

Why do *not* young people use cannabis?

Motivations for non-use among Norwegians youth

Anne Line Bretteville-Jensen (FHI)

Jasmina Burdzovic Andreas (FHI og UiO)

Silje L. Dahl (HVO)



Background



Prevention programs aimed at young people warranted

⇒ Better understanding of motivation for use/non-use

Studies on motivations for *use*, fewer on *non-use/not using more*

The “Cann2021” Study:



- Web-based school survey, 34 high schools, 3 490 students (16-19 years)
- 85% response rate
- Nationally representative (sex, grade, immigration status, geography)
- About 40 students also participated in a qualitative follow-up in 2021

Norway

- 5.4 million inhabitants
- Relatively strict alcohol regulations
(wine monopoly, no advertisements, opening hours, etc.)
- Drugs are prohibited, laws are enforced
(although the practise somewhat less strict in recent years)



Research topics:

- *Substance use*
- *Cannabis knowledge*
- *Cannabis-related risk assessments*
- *Positive expectations and motives for non-use/not using more*
- *Cannabis information*
- *Cannabis-related attitudes*



Substance use

- About 40% used cigarettes (lifetime)
- 76% used alcohol, 68% been drunk (>5 alcohol units), 50% with blackout
- 20% used cannabis during lifetime, 15% past 12 months, 6% past 4 weeks
- Most students had used only few times
- Any use more likely for boys and those who assessed their family income, and their own physical and mental health at the lower end



Reasons for NOT using cannabis/not using more

- 18 statements, subdivided into 6 categories
 - Health
 - Parents
 - Legality
 - Personal values
 - Future
 - Accessibility

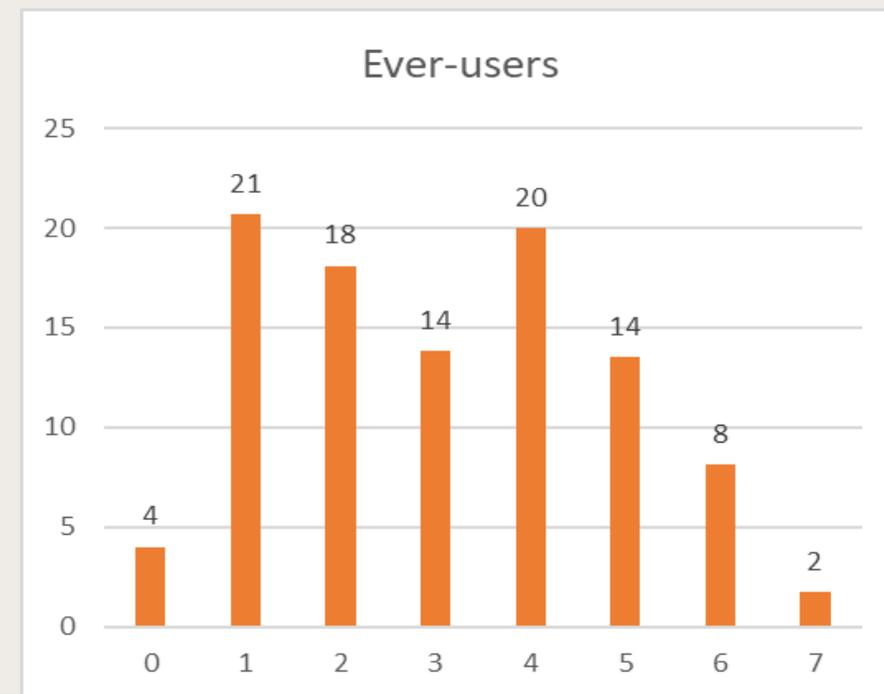
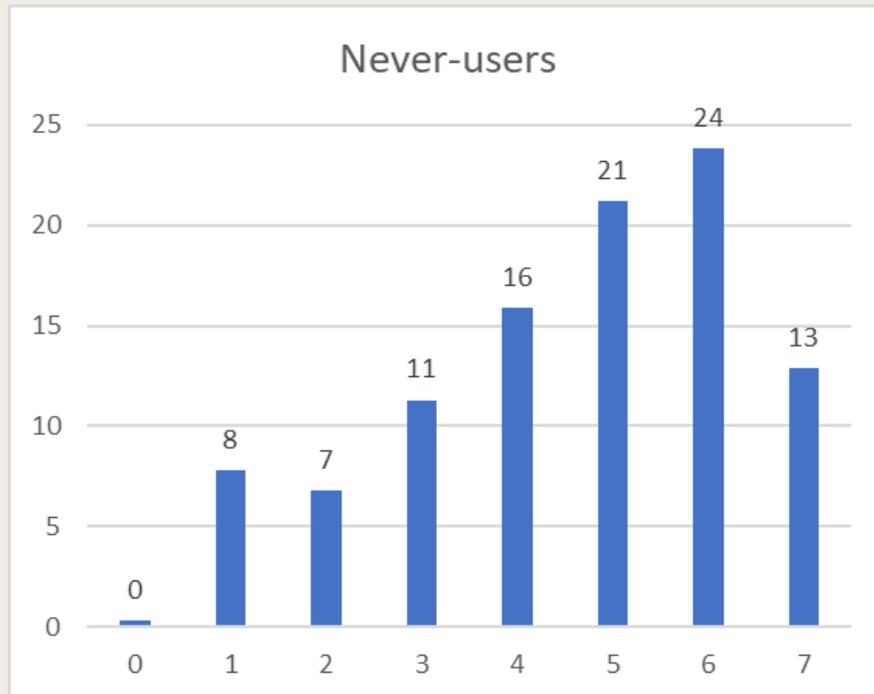
+ «Other reasons not mentioned here»



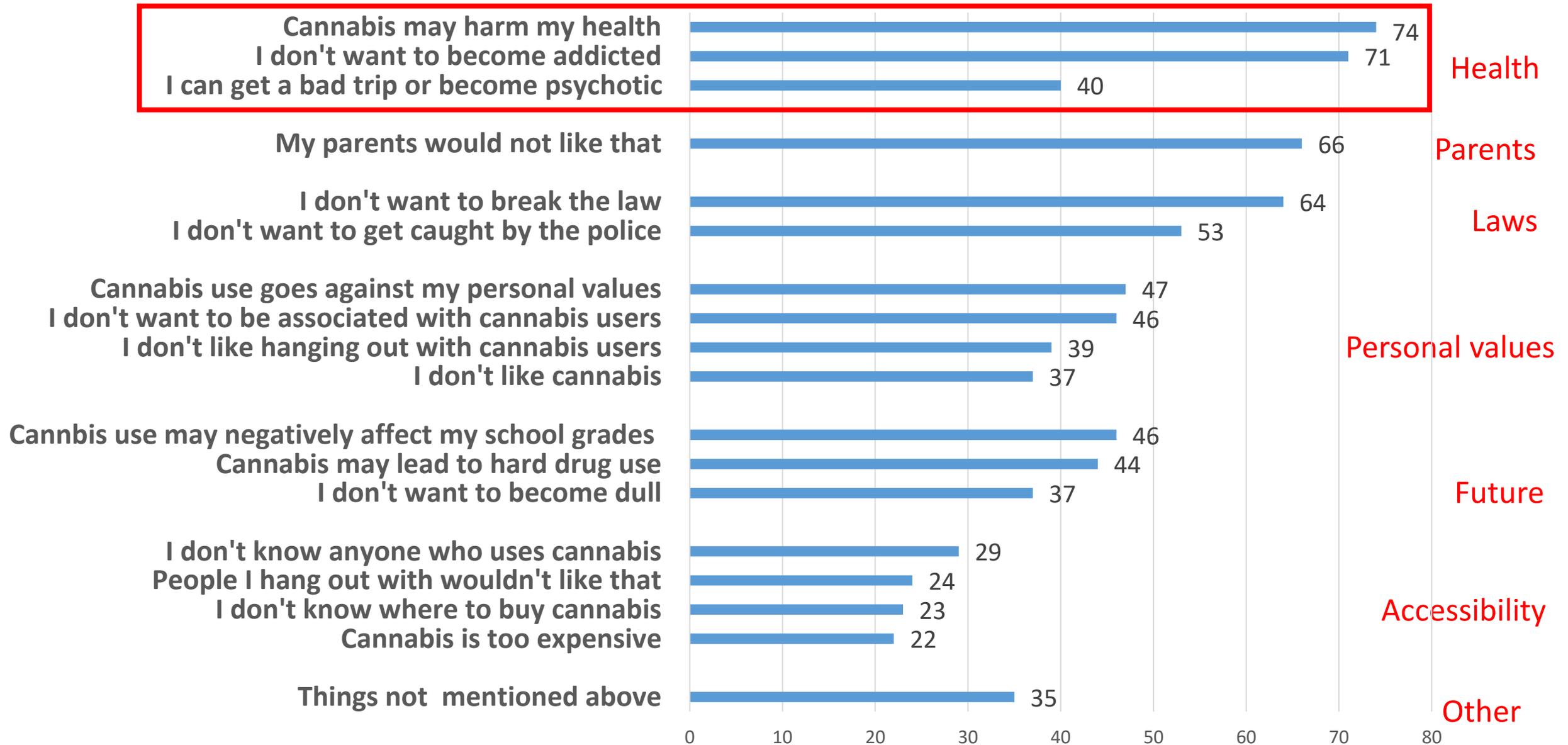


Findings:

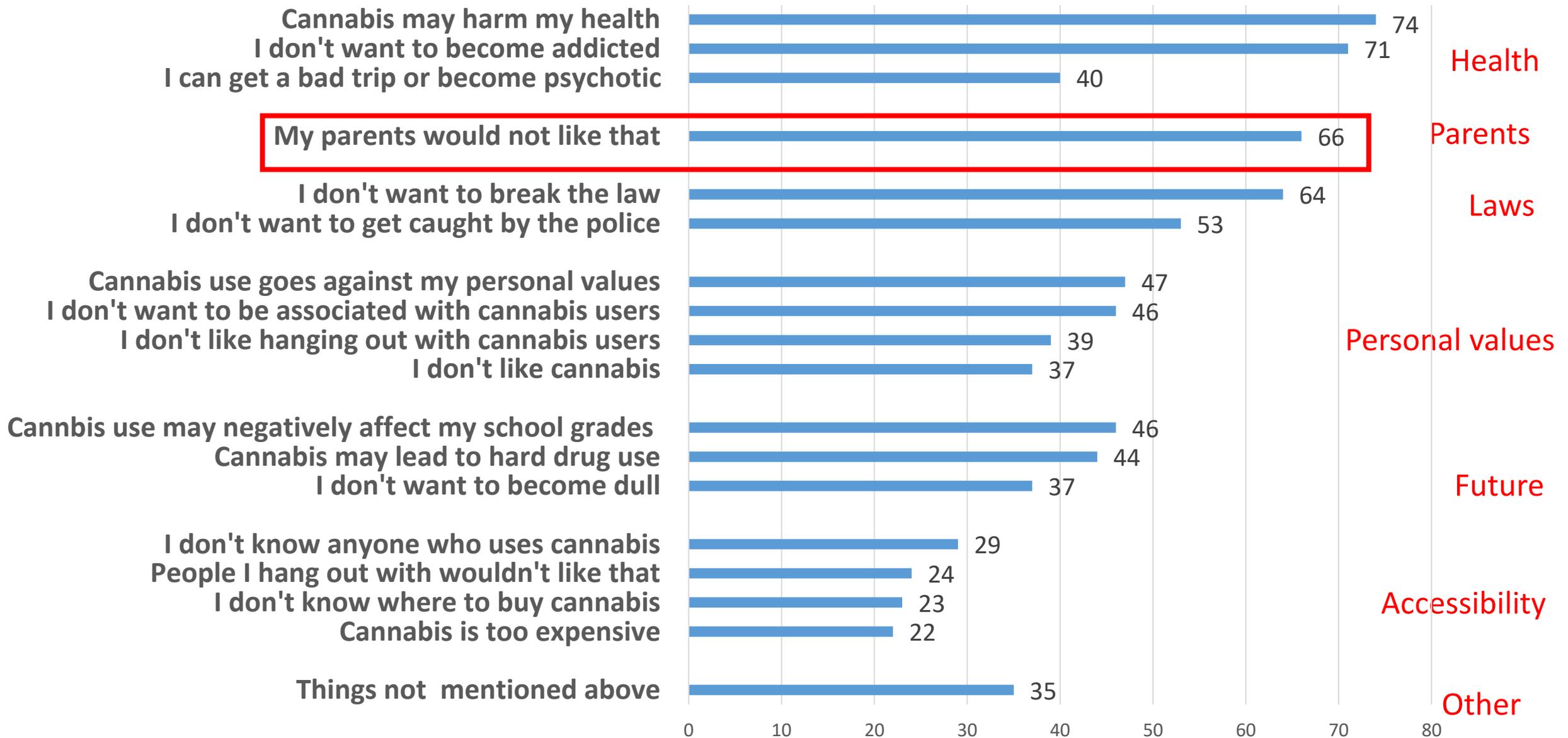
- Most youth report more than one **motivation**
- Mean number of motivations: Never-users 8.0; Ever-users 4.3
- Motivations across several **categories**:



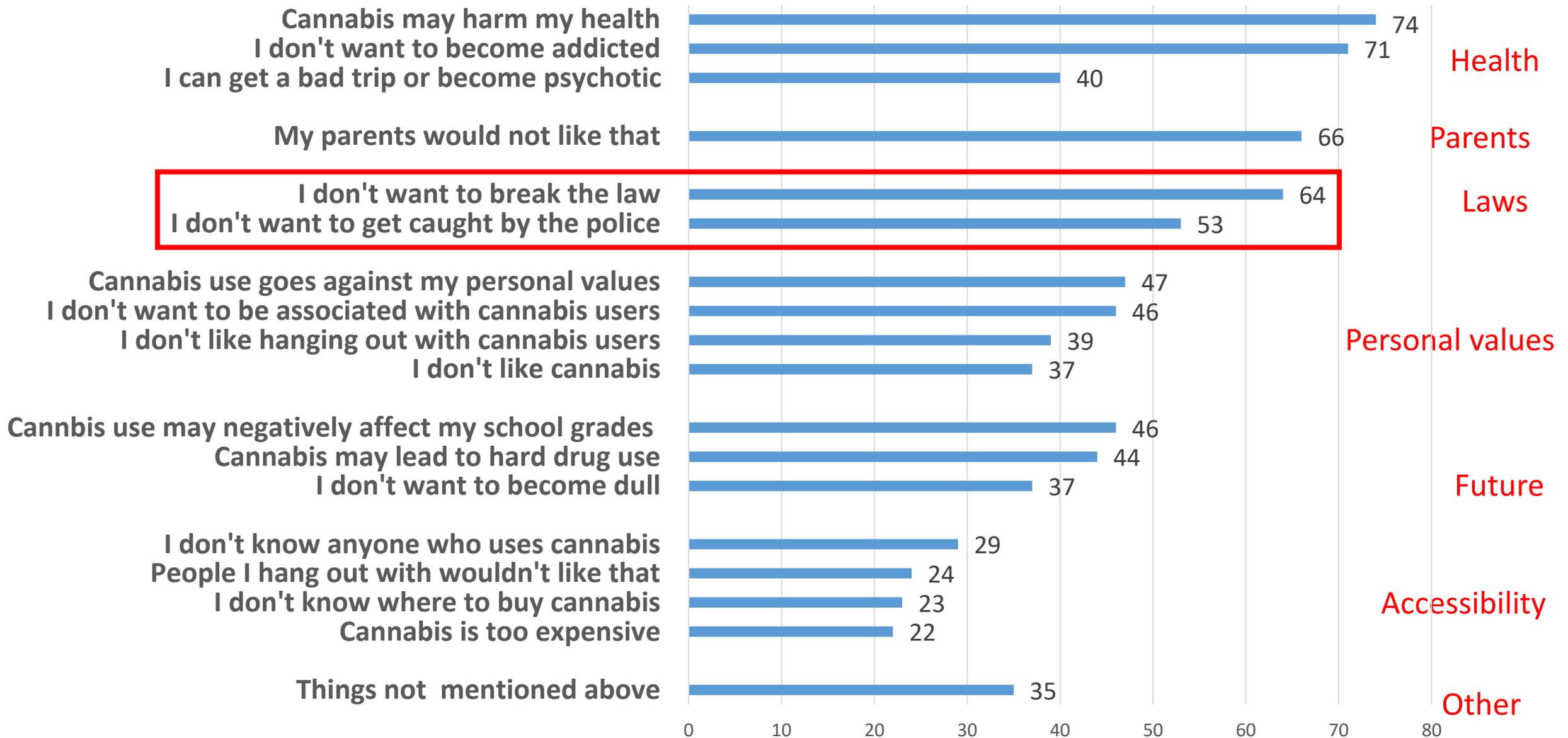
Reasons for NOT using cannabis, never-users =2 730, % ticked



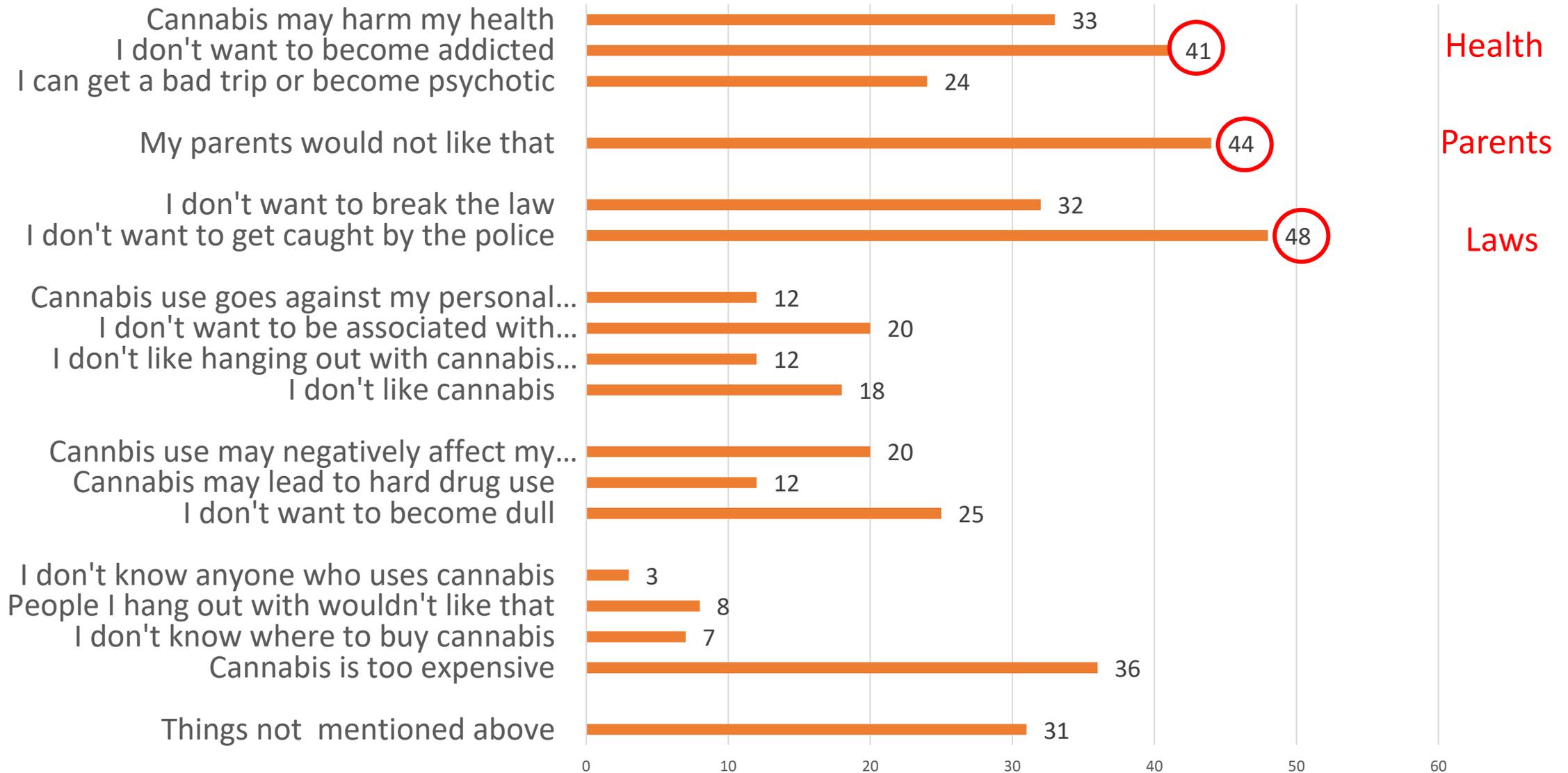
Reasons for NOT using cannabis, never-users =2 730, % ticked



Reasons for NOT using cannabis, never-users =2 730, % ticked



Reasons for not using MORE cannabis, Ever-users = 695



Which motivations are important for whom: Multivariate logistic regression models

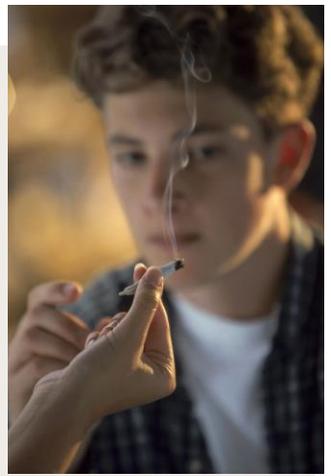


Separate models for each category. Each model examined:

- Personal characteristics (age, sex, family composition, immigration background, place of living, time preference rate, grades)
- Socioeconomic status (assessed family income, pocket money, parents' education)
- Substance use experiences (cigarettes, alcohol blackout, other illegal drugs, cannabis, “been present without having used cannabis themselves”)

	Health	Parents	Legal	Pers.values	Future	Accessibility	Other
Used cannabis, but not last year	0.3***	0.4***	--	0.6***	0.4***	0.5**	--
Used cannabis 1-2 times last year	0.3***	0.5***	0.4***	0.3***	0.3***	0.3***	0.5***
Used cannabis 3+ times last year	0.3***	0.3***	0.4***	0.1***	0.3***	0.2***	--
Personal characteristic:							
Sex (male)	0.5***	--	0.7***	0.6***	0.7***	--	1.3**
Living with both parents	1.5***	1.4***	1.2*	--	--	--	--
Mother has university degree	1.3**	--	--	--	1.3**	--	--
Immigrant background	--	0.7***	0.6***	--	0.8**	0.6***	--
Poorer than most neighbors	--	0.7*	--	--	--	1.4*	--
Substance use:							
Alcohol blackout	0.7**	--	--	0.8**	0.8*	--	--
Ever used other illegal drugs	0.5***	--	--	--	--	--	--
Present without used cannabis	--	1.3**	--	--	--	0.3***	1.2*

Summary



- Most adolescents did not use cannabis, risky alcohol use more common
- Many types of motivations were common, in particular for never-users
- Health, parents and legal status were most frequently mentioned for non-use/not using more
- Logistic regression revealed prevention-relevant differences across subgroups

