



Unplanned vs. planned simultaneous alcohol and cannabis use in daily life: What are the motives, contexts, and outcomes?

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Background

- Simultaneous alcohol and marijuana (SAM) events can be intentional or incidental
- Understanding predictors and outcomes of these distinct SAM events can inform in-the-moment treatment targets

Research Aims

1. Examine the motives and contexts of unplanned and planned SAM use
2. Test whether unplanned or planned SAM is linked to greater alcohol and cannabis consumption and to negative consequences

Methods

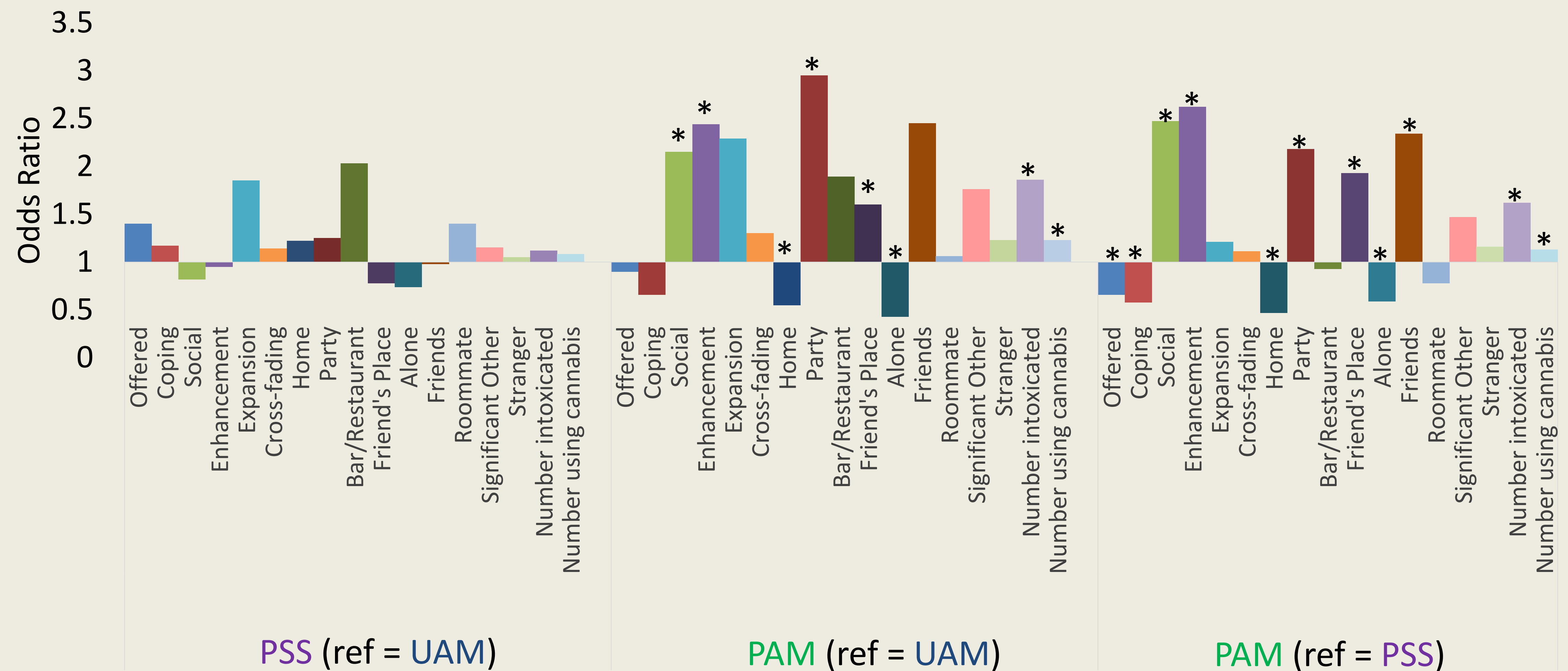
- 341 SAM users (53% women; 74% White; Mage = 19.79 years) from 3 universities completed 5 repeated surveys each day for 54 days

Measures

- **Unplanned vs. planned SAM use:** no plans for either alcohol or cannabis (10% of SAM-use events), plans for either alcohol or cannabis (18%), plans for both alcohol and cannabis (73%)
- **SAM-use motives:** enhancement (85%), social (45%), offered (28%), coping (12%), expansion (9%), cross-fading (5%)
- **SAM-use contexts:** home (52%), friend's place (36%), party (13%), bar/restaurant (7%), friends (67%), roommate (32%), significant other (21%), alone (12%), stranger/acquaintance (10%), number of intoxicated people (none=30%), number of people using cannabis (M=3.10)
- **Alcohol consumption:** number of drinks (M=3.63 per event)
- **Cannabis consumption:** self-defined number of uses (M=2.91 per event)
- **Negative consequences:** yes=73%, no=27%

Analytic Strategy

- Two-level generalized linear mixed-effects models using SAS PROC GLIMMIX disentangling within- and between-person effects; covariates: age, sex, recruitment site, weekend, other drug use
- **Aim 1:** motives/contexts → unplanned alcohol and marijuana use (UAM) vs. planned single-substance use (PSS) vs. planned SAM use (PAM)
- **Aim 2:** UAM vs. PSS vs. PAM → alcohol consumption (negative binomial), cannabis consumption (negative binomial), and negative consequences (binomial)



- At the within-person level, PAM (vs. UAM) was linked to great alcohol consumption (IRR=1.32) and to greater cannabis consumption (IRR=1.26). PSS (vs. UAM) was related to greater cannabis use (IRR=1.24). PAM (vs. PSS) was associated with greater alcohol consumption (IRR=1.24)
- No significant relation between group (PAM vs. PSS vs. UAM) and negative consequences

Conclusions

- Most SAM use occasions were planned, followed by plans for single-substance use
- Findings support the unplanned drinking literature showing that positive-reinforcement motives and socially-oriented contexts are related to planned use, whereas negative-reinforcement motives and non-social contexts are linked to unplanned use