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Parents Stressed By Distance Learning During COVID-19 Drink More

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INTRO

- Excessive alcohol consumption is the 4th leading preventable cause of death in the U.S. and is related to increased violence, crime, poverty, STDs, and other significant public health problems
- Alcohol consumption increases after stressful or traumatic events, but the impact of distance learning during COVID-19 (a current stressor for many parents) on alcohol consumption has not been studied

METHODS

- Surveyed a convenience sample of 832 U.S. adults over the age of 21 in May 2020
- Collected online responses about COVID-19-related stressors, experiences with distance learning, & alcohol consumption
- Conducted t-tests and linear & logistical regressions studying impact of distance learning on alcohol consumption among participants who had children < 18 living with them (n=361)

RESULTS

	Stressed Parents (n = 211)	Non-stressed Parents (n = 150)
# of drinks consumed*	30.0	23.4
# of days drank alcohol*	14.4	11.2
% reported engaging in binge drinking*	38.8	26.6

* Over the past 30 days

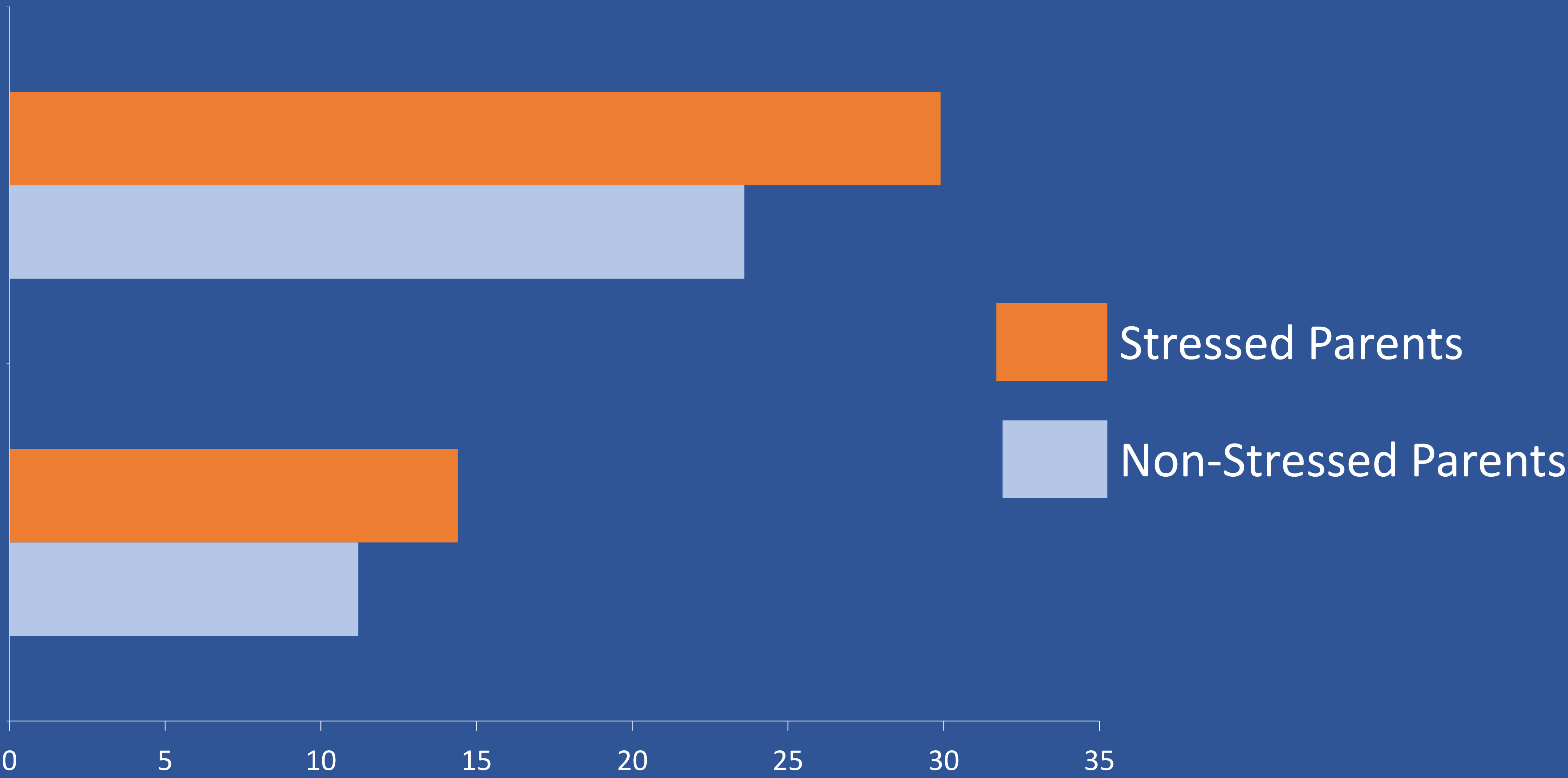
DISCUSSION

- Parents engaging in distance learning with their children during COVID-19 are at risk for both alcohol misuse and the resulting short- and long-term consequences of it.

Parents who are **stressed** by having to help their children with **distance learning** drink **7 more drinks** per month and are **2x** as likely to report **binge drinking** than parents who do not report feeling stressed by it.

Drinks Consumed Over Past 30 Days

Days Drank Alcohol Over Past 30 Days



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Definition:

Binge Drinking = Having 5+ drinks (males) or 4+ drinks (females) on the same occasion (e.g., at the same time, or within a couple of hours of each other).

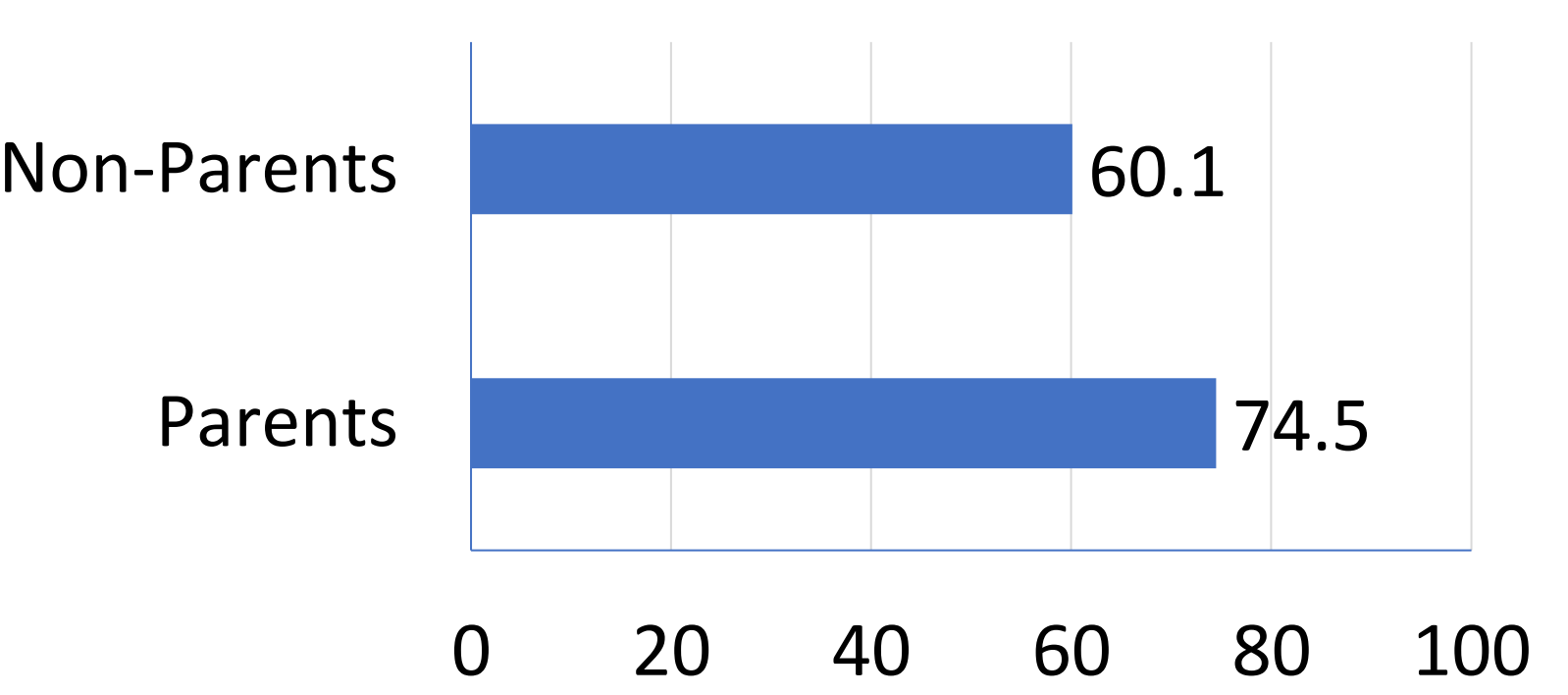
Demographics

	Total Sample (n = 832)	Parents (n = 361)
Female (%)	84.4	89.6
White (%)	84.9	86.8
Hispanic (%)	6.7	6.3
Mean Age (yrs)	42.8	41.2

Results

- More parents than nonparents reported experiencing “very much” or “extreme” stress due to COVID-19.

Reported Experiencing “Very Much” or “Extreme” Stress Due to COVID-19 (%)



- 78% of the parents in this study had children that did distance learning
- Of those, more than half reported that they were stressed because they did not know how to support their children with distance learning.

Reported Stress Because Did Not Know How to Support Children with Distance Learning

