

# Reading: Part A - Text Booklet

## Instructions

### TIME LIMIT: 15 MINUTES

- Complete the following summary using the information in the four texts, A1 - A4, provided on pages 2 and 3 of the Text Booklet.
- You **do not** need to read the text from beginning to end to complete the task. You should scan the texts to find the information you need.
- Gaps may require **1, 2 or 3 words**. You will not receive any marks if you write **more than 3 words**.
- You should write your answer next to the appropriate number in the **right-hand column**.
- Please use **correct spelling** in your responses. **Do not** use abbreviations unless they appear in the text.

## Adolescent Alcohol Consumption: Texts

**Source:** Public Library of Science

**Authors:** Jim McCambridge, John McAlaney, Richard Rowe

### Text A1

Although important to public policy, there have been no rigorous evidence syntheses of the long-term consequences of late adolescent drinking.

#### Methods and Findings

This systematic review summarises evidence from general population cohort studies of drinking between 15–19 years old and any subsequent outcomes aged 20 or greater, with at least 3 years of follow-up study. The principal findings are: There is consistent evidence that higher alcohol consumption in late adolescence continues into adulthood and is also associated with alcohol problems including dependence. Although a number of studies suggest links to adult physical and mental health and social consequences, existing evidence is of insufficient quality to warrant causal inferences at this stage.

#### Conclusions

There is an urgent need for high quality long-term prospective cohort studies in order to better understand the public health burden that is consequent on late adolescent drinking, both in relation to adult drinking and more broadly. Reducing drinking during late adolescence is likely to be important for preventing long-term adverse consequences as well as protecting against more immediate harms.

**Text A2**
**Drinking and Driving**

Motor vehicle crashes are the leading cause of death among youth ages 15 to 20. The rate of fatal crashes among alcohol-involved drivers between 16 and 20 years old is more than twice the rate for alcohol-involved drivers 21 and older.

**Suicide**

Alcohol use interacts with conditions such as depression and stress to contribute to suicide, the third leading cause of death among people between the ages of 14 and 25. In one study, 33 percent of eighth grade females who drank heavily reported attempting suicide, compared with 11 percent who did not drink.

**Binge Drinking**

Though most college drinkers would deny it, young people do die solely from drinking. In 1995, 318 people ages 15 to 24 died as a result of alcohol poisoning alone, many of them after a night binge at college.

**Text A3**

**Table 4** Alcohol-Related Problems Reported by Year 12 High School Students Who Had Consumed Alcoholic Beverages on at Least 10 Occasions in Their Lifetime

Alcohol-Related Problem Reported	12th Graders (%)
Caused you to behave in ways you later regretted	52
Interfered with your ability to think clearly	32
Caused you to drive unsafely	19
Caused you to be less stable emotionally	11
Got you in trouble with the police	9
Caused your physical health to be bad	6

**Text A4**
**Background**

Alcohol is responsible for approximately 4% of the global burden of disease. This burden is higher in high income countries and among men, accounting for 11% of all male deaths in the World Health Organization (WHO) European region in 2004. There is global concern about the “binge drinking” trend among young people. Up to now prominent policy responses in the UK and elsewhere have been attempts to manage antisocial behaviour related to intoxication in public spaces. Much less attention has been given to risks to adult health and well being.

There have been many cohort studies of the longer term harms associated with adolescent drinking. Some studies suggest that individuals “mature out” of late adolescent drinking patterns, whilst others identify enduring effects on drinking and broader health and social functioning in adulthood. In the only available meta-analysis of life-course variability, Johnstone and colleagues evaluated stability in drinking frequency and found settled patterns after the age of 30 following earlier marked discontinuity. There has, however, been no systematic review addressing the consequences of late adolescent drinking in adulthood.

## Reading: Part A - Answer Booklet

### Instructions

#### TIME LIMIT: 15 MINUTES

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Summary	Answers
<p>It is evident that alcohol-associated ....(1).... in adulthood are a continuation of drinking behaviour exhibited during ....(2)..... . It can also be seen that alcohol ....(3).... by adolescents is the cause of many problems later in life.</p> <p>Binge drinking is a serious problem and although ....(4).... by most college age drinkers, death solely as a result of ....(5).... is more prevalent than one might expect. .... (6) .... 15 – 24 year olds died from .... (7) .... in 1995; a high proportion after a night of binge drinking.</p> <p>Fatalities ....(8).... by motor vehicle crashes are prevalent in the 15 – 20 age ....(9).... . Fatal road accidents involving ....(10).... for 16 – 20 year-old drivers are more than double the rate of those in drivers over ....(11).... of 21. Adolescents do recognise this as a risk, with ....(12).... of year 12 high school students acknowledging ....(13).... driving was caused by alcohol consumption.</p>	1.
	2.
	3.
	4.
	5.
	6.
	7.
	8.
	9.
	10.
	11.
	12.
	13.

Summary	Answers
<p>In addition, just over half the year 12 students surveyed admitted that drinking caused ....(14).... which they regretted later on, and ....(15).... reported that alcohol had caused them to get into trouble with the police.</p>	14.
<p>For young adults between 14 and 25, ....(16).... was reported to be the third most common form of death related to drinking alcohol, particularly when it interacted with pre-existing ....(17).... like depression and stress. According to one study, the incidence of attempted suicide among 8<sup>th</sup> grade girls who were ....(18).... drinkers was ....(19).... times higher than those who did not drink.</p>	15.
<p>Although alcohol is a heightened problem among males and in ....(20).... countries, it is also a global concern. This is especially true regarding the ....(21).... of binge drinking among young people. So far, much of the focus has been on policy regarding the ....(22).... of antisocial behaviour related to drunkenness in public spaces and less attention has been given to risks to adult health and well-being.</p>	16.
<p>There have been many studies of the long ....(23).... damage associated with adolescent drinking. Some studies indicate that people grow out of their teenage ....(24).... habits, while others identify ongoing effects on health and social functioning later into adulthood. However, there has ....(25).... been any systematic review addressing the consequences of late adolescent drinking in adult life. In order to better understand this public health burden, further research is urgently ....(26).... . Decreasing ....(27).... in late adolescence will likely be important to ....(28).... long-term harmful consequences as well as protect against more immediate problems.</p>	17.
	18.
	19.
	20.
	21.
	22.
	23.
	24.
	25.
	26.
	27.
	28.
	<b>TOTAL SCORE</b>

### Answer key and explanation

Answer	Details
1. problems / diseases	Recognise paraphrasing around the key word: "... consumption ... <i>continues</i> into adulthood ... is also associated with alcohol <u>problems</u> " (text) = "alcohol-associated <u>problems</u> in adulthood are a continuation..." (summary)
2. (late) adolescence	Identify synonym preceding to the key word: "alcohol consumption in <u>late adolescence</u> " (text) = "drinking behaviour exhibited during <u>late adolescence</u> " (summary)
3. consumption	Detect change in word form around the key word: "alcohol <u>consumption</u> in late adolescence" (text) = "alcohol <u>consumption</u> by adolescents" (summary)
4. denied/it is denied	Change in word form (active to passive) required by student: "Though most would <i>deny</i> ..." (text) = "Although <u>denied</u> by most..."
5. drinking	Recognise paraphrasing preceding the key word: " <i>die... from</i> <u>drinking</u> " (text) = "death as a result of <u>drinking</u> " (summary)
6. 318	Write number in numerical form
7. alcohol poisoning	Recognise paraphrasing around the key word: " <i>as a result of</i> <u>alcohol poisoning</u> " (text) = " <i>from</i> <u>alcohol poisoning</u> " (summary)
8. caused	Change in word from (noun to verb) required by student: "Motor vehicle crashes are the leading <i>cause</i> ..." (text) = "fatalities <u>caused</u> by motor vehicle crashes" (summary)
9. category / group / bracket	Student prior knowledge of vocabulary is needed here.
10. alcohol	Recognise paraphrasing around the key word: " <i>alcohol-involved</i> " (text) = "involving <u>alcohol</u> " (summary)
11. the age	Student prior knowledge of vocabulary is needed here.
12. 19%	Detect change in word form in the table "driving" (summary) = "drive" (text) and copy the corresponding percent. Prior knowledge helpful if you know that 12 <sup>th</sup> Grade is the final year of secondary school.
13. unsafe	Change in word from (adverb to adjective) required by student. "drive <i>unsafely</i> " (text) = " <u>unsafe</u> driving" (summary)
14. behaviour	Change in word form (verb to noun) required by student: " <i>behave</i> in ways you later regretted" (text) = "caused <u>behaviour</u> which they regretted later on" (summary)

Answer	Details
15. 9%	Recognise paraphrasing from table: “got you in trouble with the police” (text) = “cause them to get in trouble with the police” (summary) and copy the corresponding percent.
16. suicide	Recognise paraphrasing around the key word: “ <u>suicide</u> , the <i>third leading</i> cause...” (text) = “ <u>suicide</u> was reported to be the <i>third most common</i> ...” (summary)
17. conditions	Identify synonym after the key word: “ <u>conditions</u> such as depression and stress” (text) = “ <u>conditions</u> like depression and stress” (summary).
18. heavy	Change in word form (adverb to adjective) required by student: “drank <i>heavily</i> ” (text) = “ <u>heavy</u> drinkers” (summary)
19. three	Some calculation required by the student: 11% who did not drink had attempted suicide whereas 33% who drank heavily had attempted suicide (11x3=33).
20. high income	Recognise paraphrasing around the key word: “ <u>high-income</u> countries and in men” (text) = “among males and in <u>high-income</u> countries” (summary)
21. trend	Change in word form required by student: plural to singular when using ‘the’ for a general idea/abstract noun. “the drinking <i>trend</i> among young people” (text) = “the <u>trend</u> of binge drinking among young people” (summary)
22. management	Change in word form (verb to noun) required by and identification of a synonym. “ <i>manage</i> antisocial behaviour related to <i>intoxication</i> in public spaces” (text) = “the <u>management</u> of antisocial behaviour related to <i>drunkenness</i> in public spaces...”
23. term	Identify synonym after the key word: “long <u>term</u> harms associated with” (text) = “longer <u>term</u> damage associated with...” (summary)
24. drinking	Identify synonym after the key word: “ <u>drinking patterns</u> ” (text) = “ <u>drinking habits</u> ” (summary)
25. not	Paraphrasing required by student: “there has been no” (text) = “there has not been any” (summary)
26. needed	Change in word form (active to passive) required by student: “an urgent <i>need</i> ” (text) = “is urgently <u>needed</u> ” (summary)
27. drinking	Identify synonyms before and after the key word: “ <i>reducing</i> <u>drinking</u> during late adolescence” (text) = “ <i>decreasing</i> <u>drinking</u> in late adolescence”
28. prevent	Recognise paraphrasing. Change in word form required by student (for+noun to to+verb): “ <i>is likely to be</i> important for <i>preventing</i> long-term adverse consequences...” (text) = “ <i>will likely be</i> important to <u>prevent</u> long-term harmful consequences...” (summary)

## Answers highlighted in text

### Text A1

Although important to public policy, there have been no rigorous evidence syntheses of the long-term consequences of late adolescent drinking.

**Methods and Findings** This systematic review summarises evidence from general population cohort studies of drinking between 15–19 years old and any subsequent outcomes aged 20 or greater, with at least 3 years of follow-up study. The principal findings are: There is consistent evidence that higher alcohol (3) consumption in (2) late adolescence continues into adulthood and is also associated with alcohol (1) problems including dependence. Although a number of studies suggest links to adult physical and mental health and social consequences, existing evidence is of insufficient quality to warrant causal inferences at this stage.

**Conclusions** There is an urgent (26) need for high quality long-term prospective cohort studies in order to better understand the public health burden that is consequent on late adolescent drinking, both in relation to adult drinking and more broadly. Reducing (27) drinking during late adolescence is likely to be important for (28) preventing long-term adverse consequences as well as protecting against more immediate harms.

### Text A2

**Drinking and Driving** Motor vehicle crashes are the leading (8) cause of death among youth ages 15 to 20. The rate of fatal crashes among (10) alcohol-involved drivers between 16 and 20 years old is more than twice the rate for alcohol-involved drivers (11) 21 and older.

**Suicide** Alcohol use interacts with (17) conditions such as depression and stress to contribute to (16) suicide, the third leading cause of death among people between the ages of 14 and 25. In one study, (19) 33 percent of eighth grade females who drank (18) heavily reported attempting suicide, compared with (19) 11 percent who did not drink.

**Binge Drinking** Though most college drinkers would (4) deny it, young people do die solely from (5) drinking. In 1995, (6) 318 people ages 15 to 24 died as a result of (7) alcohol poisoning alone, many of them after a night binge at college.

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**Table 4** Alcohol-Related Problems Reported By Year 12 High School Students Who Had Consumed Alcoholic Beverages on at Least 10 Occasions in Their Lifetime

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#### Background

Alcohol is responsible for approximately 4% of the global burden of disease. This burden is higher in (20) high income countries and among men, accounting for 11% of all male deaths in the World Health Organization (WHO) European region in 2004. There is global concern about the ‘binge’ drinking (21) trend among young people. Up to now, prominent policy responses in the UK and elsewhere, have been attempts to (22) manage antisocial behaviour related to intoxication in public spaces. Much less attention has been given to risks to adult health and well being.

There have been many cohort studies of the long (23) term harms associated with adolescent drinking. Some studies suggest that individuals ‘mature out’ of late adolescent (24) drinking patterns, whilst others identify enduring effects on drinking and broader health and social functioning in adulthood. In the only available meta-analysis of life-course variability, Johnstone and colleagues evaluated stability in drinking frequency and found settled patterns after the age of 30 following earlier marked discontinuity. There (25) has, however, been no systematic review addressing the consequences of late adolescent drinking in adulthood.