is related to changes in use and related problems (Birckmayer et al, 2004).</p>	<p>Lewis, R.K., Paine-Andrews, A., Fawcett, S.B., Francisco, V.T., Richter, K.P., Copple, B., and Copple, J.E. (1996). Evaluating the effects of a community coalition's efforts to reduce illegal sales of alcohol and tobacco products to minors. <i>Journal of Community Health</i>, 21, 429-436.</p> <p>Wagenaar, A.C. and Wolfson, M. (1994). Enforcement of the Legal Minimum Drinking Age in the United States. <i>Journal of Public Health Policy</i>, 15(1), 37-53.</p> <p>Wagenaar, A.C., Wolfson, M. (1995). Detering Sales and Provision of Alcohol to Minors. <i>Public Health Reports</i>, 110(4), 419-427.</p>
<p><b>Parent or Older Sibling Drug Use (or perception of use)</b></p> <p><i>(This is more commonly found in the literature than family norms that encourage drinking)</i></p>	<p>Familial alcohol-using behaviors are strong predictors of adolescent alcohol use. (Birckmayer et al, 2004). A recent study found that most alcohol initiation occurred during a family gathering and family history of alcoholism was a significant factor for adolescent problem drinking.</p>	<p>Birckmayer, JD, Holder, HD, Yacoubian, GS, &amp; Friend, KB. (2004). A general causal model to guide alcohol, tobacco, and illicit drug prevention: Assessing the research evidence. <i>Journal of Drug Education</i>, 34(2), 121-153.</p> <p>Stewart, C. (2002). Family factors of low-income African-American youth associated with substance use: An exploratory analysis. <i>Journal of Ethnicity in Substance Abuse</i>, 1(1), 97-111.</p> <p>Warner, L. A. and H. R. White. (2003). Longitudinal effects of age at onset and first drinking situations on problem drinking. <i>Substance Use &amp; Misuse</i>, 38(14), 1983-2016.</p>

	<p>Because most initiation occurs at a family gathering, alcoholism prevention research may benefit from examining the role that drinking in family contexts could play with regard to socializing young drinkers to less risky drinking behaviors in adulthood. (Warner et al, 2003).</p>	
<p><b>Parental Monitoring (or perception of monitoring)</b></p>	<p>Adolescents who reported less parental monitoring were more likely to report lifetime use of cigarettes, marijuana, and methamphetamine, and in the past three months, use of alcohol and binge drinking. These research findings indicate that those who reported low parental monitoring were significantly more likely to use a variety of substances (Shillington et al, 2005). Positive parental style and close monitoring by parents have proven to be protective factors for adolescent's use of alcohol and other drugs (Stewart, 2002).</p>	<p>Beck, K.H., Boyle, J.R., and Boekeloo, B.O. (2003). Parental monitoring and adolescent alcohol risk in a clinic population. <i>American Journal of Health Behavior</i>, 27(2), 108-115.</p> <p>Beck, K.H., Boyle, J.R., and Boekeloo, B.O. (2004). Parental monitoring and adolescent drinking: results of a 12-month follow-up. <i>American Journal of Health Behavior</i>, 28(3), 272-279.</p> <p>Beck, K.H., Shatruck, T., Haynie, D. Crump, A.D., and Simons-Morton, B. (1999). Associations between parent awareness, monitoring, enforcement and adolescent involvement with alcohol. <i>Health Education Research</i>, 14(6), 765-775.</p> <p>Raboteg-Sarić, Z., Rijavec, M., and Brajša-Žganec, A. (2001). The relation of parental practices and self-conceptions to young adolescent problem behaviors and substance use. <i>Nordic Journal of Psychiatry</i>, 55(3), 203-209.</p> <p>Shillington, A. M., S. Lehman, et al. (2005). Parental monitoring: Can it continue to be protective among high-risk adolescents? <i>Journal of Child &amp; Adolescent Substance Abuse</i>, 15(1), 1-15.</p> <p>Simons-Morton B., and Chen, R. (2005). Latent growth curve analyses of parent influences on drinking progression among early adolescents. <i>Journal of Studies on Alcohol</i>, 66(1), 5-13.</p> <p>Stanton B., Li, X., Pack, R., Cottrell, L., Harris, C. and Burns J.M. (2002). Longitudinal influence of perceptions of peer and parental factors on African American adolescent risk involvement. <i>Journal of Urban Health</i>, 79(4), 536-548.</p>

		<p>Stewart, C. (2002). Family factors of low-income African-American youth associated with substance use: An exploratory analysis. <i>Journal of Ethnicity in Substance Abuse, 1</i>(1), 97-111.</p> <p>Webb, J. A., J. H. Bray, et al. (2002). Gender, perceived parental monitoring and behavioral adjustment: Influences on adolescent alcohol use. <i>American Journal of Orthopsychiatry, 72</i>(3), 392-400.</p> <p>Wood, M.D., Read, J.P., Mitchell, R.E., and Brand, N.H. (2004). Do parents still matter? Parent and peer influences on alcohol involvement among recent high school graduates. <i>Psychology of Addictive Behaviors, 18</i>(1), 19-30.</p> <p>Beck, K., Treiman, K.A. (1996). The relationship of social context of drinking, perceived social norms, and parental influence to various drinking patterns of adolescents. <i>Addictive Behaviors, 21</i>(5), 633-44.</p> <p>Dishion, T. J. and N. M. Skaggs. (2000). An ecological analysis of monthly 'bursts' in early adolescent substance use. <i>Applied Developmental Science, 4</i>, 89-97.</p> <p>Donohew, L., R. R. Clayton, et al. (1999). Peer networks and sensation seeking: Some implications for primary socialization theory. <i>Substance Use &amp; Misuse, 34</i>(7), 1013-1023.</p> <p>Donovan, J.E. (2004). Adolescent alcohol initiation: A review of psychosocial risk factors. <i>Journal of Adolescent Health, 35</i>(6), 529.</p> <p>Hawkins, D. J., Catalano, R. F., &amp; Miller, J. Y. (1992). Risk and protective factors for alcohol and other substance problems in adolescence and early adulthood: Implications for substance abuse prevention. <i>Psychological Bulletin, 112</i>(1), 64-105.</p> <p>Henry, K. L., M. D. Slater, et al. (2005). Alcohol use in early adolescence: The effect of changes in risk taking, perceived harm and friends' alcohol use. <i>Journal of Studies on Alcohol, 66</i>(2), 275-283.</p> <p>Hotton, T. (2004). Alcohol and drug use in early adolescence. <i>Health Reports / Statistics Canada, Canadian Centre For Health Information, 15</i>(3), 9-19.</p> <p>Nation, M. and C. A. Hefflinger. (2006). Risk factors for serious alcohol and drug use:</p>
<p><b>Peers Engaging in Problem Behavior / Deviant Peers</b></p> <p><i>(This is commonly found in the literature that is related to peer norms that accept/encourage drinking)</i></p>	<p>Research indicates that drinking frequently in a social context of social facilitation, as well as having close friends engage in these behaviors, tended to separate alcohol abusers from nonabusers. (Beck et al, 1996)</p> <p>Exposure to peer problem behavior correlated with increased alcohol and other substance use in the same month. (Dishion et al, 2000).</p> <p>One study found that the odds of drinking to intoxication and drug use were highest among adolescents whose friends used alcohol or drugs or were often in trouble, who reported low commitment to school, or whose parents had a hostile and ineffective parenting style (Hotton, 2004).</p>	

		<p>The role of psychosocial variables in predicting the frequency of substance use among adolescents. <i>The American Journal of Drug and Alcohol Abuse</i>, 32(3), 415-433.</p> <p>Oostveen, T., Knibbe, R., de Vries, H. (1996). Social influences on young adults' alcohol consumption: Norms, modeling, pressure, socializing, and conformity. <i>Addictive Behaviors</i>, 21(2), 187-97.</p> <p>Sale, E., S. Sambrano, et al. (2003). Risk, protection, and substance use in adolescents: A multi-site model. <i>Journal of Drug Education</i>, 33(1), 91.</p> <p>Coleman, I, Cater, S. (2005). Underage 'binge' drinking: A qualitative study into motivations and outcomes. <i>Drugs: Education, Prevention &amp; Policy</i>, 12(2), 125-136.</p> <p>Neighbors, C, Dillard, AJ, Lewis, MA. (2006). Normative Misperceptions and Temporal Precedence of Perceived Norms and Drinking. <i>Journal of Studies on Alcohol</i>, 67(2), 290-299.</p> <p>Spijkerman, R, Van den, ER, Overbeek, G, Engels, R. (2007). The impact of peer and parental norms and behavior on adolescent drinking: The role of drinker prototypes. <i>Psychology &amp; Health</i>, 22(1), 7-29.</p> <p>Yeh, MY, Chiang, IC, Huang, SY. (2006). Gender differences in predictors of drinking behavior in adolescents. <i>Addictive Behaviors</i>, 31(10), 1929-1938.</p>
<p><b>Peer norms</b></p>	<p>Social norms and influences: were classified into wider social norms, peer influence, and respect and image. Wider social norms referred to the perceived acceptance and normality of binge drinking. Binge drinking was seen as a common pastime for most young people of equivalent age, and it was widely believed that all teenagers drink as part of the natural transition to adulthood. The influence of the peer group was commonly reported as a leading motivation behind young people's binge drinking, but responses were notably mixed (Coleman and Cater, 2005).</p>	
<p><b>Perceived Risk of Harm</b></p>	<p>Research has established that low perception of harm towards alcohol and drug use is a risk factor for use. (Henry et al, 2005) Initiation into substance use is preceded by values favorable to its use. (Hawkins et</p>	<p>Albers, E. C., L. K. Santangelo, et al. (2002). Gender, grade, and ethnic differences in student attitudes and perception of harm toward substance use. <i>Journal of Ethnicity in Substance Abuse</i>, 1(2), 41-53.</p> <p>Gonzalez, G. &amp; Haney, M. (1990). Perceptions of risk as predictors of alcohol, marijuana, and cocaine use among college students. <i>Journal of College Student Development</i>, 31, 313-319.</p>

	al, 1992)	<p>Hawkins, D. J., Catalano, R. F., &amp; Miller, J. Y. (1992). Risk and protective factors for alcohol and other substance problems in adolescence and early adulthood: Implications for substance abuse prevention. <i>Psychological Bulletin</i>, 112(1), 64-105.</p> <p>Hansen, W., Reynor, A., &amp; Wolkenstein, B. (1991). Perceived personal immunity to the consequences of drinking alcohol: The relationship between behavior and perception. <i>Journal of Behavioral Medicine</i>, 14 (3), 205-224.</p> <p>Henry, K. L., M. D. Slater, et al. (2005). Alcohol use in early adolescence: The effect of changes in risk taking, perceived harm and friends' alcohol use. <i>Journal of Studies on Alcohol</i>, 66(2), 275-283.</p> <p>Rienzi, B.M., McMillin, J.D., Dickson, C.L., Crauthers, D., McNeill, K.F., Pesina, M.D., &amp; Mann, E. (1996). Gender differences regarding peer influence and attitude toward substance abuse. <i>Journal of Drug Education</i>, 26(4), 339-347.</p> <p>Donovan, J.E. (2004). Adolescent alcohol initiation: A review of psychosocial risk factors. <i>Journal of Adolescent Health</i>, 35(6), 529.</p>
<p><b>Perception of Parental Approval, Low Parental Care, or Involvement</b></p> <p><i>(This is more commonly found in the literature than family norms that encourage drinking)</i></p>	<p>One of the most consistent risk factors for starting to drink in adolescence was perceived parental approval. (Donovan, 2004) Reported maternal care perception was significantly reduced in "alcohol abusers" and poly-drug users (Gerra et al, 2004).</p>	<p>Gerra, G., L. Angioni, et al. (2004). Substance use among high-school students: Relationships with temperament, personality traits, and parental care perception. <i>Substance Use &amp; Misuse</i>, 39(2), 345-367.</p> <p>Nash S.G., McQueen A., and Bray J.H. (2005). Pathways to adolescent alcohol use: Family environment, peer influence, and parental expectations. <i>Journal of Adolescent Health</i>, 37(1), 19-28.</p> <p>Simons-Morton B., and Chen, R. (2005). Latent growth curve analyses of parent influences on drinking progression among early adolescents. <i>Journal of Studies on Alcohol</i>, 66(1), 5-13.</p>
<p><b>Rebelliousness or Deviance</b></p>	<p>Research shows that prior delinquent behavior is a consistent risk factor for adolescent's starting to drink. (Donovan, 2004)</p>	<p>Donovan, J.E. (2004). Adolescent alcohol initiation: A review of psychosocial risk factors. <i>Journal of Adolescent Health</i>, 35(6), 529.</p>
<p><b>Religious Affiliation</b></p>	<p>Research shows that adolescents</p>	<p>Nation, M. and C. A. Hefflinger. (2006). Risk factors for serious alcohol and drug use: The role of psychosocial variables in predicting the frequency of substance use among adolescents. <i>The American Journal of Drug and Alcohol Abuse</i>, 32(3), 415-433.</p> <p>Birckmayer, JD, Holder, HD, Yacoubian, GS, &amp; Friend, KB. (2004). A general causal</p>

	who lack strong religious beliefs are more likely to become alcohol-involved. (Birkmayer et al, 2004)	model to guide alcohol, tobacco, and illicit drug prevention: Assessing the research evidence. <i>Journal of Drug Education</i> , 34(2), 121-153.
<b>School Bonding and Academic Competence</b>	Having academic and social competencies may have direct positive effects on emerging adult alcohol and marijuana use (Clingempeel et al, 2005).	Clingempeel, W. G., S. W. Henggeler, et al. (2005). Beyond treatment effects: Predicting emerging adult alcohol and marijuana use among substance-abusing delinquents. <i>The American Journal Of Orthopsychiatry</i> , 75(4), 540-552. Sale, E., S. Sambrano, et al. (2003). Risk, protection, and substance use in adolescents: A multi-site model. <i>Journal of Drug Education</i> , 33(1), 91. Stewart, C. (2002). Family factors of low-income African-American youth associated with substance use: An exploratory analysis. <i>Journal of Ethnicity in Substance Abuse</i> , 1(1), 97-111. Kirkpatrick DG, Acierno R, Saunders B, Resnick HS, Best CL, Schnurr PP. (2000). Risk factors for adolescent substance abuse and dependence: Data from a national sample. <i>Journal Consult Clinical Psychology</i> , 68, 19-30.
<b>Stressful Life Events (for example sexual or physical abuse) and Depression</b>	One study found the risk of alcohol, marijuana, and hard drug use among youths who had been victimized (physically or sexually) or had witnessed violence was more than twice that of other adolescents (Nation and Heflinger, 2006).	Nation, M. and C. A. Heflinger. (2006). Risk factors for serious alcohol and drug use: The role of psychosocial variables in predicting the frequency of substance use among adolescents. <i>The American Journal of Drug and Alcohol Abuse</i> , 32(3), 415-433. Rafnsson, F.D., Jonsson, F.H., Windle, M. (2006). Coping strategies, stressful life events, problem behaviors, and depressed affect. <i>Anxiety, Stress &amp; Coping: An International Journal</i> , 19(3), 241-257.
<b>Strong Parent and Adolescent Relationship and Family Cohesion</b>	Research shows that adolescents who have a close relationship with their parents are less likely to become alcohol involved. (Birkmayer et al, 2004)	Birkmayer, JD, Holder, HD, Yacobian, GS, & Friend, KB. (2004). A general causal model to guide alcohol, tobacco, and illicit drug prevention: Assessing the research evidence. <i>Journal of Drug Education</i> , 34(2), 121-153. Nation, M. and C. A. Heflinger. (2006). Risk factors for serious alcohol and drug use: The role of psychosocial variables in predicting the frequency of substance use among adolescents. <i>The American Journal of Drug and Alcohol Abuse</i> , 32(3), 415-433.