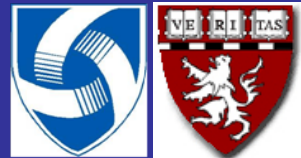


Paths in and out of alcoholism: A 60-year study

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THERE ARE NO CONFLICTS
OF INTEREST

ATTRITION IN CORE CITY SAMPLE (AGE 60)

	CORE CITY SAMPLE
NUMBER IN ORIGINAL COHORT (AGE 14)	456
LOST	4
DEAD BEFORE AGE 47	17
DROPPED BY AGE 47	21
ADEQUATE DATA (AGE 47)	414
DEAD BEFORE AGE 55	37
DROPPED BY AGE 60	34
INCOMPLETE DATA	32
ALCOHOL ABUSE/DEPENDENCE	150
ALCOHOL DEPENDENCE	77
ADEQUATE DATA (AGE 60)	311
ALCOHOL ABUSERS FOLLOWED UNTIL AGE 60 OR UNTIL DEATH	124

RISK FACTORS FOR ALCOHOLISM

	SOCIAL DRINKER n = 203	ALCOHOL ABUSE n = 45	ALCOHOL DEPENDENT n = 79
<hr/>			
<u>RISK</u>			
MULTIPLE ALC RELATIVES	33%	52%	63%***
ANTISOCIAL < 14	3%	6%	12%***
ANTISOCIAL AS ADULT	2%	7%	29%***
< 10 GRADES OF SCHOOL	29%	48%	43%***
HEAVY SMOKER (80+ PACK/YR)	8%	16%	28%***
<hr/>			
<u>PROTECTIVE</u>			
MEDITERRANEAN	42%	22%	8%***
COLLEGE	42%	32%	21%***

***p < .001

SOCIAL CLASS AND FUTURE ALCOHOLISM

CHILDHOOD SOCIAL CLASS	CORE CITY		COLLEGE	
	n=412		n=168	
	%Alc Dep		%Alc Abuse	
I Upper			28%	n=53
II Upper Middle	n=(3)	(33%)	24%	n=67
III Middle	n=38	21%	13%	n=38
IV Lower	n=249	18%		
V "Underclass"	n=122	18%		
statistical significance		n.s.	n.s.	

COLLEGE SAMPLE (N=168)

% Alc. Abuse Sig.

CAUSE

No Alc. Relatives	10%	p<.0001
Multiple Alc. Relative	57%	

RESULTS

Excellent Health at 65	0%	p<.0001
Dead at 65	52%	
Best Mental Health at 65	9%	p<.001
Worst Mental Health at 65	8%	

CORE CITY SAMPLE (n=407)

% Alcohol Depend.

CAUSE - ETHNICITY

Mediterranean	n=131	4%
Irish - WASP	n=218	26%

RESULT - ADULT SOCIAL CLASS

II Upper Middle	n=38	5%
III Middle	n=175	13%
IV Lower	n=154	23%
V "Underclass"	n=40	38%

FATE OF ALCOHOL ABUSERS

	COLLEGE n=52	CORE CITY n=124
Stable abstinence	19%	38%*
Controlled drinking	10%	15%
Reclassified social drinker	11.5%	6%
Chronic alcohol abuse	59.5%	41%
Dead by age 60	15%	28%
Dead by age 70	37% (vs. 14% of controls)	

* p=.02

MORTALITY AMONG ALCOHOLICS

	Vaillant's Alcoholic Abusers at Age 75 n = 210	Matching Non Alcoholics at Age 75 n = 462	Vaillant's Observed/ Expected Mortality n = 672	Comparison Studies Observed/ Expected Mortality n = 300
DEAD	52%	28%	2.0	2.0
UNNATURAL	11%	2%***	5.5	7
CIRRHOSIS	3%	0.5%	6.0	6-10
LUNG CANCER	10%	3%***	3.3	NA
HEART	15%	8%*	1.6	1.6
OTHER DEATHS	13%	16%	1.0	NA

ALCOHOLISM, TOBACCO SYNERGY AT AGE 65

	< 40 Pack Years	40+ Pack Years
No Alcohol Dependence	n = 354 DEAD = 16%	n = 184 DEAD = 28%
Alcohol Dependence	n = 19 DEAD = 32%	n = 68 DEAD = 47%

NO DIFFERENCE

	STABLE ABSTINENCE n = 48	CHRONIC ALCOHOLISM n = 55
8+ Alcohol Problems	42%	42%
Multiple Alcoholic Relatives	65%	53%
Antisocial < Age 14	13%	7%
Antisocial as Adult	17%	20%
< 10 Grades of School	42%	47%
Heavy Smoker (80+ pack/yr)	27%	18%

CONTROLLED VS ABSTINENT DRINKING

<u>1992 STATUS</u>	<u>1977 STATUS</u>	
	3+ YEARS OF ABSTINENCE n=21	3+ YEARS CONTROL DRINKING n=22
ABSTINENT	18	3
CONTROLLED DRINKING	1	8*
		7
		4

* Three of these 8 men reclassified

CLINIC Rx	EVER ABSTINENT n=49	SECURELY ABSTINENT n=21
1. PSYCHOTHERAPY	8%	5%
2. DISULFIRAM (ANTABUSE)	4%	5%
3. HALFWAY HOUSE	6%	0%
4. ALCOHOL CLINIC OR HOSPITAL	30%	20%
5. ALCOHOLICS ANONYMOUS	37%	38%
6. WILLPOWER	49%	43%

Detoxification = **95% relapse**

Disulfiram, Acamprosate, Naltrexone
no better than placebo

LENGTH OF ABSTINENC VERSUS EVENTUAL RELAPSE

	# STILL ABSTINENT	RELAPSED THAT YEAR	EVER RELAPSED
AFTER 2 YEARS	82	15	39%
AFTER 3 YEARS	67	4	25%
AFTER 4 YEARS	63	4	21%
AFTER 5 YEARS	59	7	15%
AFTER 6 YEARS	52	2	4%

PREDICTORS OF RECOVERY

	STABLE ABSTINENCE n = 58	CHRONIC ALCOHOLISM n = 86
CORE CITY	83%	64%*
BINGE DRINKER	63%	40%*
30+ MTG OF AA	29%	6%***
ALCOHOL DEPENDENT	67%	43%**
	(n = 48)	(n = 55)
IRISH	36%	22%*
MEDITERRANEAN	6%	18%*

*p < .05

** p < .01

*** p < . 001

NON-CLINIC Rx	EVER ABSTINENT N=49	SECURELY ABSTINENT N=21
1. SUBSTITUTE DEPENDENCY	53%	67%
2. COMPULSORY SUPERVISION		
a. Sustained confrontation	24%	0%
b. Medical consequences	49%	48%
3. ENHANCED HOPE/SELF-ESTEEM		
	12%	19%
a. Increased religious involvement	37%	38%
b. Alcoholics Anonymous		
4. NEW LOVE RELATIONSHIP	32%	38%

WHAT IS AA?

- 1. Our leaders are trusted servants; they do not govern.**
- 2. We own no property.**
- 3. We are not a religion.**
- 4. The minority opinion is important.**
- 5. No one holds the same job for very long**

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

MILLER'S 8-YEAR FOLLOW-UP

	100+ AA MEETINGS	<100 AA MEETINGS
	n = 13	n = 81
ABSTINENT	7 (53%)	16 (20%)
NOT ABSTINENT	6	65

P = .03 Yates correction

STABLE ABSTINENCE

	STABLE ABSTINENCE	CHRONIC ALCOHOLIC
	n = 29	n = 47
300+ AA VISITS	48%	2%
ADM. SOCIAL STABILITY	28%	6%
NEITHER*	24%	92%

** Nobody with both*

AA WORKS FINE!

	COLLEGE COHORT		CORE CITY COHORT	
	Abstinent n = 9	Chronicity n = 32	Abstinent n = 57	Chronicity n = 44
AGE FIRST ALCOHOLIC	34 ± 9	42 ± 10	28 ± 9	31 ± 11
YRS. OF ACTIVE ALCOHOLISM	20 ± 11	23 ± 10	18 ± 9	22 ± 10***
PROBLEM DRINKING SCORE	9 ± 3.0	6 ± 2***	9.7 ± 3.8	8.3 ± 3.3*
AA MEETINGS	137 ± 155	2 ± 9***	143 ± 327	8 ± 30***

*p < .05 **p < .01 ***p < .001 Students t-test