

# Associations between alcohol and cannabis use on desire to quit cannabis among sexual minority women

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## Introduction

- Sexual minority women (SMW) have high rates of alcohol and cannabis use.
- Drinking has been shown to be a barrier to quitting or reducing cannabis use.
- To date, no studies have examined the interactive effect of alcohol and cannabis frequency on desire to quit cannabis among SMW.
- Aim: This study examined if past 30-day alcohol use moderated the association between cannabis use frequency and DQC among a sample of young adult SMW.**

## Method

### Participants & Procedure

- $N = 242$  young SMW (18-25 years old) who reported past 30-day cannabis and alcohol use.
- Participants were recruited from MTurk and were part of a larger study about factors related to cannabis use.
- See Table 1 for characteristics of the sample.

### Measures

#### Past 30-day Cannabis Use

- "In the PAST 30 DAYS, on how many days did you use marijuana?"

#### Past 30-day Alcohol Use

- Frequency**
  - "In the PAST 30 DAYS, on how many days did you use Alcohol?"
- Quantity**
  - "In the PAST 30 DAYS, on the days you usually drink, how many standard drinks do you typically consume?"

#### Desire to Quit Cannabis

- Revised version of the Motivation to Stop scale.
- "Which of the following describes you?" 1 = *I don't want to stop using marijuana* to 7 = *I REALLY want to stop using marijuana and intend to in the next month*

### Data Analysis

- Two linear regression analyses were computed using SPSS to examine the study aim.

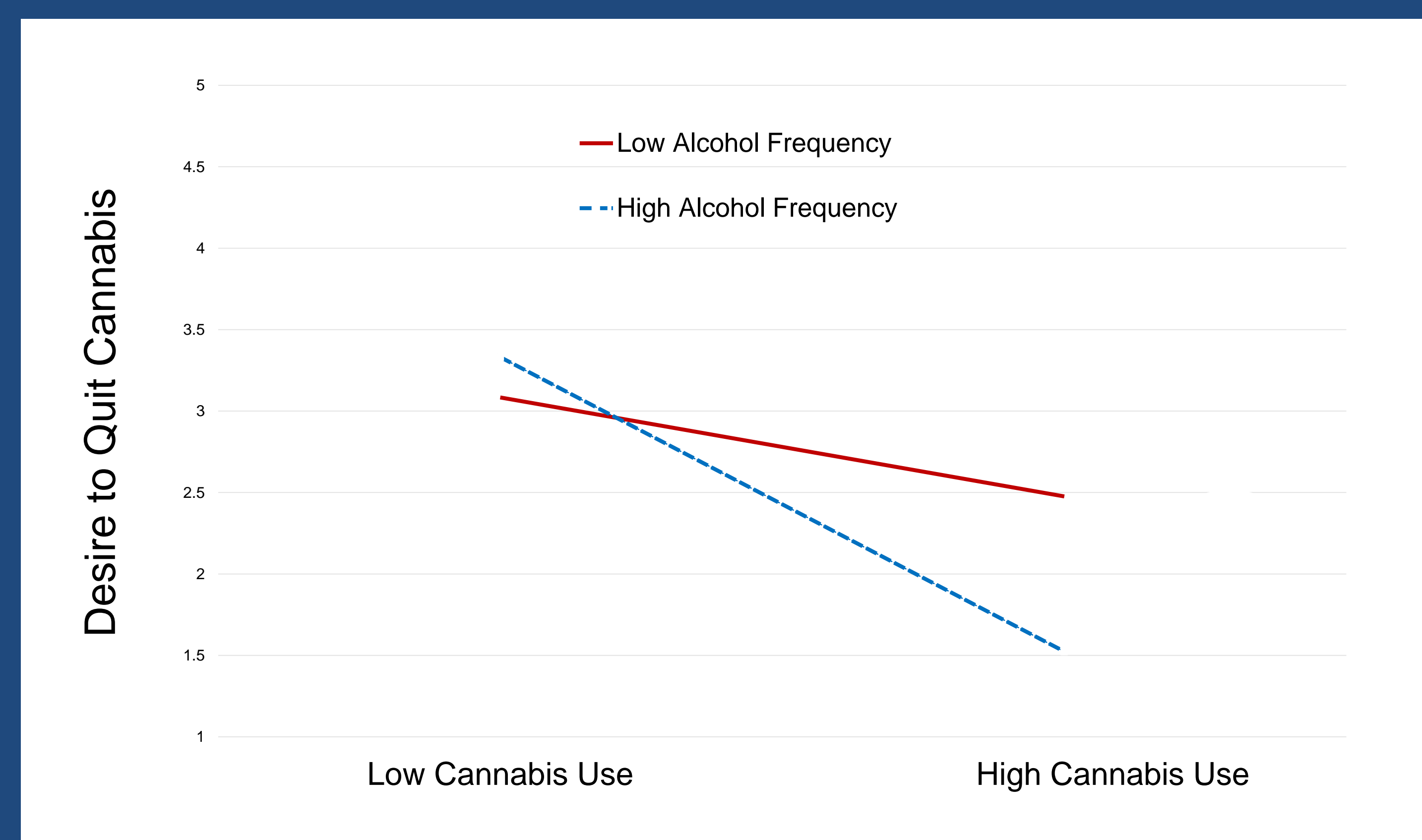
Table 1: *Characteristics of Study Sample*

	M (SD) / N (%)
<b>Age</b> $M (SD)$	24.3 (1.4)
<b>Sexual Identity</b> $N (%)$	
Bisexual	226 (93.4)
Pansexual	11 (4.5)
Lesbian/Gay	2 (0.8)
Other <sup>a</sup>	3 (1.3)
<b>Ethnicity</b> $N (%)$	
Hispanic	25 (10.3)
<b>Race</b> $N (%)$	
White	231 (95.5)
Black	9 (3.7)
Other <sup>b</sup>	14 (5.7)
<b>Employment</b> $N (%)$	
Employed	228 (94.2)
Student	19 (7.9)
Unemployed	9 (3.7)
<b>Study Variables</b> $M (SD)$	
Cannabis Use	12.1 (8.3)
Alcohol Frequency	8.4 (7.1)
Alcohol Quantity	9.3 (6.9)
Desire to Quit Cannabis	3.0 (1.6)

<sup>a</sup> Sexual Identity Other: 2 participants identified as men, 1 participant identified as gender nonconforming  
<sup>b</sup> Race = Other: Asian, American Indian/Alaskan Native, Native Hawaiian/Pacific Islander

**SMW that reported higher cannabis use and alcohol frequency reported lower desire to quit cannabis than those who reported lower cannabis use (CI: -0.10,-0.03).** The association between cannabis use and desire to quit cannabis was not related for those with lower alcohol frequency (CI: -0.03,0.04).

Figure 1: *Alcohol Frequency Moderates the Association between Cannabis Use and Desire to Quit Cannabis*



## Results

- Past 30-day cannabis use was positively associated with alcohol frequency ( $r = .520, p < .001$ ) and negatively associated with desire to quit cannabis ( $r = -.149, p < .001$ ).
- Past 30-day alcohol frequency was not associated with desire to quit cannabis ( $r = -.057, p = .364$ ).
- Past 30-day alcohol frequency significantly moderated the association between past 30-day cannabis use and desire to quit cannabis ( $F = 12.47, p < .001$ ; see Figure 1).
- Alcohol quantity did not moderate the association between past 30-day cannabis use and desire to quit cannabis ( $F = 0.75, p = .388$ ).

## Discussion

- Drinking and using cannabis more frequently may hinder SMW from wanting to change their cannabis use.
- However, alcohol and cannabis co-use is more problematic than single substance use, potentially increasing the risk of negative consequences for SMW who use both substances frequently and do not want to change their cannabis use.
- Consistent with minority stress theory, SMW may use substances to cope with sexual minority stress experiences (e.g., discrimination, violence, self-stigmatization related to their sexual identity), which may impact their desire to quit or change their substance use patterns.
- Alcohol quantity did not impact the association between cannabis use and desire to quit cannabis; this may indicate that occasional binge drinking does not have as strong of an impact as chronic alcohol use on SMW substance use motivations.
- Cannabis interventions for SMW may focus on reducing alcohol use frequency to perhaps enhance motivations to change their substance use behaviors.

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