

Research on Underage Drinking  
and Other Related Topics

**Being a Strict Parent Doesn't Protect Against Youth Drinking, Study Says**

June 28, 2010

**Research Summary**

Parents who insist on accountability from their kids but lack warmth in their relationships may be setting themselves up for alcohol-related heartache as they raise their children, the Los Angeles Times reported June 24.

Not surprisingly, kids who viewed their parents as indulgent were the most likely to drink heavily, according to researchers at Brigham Young University. However, researchers who compared parenting styles to alcohol consumption among 5,000 adolescents also found that kids whose parents were strict but unsupportive were also big drinkers.

Youths who viewed their parents as both authoritative and warm were the least prone to heavy drinking, the study found. "Authoritative parents tend to be highly demanding and highly responsive," the study said. "They monitor their children closely and provide high levels of support and warmth. Our data suggest that peer encouragement to drink might have less impact when parents are both highly supportive and highly attentive."

The research was published in the July 2010 issue of the Journal of Studies on Alcohol and Drugs.

**Study Says Drinking with Your Kids Doesn't Prevent Abuse**

February 2, 2010

**Research Summary**

Dutch teens who were allowed to drink alcohol at home drank more outside the home than their peers and -- along with other teens who drank -- were at increased risk of developing alcohol problems, according to researchers from Radboud University Nijmegen.

The study authors tracked 428 Dutch families with two children ages 13-15. They found that teens who drank at home also drank more on their own, and vice-versa, suggesting that teen drinking begets more teen drinking regardless of setting.

"The idea is generally based on common sense," said researcher Haske van der Vorst. "For example, the thinking is that if parents show good behavior -- here, modest drinking -- then the child will copy it. Another assumption is that parents can control their child's drinking by drinking with the child."

However, the study demonstrated that, "If parents want to reduce the risk that their child will become a heavy drinker or problem drinker in adolescence, they should try to postpone the age at which their child starts drinking," said van der Vorst.

The research was published in the January 2010 issue of the Journal of Studies on Alcohol and Drugs.

---

This article summarizes an external report or press release on research published in a scientific journal. When available, links to the sources are provided above.

---

## **Binge Drinking Damages White Matter in Adolescent Brain**

April 28, 2009

### **Research Summary**

A new MRI study finds that adolescents damage the white matter in their brain -- which helps relay information between brain cells -- when they binge on alcohol, [HealthDay News](#) reported April 21.

Researchers said that the study of 28 teens indicates that binge drinking could impair thinking and memory among teens, perhaps even affecting performance in school. Past studies have revealed white-matter damage in adult alcoholics.

"It could be that episodes of binge drinking during the teenage years, when their brain is still developing, could have adversely influenced the brain's white matter development," said lead researcher Susan F. Tapert of the University of California at San Diego and director of Substance Abuse/Mental Illness at the VA San Diego Healthcare System.

Given the current rate of adolescent binge drinking in the U.S., Tapert said that one in four teens could be at risk of white-matter damage due to heavy alcohol use.

The report was published online in the journal [Alcoholism: Clinical and Experimental Research](#).

---

This article [summarizes](#) an external report or press release on research published in a scientific journal. When available, links to the sources are provided above.