

Dinner is ready!!

Relation between cannabis use among teens and family communication and family dinners.

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Table 1. Mean comparison between cannabis use groups per countries

	Cannabis use:		Group_Low		Group_High		T	p	d
	Country	Mean (SD; n)	Mean (SD; n)	Mean (SD; n)	Mean (SD; n)	Mean (SD; n)			
Frequency of family dinners (days/week)	Spain	5.76 (1.46; 762)	4.91 (2.07; 112)	4.20	<.01*	0.42			
	Romania	4.52 (2.26; 699)	3.44 (2.50; 25)	2.33	.020*	0.47			
	Italy	6.26 (1.15; 1141)	5.57 (1.67; 167)	5.18	<.01*	0.43			
	Portugal	6.58 (1.13; 635)	5.94 (2.18; 33)	1.68	.102	0.30			
Enjoy having dinner with family	Spain	4.48 (0.77; 765)	4.17 (0.95; 114)	3.35	<.01*	0.34			
	Romania	4.34 (0.92; 699)	3.63 (1.41; 24)	2.48	.021*	0.51			
	Italy	4.41 (0.75; 1141)	4.13 (0.97; 167)	3.53	<.01*	0.29			
	Portugal	4.71 (0.54; 641)	4.52 (0.83; 33)	1.34	.190	0.24			
Importance family dinner for parents	Spain	4.28 (0.92; 764)	3.90 (0.99; 114)	4.02	<.01*	0.40			
	Romania	4.06 (1.04; 698)	4.08 (1.06; 24)	-0.10	.920	0.02			
	Italy	4.43 (0.80; 1141)	4.23 (1.02; 167)	2.44	.016*	0.21			
	Portugal	4.63 (0.65; 638)	4.39 (1; 33)	1.32	.197	0.23			
Communication with mother	Spain	3.81 (0.70; 758)	3.64 (0.73; 113)	2.36	.018*	0.24			
	Romania	3.83 (0.74; 698)	3.64 (0.85; 25)	1.26	.208	0.26			
	Italy	3.81 (0.74; 1125)	3.55 (0.74; 165)	4.29	<.01*	0.36			
	Portugal	3.98 (0.62; 638)	3.78 (0.54; 32)	1.80	.073	0.33			
Communication with father	Spain	3.54 (0.74; 726)	3.37 (0.76; 111)	2.24	.025*	0.23			
	Romania	3.56 (0.82; 672)	3.24 (0.953; 24)	1.91	.057	0.40			
	Italy	3.55 (0.81; 1109)	3.38 (0.75; 159)	2.51	.012*	0.21			
	Portugal	3.71 (0.73; 629)	3.23 (0.83; 30)	3.52	<.01*	0.66			

*p-value < .05

There is sound evidence that a good family communication is related with less alcohol, tobacco and cannabis use by the offspring. Communication needs time, and sometimes a place, that is not always available in our busy family lives. Dinner is probably the best opportunity for parents and offspring to share time together and chat on a daily basis. The aim of this study is to analyze the relation between family communication, family dinner and teen cannabis use.

Methods

Data was collected from Spain, Romania, Italy and Portugal. Overall, 4268 adolescents aged 14 to 18 years participated in this study. We excluded participants aged 14 years due to low cannabis use and sample representativeness. Final sample is composed of 3968 participants aged 15 to 18 years old. We assessed communication, frequency of family dinner, satisfaction with dinner, importance of family dinner for parents and cannabis use.

1) The relationship between communication, family dinner and cannabis use was analyzed by comparing the groups of high and low cannabis use. We compared the frequency of family dinner, satisfaction with dinner, importance of family dinner for parents, and communication with mother and father through T-test for mean comparison (Table 1).

2) In order to analyze the effect of family dinner in cannabis use, we created a measurement model (SEM) of the factor of family dinner interaction (Figure 1). Then, we used the factor of family dinner interaction to create a predictive structural equation model (Path Analysis) including attitude toward cannabis of participants, their parents and close friends, intention of cannabis use, and cannabis use (Figure 2, Table2).

Results

1) Frequency of family dinner varies across countries. The differences between groups also vary across countries. In Portugal, only differences in communication with father were significant. In Romania only differences in Frequency of family dinner and satisfaction with family dinner were significant. In Italy and Spain all differences were significant but the effect sizes were moderated.

2) Measurements model and path analysis model fit well. We found that attitude of close friends had highest regression weights to predict intention and cannabis use. The effect of family dinner interaction on cannabis use was indirect through intention. The effect of family dinner interaction in cannabis use was low but it was consistent in all countries.

Conclusion

A low but significant effect of family dinner on intention of cannabis was found in all countries. Therefore, findings support prevention interventions in family set.

Keywords: Cannabis use, family, family dinner.

Figure 1: Measurement Model

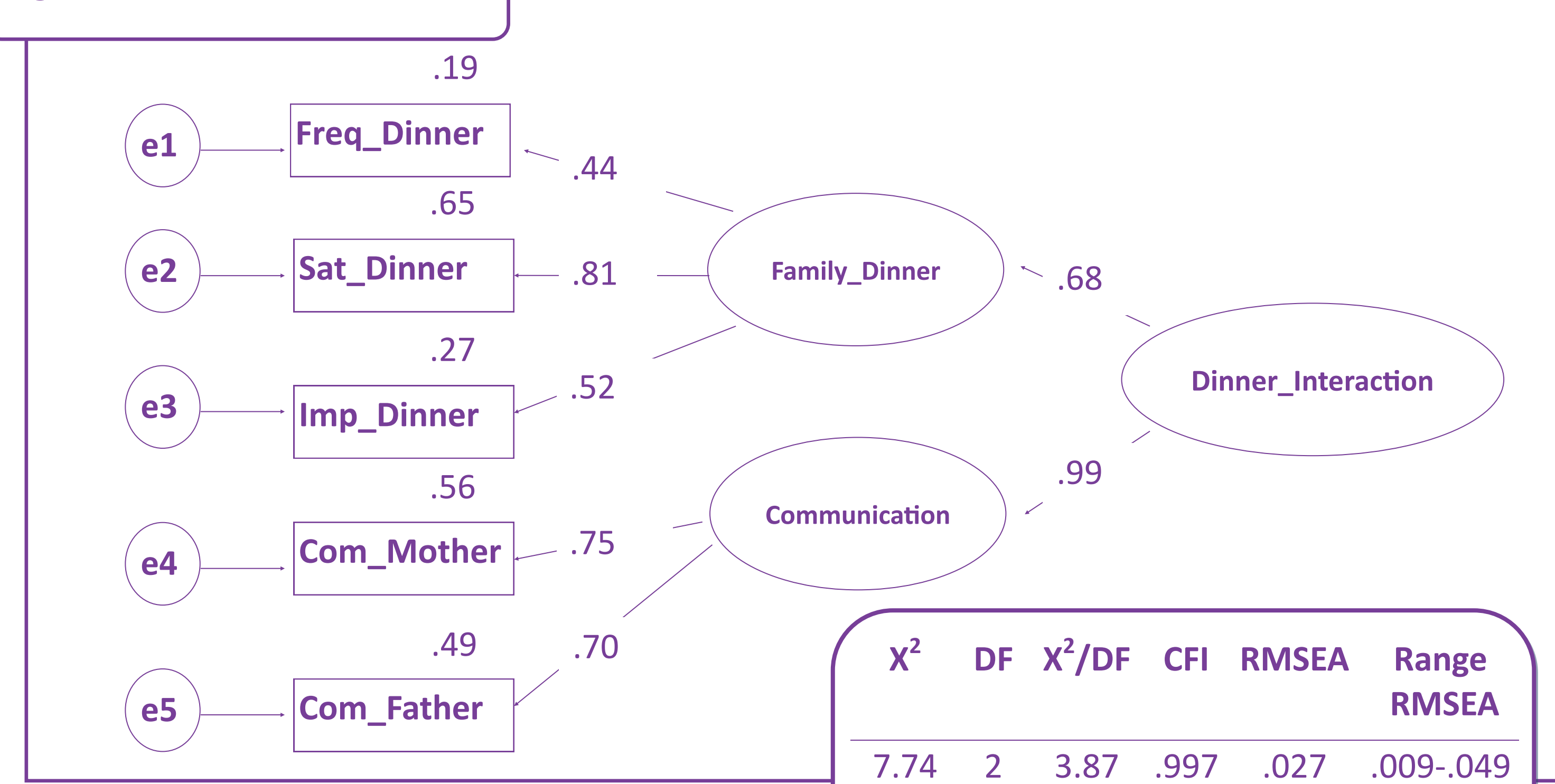


Figure 2: Path Analysis

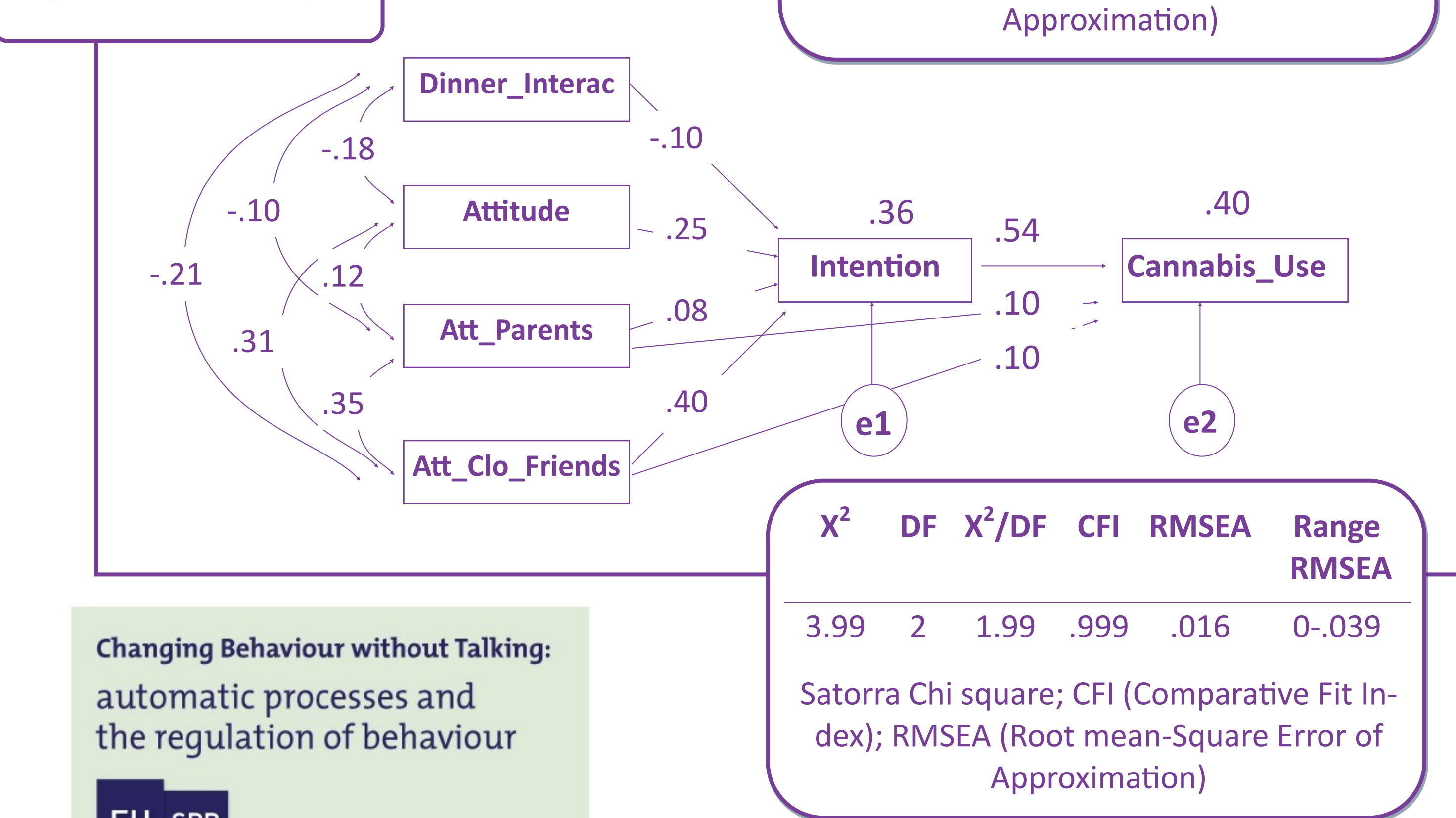


Table 2: Path Analysis Standardized Regression Weights per country

Standardized Estimates		
Spain	Dinner_Interaction -> Intention	-.12*
	Attitude -> Intention	.21*
	Att_Parents -> Intention	.10*
	Attitude_clo_friends -> Intention	.41*
	Intention -> Cannabis_use	.65*
	Att_Parents -> Cannabis_Use	.05
	Att_Clo_Friends -> Cannabis_Use	.03
Romania	Dinner_Interaction -> Intention	-.10*
	Attitude -> Intention	.26*
	Att_Parents -> Intention	.03
	Attitude_clo_friends -> Intention	.36*
	Intention -> Cannabis_use	.43*
	Att_Parents -> Cannabis_Use	.03
	Att_Clo_Friends -> Cannabis_Use	.08
Italy	Dinner_Interaction -> Intention	-.09*
	Attitude -> Intention	.28*
	Att_Parents -> Intention	.15*
	Attitude_clo_friends -> Intention	.37*
	Intention -> Cannabis_use	.53*
	Att_Parents -> Cannabis_Use	.15*
	Att_Clo_Friends -> Cannabis_Use	.10*
Portugal	Dinner_Interaction -> Intention	-.12*
	Attitude -> Intention	.24*
	Att_Parents -> Intention	-.07
	Attitude_clo_friends -> Intention	.46*
	Intention -> Cannabis_use	.49*
	Att_Parents -> Cannabis_Use	.11
	Att_Clo_Friends -> Cannabis_Use	.16*

*p-value < .05



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