Perceived benefits and harms of alcohol drinking and their association with parental drinking and pro-drinking practices in Hong Kong adolescent

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Background
• Parental drinking and parental pro-drinking practices (PPDPS) predict adolescent drinking
• However, their effects on adolescent alcohol related attitudes are unclear

Objective
We investigated the perceived benefits and harms of alcohol in Hong Kong adolescents and their associations with parental drinking and PPDPS.

Methods
Study Design
• 4 secondary schools
• 1757 students (mean age 14.7, SD 2.0; 68.0% boys)
• Anonymous questionnaires

Measurements
• Alcohol perceptions
11 statements of benefits and 9 statements of harms of alcohol each with options of “agree”, “don’t know” and “disagree” (agreement score 1, 0, -1, respectively).

• Parental drinking in the past 30 days
“How often did your father/mother drink alcohol in the past 30 days?” in two separated items
Non-current drinkers: “Never”
Drinks: “seldom”, “sometimes” and “always”

• Exposure to each of 9 PPDPS (e.g. seeing parents drink; helping parents to buy alcohol)
Total exposure 0-9

• Covariates
Age
Sex
Place of birth
Perceived family affluence
Family structure
Highest parental education

Analysis
• Linear regression
• Compute the beta coefficient
• Adjusting for parental drinking and PPDPS mutually, socio-demographic factors and school clustering.

Results

Substantial proportion of students agree on benefits of alcohol

1. Reduce the risk of heart disease
2. Reduce the risk of getting drunk
3. Reduce stress
4. Reduce worries
5. Enhance social circle
6. Relieve emotion
7. Make people happy
8. More benefits than harm
9. Increase courage to face difficulties
10. Gain inspiration
11. Feel more mature

Substantial proportion of students disagree or uncertain about the harms of alcohol

1. Increase body weight
2. Worsen academic performance
3. Carcinogenic
4. Family violence
5. Impair memory
6. Faster alcohol absorption with empty stomach
7. Excessive drinking causes death
8. Loss of control
9. Liver disease

Parental drinking predicted 2 items of perceived benefits

<table>
<thead>
<tr>
<th>Examples</th>
<th>Parental drinking (0-2) (β-coefficient, 95% CI)</th>
<th>Parental pro-drinking practices (0-9) (β-coefficient, 95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make people happy</td>
<td>0.06*(0.01, 0.11)</td>
<td>0.07*(0.01, 0.12)</td>
</tr>
<tr>
<td>Reduce the risk of getting drunk</td>
<td>0.07**(0.02, 0.13)</td>
<td>0.12*** (0.07, 0.18)</td>
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<tr>
<td>More benefits than harm</td>
<td>0.03 (-0.02, 0.08)</td>
<td>-0.04 (-0.09, 0.01)</td>
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</tbody>
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Parental drinking predicted 4 items of perceived harm

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</thead>
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<tr>
<td>Worsen academic performance</td>
<td>-0.06*(-0.12, -0.01)</td>
<td>-0.12*** (-0.17, -0.06)</td>
</tr>
<tr>
<td>Family violence</td>
<td>-0.06*(-0.12, -0.01)</td>
<td>0.00 (-0.05, 0.06)</td>
</tr>
<tr>
<td>Excessive drinking</td>
<td>-0.07**(0.11, -0.03)</td>
<td>0.09***(0.04, 0.13)</td>
</tr>
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Conclusions
Substantial proportions of Hong Kong adolescents perceived the benefits and neglected the harms of alcohol drinking. Such perceived benefits were associated more strongly with PPDPS than parental drinking. Parental drinking was associated with lower perception of harms, but PPDPS were associated with both higher and lower perception of harms. These results may help dissuade parents from drinking and PPDPS.

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