

# Resistance to Peer Pressure Across Alcohol, Steroid, and Sedative User Groups

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## Abstract

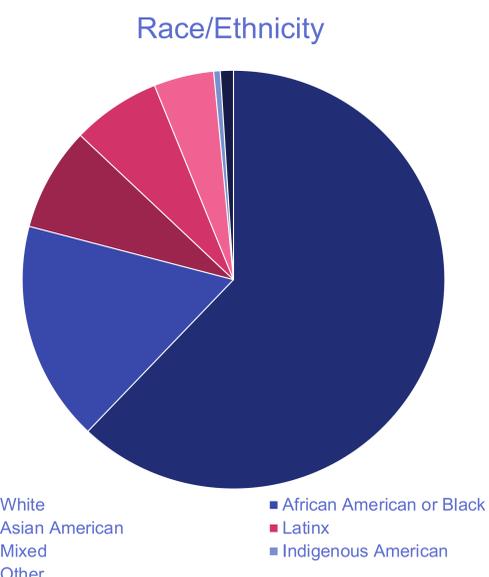
- ❖ The purpose of this study was to determine if individuals who engage in non-medical use of sedatives are more susceptible to peer pressure in comparison to non-users and medical users.
- ❖ The best predictors of susceptibility to peer influence were older age, alcohol use, and steroid use.

## Introduction

- ❖ Approximately 1,000,000 Americans misused prescription sedatives as of 2018 (Bustamante, 2021).
- ❖ Previous studies found factors such as motivations to sleep or get high (Rigg & Ibañez, 2010), and relieve anxiety (Becker et al., 2007) or depression symptoms (Zullig & Divin, 2012) influence nonmedical prescription drug use.
- ❖ Furthermore, literature suggests peer pressure is related to substance abuse among adolescents and young adults (DiGuseppi et al., 2018; Griffin et al., 2015).
- ❖ Researchers have not examined peer influence in different types of sedative users (nonmedical and medical). Our research helped fill this gap.

## Methods: Participants

- ❖  $N = 412$  American adults
- ❖ Age:  $M = 32.7$ ,  $SD = 11.5$
- ❖ Gender identity = Male (53.2%), Female (42.7%), Non-binary (2.2%), Agender (1.2%), Transgender (0.4%), Genderqueer (0.2%)



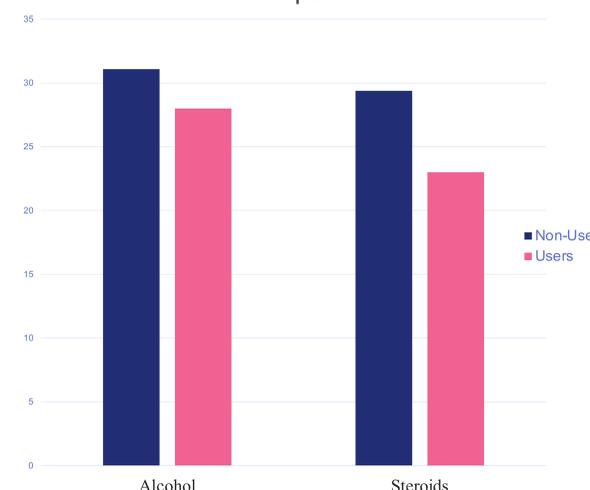
## Methods: Procedure

- ❖ Groups - Participants were grouped based on substance use; prescription sedative users were further grouped based on whether use was prescribed (medical users) or not (nonmedical users).
- ❖ Data was collected online using the Drug Use Survey (Jacquin & Davis, 2009) and Resistance to Peer Influence Scale (Steinberg & Monahan, 2007).

## Results

- ❖ ANOVA was conducted with sedative user group as IV and resistance to peer influence as DV.
- ❖ There was no main effect,  $F(3, 382) < 1$ ,  $p = .78$ , partial  $N^2 = .003$ . Age was significantly correlated with resistance to peer influence,  $r = .17$ ,  $p = .001$ , so age was used as a covariate in an ANCOVA, but sedative user group was not significant.
- ❖ Additional ANOVAs were conducted to determine if resistance to peer influence differs across other substance user groups.
- ❖ There was a significant effect for alcohol user group,  $F(4, 394) = 5.38$ ,  $p < .0001$ , partial  $N^2 = .05$ .
- ❖ Non-drinkers ( $M = 31.08$ ,  $SD = 5.50$ ) reported more resistance to peer influence than current drinkers ( $M = 28.00$ ,  $SD = 5.12$ ).
- ❖ Non-steroid users ( $M = 29.38$ ,  $SD = 5.51$ ) reported significantly more resistance to peer influence than current steroid users ( $M = 23.00$ ,  $SD = 4.24$ ),  $F(4, 394) = 3.48$ ,  $p = .008$ , partial  $N^2 = .03$ .

Figure 1: Resistance to Peer Influence Differs Across Alcohol and Steroid User Groups



## Discussion

- ❖ Resistance to peer influence did not differ across sedative user groups.
- ❖ However, we found a relationship between alcohol and steroid use and greater susceptibility to peer influence.
- ❖ The results suggest that resistance to peer influence may reduce risk of alcohol and steroid use, but not prescription sedative use.

## References

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