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# The association of substance use with attaining employment among unemployed job seeking adults: Prospective findings from the CONSTANCES cohort.

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## INTRODUCTION

Substance use :

- ✓ Important risk factors for adult mortality and morbidity
- ✓ Most frequently consumed substances: **tobacco, alcohol and cannabis**
- ✓ More prevalent among unemployed individuals and increases the likelihood of losing one's job

The role of substance use on employment among job seeking individuals has been little studied.

## OBJECTIVE

To examine the prospective association between tobacco, alcohol and cannabis use and attaining employment among job seekers.

## METHODS



- ✓ From the French population-based CONSTANCES cohort, data of 5,114 unemployed job seeking adults enrolled from 2012 to 2018
- ✓ Binary logistic regressions computed the odds ratio (OR) of remaining unemployed at one-year of follow-up according to substance use at baseline.
- ✓ Tobacco use: smoking status and number of cigarettes per day
- ✓ Alcohol use: Alcohol Use Disorder Identification Test (AUDIT)
- ✓ Cannabis use: frequency of use
- ✓ Each substance was introduced in a separate model and adjusted for age, gender and education
- ✓ Sensitivity analyses:
  - Stratification for the duration of unemployment
  - Exclusion of participants with depressive state
  - Simultaneous introduction of three substances in the same model

## RESULTS

- ✓ Mean age: 42 years
- ✓ Women: 58%
- ✓ Unemployed for less than one-year: 64.4%

- Tobacco Use**
- Current smokers : N= 1,387 (27,1%)
- Alcohol Use**
- No use: N= 230 (4.5%)
  - At high or very high risk: N= 209 (4.1%)
- Cannabis Use**
- Once per week or more: N= 514 (10.1%)

At one-year follow-up, 50.3% of the participants were employed.



### Tobacco

### Alcohol

### Cannabis

Not employed at one-year of follow-up				Not employed at one-year of follow-up				Not employed at one-year of follow-up			
	OR	95% CI			OR	95% CI			OR	95% CI	
<b>Tobacco Use</b>				<b>Alcohol Use (AUDIT)</b>				<b>Cannabis Use</b>			
Non-smoker	Ref	-	-	Low risk (1-7)	Ref	-	-	Never used	Ref	-	-
Former smoker	1.06	0.91	1.22	<b>No use (0)</b>	<b>1.40</b>	<b>1.03</b>	<b>1.89</b>	Not during the previous year	1.06	0.93	1.21
Current light smoker (1-9 cig/day)	1.11	0.91	1.36	Moderate risk (7-15)	1.17	0.99	1.38	At least once during the previous year	0.92	0.71	1.18
<b>Current moderate smoker (10-19 cig/day)</b>	<b>1.33</b>	<b>1.08</b>	<b>1.64</b>	<b>High or very high-risk (&gt;15)</b>	<b>2.10</b>	<b>1.53</b>	<b>2.87</b>	At least once a month	1.25	0.92	1.70
<b>Current heavy smoker (&gt;19 cig/day)</b>	<b>1.42</b>	<b>1.04</b>	<b>1.93</b>					<b>Once per week or more</b>	<b>1.63</b>	<b>1.33</b>	<b>2.01</b>

- ✓ After stratifications for the duration of unemployment (less than one year versus one year or more), the associations remained significant only for participants who have been unemployed for less than one year.
- ✓ All these associations remained significant after excluding participants with a depressive state at baseline (CESD score ≥19).
- ✓ After introducing the three substances in the same model, the role of alcohol and cannabis use prevail on tobacco use.

## CONCLUSION

- ✓ Moderate or heavy smoking, no alcohol use or at high or very high-risk alcohol use and at least weekly cannabis use are associated with decreased likelihood of attaining employment at follow-up among unemployed job seeking adults.
- ✓ The associations between tobacco, alcohol and cannabis use with employment concern especially unemployed job seekers of less than one year.

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