

Table of Contents

| | |
|--|---|
| Seigny-Resetco, Deborah - #4907 - Associations Between Delay Discounting, Substance Use, and Binge Drinking In Middle Childhood Through Emerging Adulthood | 1 |
| Abstract submission for Institutional Repository | 1 |



Research Week 2023

Associations between delay discounting, substance use, and binge drinking In middle childhood through emerging adulthood

Deborah Sevigny-Resetco¹ and Suzanne H. Mitchell^{1,2,3,4}

1 School of Medicine, Division of Clinical Psychology, Oregon Health & Science University, Portland, OR

2 Department of Behavioral Neuroscience, Oregon Health & Science University, Portland, OR

3 Department of Psychiatry, Oregon Health & Science University, Portland, OR

4 Oregon Institute of Occupational Health Sciences, Oregon Health & Science University, Portland, OR

Keywords

Delay discounting, intertemporal choice, substance abuse, alcohol abuse, development, middle childhood, adolescence, emerging adulthood

Abstract

Delay discounting, or the preference for smaller, immediate rewards over larger, delayed rewards, has been associated with numerous psychological disorders, including substance and alcohol abuse. The present study assessed delay discounting in 500 participants over a 13-year period ending in either adolescence or emerging adulthood, using the Monetary Choice Questionnaire (MCQ) and a behavioral task. As expected, smaller rewards were devalued more steeply than larger rewards. Discounting rates remained relatively stable over time, with only minor and nonsignificant declines across the study duration. Higher discounting rates on the MCQ in males became more pronounced over time. In contrast, no such gender differences were detected in the behavioral task, suggesting differential sensitivity in the different measures used to quantify discounting. While 43% of participants endorsed alcohol use, overall, there were no significant differences in discounting rates when comparing individuals with a history of alcohol use to those without. In this sample, alcohol use was more common among females than males. Neither history of alcohol use nor lifetime alcohol consumption estimates were correlated with delayed discounting preferences. However, additional analyses indicated that binge drinking behaviors, such as the number of heavy drinking days and the number of drinks per day, were associated with higher discounting rates. This research sheds light on the link between delay discounting and alcohol abuse, particularly in the critical developmental period between middle childhood and emerging adulthood.