

Psychosocial Stressors on Nicotine and Cannabis Use Among Racially/Ethnically Diverse Young Adults

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Psychosocial stressors such as adverse childhood experiences (ACEs), everyday discrimination, and concern of social hostility are emerging as influential on health behavior. Said stressors have not been evaluated for influence on maladaptive behaviors like substance use. This study examined racial/ethnic differences in associations between psychosocial stressors with the use of tobacco, nicotine, and cannabis products between minority young adults and their non-minority counterparts. Cross-sectional data collected from the Happiness and Health Study was used to classify participants as either racial minority (RM) or non-racial minority (RNM); additionally, their self-reported responses on past 6-month substance use and scale measures scores for psychosocial stressors were analyzed in SPSS (v. 28) using stratified multivariate regression models. In a sample of 2,207 participants, RM young adults who experienced everyday discrimination saw increased odds of cigarette use, and social concern increased odds of cannabis vaping. RNM young adults experience of ACEs increased odds of cigarette smoking e-cigarette use, cannabis smoking, and cannabis vaping; however, everyday discrimination increased odds of e-cigarette use, and social concern increased odds of cannabis smoking and vaping. Culturally sensitive tobacco and cannabis product use interventions that acknowledge childhood trauma would be beneficial to maladaptive substance use.