

Alcohol use among adolescents during the first pandemic lockdown in Denmark

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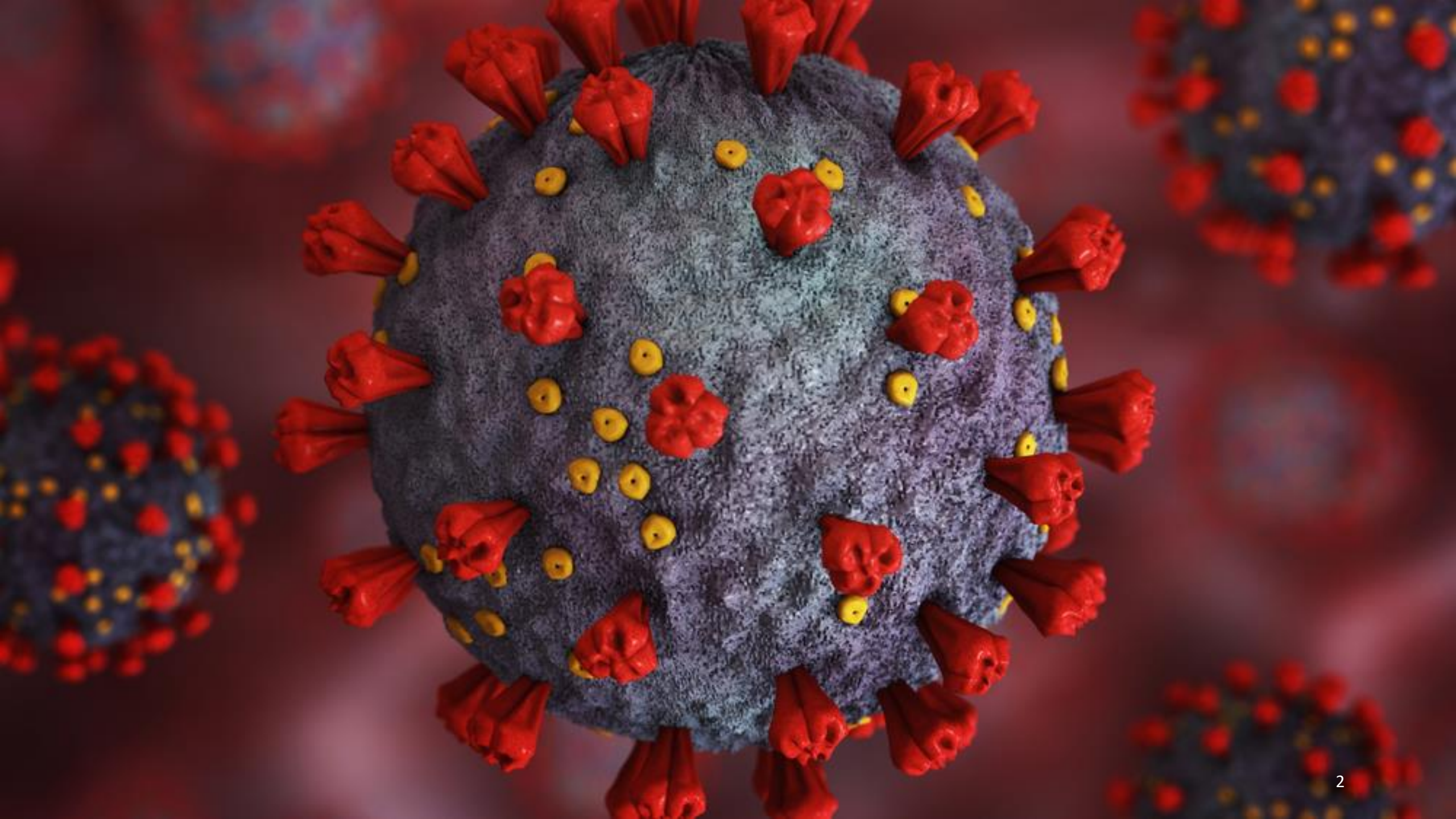
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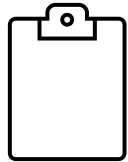
Why are Danish adolescents drinking so much?

Easy availability

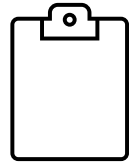
Drinking to get drunk is the social norm



What did we do?

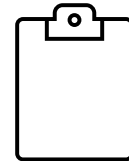


2019



2020

N= 1,869



2020

N= 9,727



20 interviews

S | Sammen - hver for sig
Skrevet af Johanne Aviaja Rosing [?] · 20 timer ·

Besvar spørgeskemaet og bidrag med vigtig viden.
Det tager 10 min. og din besvarelse er anonym.

Sammen ❤️
hver | for | sig

- hvordan tackler unge coronakrisen?

Statens Institut for Folkesundhed
undersøger, hvordan coronakrisen påvirker
15-20 årige unges hverdag.

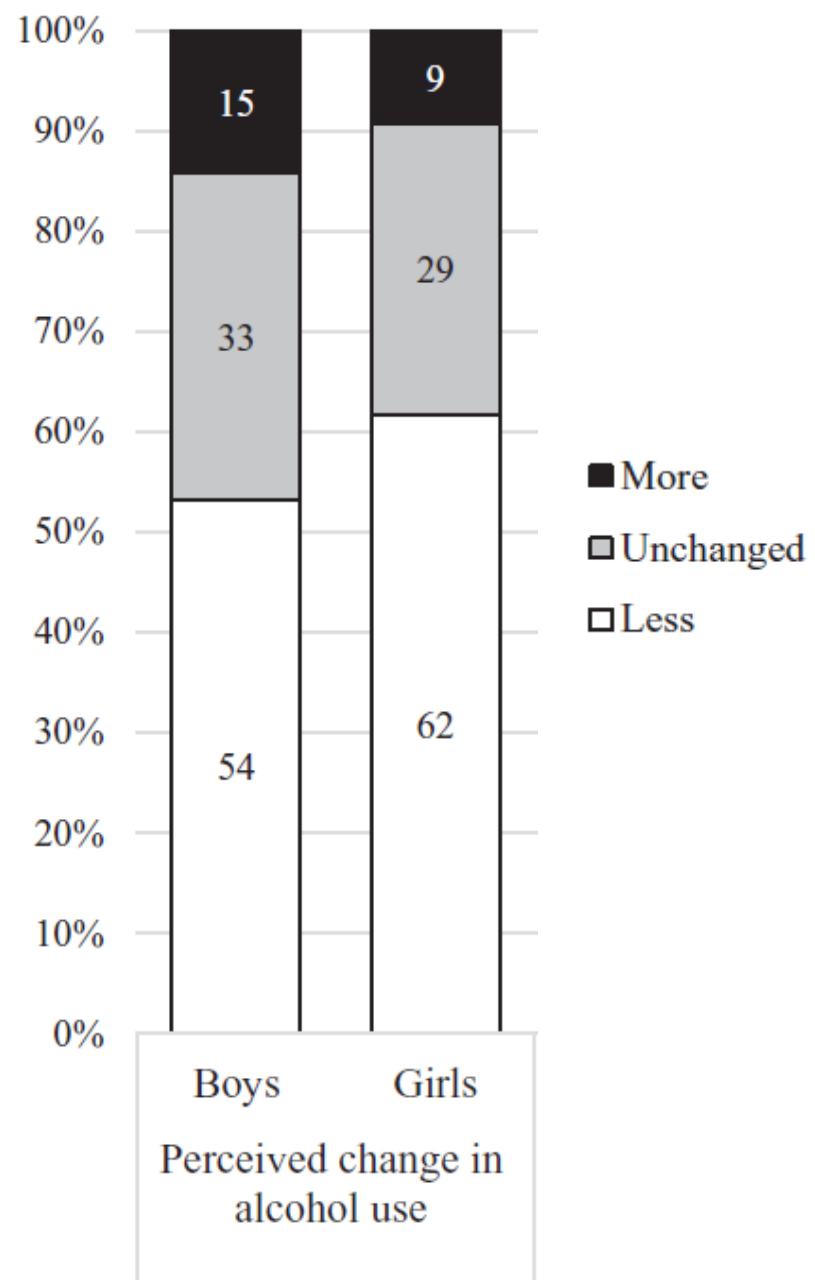
S | ❤️

SURVEY-XACT.DK
Sammen - hver for sig

Tilmeld dig

Table I. Characteristics of 11,596 the participants in the BEHERE cohort.

	Total (N=11,596)	Boys (N=3102)	Girls (N=8442)
Age			
≤16 years	2418 (21)	514 (17)	1892 (22)
17 years	2639 (23)	733 (24)	1891 (22)
18 years	2809 (24)	768 (25)	2032 (24)
≥19 years	3730 (32)	1087 (35)	2627 (31)
M_{age} (10th; 90th percentile)	17.7 (16; 18)	17.9 (16; 18)	17.7 (16; 18)
Occupation			
Primary school	895 (7.7)	156 (5)	731 (8.7)
Boarding school or adult education college	1279 (11)	358 (12)	915 (11)
Secondary education (e.g. high school)	8112 (70)	2263 (73)	5824 (69)
Tertiary education (e.g. university)	183 (1.6)	38 (1.2)	143 (1.7)
Work	714 (6.2)	173 (5.6)	539 (6.4)
Unemployed	121 (1.0)	38 (1.2)	79 (0.9)
Other	292 (2.5)	76 (2.5)	211 (2.5)
Lives with. . .			
Both parents, together	7077 (61)	1980 (64)	5073 (60)
Alternating between parents	1253 (11)	345 (11)	904 (11)
Mother only	1620 (14)	390 (13)	1224 (15)
Father only	359 (3.1)	121 (3.9)	232 (2.8)
Alone	224 (2.0)	53 (1.7)	171 (2.0)
Boy-/girlfriend, friend	570 (5.0)	100 (3.2)	463 (5.5)
Dorm, collective	120 (1.0)	36 (1.2)	83 (1.0)
Other	373 (3.2)	77 (2.5)	292 (3.5)





Frequency of drinking occasions

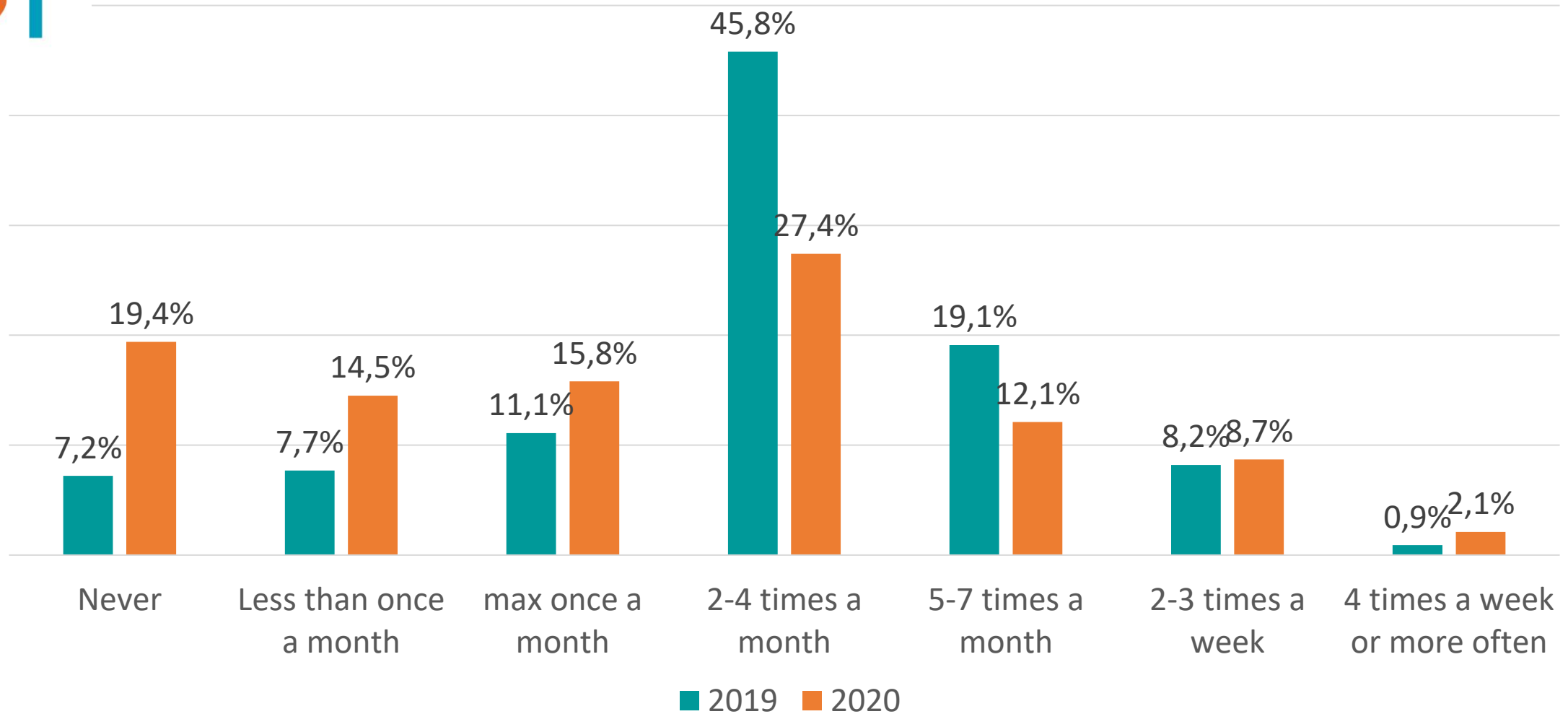


Table IV. Factors associated with frequency of drinking.

	Alcohol use
	Model 1 relative drinking frequency (95% CI)
Time (2019 to 2020)	0.73 (0.68–0.77)*
Gender	
Male	1.00 (reference)
Female	0.80 (0.74–0.87)*
Age	
≤16 years	1.00 (reference)
17 years	0.93 (0.76–1.15)
18 years	1.05 (0.87–1.29)
≥19 years	1.00 (0.82–1.23)
Occupation	
Secondary education (e.g. high school)	1.00 (reference)
Boarding school or adult education college	2.79 (2.02–3.83)*
Tertiary education (e.g. university)	0.99 (0.67–1.44)
Work	1.30 (1.14–1.50)*
Unemployed	1.38 (1.06–1.80)*
Lives with. . .	
Both parents, together	1.00 (reference)
Mother and/or father, separately	1.12 (1.03–1.22)*
Alone, friend(s), others	1.21 (1.07–1.38)*

Table IV. Factors associated with frequency of drinking.

	Alcohol use	
	Model 1 relative drinking frequency (95% CI)	Model 2 relative drinking frequency (95% CI)
Time (2019 to 2020)	0.73 (0.68–0.77)*	0.96 (0.89–1.04)
Gender		
Male	1.00 (reference)	1.00 (reference)
Female	0.80 (0.74–0.87)*	0.81 (0.75–0.87)*
Age		
≤16 years	1.00 (reference)	1.00 (reference)
17 years	0.93 (0.76–1.15)	1.01 (0.83–1.21)
18 years	1.05 (0.87–1.29)	1.10 (0.92–1.33)
≥19 years	1.00 (0.82–1.23)	1.07 (0.88–1.29)
Occupation		
Secondary education (e.g. high school)	1.00 (reference)	1.00 (reference)
Boarding school or adult education college	2.79 (2.02–3.83)*	2.34 (1.73–3.17)*
Tertiary education (e.g. university)	0.99 (0.67–1.44)	0.97 (0.69–1.37)
Work	1.30 (1.14–1.50)*	1.29 (1.13–1.49)*
Unemployed	1.38 (1.06–1.80)*	1.44 (1.09–1.90)*
Lives with. . .		
Both parents, together	1.00 (reference)	1.00 (reference)
Mother and/or father, separately	1.12 (1.03–1.22)*	1.09 (1.01–1.18)*
Alone, friend(s), others	1.21 (1.07–1.38)*	1.19 (1.04–1.35)*
Frequency of meeting with friends in person		
Never	–	1.00 (reference)
Rarely	–	1.46 (1.18–1.81)*
Almost every week	–	1.71 (1.39–2.09)*
More than once a week	–	2.42 (1.99–2.96)*
Every day/almost every day	–	3.12 (2.52–3.86)*



Interview

"I never felt like drinking alone. That is something you do with friends and at parties, and when you do not meet with friends in large groups, then you just don't do it [drinks], I think"

"At least I never considered it, if you just meet with a single friend, to drink. So I mostly drink in a social context and that is not very often now"

(Boy 2nd year of high school)



Interview

"No I do not miss it [alcohol]. Now I'll have a drink with my parents once in a while, and that is cosy. But I do not miss "slave" vodka, or what you normally drink. I think now you can have a drink once in a while and then it tastes good, instead of you just pouring large quantities down to have fun. So no I do not miss alcohol.

(girl 3rd year of high school)

S | How often have you been drinking with your friends online?

Never:
72% girls/56% boys

2 times a months or more often:
6% girls /16% boys





Interview

"I think I got a little self conscious about it, that you were actually sitting alone in your room. And when you ended the conversation it was a bit strange."

(girl 19 years)

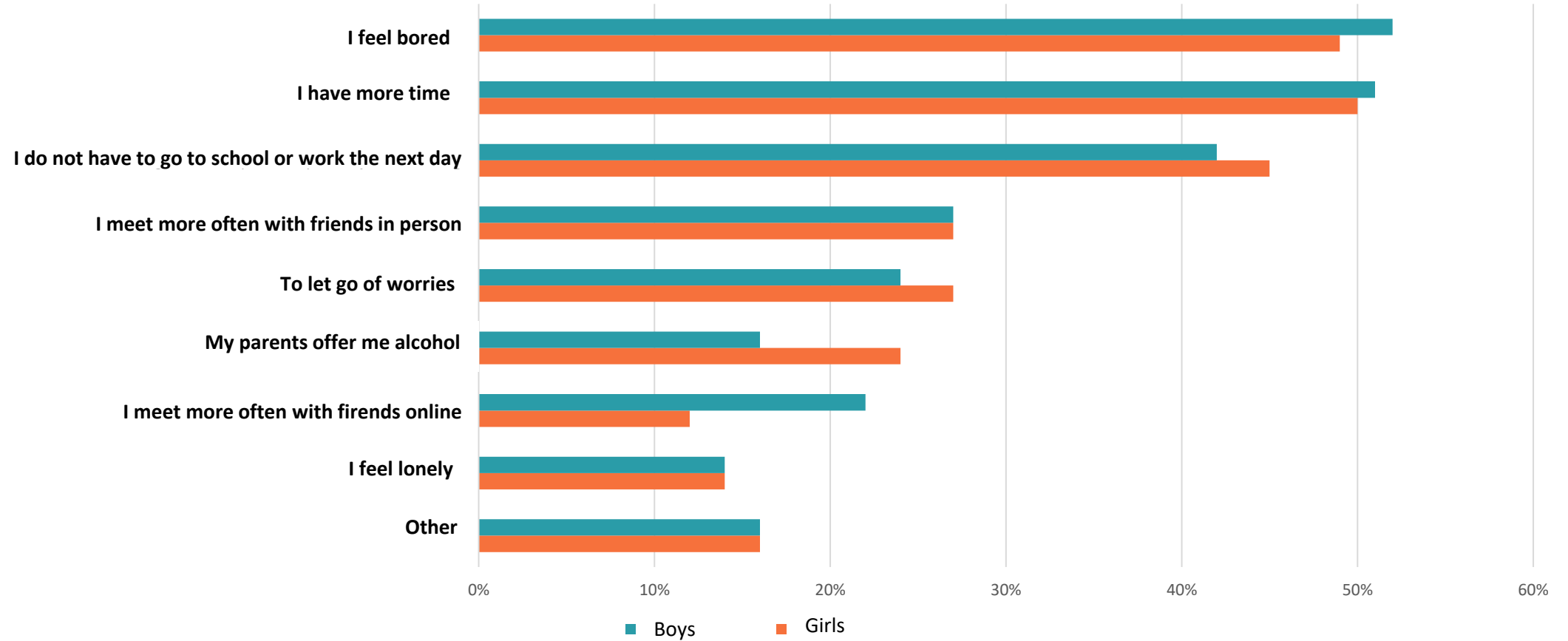


Who were those drinking more...

- Boarding schools/ Adult education college
- More often social interaction in person
- More often and less often social interaction online



Reasons for drinking more





To sum up

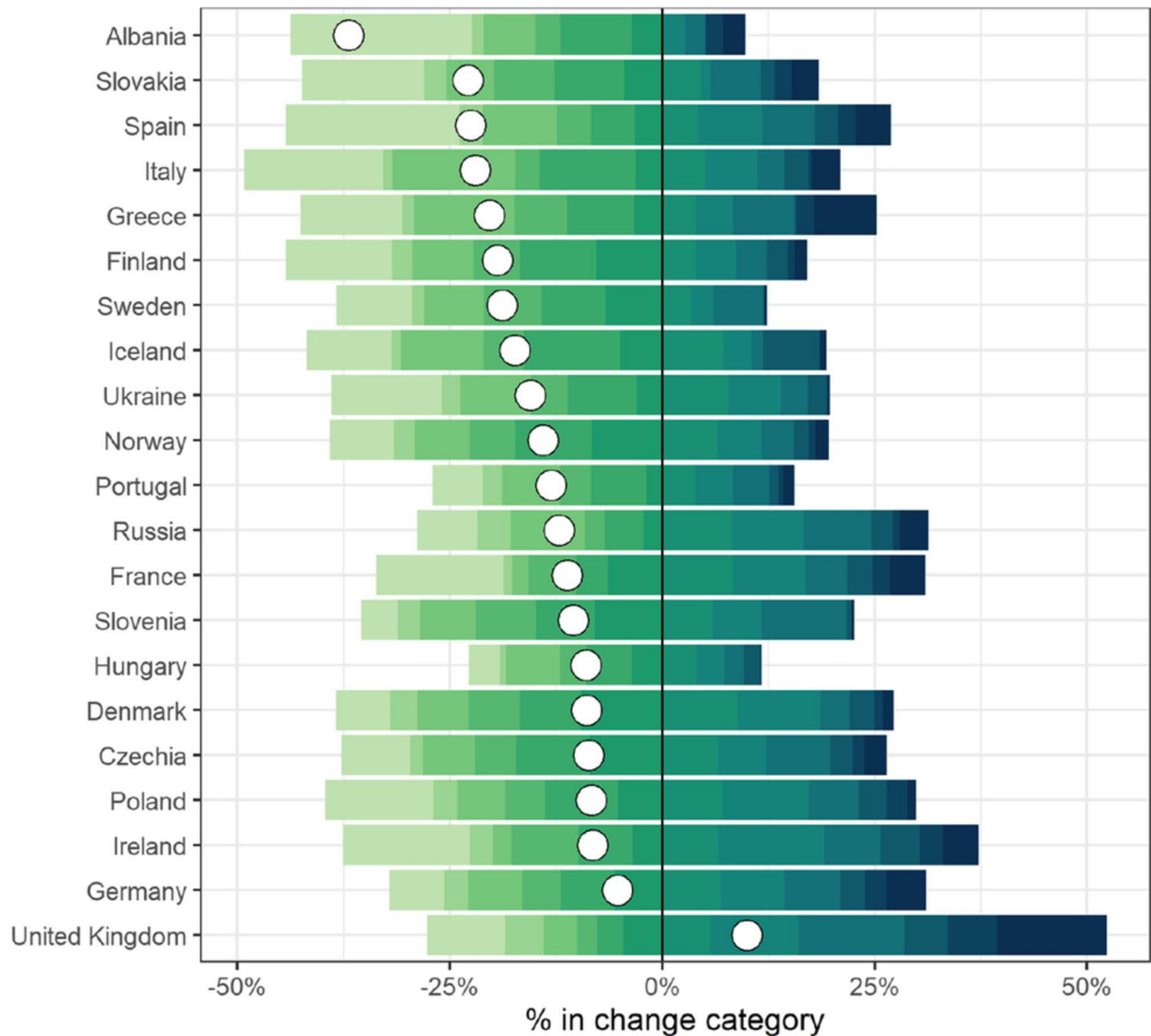
Most Danish adolescents reported:

- to drink less
- Not drink to intoxication
- Reduce their drinking due to social isolation

Parties was not moved online

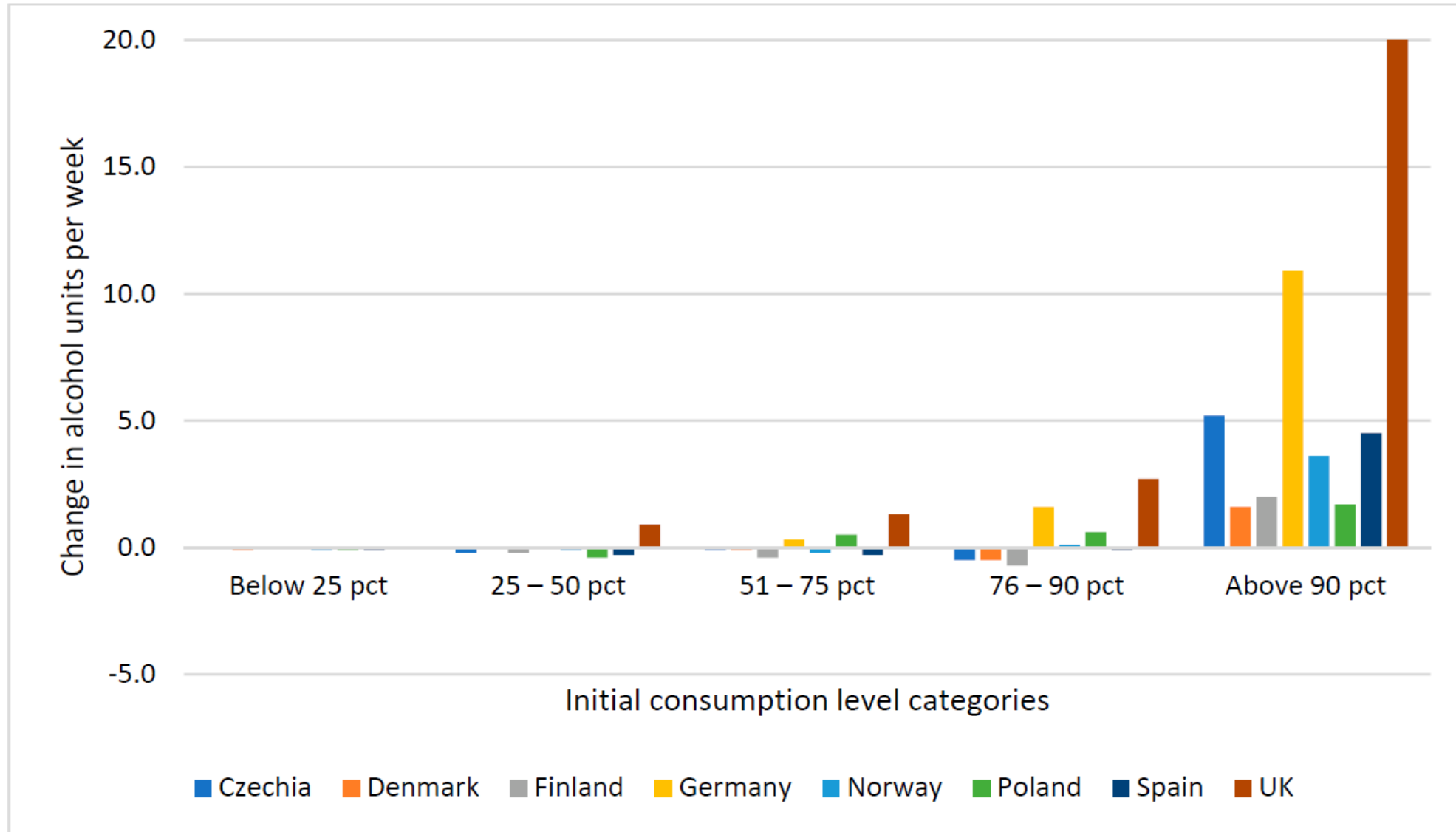






○ weighted mean of the consumption-change score

Kilian, C., Rehm, J., Allebeck, P., Braddick, F., Gual, A., Barták, M., ... & European Study Group on Alcohol Use and COVID-19. (2021). Alcohol consumption during the COVID-19 pandemic in Europe: a large-scale cross-sectional study in 21 countries. *Addiction*, 116(12), 3369-3380.



Rossow, I., Bye, E. K., Moan, I. S., Kilian, C., & Bramness, J. G. (2021). Changes in alcohol consumption during the COVID-19 pandemic—small change in total consumption, but increase in proportion of heavy drinkers. *International journal of environmental research and public health*, 18(8), 4231.

Table 3. Estimated proportion of heavy drinkers initially and during the pandemic, by country. Percent (95% CI).

Country	Initially	Exceeding 28 Units/Week during Pandemic	<i>p</i> *
Czechia	13.2 (11.4–15.1)	13.7 (11.8–15.6)	0.148
Denmark	3.1 (2.4–3.8)	5.7 (4.8–6.6)	<0.001
Finland	4.1 (3.4–4.7)	5.8 (5.0–6.5)	<0.001
Germany	6.8 (5.5–8.1)	10.2 (8.6–11.7)	<0.001
Norway	3.2 (2.9–3.5)	4.6 (4.3–4.9)	<0.001
Poland	4.4 (3.1–5.7)	7.2 (5.6–8.8)	<0.001
Spain	5.4 (4.5–6.3)	7.5 (6.5–8.5)	<0.001
UK	24.1 (21.3–26.9)	26.0 (23.1–28.9)	0.007

Note: * *p*-value for proportion test.

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How did it affect the children?

120.000 children with parents with alcohol problems



Thanks for listening

Thanks to my colleagues on the project

Johanne Aviaja Rosing

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Janne Tolstrup

