

Sustained parenting and college drinking in First-Year Students

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Published

Friday, January 1, 2010 - 12:00

Publisher

Developmental Psychobiology

Volume

52

Issue

3

Page(s)

286-94

Abstract

Research indicates that for many students excessive drinking in college is a continuation of high school drinking tendencies. However, there have been limited theory-driven, systematic interventions targeting students so as to prevent alcohol misuse in their transition to college. Almost all current prevention approaches tend to be focused on younger populations and college-drinking interventions are typically delivered to students when they are already on campus. These analyses draw from a novel program of research involving parents of college freshmen based on the work of Turrisi et al. [Turrisi et al. [2001] *Psychology of Addictive Behaviors*, 15(4), 366-372; Turrisi, et al. [2009] *Journal of Applied Social Psychology*, 7, 315-326] and focuses on examining: (1) the relationship between parenting and student drinking tendencies during the transitional period between high school and college and into the first year of college, and (2) the mediation process by which sustained parenting throughout the first year is related to college-drinking outcomes and consequences so as to inform future intervention efforts. The empirical evidence from this study suggests that sustained parental efforts have a beneficial effect on reducing high-risk drinking and preventing harm even at this late stage of late adolescent/early adult development.

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