Title of Systematic Review Protocol:
An exploration of adolescent’s decisions to abstain or refrain from alcohol consumption in Australian social settings – a qualitative systematic review.

Centre conducting review:
Centre for Evidence based Practice South Australia; a collaborating centre of the Joanna Briggs Institute

Primary reviewer
Name: Sue Sharrad RN, B.Ed, Grad Dip. Intensive Care, M.Nurs
Third Year Coordinator
Lecturer
School of Nursing
The University of Adelaide
AUSTRALIA 5005
Telephone: 8303 3643
Facsimile: 8303 3594
Email: suzanne.sharrad@adelaide.edu.au

Contact for review
Name: Dr Rick Wiechula
Telephone: 8303 4878
Facsimile: 8303 3594
Email: rick.wiechula@adelaide.edu.au

Secondary Reviewer
Professor Charlotte de Crespigny RN PhD (Addictions) Professor of Drug and Alcohol Nursing Joint Chair School of Nursing
The University of Adelaide
AUSTRALIA 5005
Mobile (+61) 434019403
Email: charlotte.decrespigny@adelaide.edu.au

Review panel:
Dr Rick Wiechula, Senior Lecturer, School of Nursing, University of Adelaide
Professor Charlotte de Crespigny RN PhD (Addictions) Professor of Drug and Alcohol Nursing Joint Chair School of Nursing The University of Adelaide
Dr Paul Aylward (BA MA PGCE MA(Ed) PhD) Discipline of General Practice, University of Adelaide

Commencement date:
July 2011
Background:
The aim of this systematic review is to establish new insights into the social phenomena of alcohol consumption in an adolescent population, more particularly an adolescent's resilience or ability to resist alcohol consumption when exposed to alcohol in their social setting(s). The review will endeavour to synthesise the experiences of participants through categorising and developing descriptors in the form of themes or other groupings about abstinence or resistance to alcohol consumption. Metasynthesis is the process in which the findings of the individual studies, which will be retrieved, are combined in order to create summary statements that truly reflect the meanings of the themes about abstinence or resistance to alcohol consumption.¹

For this review the descriptive title reflects the PICo mnemonic suggested by the Joanna Briggs Institute (JBI). It incorporates the Population, that is, adolescents aged 14 – 19 years. This age range has been chosen to capture children and adolescents beyond primary school age and adolescents beyond the legal age of drinking in Australia. The Phenomenon of Interest refers to abstinence from alcohol or resistance to alcohol consumption when alcohol is available and the Context which for this group includes any social setting where alcohol exposure occurs and consequently the pressure to consume alcohol may occur concurrently. Interestingly, this PICo concept complements Zinberg's model² of motivation for substance use. Zinberg described a three factor model with includes the person, the substance and the environment.

Motivational theories of alcohol use.
Zinberg ² formulated one of the first models used to explain motivational theories behind drug use. Zinberg's model contended that three determinants must be considered in order to understand what impels an adolescent to consume alcohol and how alcohol affects the user. The three determinants of the Zinberg model include the substance, the person and the environment. In the Zinberg model each of these determinants is interrelated (Figure 1).

Figure 1; Zinberg's Model

A consideration of this model and incorporation of the interrelatedness of determinants was useful for the formulation of the review objectives and questions.
In this review the **substance** refers to alcohol and the pharmacological action on the adolescent, the **person** refers to the adolescent, particularly their characteristics including their gender, culture, age, physical and mental health, personality, personal experiences, family influences and reasons for drinking. Their reasons for drinking, mood and attitude at the time of use, as well as the context of use (which refers to the place and availability of alcohol, who they were with at the time and the situation in which consumption occurs) is labelled as the **environment** in the above model by Zinberg.

In Zinberg’s own words;
“It was becoming obvious that in order to understand the drug experience I would have to take into account not just the pharmacology of the drug and the personality of the user (the set) but also the physical and social setting in which use occurred” (page x).
This is a useful tenet to bear in mind in order to develop a greater understanding of an adolescent’s resilience or ability to resist alcohol consumption when exposure to alcohol occurs in their social setting(s).

---

**Adolescent Alcohol Consumption – A major public health concern**

A major public health concern in our society today is the consumption of alcohol among adolescents. Patterns of alcohol consumption among adolescents have been investigated both nationally and internationally. As an example the World Health Organisation initiated a Global School based Student Health Survey aimed at measuring and assessing the behavioural risk factors including alcohol use and protective factors in ten key areas in young people aged between 13-15 years. The deleterious effects, both physical and psychological, of alcohol consumption for this group are also well documented. However, what has not been investigated to an equal extent are the reasons why children and adolescents abstain from alcohol consumption or resist further alcohol consumption having consumed alcohol in their social setting at some point previously.

Much of the literature concerned with patterns of use of alcohol in the adolescent age group focuses on the group aged between 12 years to 18 years and describes consumption levels, contexts and risks. The media commonly portrays adolescent ‘binge drinking’ in order to report on and convey messages about patterns of use amongst this age group. Perhaps, one of the reasons for this is that it creates the biggest impact when describing patterns of use. The literature presents multiple studies which have investigated the motivation of adolescents to consume alcohol while under the legal age to drink, including the age at which they have had their first drink socially as distinct from consuming alcohol from within their family setting.

The current evidence based National Health and Medical Research Council ‘Australian Guidelines to reduce health risks from drinking alcohol’ guide parents, young people and the wider society by stating that for children and young people under 18 years of age; “not drinking alcohol is the safest option” (p 4).
This guideline further suggests that;
“A Parents and carers should be advised that children under 15 years of age are at greatest risk of harm from drinking and that for this age group, not drinking alcohol is especially important.
B For young people aged 15 – 17 years, the safest option is to delay the initiation of drinking for as long as possible” (p 57).

Despite the above recommendations clearly stating that children and adolescents should not drink alcohol at this developmental stage, consumption amongst this group is rising. The World Health Organisation’s Global Survey on Alcohol and Health assessed a five year trend of underage drinking. An increase was seen in 17% of the countries that responded for children aged from 13 – 15 years. This trend for 18 – 25 year olds indicated out of 82 countries that responded 80% showed an increase. What is not known is what influences some adolescents to abstain or resist from further drinking once exposed. Understanding this phenomenon is therefore important for future policy, education and strategy directions that aim to prevent onset of drinking amongst adolescents and assist those, once exposed to alcohol, to resist from further drinking during this developmental stage. This, in turn, may contribute to preventing and reducing the risks and problems already known to be associated with alcohol consumption amongst this age group.

Therefore this qualitative systematic review has been designed to describe the influences and attributes of adolescents (aged from 14 – 19 years, children under the age of 14 years are not included as described above) and the mechanisms used and processes involved when they either abstain from the consumption of alcohol or resist consuming alcohol in any social setting which exposes them to alcohol. This systematic review aims to summarise the best available evidence on the previously mentioned issue by combining the results of sufficiently similar studies. Meta synthesis aims to produce an authentic summary of the results to deepen understanding around this issue.

A preliminary search of the DARE (The Database of Abstracts of Reviews of Effects) and Cochrane Library databases of published systematic reviews has not identified a similar review to the one being proposed above. This search was extended to also include the JBI Library Of Systematic Reviews and the PubMed and CINAHL databases where again a similar review was not identified.

**Review Questions/Objectives:**
Consequently the specific questions to be addressed are;

- What influences the decision made by an adolescent to either consume alcohol or resist consumption of alcohol when exposed to alcohol in a social setting?
- What are the attributes of an adolescent which impact on the decision to either consume alcohol or resist consumption of alcohol when exposed to alcohol in a social setting?
- What are the strategies or mechanisms used by an adolescent which facilitate consumption of alcohol in a social setting?
What are the strategies or mechanisms used by an adolescent which may facilitate abstinence of alcohol consumption in a social setting?

What are the strategies or mechanisms used by an adolescent which may facilitate resistance of alcohol consumption in a context when previous consumption had occurred?

What are the contextual influences which enable or disable the enactment of strategies and mechanisms to resist or limit alcohol consumption?

What are the elements that facilitate exposure to alcohol? (That is, what is the context of alcohol exposure, what are the social settings in which alcohol exposure is possible?)

The objectives of the systematic review include:

- Identify the influences on adolescents who decide to abstain completely from alcohol or refrain from further consumption once exposed socially
- Identify particular attributes of adolescents which reduce their likelihood of engaging in alcohol consumption.
- Identify the situational and environmental influences that reduce the likelihood of adolescents engaging in alcohol consumption.
- Explore the issues that prompt an adolescent to consume alcohol when they did not intend to.
- Identify the strategies and resources that adolescents themselves draw on to abstain from alcohol or resist further consumption of alcohol once exposed, that is, how these work and in what circumstances are they successful or unsuccessful.

Criteria for considering studies for this review:

**Type of Studies**
This study will consider interpretive and critical studies that draw on the mechanisms or processes used by adolescents (aged from 14 – 19 years) to either abstain from the consumption of alcohol or resist consuming alcohol, but not limited to, designs such as critical theory, phenomenology, ethnography, grounded theory and discourse analysis. In the absence of research studies, other texts such as opinion papers and reports will be considered in a narrative summary.

**Types of Participants**
The population being explored in this review include adolescent males and females aged between 14 and 19 years of age who reside in Australia.

**Phenomena of Interest**
The phenomenon of interest refers to abstinence from alcohol or resistance to alcohol consumption when exposure to alcohol is possible.
**Context**

The context for this review stems from the previously mentioned study questions and objectives. The context for this group includes any social setting in Australia where alcohol exposure occurs and consequently the pressure to consume alcohol may occur concurrently.

**Search strategy for identification of studies:**

This review will include a search of both published and unpublished literature, written in English from the year 2000 to current literature (July 2011). (This time frame has been purposefully chosen to capture the current generation of youths specifically being targeted by this review and to ensure the aims of the review are addressed. The purpose of the review is to improve the current understanding about an adolescent’s resilience or ability to resist alcohol consumption when exposed to alcohol in their current social settings. Therefore including literature published prior to the year 2000 will not provide additional insight into this phenomenon). A three step search strategy will be used when undertaking this review. An initial limited search of Medline and CINAHL using initial key words will be undertaken with the aim of identifying all possible key words from the text words contained in the title and abstract of the retrieved literature. A second extensive search using all key words identified and terms will then be carried out across all included databases. Thirdly, the reference list of all identified literature will be searched for additional studies not previously identified during the first or second search strategy.

**Initial key word search terms:**

<table>
<thead>
<tr>
<th>Alcohol</th>
<th>Adolescents</th>
<th>Abstaining</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol drinking (mesh)</td>
<td>Young person/s</td>
<td>Abstain</td>
</tr>
<tr>
<td>Alcohol drinking (title and abstract)</td>
<td>Young people</td>
<td>Abstinence</td>
</tr>
<tr>
<td>Alcohol consumption</td>
<td>Adolescents/te/nce</td>
<td>Abstention</td>
</tr>
<tr>
<td>Alcohol use</td>
<td>Teen/s</td>
<td>Prevention and control</td>
</tr>
<tr>
<td>Social drinking</td>
<td>Youth/s</td>
<td></td>
</tr>
<tr>
<td>Binge drinking</td>
<td>Student/s</td>
<td></td>
</tr>
<tr>
<td>Underage drinking</td>
<td>Minors</td>
<td></td>
</tr>
<tr>
<td>Under age drinking</td>
<td>Young adult/s</td>
<td></td>
</tr>
<tr>
<td>Alcoholic beverages</td>
<td>Adolescent</td>
<td></td>
</tr>
<tr>
<td>Alcoholic beverage</td>
<td>Young adult</td>
<td></td>
</tr>
<tr>
<td>Alcoholic drink/ing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alcopop/s</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alcoholism</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alcohol intoxication</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excessive drink/ing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The databases to be searched are:

- Scopus
- Embase – although available only through Scopus
- CINAHL
- PsycINFO
- MEDLINE/PubMED
Methods of the review:

Assessment of methodological quality:
The assessment of research papers selected for retrieval will be performed by two independent reviewers for methodological validity prior to inclusion in the review. The instrument used will be the standardised critical appraisal criteria from Joanna Briggs Institute Qualitative Assessment and Review Instrument, (JBI-QARI, Appendix I and JBI – NOTARI, Appendix II). Where agreement is not reached, resolution will be achieved through discussion and consultation with a third reviewer.

Data extraction:
Data will be extraction from papers included in the review using the standardised data extraction tool from the JBI- QARI (Appendix III).

Data synthesis:
Qualitative research findings will be pooled where possible, using JBI QARI. This will involve the aggregation or synthesis of findings to generate a set of statements that represent the experiences of nurses delivering nurse initiated interventions. The findings will be assembled according to their quality, and based on a similarity of meaning, these findings will be categorised. These categories are then subjected to a metasynthesis in order to produce a single comprehensive set of synthesised findings. Where textual pooling is not possible, the findings will be presented in narrative form. If textual data is included, JBI NOTARI will be used to pool the findings.

Acknowledgements:
The primary reviewer wishes to acknowledge Supervisors of the Master of Clinical Science award for which this review is being conducted, that is, Professor Charlotte de Crespigny and Dr Paul Aylward and also Dr Rick Wiechula for his support and guidance in producing the protocol.

Conflicts of interest:
Nil
References

Appendix I

JBI QARI Critical Appraisal Checklist for Interpretive & Critical Research

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Unclear</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Is there congruity between the implied philosophical perspective and the research methodology?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Is there congruity between the research methodology and the research question or objectives?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Is there congruity between the research methodology and the methods used to collect data?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Is there congruity between the research methodology and the representation and analysis of data?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Is there congruity between the research methodology and the interpretation of results?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Is there a statement locating the researcher culturally or theoretically?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Is the influence of the researcher on the research, and vice-versa, addressed?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Are participants, and their voices, adequately represented?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Is the research ethical according to current criteria or, for recent studies, and is there evidence of ethical approval by an appropriate body?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10. Do the conclusions drawn in the research report flow from the analysis, or interpretation, of the data?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Overall appraisal:  Include [ ]  Exclude [ ]  Seek further info. [ ]

Comments (Including reasons for exclusion)
## Appendix II

### JBI Critical Appraisal Checklist for Narrative, Expert opinion & text

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Unclear</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Is the source of the opinion clearly identified?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Does the source of the opinion have standing in the field of expertise?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Are the interests of patients/clients the central focus of the opinion?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Is the opinion’s basis in logic/experience clearly argued?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Is the argument developed analytical?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Is there reference to the extant literature/evidence and any incongruency with it logically defended?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Is the opinion supported by peers?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Overall appraisal:** Include [ ] Exclude [ ] Seek further info [ ]

**Comments (Including reason for exclusion):**

---

---
### Appendix III

**JBI QARI Data Extraction Form**  
For Interpretive & Critical Research

<table>
<thead>
<tr>
<th>Reviewer</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Author</td>
<td>Year</td>
</tr>
<tr>
<td>Journal</td>
<td>Record Number</td>
</tr>
</tbody>
</table>

---

**Study Description**

**Methodology**

Method

Intervention

Setting

Geographical

Cultural

Participants

Data analysis

Authors Conclusions

---

**Comments**

---
<table>
<thead>
<tr>
<th>Findings</th>
<th>Illustration from publication</th>
<th>Evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Unequivocal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Credible</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Unsupported</td>
</tr>
</tbody>
</table>
JBI Data Extraction for Narrative, Expert opinion & text

Reviewer ______________________ Date ______________________

Author ______________________ Year ________ Record Number ________

Study Description

Type of Text:

________________________________________________________________________

Those Represented:

________________________________________________________________________

Stated Allegiance/ Position:

________________________________________________________________________

Setting

________________________________________________________________________

Geographical

________________________________________________________________________

Cultural

________________________________________________________________________

Logic of Argument

________________________________________________________________________

Data analysis

________________________________________________________________________

Authors Conclusions

________________________________________________________________________

Reviewers Comments

________________________________________________________________________

Data Extraction Complete Yes □ No □
<table>
<thead>
<tr>
<th>Conclusions</th>
<th>Illustration from Publication (page number)</th>
<th>Evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Unequivocal</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Include: Yes ☐  No ☐