

## Editorial note on transition into adulthood and alcohol consumption

**Camelia Chetu**

Master in Psychotherapy and Psychodiagnostics, University of Bucharest, Romania

### Editorial

Journal of Child and Adolescent Health is an online open access peer-reviewed journal that encourages scientific innovation and advancement in the broad area of child and adolescent health and aims at improving the dissemination of original scientific knowledge. Journal is interested in publishing all kinds of original work in this multidisciplinary field of child and adolescent health that help in improving the complete health of people in the age range of infants to young adults and making them freely available through online Open Access without any restrictions or any other subscriptions to researchers worldwide. The journal ensures barrier-free distribution of its content through online open access. This editorial provides the brief information on the transition into adulthood and alcohol consumption association.

The transitions taking place in a person between the ages of 18 and 35 years in many countries and cultures are numerous and often include changes in relationships, employment, accommodation and roles [1-3]. It is seen as a time when greater independence in many aspects of life is achieved. One of the transitions repeatedly taking place during this period of the life-course is associated with alcohol consumption patterns, with drinking alcohol commonly undertaken and widely accepted [4-6]. From the first regular consumption through to the age around the mid-20s, alcohol consumption is often categorized as binge drinking, reckless, experimental and peer-related drinking [5-8]. The later years of the transition towards mid- 30's frequently reports alcohol consumption as being more refined, more moderate and less impulsive [2,8]. Most of the research in this area has been undertaken in western/ industrialized and high-income countries.

Taylor AW et al. stated that this research, addressing the need for more geographical based, methodologically comparable studies especially in low and middle income countries reinforces the importance of context in alcohol consumption patterns. Country specific culture is an important indicator of alcohol consumption among young people. High levels of country specific influences on alcohol consumption and the associations with level of adulthood were apparent for these 18-35-year-old populations. Assessment of country specific influences together with assessment of level of adulthood, are important for specific interventions when implementing projects aimed at reducing harm from alcohol for this priority population. This study, controlling for factors such as age, sex, education, employment and marital status, indicates that high-

level, as well as country specific interventions, planning and projects should be implemented to reduce any harm.

### References

1. Hall WD, Patton G, Stockings E, et al. Why young people's substance use matters for global health. *The Lancet*. 2016;3(3):265-79.
2. Schulenberg JE, Maggs JL. A developmental perspective on alcohol use and heavy drinking during adolescence and the transition to young adulthood. *J Stud Alcohol*. 2002;(14): 54-70.
3. Staff J, Schulenberg JE, Maslowsky J, et al. Substance use changes and social role transitions: Proximal developmental effects on ongoing trajectories from late adolescence through early adulthood. *Dev. Psychopathol*. 2010;22(4): 917-32.
4. Stockings E, Hall WD, Lynskey M, et al. Prevention, early intervention, harm reduction, and treatment of substance use in young people. *Lancet Psychiatry*. 2016;3(3):280-96.
5. Degenhardt L, Stockings E, Patton G, et al. The increasing global health priority of substance use in young people. *Lancet Psychiatry*. 2016;3(3):251-64.
6. Keyes KM, Li G, Hasin DS. Birth cohort effects and gender differences in alcohol epidemiology: A review and synthesis. *Alcohol Clin Exp Res*. 2011;35(12):2101-12.
7. Degenhardt L, O'Loughlin C, Swift W, et al. The persistence of adolescent binge drinking into adulthood: Findings from a 15-year prospective cohort study. *BMJ open*. 2013;3(8):e003015.
8. Lee MR, Chassin L, Villalta IK. Maturing out of alcohol involvement: Transitions in latent drinking statuses from late adolescence to adulthood. *Dev. Psychopathol*. 2013;25(4):1137-53.

### Correspondence to:

Camelia Chetu

Master in Psychotherapy and Psychodiagnostics

University of Bucharest

Romania

Tel: + 0721608 096

E-mail: chetu.camelia@gmail.com