

*a parent handbook for*

# Talking With Your College Student About Alcohol

Rob Turrisi, Ph.D.



ELON  
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## Meet Your Elon Panelists



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# Housekeeping



- Reminder, participant microphones are muted by the host
- Please type any questions using the ***Q and A*** feature
- We invite your full participation
- Today's webinar is being recorded

# Polling Question

How comfortable are you with having conversations about alcohol with your student?



**Not**

**Somewhat**

**Very**

# Guest Speaker



**Rob Turrisi, Ph.D.**

Professor of Biobehavioral  
Health and Prevention  
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**Program Developer—A Parent Handbook:  
Talking With Your College Student About Alcohol**

# Engaging Parents in Alcohol and Other Drug Prevention

ROB TURRISI, PhD

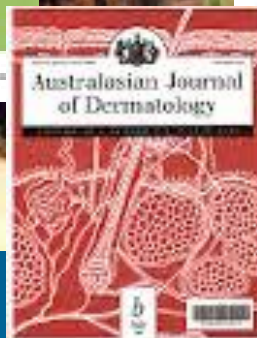
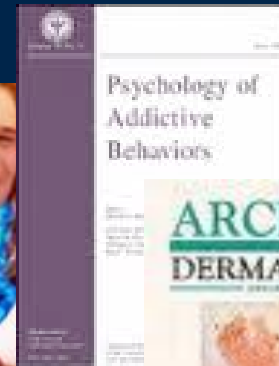
Professor

The Pennsylvania State University



<https://sites.psu.edu/prcprohealth/>







# Fast Forward 30+ Years



256 million hits on College Student Drinking

52 million hits on College Student Drinking Prevention  
(up from 35 million a few years ago)

59 million hits on Parent Based College Drinking  
Interventions (up from 5 million a few years ago &  
“0” when I started doing this work in the mid-90s)



# 15+ Years of Clinical Trials w/Parents

Trial	Type of Sample	Research Question
1	multi-site, incoming freshmen	Will parents implement an intervention, and will it work?
2	multi-site, incoming freshmen	Will parents implement an intervention, and will it work?
3	high risk population	Will PBI change culture in a high risk environment?
4	high risk population	Will PBI affect transitions between drinking groups?
5	high risk population	Will PBI decrease incidence of sexual consequences?
6	multi-site, high risk population	Do combined interventions work for high risk groups?
7	multi-site, high risk population	Do combined interventions work for high risk groups?
8	high risk population	Does intervention work best implemented at certain timing/dosage?

# I. High-Risk Drinking Drinking in Youth

Alcohol use is ubiquitous



# II. The Role of Peers and Availability

## 1) Peer Influences

Baer, 1994

Bergen-Cico, 2000

Borsari & Carey, 2000

Corbin et al., 2011

Hawkins et al., 1992

LaBrie et al., 2007

Neighbors et al., 2004

Park et al., 2009

Read et al., 2005

Rulison et al. 2015

Edward et al. 2016



## 2) Elevated Availability/Increased opportunities

Saltz et al. 1995-2008

Grube et al., 2000-2008

Gordon et al. 2015





# Why Do Youth Drink?

## 3) Increased Willingness

Mallett et al. 2010-2018



# Why Do Students Drink?

## 4) Reduced Social Controls

Abar et al., 2007-2009

Chassin et al., 2004-2008

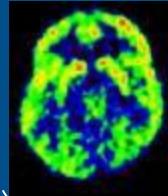
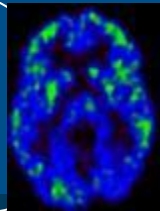
Turrisi et al., 1988-2018

Patock-Peckham & Morgan-Lopez, 2007

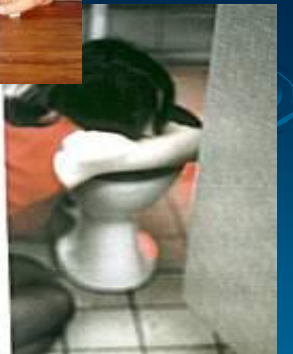
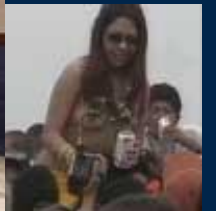
Napper et al. 2014



# Brain Development & Self Regulation



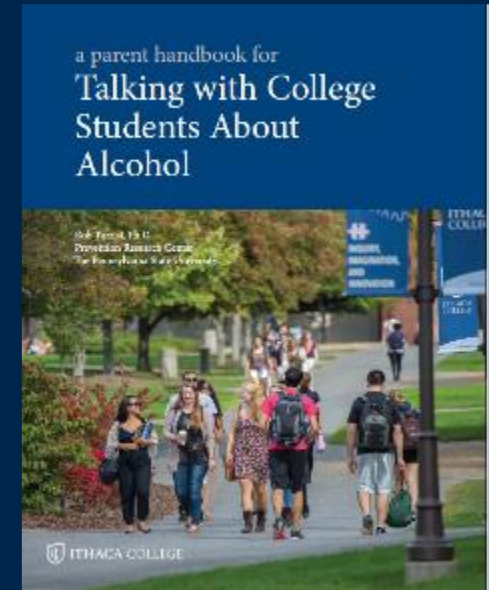






# III. Components - Parent-Based Intervention

- Brief
- Target Audience - Typical Families
- Motivation, Knowledge & Skills
- Behavioral Decision Theory
- Strong Evidence Base



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American Academy  
of Pediatrics



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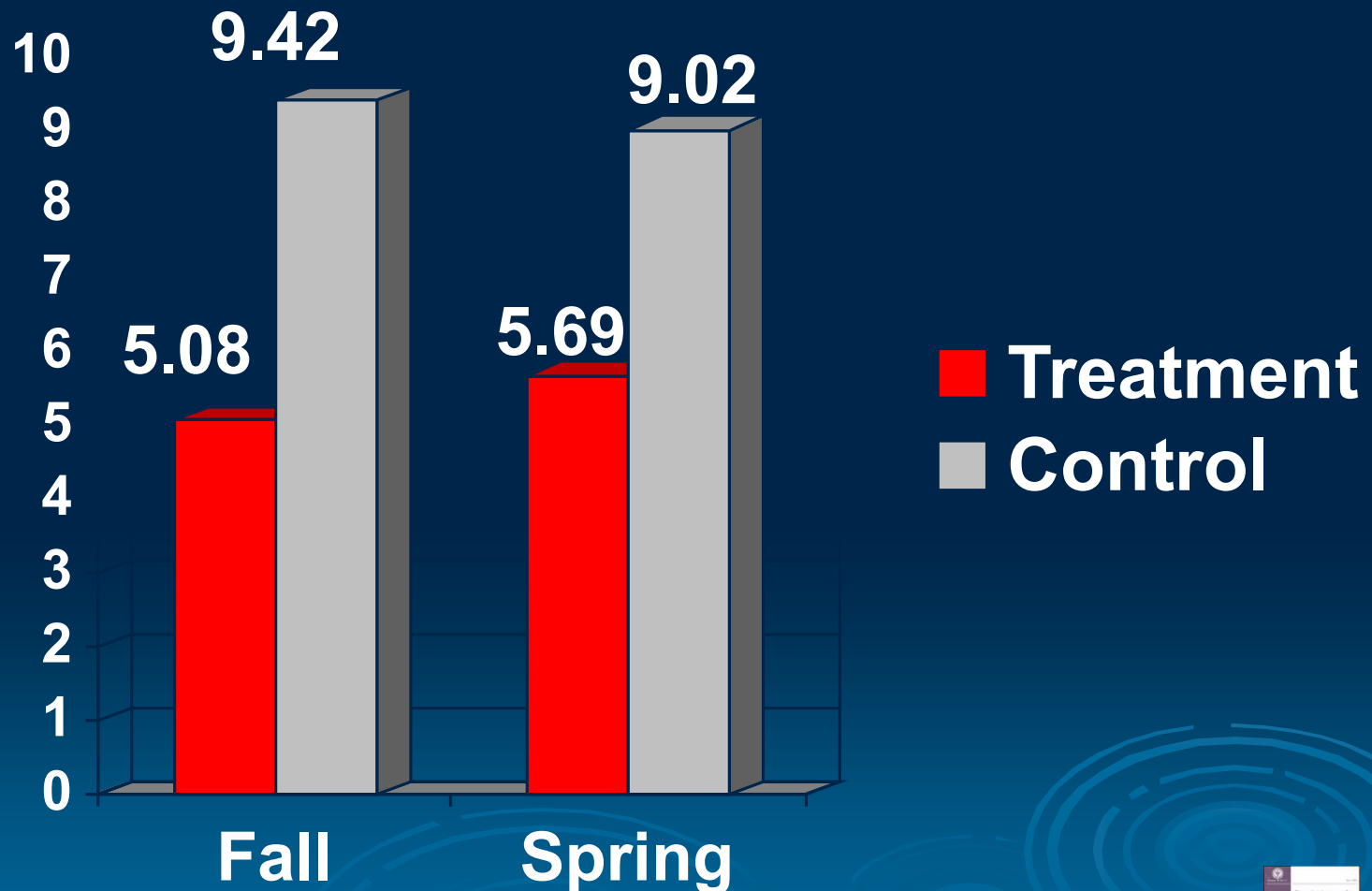
# V. Overview Research

- 1) Does the intervention work?
- 2) Does it work by family?
- 3) Why does it work?
- 4) Does it work in high risk environments?
- 5) Does it work with at-risk individuals?
- 6) Is it effective at changing risk profiles?



# Weekend Drinking (DDQ)

Group F (1, 888) = 36.16 Interaction F (1, 888) = .63

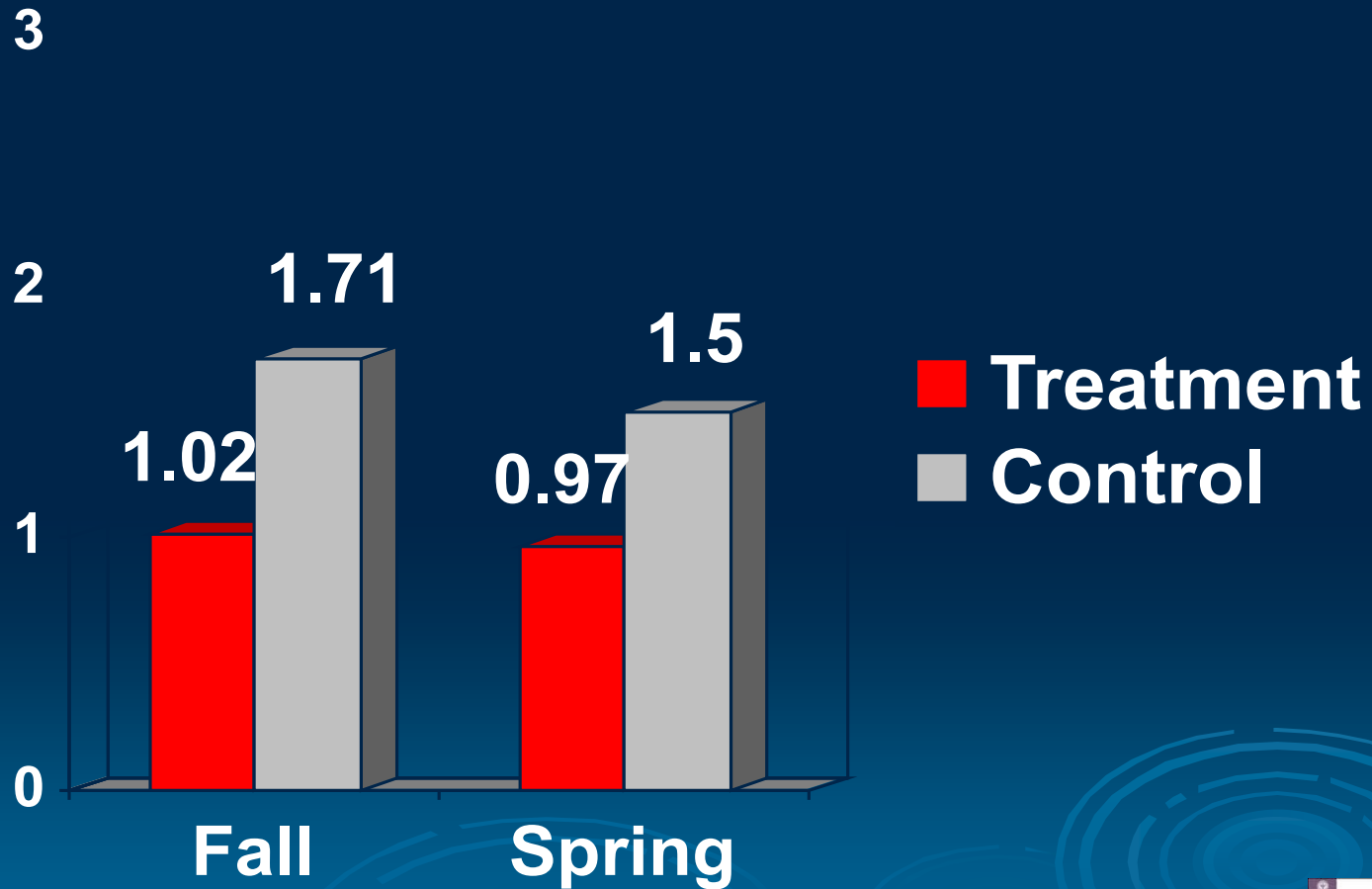


(Turrisi et al. 2001 *PAB*)



# Heavy Drinking

Group F (1, 888) = 17.51 Interaction F (1, 888) = .50

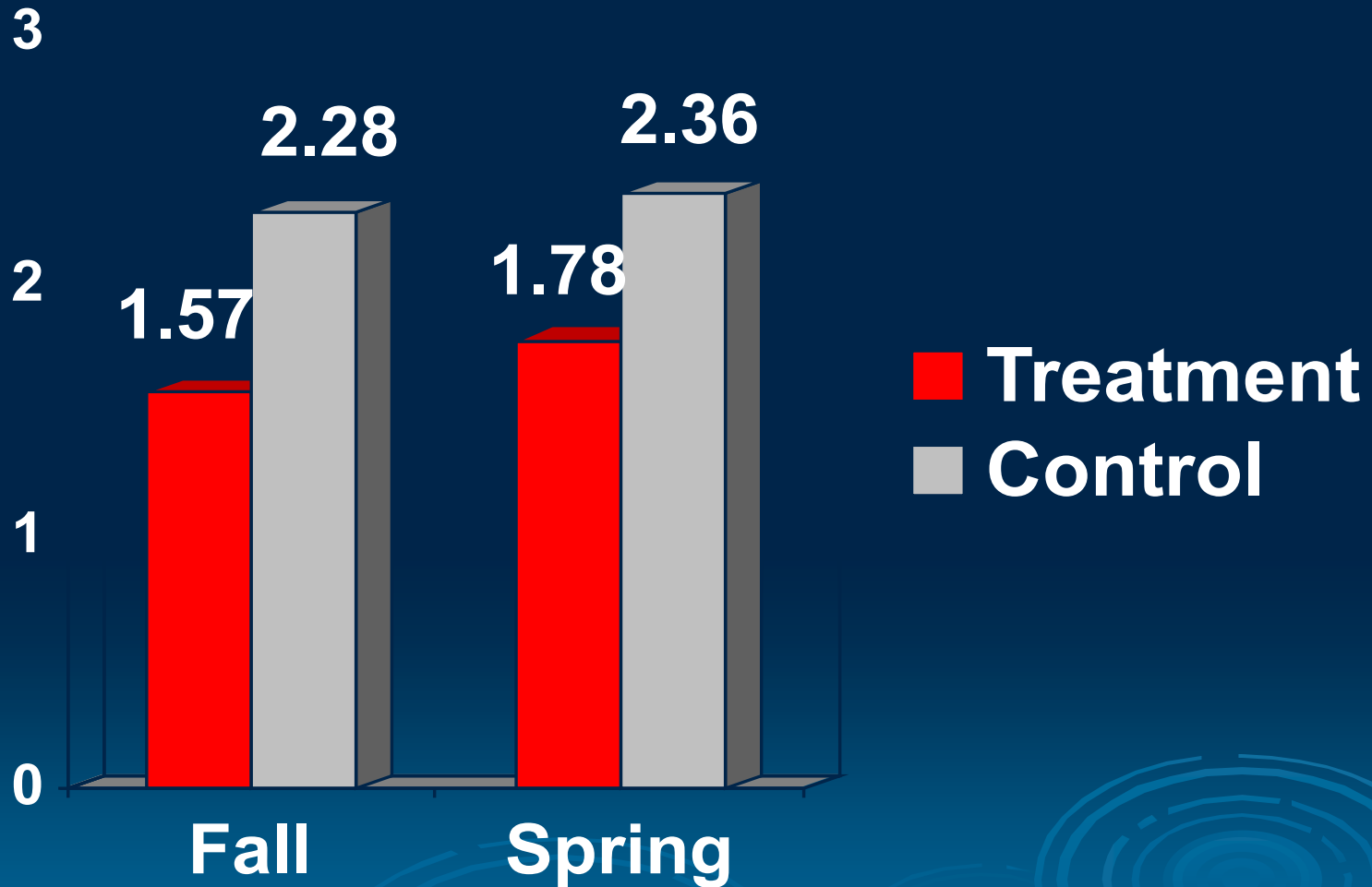


(Turrisi et al. 2001 *PAB*)



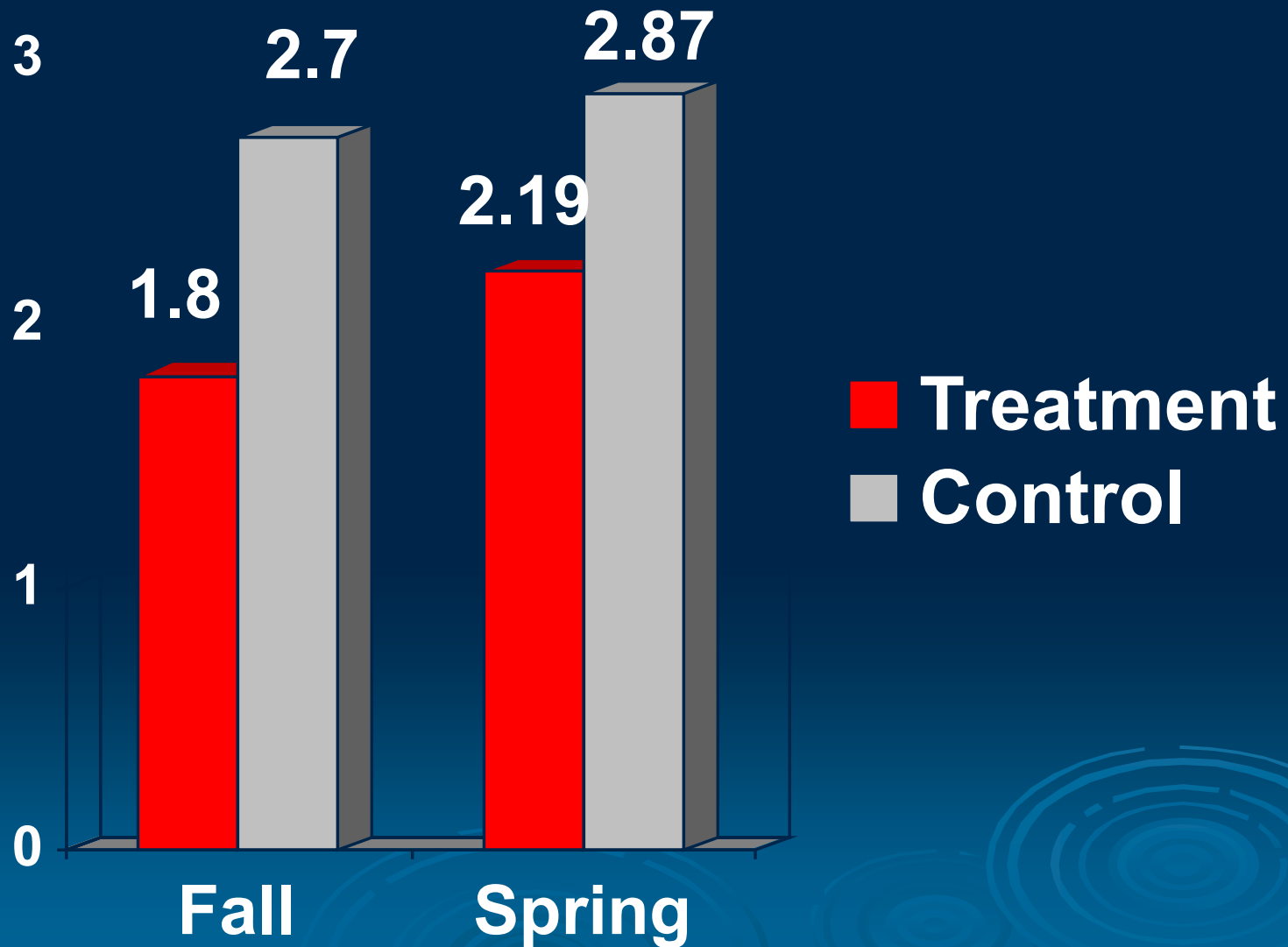
# Missed School

Group F (1, 902) = 25.06 Interaction F (1, 902) = .27

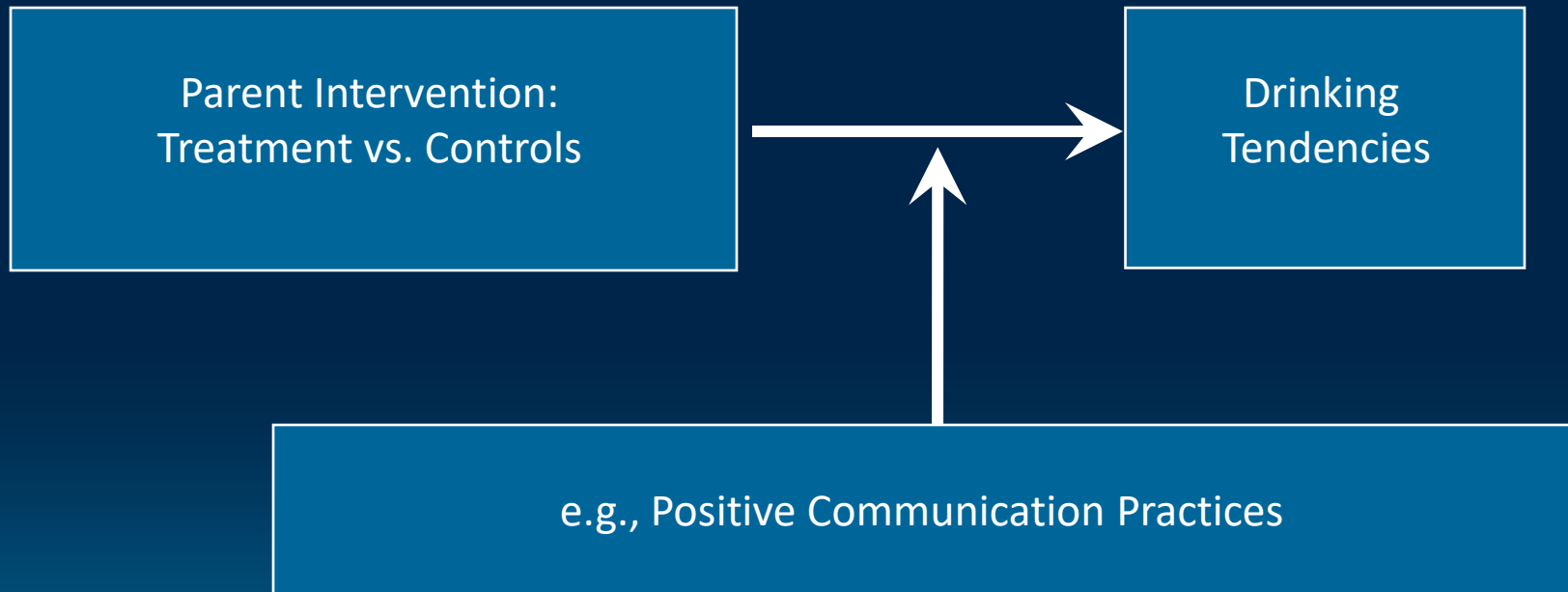


# Smoked Marijuana

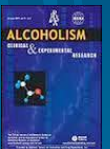
Group F (1, 900) = 44.64 Interaction F (1, 900) = .69



# Does it Work for Different Families?

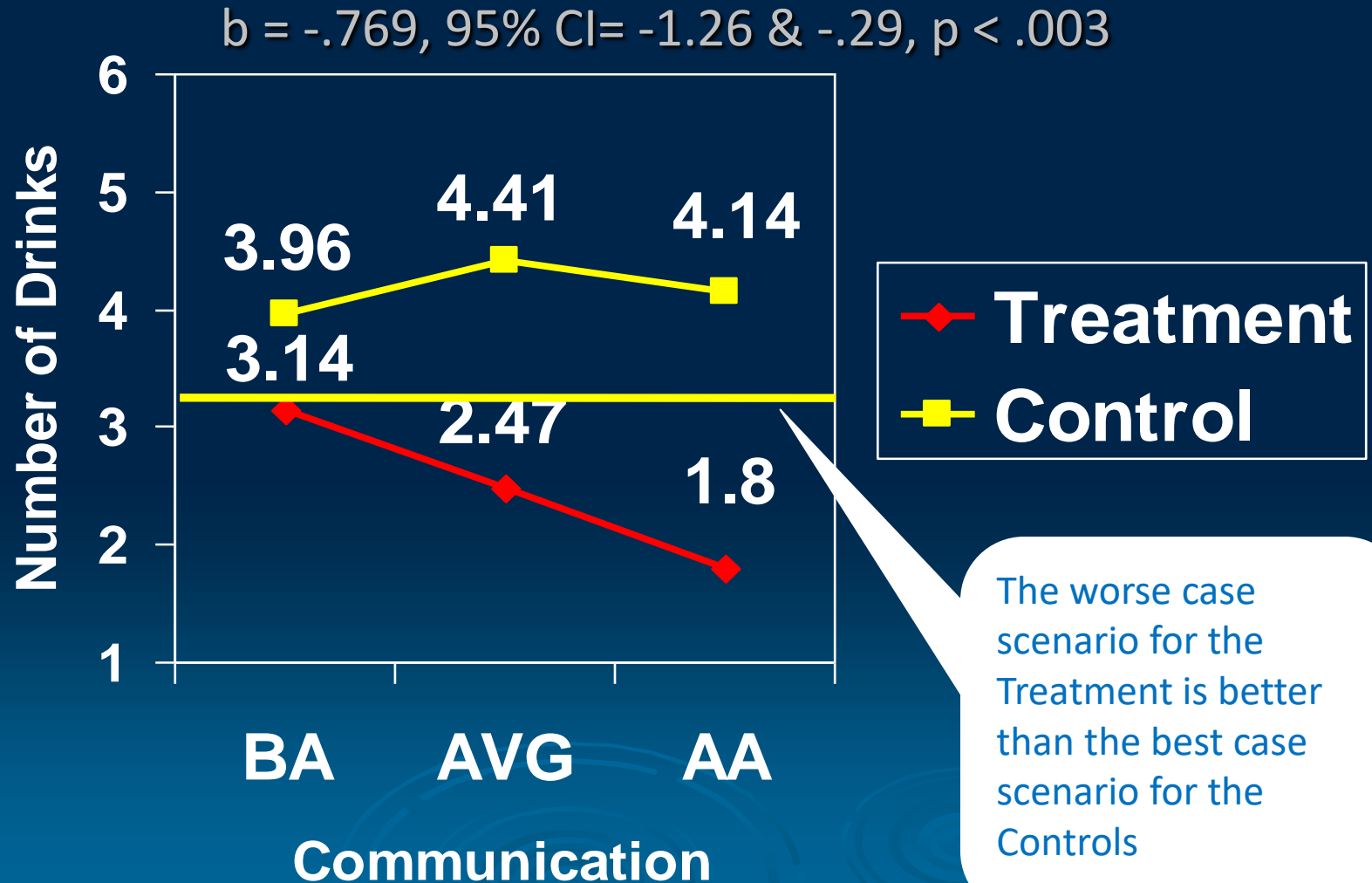


Turrisi et al., 2005 ACER

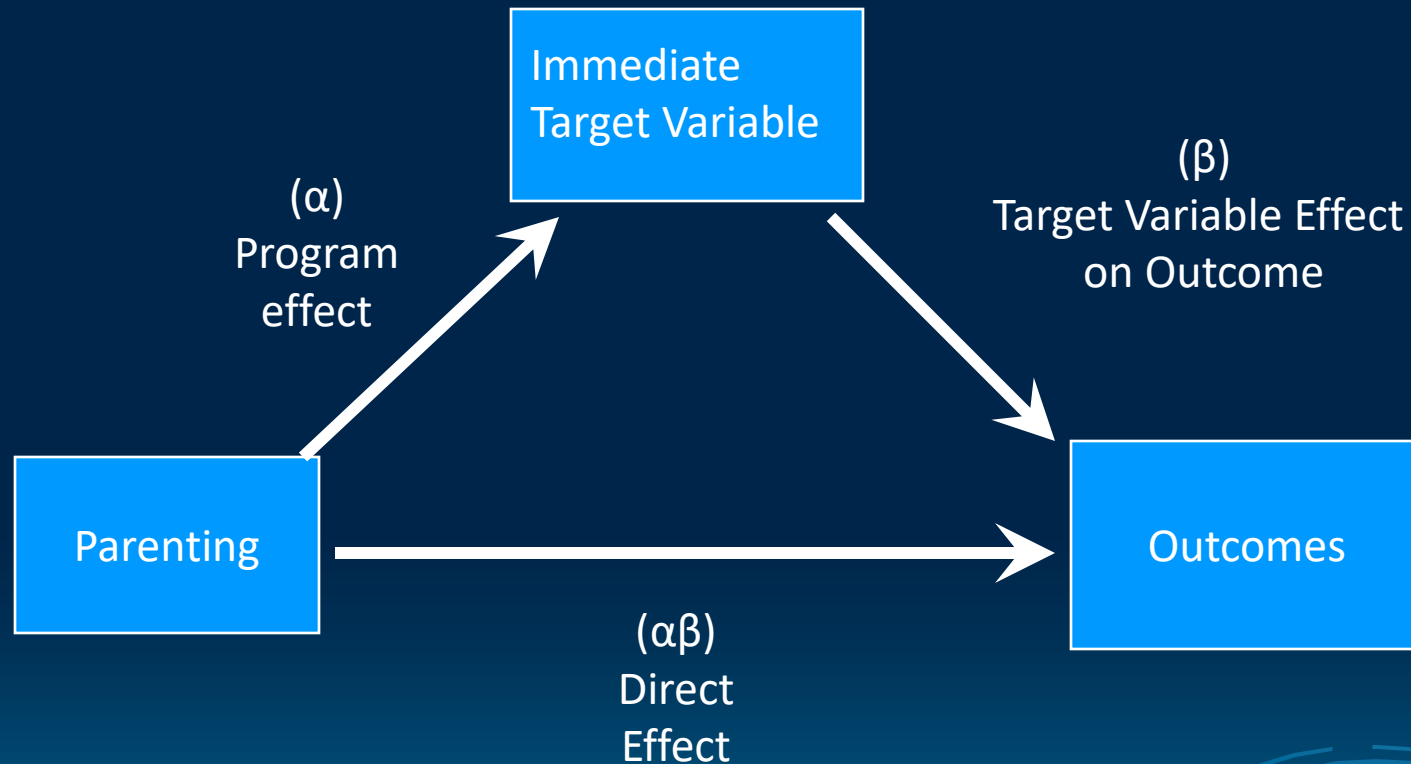




# Positive Communication: DDQ Saturday



# Why Does it Work?



Turrisi et al., 2010 PAB

# PBI: Taking About Alcohol

## Specific Components:

Parental Reluctance to Talk About Alcohol

How Alcohol Works in the Body

Physical & Psychological Effects

Setting Limits

Reasons Why Teens Drink

Reasons Why Teens Do Not Drink

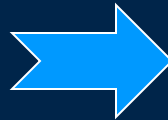
Binge Drinking: Drinking to Get Drunk

Did You Drink When You Were a Teen?

Warning Signs of a Potential Problem

Riding w/a Drunk Driver

Preventing a Friend From Driving Drunk



## Targeted Outcomes:

Attitudes toward Drinking Activities

Attitudes toward Non-Drinking Activities

Positive Expectancies

Perceptions of Enhanced Social Behavior

Normative Peer Approval

Negative Affect

Perceptions of Risk

Protective Behaviors

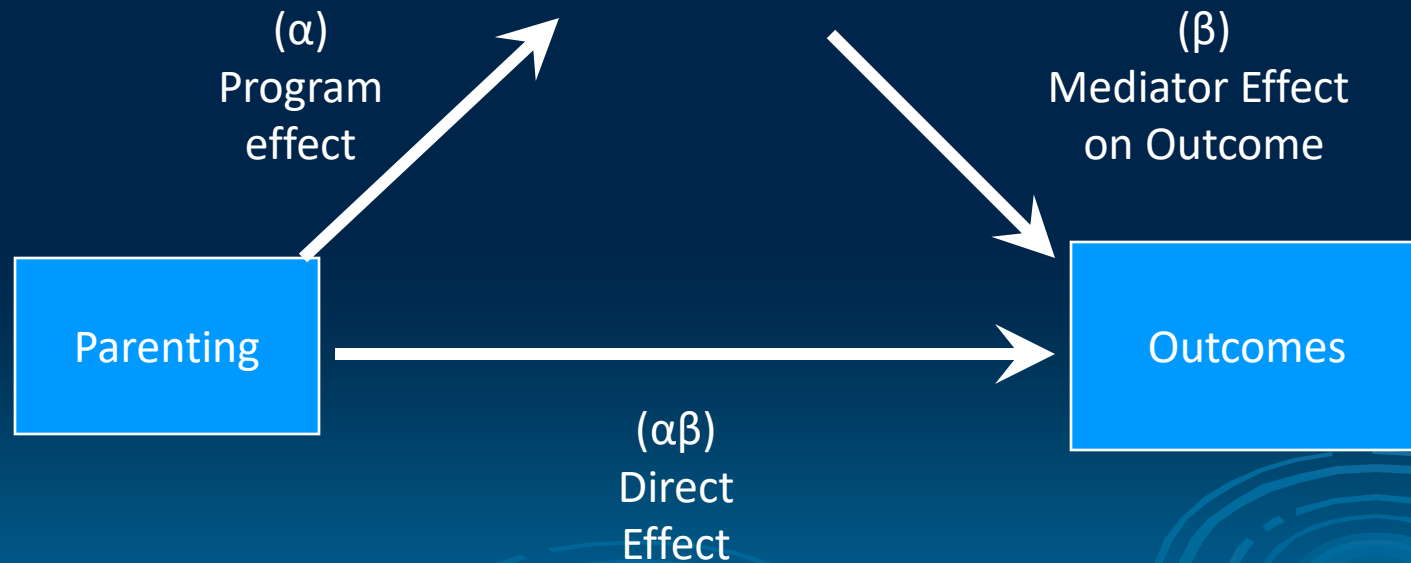
Health Motivation

Assertiveness

# Why Does it Work?

Proxies for the immediate target variable and the self regulation brain change—the connection is getting stronger

Attitudes toward Drinking Activities  
Attitudes toward Non-drinking Alternatives  
Positive Transformations  
Enhance Social Behaviors  
Normative Approval  
Negative Affect  
Health Orientation



Turrisi et al., 2010 PAB

# Project ACT: Behavior Change w/Hard to Reach Individuals

## ➤ Different Profiles

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						

≠

- Simply counting the number of drinks does not paint the whole picture

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						     



(Turrise et al., 2013; Varvil-Weld et al. 2014)

# Identify Different Types of Profiles

	Non-Drinker	Weekend Non-Binger	Weekend Binger	Heavy Drinker
Past Month Drink	0.10	0.99	1.00	1.00
Past Month Drunk	0.00	0.53	0.99	1.00
2-Week Binge	0.00	0.10	0.83	0.95
BAC > 0.08	0.00		0.89	0.94
Weekday	0.00	0.05	0.08	0.30
Thursday	0.00	0.06	0.02	0.74
Weekend	0.02	0.65	0.88	0.98

# Identify Different Types of Profiles

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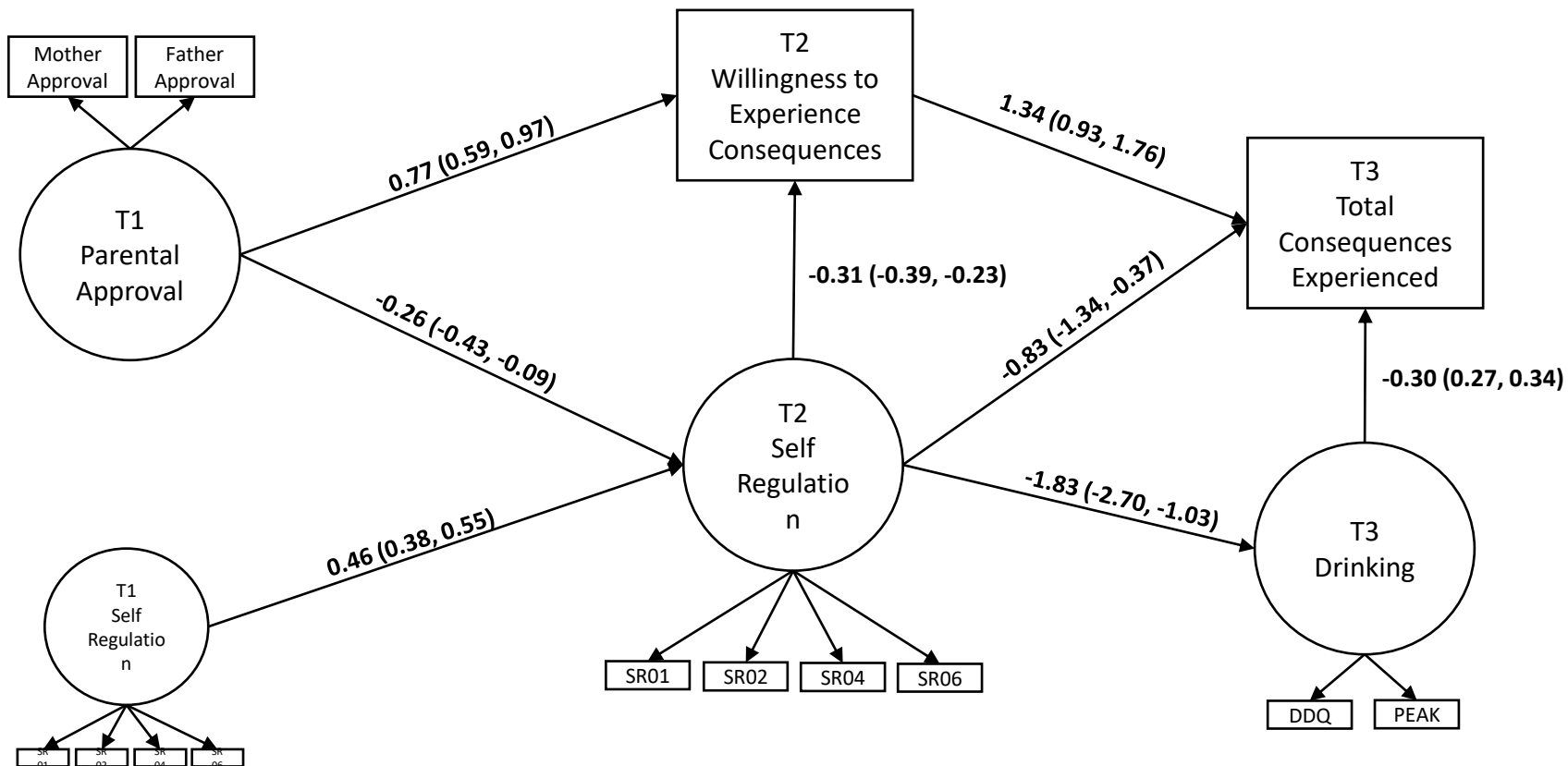


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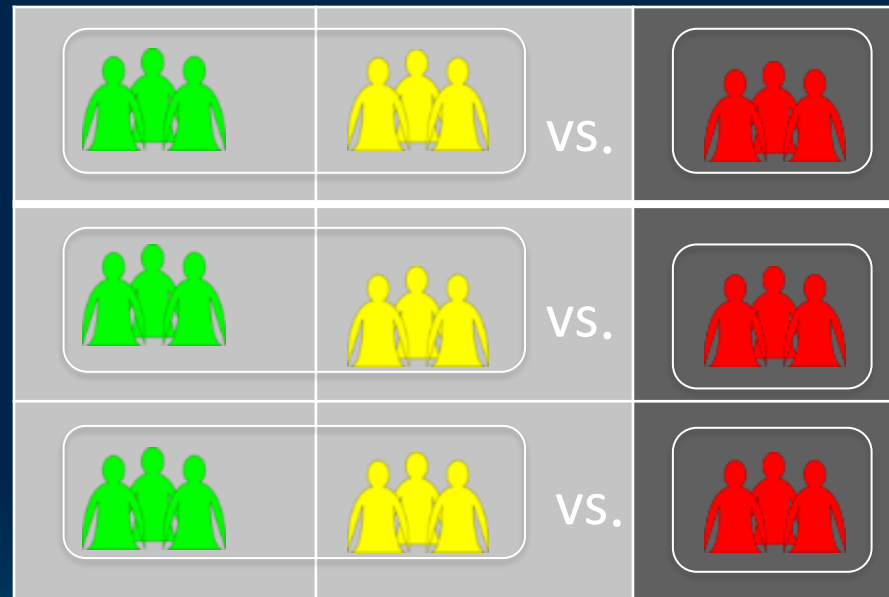
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# Is it Effective at Changing Risk Profiles?



Long term:

- High risk (heavy drinker) transitioned out of profile
- Weekend binge transitioned out of profile



# Parenting and Consequences

1) MRC Subgroup – 20% of drinkers experience 50% of consequences



Varvil-Weld et al. 2014



# Parent Profiles

Total N=370

## Positive Pro-Alc

(n=140; 38%)

- High levels of mother/father monitoring and mostly positive communication
- High levels of mother/father alcohol approval and use

## Positive Anti-Alc

(n=128; 35%)

- High levels of mother/father monitoring and mostly positive communication
- Low levels of mother/father alcohol approval and use

## Negative Mother

(n=72; 19%)

- Negative communication with mother
- Positive communication with father

## Negative Father

(n=30; 8%)

- Negative communication with father
- More father drinking

# Parent Profile and High-Risk Consequence Subset

➤ ( $\chi^2(3)=13.87, p<.01$ )

Profile	Odds Ratio	95% CI	<i>p</i>
Positive Pro-Alcohol	3.90	(1.58, 9.62)	<.01
Negative Mother	1.84	(.61, 5.59)	.28
Negative Father	5.93	(1.80, 19.51)	<.01
Positive Anti-Alcohol	1 (Ref)		



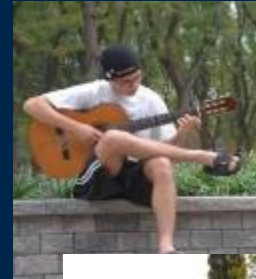
# Most Effective Parent Profiles

## ➤ Which makes the best parent profile?

- Positive Pro-Alcohol? No
- Negative Mother? No
- Negative Father? No
- Positive Anti-Alcohol? YES!

# Summary: What Works for Drinking Prevention

- Multiple well controlled trials
- Parents make a difference to self-regulatory behaviors
- Drinking and consequences are reduced and health outcomes increased



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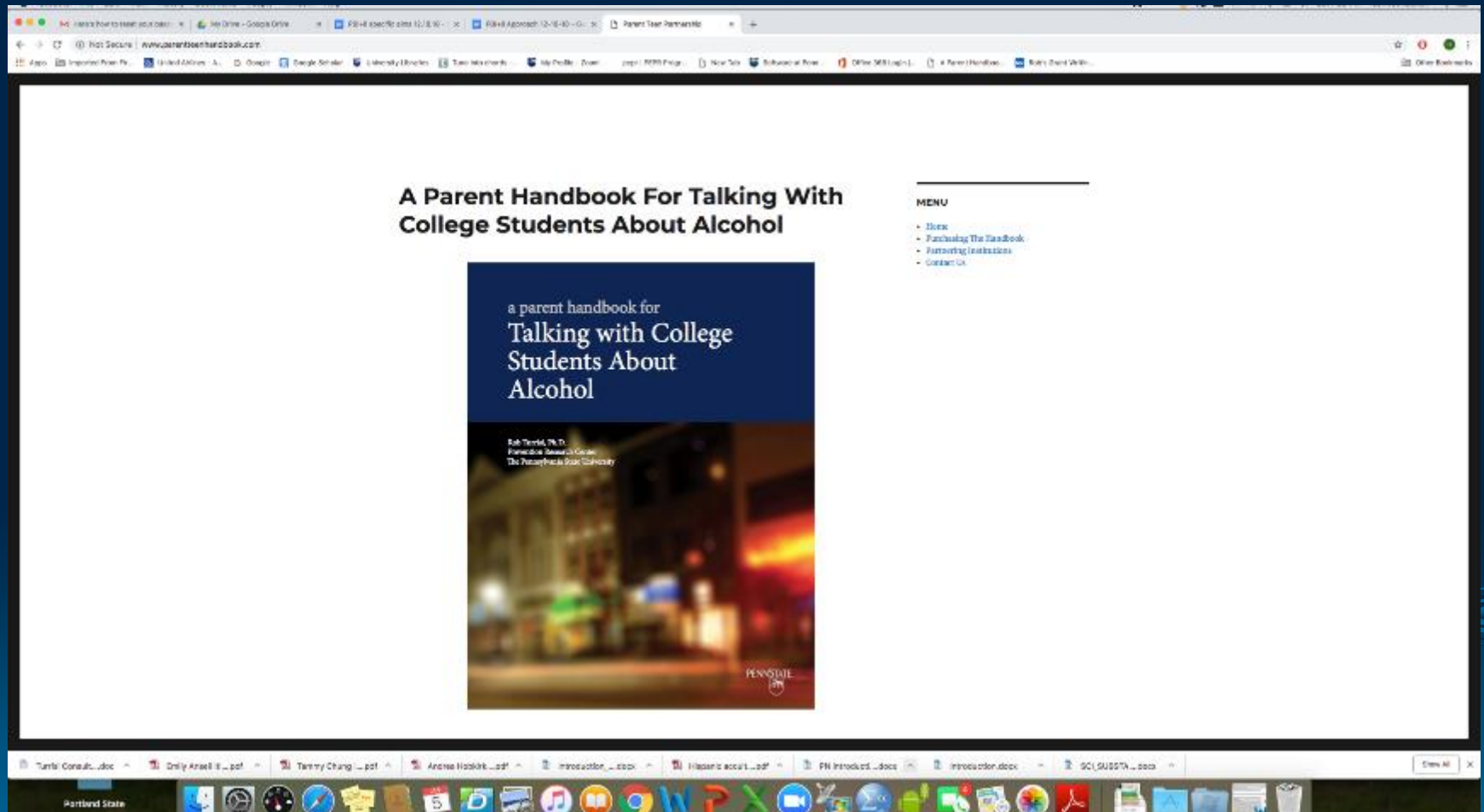
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# www.parentteenhandbook.com



# Question & Answer

# **Office of the Dean of Students**

*Thank you for joining this webinar!*