



# Alcohol prevention in the Netherlands;

## Differential effects of baseline drinking status



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Ina Koning

Do the Dutch drink?

An impression...



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# Do the Dutch drink?

## The facts...

Underage drinking (Verdurmen et al., 2012):

13-year old → monthly drinking = 19%

15-year old → binge drinking = 40%



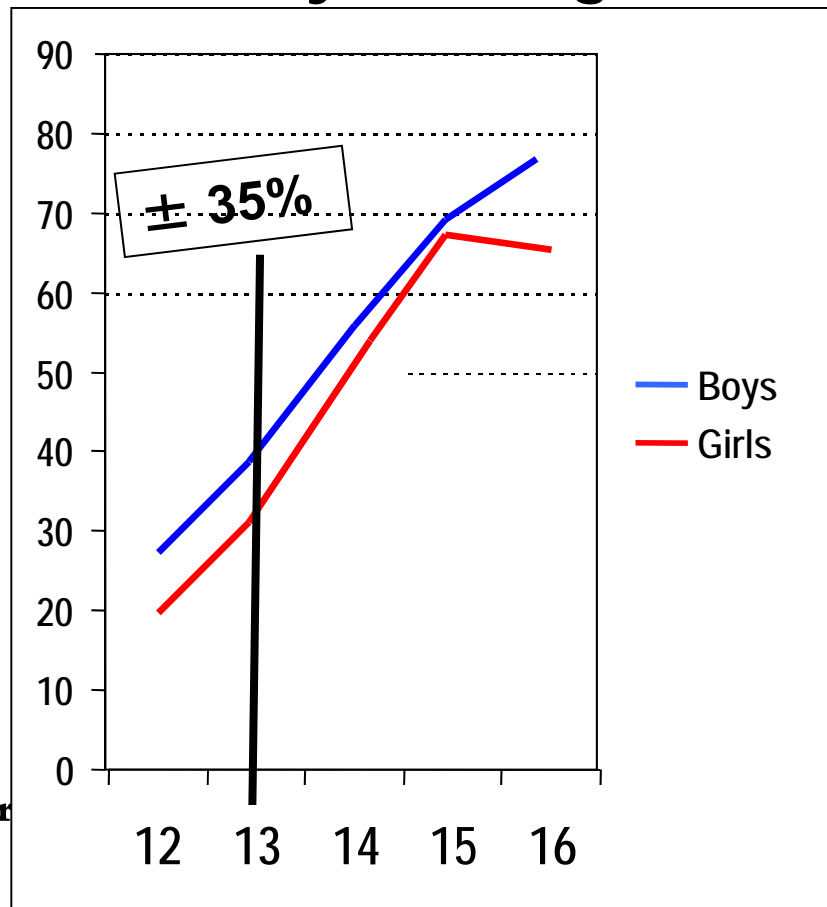
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# Do the Dutch drink?

The facts...

2005

## Monthly drinking



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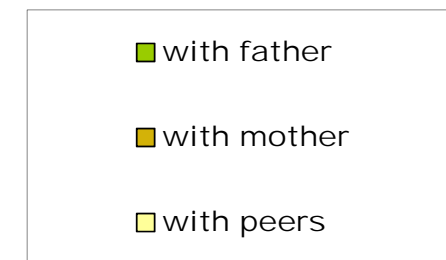
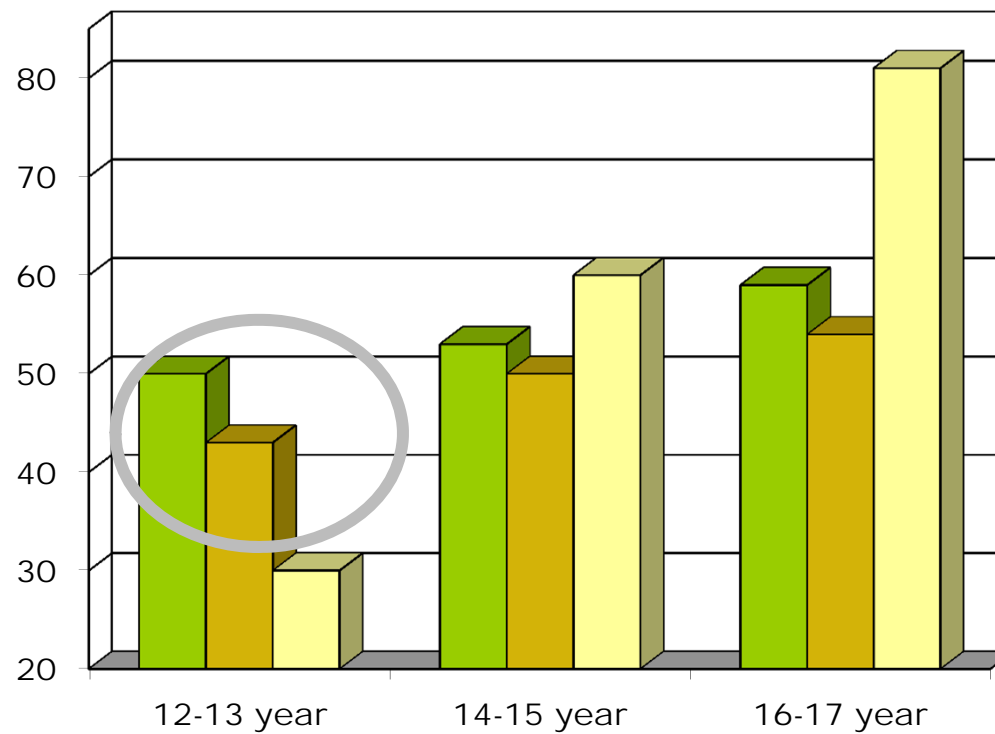


Trimbos: HBSC, 2005



Do the Dutch drink?

In fact...





# Parent intervention



**Aim:** Restrictive parenting (rules and attitude about alcohol use; Orebro prevention program, Koutakis et al., 2008)

1. Presentation at parents meetings (3x)
  - a. First meeting new school-year
  - b. Brief: 15 minutes
2. Consensus building
  - a. Awareness
  - b. Support
3. Information leaflet



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# Student intervention



**Aim:** Increase self-control and healthy attitudes about alcohol (Healthy School and Drugs Program, Cuijpers et al., 2002)

## 1. Four digital interactive lessons (e-learning) in class 1

- a. Interactive exercises
- b. Individual and group
- c. Attractive design



## 2. One hard-copy booster in class 2

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**Early adolescents**

**12 to 16 years**

Entry secondary school

Legal drinking age



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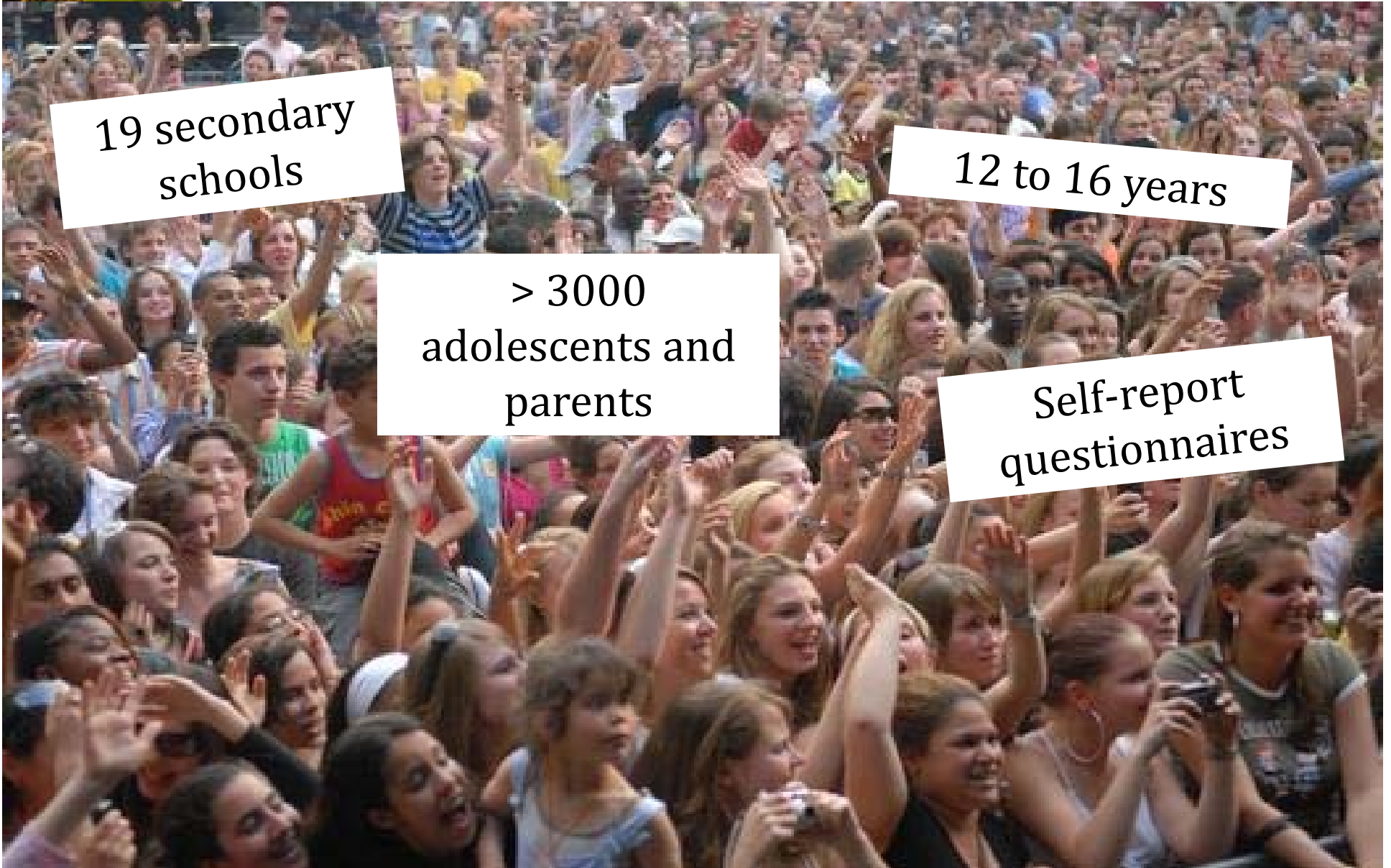
## Who participated?

19 secondary  
schools

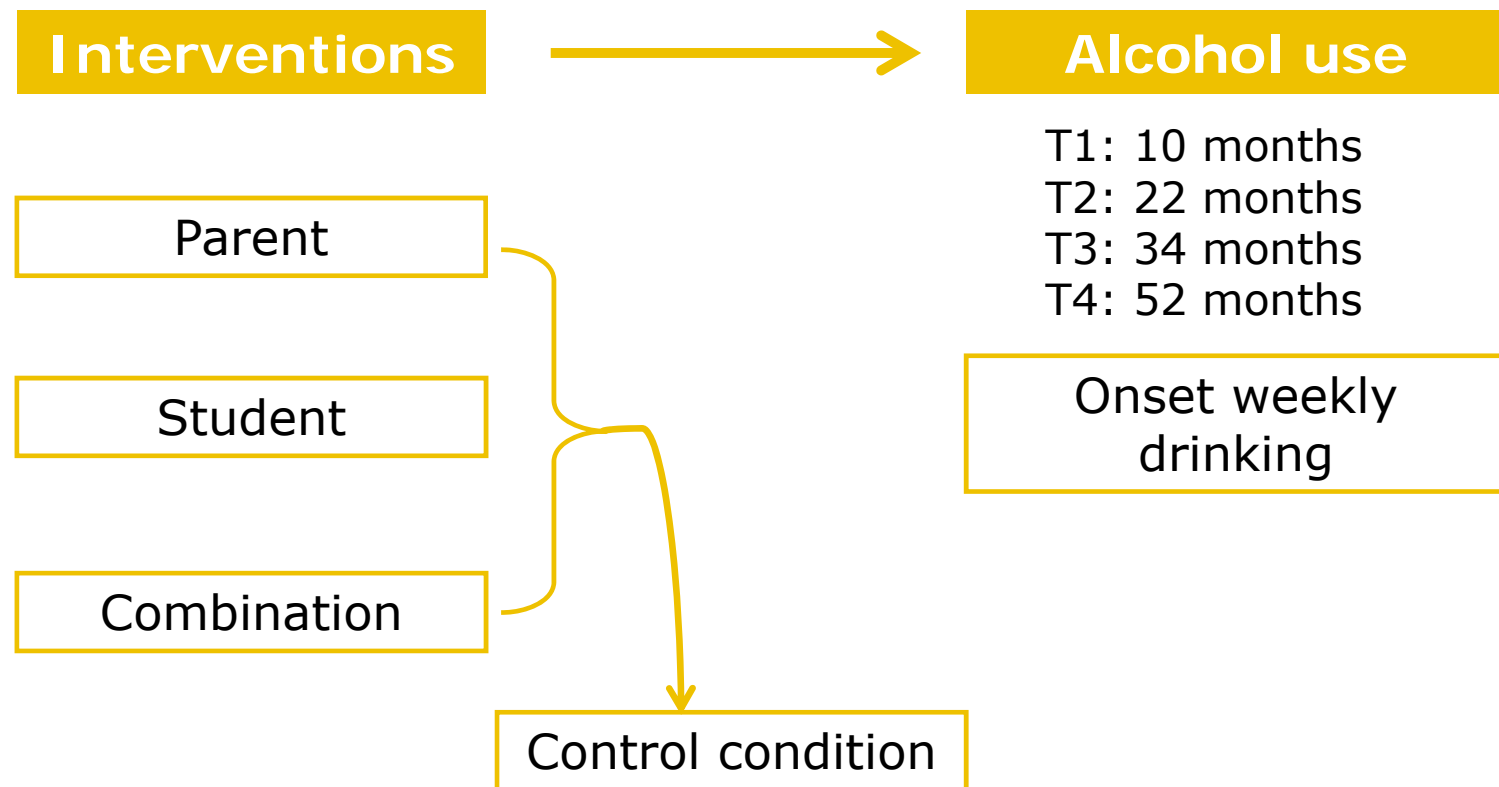
12 to 16 years

> 3000  
adolescents and  
parents

Self-report  
questionnaires



## Study design



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# Timeline

12 years — T0

September  
2006



March  
2007



13 years

September  
2007



T1

March  
2008



14 years

T2

September  
2008



T3

15 years

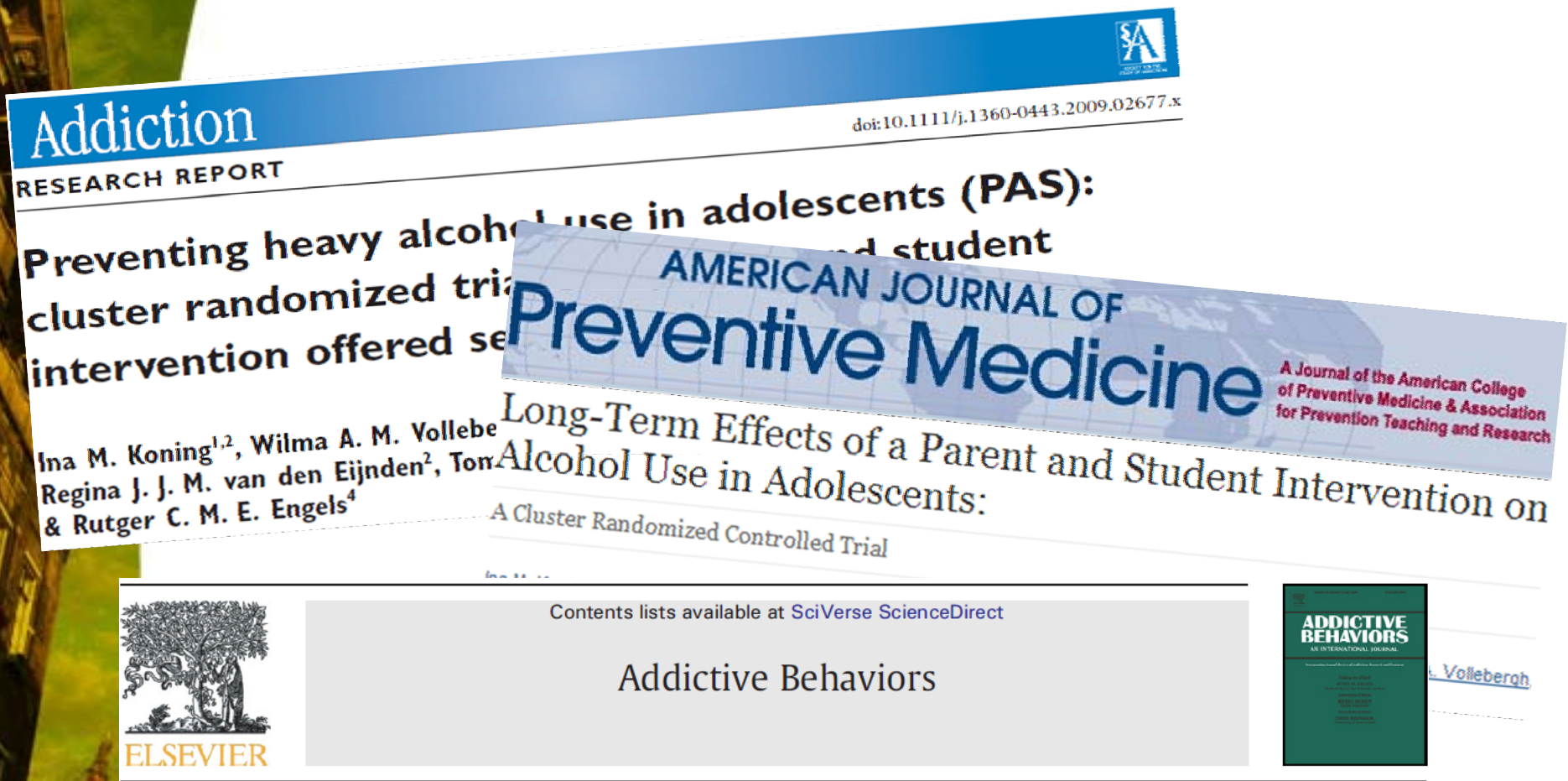
T4

16 years



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# Q1: Is it effective?



A cluster randomized trial on the effects of a parent and student intervention on alcohol use in adolescents four years after baseline; no evidence of catching-up behavior

Ina M. Koning<sup>a,b,\*</sup>, Regina J.J.M. van den Eijnden<sup>a</sup>, Jacqueline E.E. Verdurmen<sup>b</sup>, Rutger C.M.E. Engels<sup>c</sup>, Wilma A.M. Vollebergh<sup>a</sup>





## Outcomes of interest

Incidence of weekly drinking (12 to 15)

Quantity-Frequency (Engels, Knibbe & Drop, 1999; Engels & Knibbe, 2000)

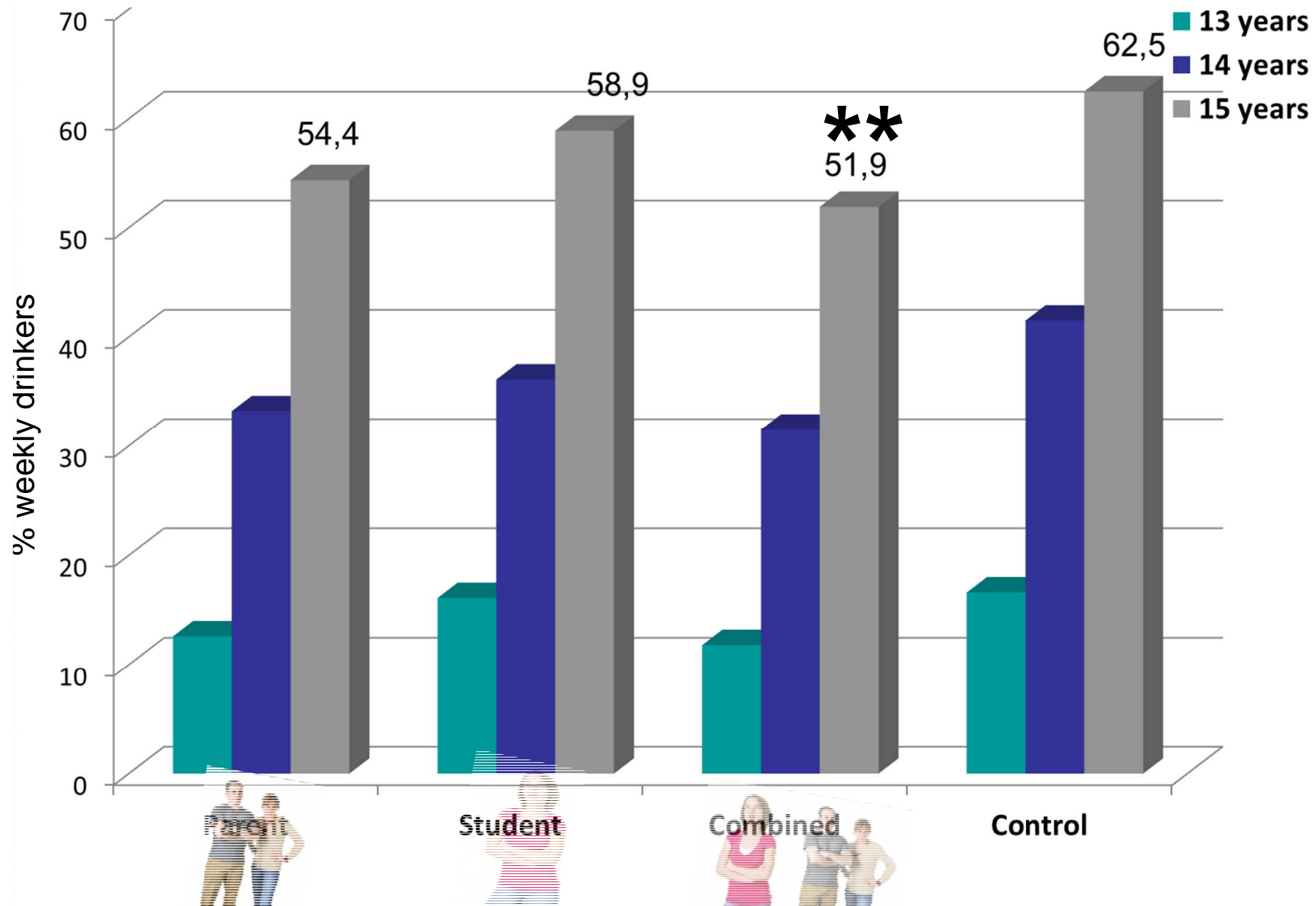
- On average  $\geq 1$  glasses per week

At risk sample (N=2937), exclude

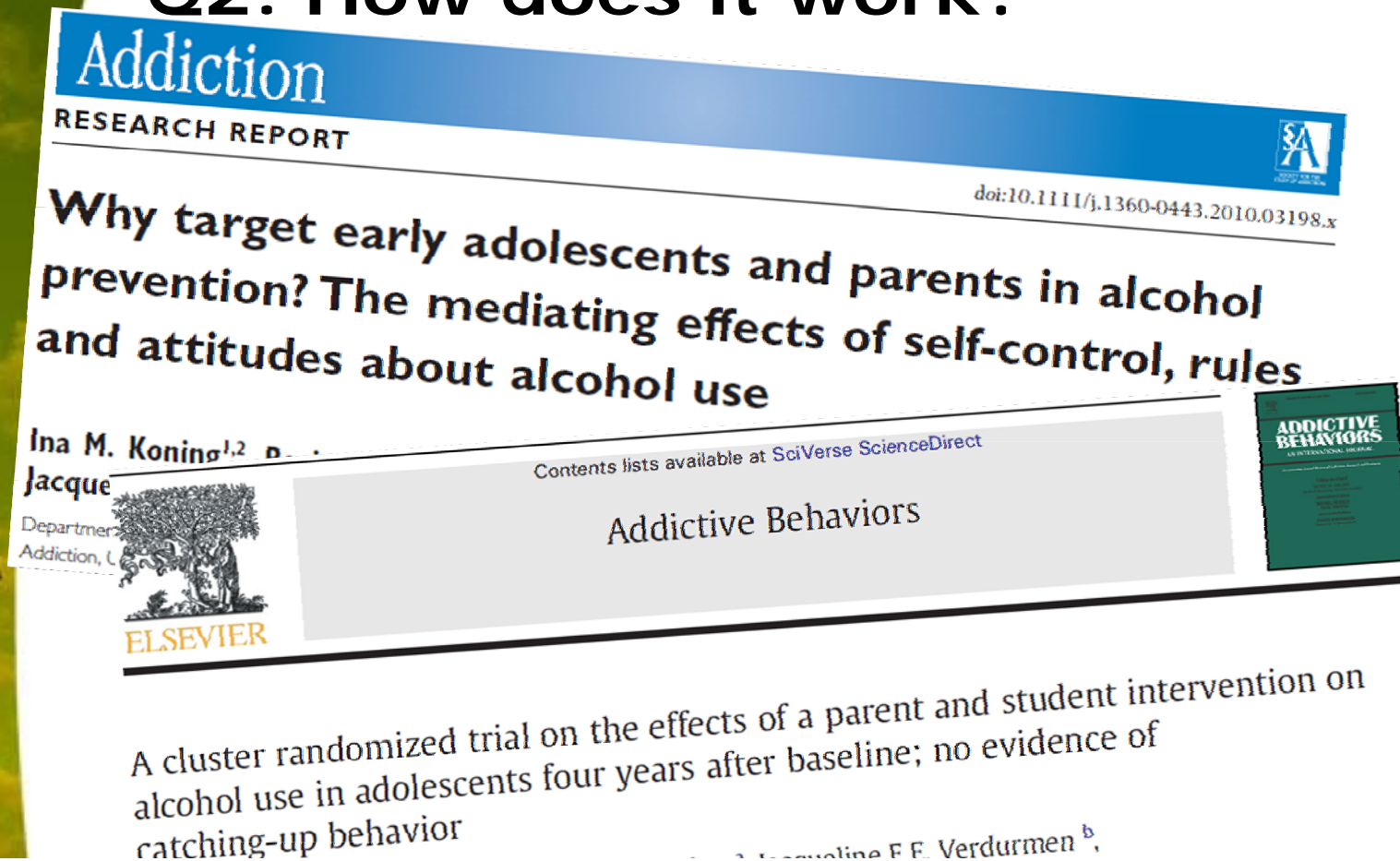
- Weekly drinkers at baseline
- Inconsistent responders



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## Q2: How does it work?

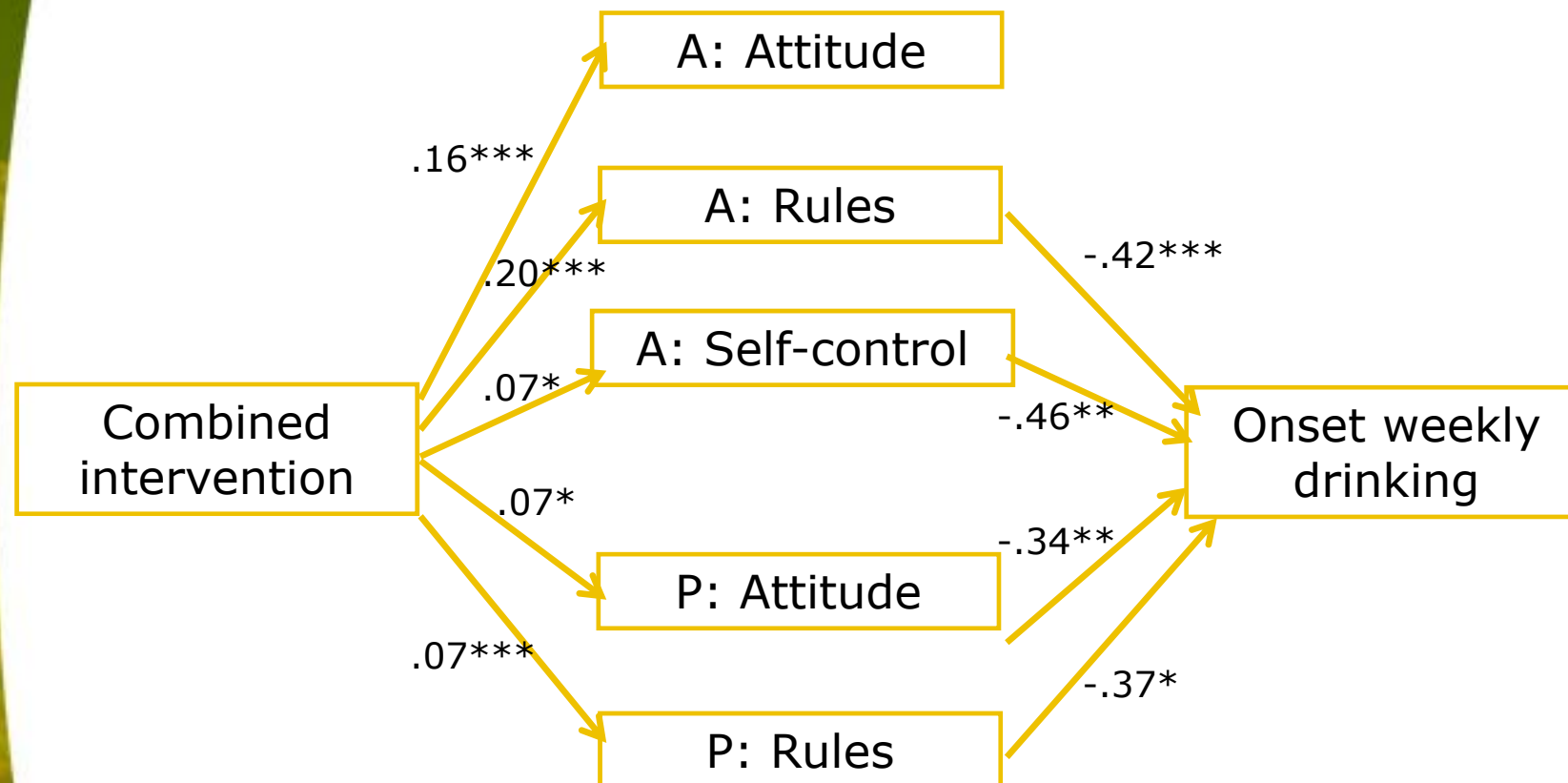


Effects of a combined parent-student alcohol prevention program on intermediate factors and

adolescents' drinking behavior: A sequential mediation model

Koning, I.M., Maric, M., McKinnon, D., Vollebergh, W.A.M.

## Combined intervention



## Q3: It works, but for whom?

13:278-287  
11121-011-0267-9

**Differential Impact of a Dutch Alcohol Prevention Program  
Targeting Adolescents and Parents Separately  
Simultaneously: Low Self-Control and Drinking  
Status at Baseline**

**Differential Effects of Baseline Drinking Status:  
An Alcohol Prevention Program targeting Students and/or Parents (PAS) among  
weekly drinking students**

ess

Ina M. Koning<sup>a,b</sup>, Peter Lugtig<sup>b</sup>, Wilma A.M. Vollebergh<sup>a</sup>  
den Eijnden<sup>b</sup>, Rutger C.M.E. Engels<sup>c</sup>, Wilma A.M. Vollebergh<sup>b</sup>, Regina, J.J.M. van

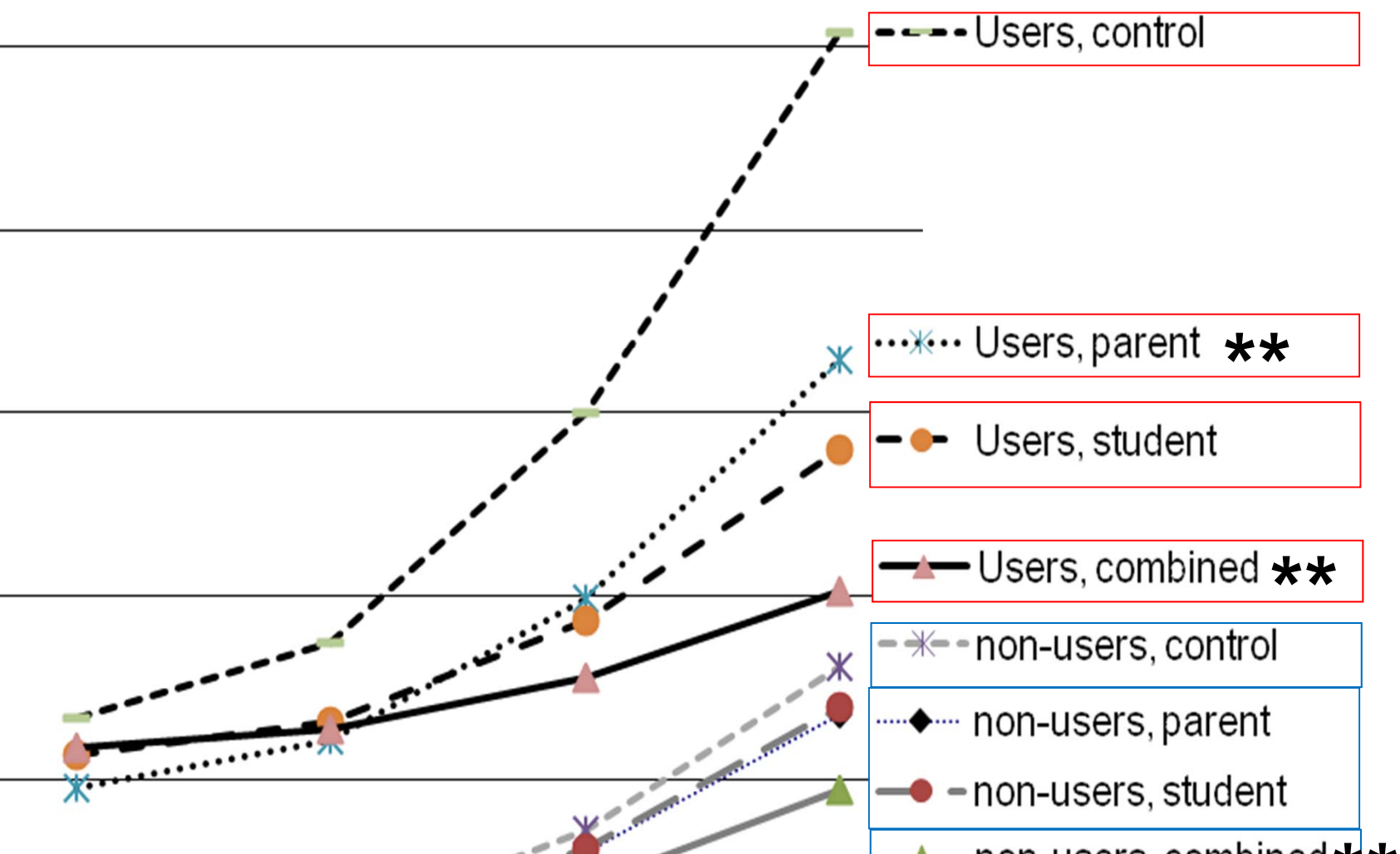


So far...

All results relate to non-weekly drinkers  
at baseline.

LGCA among drinkers and non-  
drinkers ( $\pm 20\%$ ) at baseline

## Baseline drinking status



## Combined parent-student intervention...

...effectively curbed growth of drinking among **both non-drinkers** (the target group of the intervention) **and drinkers** at baseline (and PI).

In the **user-group** also the **parent intervention** effectively curbed drinking

Overall, **less strong increases of drinking** over time are found **among non-drinkers** c  
drinkers at baseline.



Broad implementation in the  
Netherlands is suggested



**Thank you for your attention!**

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## Further reading (selection)

### Parenting (selection)

- Koning, Engels, Verdurmen, and Vollebergh, (2010). Alcohol-Specific **Socialization Practices** and Alcohol use in Dutch Early Adolescents. *Journal of Adolescence*, 33, 93-100
- Koning, Van den Eijnden, Verdurmen, Engels, Vollebergh (2012). Developmental Alcohol-Specific **Parenting Profiles** in Adolescence and their Relationships with Adolescents' Alcohol Use. *Journal of Youth and Adolescence*, 41, 1502-1511.
- Koning, Van den Eijnden, Glatz, Verdurmen, Engels, Vollebergh, (2013). Don't Worry! **Parental worries**, alcohol-specific parenting and adolescents' drinking. *Cognitive Therapy and Research*, 37, 1079-1088
- Koning, van den Eijnden, & Vollebergh (in press). Adolescents' **Self-Control Mediate** the Effect of Alcohol-Specific Parenting on Alcohol Use. *Journal of Studies on Alcohol and Drugs*
- Vermeulen-Smit, Koning, Verdurmen, van der Vorst, Engels, & Vollebergh (2012). The influence of **paternal and maternal drinking patterns** within two-partner families on initiation and development of adolescent drinking. *Addictive*