

Abstract

Long-term outcomes in young adults with a history of adolescent alcohol-related in-patient treatment for alcohol intoxication

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Abstract: Introduction: Empirical data concerning the long-term psychosocial development of adolescents admitted to in-patient treatment for alcohol intoxication (AIA) is lacking. The aim of this study was to identify factors which, at the time of admission, predict psychosocial outcomes.
Methods: We identified n = 1603 cases of AIA and 413 matched controls treated between 2000 and 2007 in one of five pediatric departments in Germany. Medical records were retrospectively analyzed extracting potential variables predicting long-term outcomes. Eligible individuals were invited to participate in a telephone interview.
Results: A total of 277 individuals (44.8% female, mean age 24.4 years (SD 2.2)) were interviewed 5 - 13 (mean 8.3 (SD 2.3)) years after treatment. Logistic and linear regression models revealed that being male, using illicit substances, and truancy or runaway behavior in adolescence predicted binge drinking, alcohol dependence, use of illicit substances, and poor general life satisfaction in young adulthood, explaining between 14 and 26% of the variance for the different outcome variables. AIA had a significantly elevated risk to develop DSM-5 severe alcohol use disorder (AUD), to engage in problematic habitual alcohol use, to exhibit delinquent behaviors, and to use illicit substances in young adulthood compared to the control group.
Conclusions: This naturalistic study confirms that known risk factors for development of AUDs also apply to young adults with AIA, who run a significantly increased risk for severe AUD by age 25. This finding calls for targeted prevention efforts in AIA.

Topic: Youth drinking

Keywords: Adolescents, Binge drinking, Risk