



# Plain language summary

## Long-term follow-up of young children and adolescents with parental alcoholism who attended a group support programme for children 1993-2000

The negative impact of parental alcoholism on their children's well-being has been discussed for several years. The negative consequences include an increased risk of lower school or educational achievements, to develop alcohol or drug use as well as mental health problems among the children, that could persist into adulthood.

**Our study goal:** We wanted to study the mental and social well-being over a long period of time of children who grew in families with parental alcoholism. We also wanted to look at potential differences between sons and daughters.

**Results and conclusions:** A small group of children were followed for 17-25 years. We found that most of them had completed their school education, and half of them had continued to study after finishing school. We also found that most of them got married and worked full-time or part-time.

The early follow-up showed an increased use of alcohol and drugs among both sons and daughters, though daughters were less prone to use drugs compared to sons. Both alcohol and drug use were decreased at the later follow-up. However, this follow-up, showed increased mental and physical problems in adulthood.

Not many studies have followed children of parental alcohol users, and therefore this study can be seen as an important contribution to the knowledge in this field of research.

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Full article: Zetterlind U, Lauridsen SV, Rasmussen M. Long-term follow-up of young children and adolescents with parental alcoholism who attended a group support programme for children 1993-2000. *ClinHealthPromot.* 2022;12(1):e22003:1-9. doi: 10.29102/clinhp.22003