

TURUN YLIOPISTO  
Lääketieteellinen tiedekunta

PENI, TANELI: Psychiatric morbidity and substance use disorders in late adolescence:  
The Finnish Family Competence Study

Syventävien opintojen opinnäyte, 32 sivua, joista 10 liitesivuja  
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*Aims:* To investigate the prevalence and of comorbidity psychiatric disorders and clinically relevant sub-threshold symptoms, and mental health service use in a Finnish birth cohort at age of 18 to 20 years.

*Participants:* The birth cohort included families' firstborns (n=1287) born in 1986-1987 in South-Western Finland. Those who had attended the study at age three were selected for a follow-up group (n=1203) in 2005-2007. In all, 649 participated the follow-up at age 18 to 20 years. The diagnostic interviews were completed for 627 participants (42.8% male).

*Methods:* To determine one-month point prevalence for psychiatric disorders, the Development and Well-Being Assessment (DAWBA) was used. Substance use disorders were determined with the NIMH Diagnostic Interview Schedule for Children Version IV (NIMH DISC-IV).

*Results:* The one-month point prevalence of any psychiatric diagnosis was 17.3% (female 19.5% vs male 14.4%). The most prevalent being alcohol use disorder (9.5%), followed by major depression (3.8%). Conduct disorder had the widest range of comorbidity. During the past year, 10.4% of females, but only 1.1% of males had sought mental health treatment.

*Conclusion:* Alcohol use problems are common among 18 to 20-year-olds. Almost one fifth of the sample had at least one psychiatric or substance use disorder diagnosis, but use of mental health services is scarce, especially among young males. Conduct disorder has a strong comorbid nature, therefore early prevention of conduct disorder is highlighted.

**Keywords:** psychiatric disorder, substance abuse, comorbidity, late adolescent