

Contents

| | | |
|---|---|-----------|
| 1 | Introduction to the Volume | 1 |
| | Richard Jessor | |
| | Toward a Broader Concept of Health..... | 1 |
| | The Emergence of the Concept of Behavioral Health | 3 |
| | The Meanings or Functions of Health-Compromising Behavior..... | 3 |
| | The Covariation of Health-Compromising Behavior..... | 4 |
| | The Contribution of Psychosocial Theory to Adolescent Health | 5 |
| | Understanding Behavioral Health Development | 6 |
| | Continuity of Health-Related Psychosocial and Behavioral Development..... | 7 |
| | The Direction of Psychosocial and Behavioral Development: From Unconventionality Within Adolescence Toward Conventionality in Young Adulthood | 8 |
| | Some Final Comments | 9 |
| | References..... | 10 |
| Part I Health-Related Problem Behaviors: Drinking and Problem Drinking | | |
| 2 | Predicting the Initiation of Alcohol Use | 15 |
| | Richard Jessor, Mary I. Collins, and Shirley L. Jessor | |
| | Method | 17 |
| | Subjects | 17 |
| | Procedure | 17 |
| | Establishment of Drinker-Status Groups | 18 |
| | Measures | 19 |
| | Personality Measures | 20 |
| | Perceived Social Environment Measures..... | 21 |
| | Behavior Measures..... | 21 |
| | Summary of Method and Hypotheses..... | 22 |

| | |
|---|-----------|
| Results..... | 22 |
| Testing Hypothesis One | 22 |
| Testing Hypothesis Two..... | 26 |
| Discussion and Conclusions | 28 |
| References..... | 31 |
| 3 Alcohol Use and Adolescent Development..... | 33 |
| Richard Jessor and Shirley L. Jessor | |
| Method | 36 |
| Subjects | 36 |
| Procedure | 37 |
| The Abstainer-Drinker Transition Groups | 38 |
| Measurement of the Variables in the Theoretical Framework | 39 |
| Results..... | 40 |
| Prediction of the Onset of Drinking | 41 |
| Onset of Drinking and Development during Adolescence..... | 45 |
| Onset of Drinking and the Prevalence of Other Behaviors..... | 49 |
| Discussion | 51 |
| References..... | 53 |
| 4 Adolescent and Young Adult Problem Drinking..... | 55 |
| John E. Donovan, Richard Jessor, and Lee Jessor | |
| Method | 57 |
| Overall Design of the Study | 57 |
| Description of the Participants..... | 58 |
| Measurement of Variables in Problem Behavior Theory | 58 |
| Establishment of Drinking Status | 58 |
| Results..... | 61 |
| Continuity of Problem Drinking Between Adolescence and Young Adulthood | 61 |
| Adolescent Psychosocial Antecedents of Problem Drinking in Young Adulthood | 64 |
| Predicting Young-Adult Problem Drinking Among Adolescent Problem Drinkers | 70 |
| Predicting Young-Adult Problem Drinking Among Adolescent Nonproblem Drinkers | 73 |
| Discussion | 73 |
| References..... | 77 |
| 5 Explaining Adolescent Problem Drinking | 81 |
| Richard Jessor | |
| Introduction..... | 81 |
| A Brief Overview of Problem Behavior Theory | 82 |
| The Design of the Research | 84 |
| The Prevalence of Adolescent Problem Drinking..... | 86 |

| | |
|--|-----|
| Problem Drinking and the Syndrome of Problem Behavior | 87 |
| Accounting for Variation in Adolescent Problem Drinking | 90 |
| Continuity of Problem Drinking: Adolescence to Young Adulthood | 92 |
| Predicting Young Adult Problem Drinking | 95 |
| Analyses Among Adolescent Problem Drinkers | 95 |
| Analyses Among Adolescent Nonproblem Drinkers | 96 |
| Continuity of Problem Drinking Within Young Adulthood | 97 |
| Continuity/Discontinuity of Young Adult Problem Drinking | 98 |
| Psychosocial Change in Young Adulthood | 99 |
| Conclusion | 102 |
| References | 103 |
| 6 Problem Drinking and Psychosocial Development | |
| in Adolescence | 105 |
| Richard Jessor | |
| The Conceptual Structure of Problem Behavior Theory | 105 |
| The Longitudinal Design of the Developmental Study | 111 |
| Problem Drinking and the Syndrome of Problem Behavior | 112 |
| Problem Behavior Theory and Variation in Adolescent Problem | |
| Drinking | 115 |
| Predicting the Onset of Drinking in Adolescence | 116 |
| Predicting Problem-Drinking in Young Adulthood | |
| from Psychosocial Risk in Adolescence | 118 |
| Conclusion | 119 |
| References | 120 |
| 7 Problem Drinking in College | 123 |
| Richard Jessor, Frances M. Costa, Patrick M. Krueger, | |
| and Mark S. Turbin | |
| Method | 125 |
| Study Design, Participants, and Procedures | 125 |
| Measurement of Heavy Episodic Drinking | 126 |
| Measurement of Psychosocial and Behavioral Protective | |
| Factors and Risk Factors | 127 |
| Results | 129 |
| Accounting for College Student Heavy Episodic Drinking: | |
| A Test of the Explanatory Model | 129 |
| Accounting for Developmental Change in College-Student | |
| Heavy Episodic Drinking | 131 |
| Discussion | 133 |
| References | 135 |

Part II Health-Related Problem Behaviors: Marijuana Use

| | |
|--|-----|
| 8 Marijuana Use in High School and College | 141 |
| Richard Jessor, Shirley L. Jessor, and John Finney | |
| Method | 144 |
| Subjects | 144 |
| Procedure | 145 |
| Establishment of the Drug User Groups | 145 |
| Results..... | 147 |
| Part I: Cross-Sectional Analyses | 148 |
| Part II: Longitudinal Analyses | 153 |
| Discussion | 157 |
| References | 160 |
| 9 Understanding the Initiation of Marijuana Use | 161 |
| Richard Jessor | |
| Method | 162 |
| Participants..... | 162 |
| Procedure | 163 |
| Establishment of Marijuana Onset Groups | 163 |
| Measurement of the Social-Psychological Variables | 164 |
| Results..... | 164 |
| Predicting Onset and Time of Onset of Marijuana Use | 164 |
| Onset of Marijuana Use and Social-Psychological Development | 168 |
| Onset of Marijuana Use and Prevalence of Other Transition or Problem Behaviors..... | 171 |
| Discussion | 172 |
| References | 175 |
| 10 Problem Behavior Theory and the Use of Marijuana | 177 |
| Richard Jessor and Shirley L. Jessor | |
| A Social-Psychological Framework for the Study of Problem Behavior | 179 |
| Design of the Research | 183 |
| Cross-Sectional Analysis as Part of a Longitudinal Strategy..... | 186 |
| Description of Change as Part of a Longitudinal Strategy..... | 195 |
| Forecasting of Onset as Part of a Longitudinal Strategy..... | 200 |
| Time of Onset and Course of Development as Part of a Longitudinal Strategy | 203 |
| Discussion | 205 |
| References | 208 |
| 11 Psychosocial Research on Marijuana Use: An Early Review | 211 |
| Richard Jessor | |
| Introduction..... | 211 |
| Epidemiology of Marijuana Use..... | 214 |

| | |
|--|------------|
| Marijuana Use and the Social Environment | 217 |
| Marijuana Use and Personality | 221 |
| Marijuana Use and Behavior..... | 225 |
| Marijuana Use and Psychosocial Development..... | 228 |
| Some Concluding Remarks..... | 229 |
| References..... | 232 |
| 12 Understanding Marijuana Use in a National Sample of Adolescents | 239 |
| Richard Jessor, James A. Chase, and John E. Donovan | |
| Method | 240 |
| Participants..... | 241 |
| Procedure | 241 |
| Measurement of the Psychosocial Variables of Problem Behavior Theory | 241 |
| Measurement of Involvement with Marijuana | 242 |
| Results..... | 243 |
| Psychosocial Correlates of Adolescent Involvement with Marijuana | 244 |
| The Multivariate Account of Involvement with Marijuana..... | 246 |
| Comparing the Psychosocial Correlates of Marijuana Use with Those of Problem Drinking | 250 |
| Discussion | 251 |
| References..... | 256 |
| 13 Accounting for Marijuana Use in Adolescence and Young Adulthood | 259 |
| Richard Jessor, John E. Donovan, and Frances M. Costa | |
| Introduction..... | 259 |
| Prevalence of Marijuana and Cocaine Use | 260 |
| The Relation of Marijuana Use to Other Behaviors | 264 |
| Psychosocial Correlates of Marijuana Use | 267 |
| Conclusion | 273 |
| References..... | 274 |
| Part III Health-Related Problem Behaviors: Early Sexual Intercourse Experience | |
| 14 The Transition to Sexual Intercourse Experience..... | 279 |
| Shirley L. Jessor and Richard Jessor | |
| Method | 281 |
| Participants..... | 281 |
| Procedure | 282 |
| Measures | 283 |

| | |
|---|------------|
| Results..... | 285 |
| Prevalence of Nonvirginity | 285 |
| Comparison of Virgins and Nonvirgins on the Social-Psychological Measures..... | 286 |
| Prediction of the Transition to Nonvirginity | 290 |
| Discussion | 292 |
| References..... | 295 |
| 15 Predicting First Sexual Intercourse Experience | 297 |
| Richard Jessor, Frances M. Costa, Lee Jessor, and John E. Donovan | |
| Method | 299 |
| Design and Participants..... | 299 |
| Procedure | 301 |
| Establishing Time of Onset of Sexual Intercourse..... | 301 |
| Results..... | 302 |
| Description of Sexuality in a Sample of Young Adult Men and Women | 303 |
| Predicting Time of Onset of Initial Sexual Intercourse | 304 |
| Relation of Time of Onset of Intercourse to Later Psychosocial Development and Sexuality | 309 |
| Analysis of Virginity in Young Adulthood | 315 |
| Discussion and Conclusion | 318 |
| References..... | 323 |
| 16 Understanding Early Initiation of Sexual Intercourse in Adolescence..... | 325 |
| Frances M. Costa, Richard Jessor, John E. Donovan, and J. Dennis Fortenberry | |
| Method | 327 |
| Study Design and Procedures | 327 |
| Participants..... | 327 |
| Sample Loss | 328 |
| Measurement of Sexual Behavior | 329 |
| Measurement of Psychosocial and Behavioral Unconventionality..... | 330 |
| Results..... | 332 |
| Predicting Time to First Sexual Intercourse: Bivariate Analyses..... | 333 |
| Predicting Time to First Sexual Intercourse: Multivariate Analyses | 336 |
| Discussion | 342 |
| Appendix..... | 347 |
| References..... | 347 |

Part IV Health-Related Problem Behaviors: Cigarette Smoking

| | |
|--|------------|
| 17 Explaining Smoking Behavior in Adolescence | 353 |
| Mark S. Turbin, Richard Jessor, and Frances M. Costa | |
| Method | 355 |
| Study Design, Procedures, and Participants | 355 |
| Measurement of Cigarette Smoking | 356 |
| Measurement of Problem Behaviors..... | 356 |
| Measurement of Health-Compromising Behaviors | 357 |
| Analytic Procedures | 357 |
| Results..... | 358 |
| Establishing the Measurement Model..... | 358 |
| Estimating a Structural Model With Two Second-Order | |
| Latent Variables..... | 360 |
| Examining Possible Sources of Estimation Bias | 361 |
| Estimation of the Structural Model Within Gender | |
| and Ethnic Subgroups | 362 |
| Replicating the Analysis with an Alternative Analytic | |
| Method: Regression Analyses..... | 363 |
| Replicating the Analysis with an Independent Sample: | |
| Robustness of the Findings | 363 |
| Discussion | 364 |
| References..... | 365 |
| 18 Protection and Risk in College Student Smoking | 369 |
| Frances M. Costa, Richard Jessor, and Mark S. Turbin | |
| Introduction..... | 369 |
| Method | 372 |
| Study Design, Participants, and Procedures | 372 |
| Measurement of Psychosocial and Behavioral Protective | |
| Factors and Risk Factors | 374 |
| Measurement of Smoking Involvement..... | 374 |
| Prevalence of Smoking | 376 |
| Results..... | 377 |
| Examining the Protection and Risk Model of College Student | |
| Smoking Involvement, and Testing for Moderation | 377 |
| Analyzing the Component Scales of the Composite Measures | |
| of Protection and Risk..... | 380 |
| Exploring Whether Antecedent Protective and Risk Factors | |
| Predict Smoking Initiation: A Developmental Analysis | 381 |
| Discussion | 383 |
| References..... | 386 |

Part V Health-Related Problem Behaviors: Delinquent Behavior

| | |
|---|------------|
| 19 Religiosity: A Personal Control Against Delinquency | 393 |
| John Rohrbaugh and Richard Jessor | |
| Method | 396 |
| Participants | 396 |
| Procedure | 397 |
| Development of Measures | 397 |
| Results | 401 |
| Discussion | 404 |
| Summary | 407 |
| References | 407 |

Part VI Health-Related Problem Behaviors: Risky Driving

| | |
|--|------------|
| 20 Adolescent and Young Adult Risky Driving: The Role of Problem Drinking | 413 |
| Richard Jessor, John E. Donovan, and Frances Costa | |
| Introduction | 413 |
| Method | 414 |
| Results | 416 |
| Discussion | 420 |
| References | 421 |
| 21 Developmental Change in Risky Driving | 423 |
| Richard Jessor, Mark S. Turbin, and Frances M. Costa | |
| Method | 425 |
| Procedure | 425 |
| Description of the Sample | 427 |
| Description of the Questionnaire | 428 |
| Establishing the Risky Driving Criterion Measure | 429 |
| Results | 430 |
| Correlates of Risky Driving: Cross-Sectional Analyses | 430 |
| Developmental Change in Risky Driving: Descriptive Findings | 432 |
| Developmental Change in Risky Driving: Longitudinal Prediction | 435 |
| Discussion | 442 |
| References | 445 |

Part VII Health Behaviors

| | |
|--|------------|
| 22 Problem Behavior Theory and Behavioral Health in Adolescence | 449 |
| Richard Jessor | |
| Adolescence in the Life Span | 450 |
| Adolescence and Change | 452 |
| Adolescence as a Relatively High-Risk Stage of Life | 454 |
| The Interrelatedness of Health Risk Behaviors in Adolescence | 458 |

| | |
|--|------------|
| The Psychological Meanings of Health Risk Behaviors in Adolescence | 460 |
| A Theoretical Framework for Health Risk Behaviors in Adolescence | 462 |
| Problem Behavior Theory and Adolescence Development..... | 466 |
| The Continuity of Health Risk between Adolescence and Young Adulthood | 468 |
| Some Implications for Health Promotion and Risk Reduction in Adolescence | 470 |
| References | 473 |
| 23 Value on Health and Fitness in Adolescent Behavioral Health..... | 477 |
| Frances M. Costa, Richard Jessor, and John E. Donovan | |
| Method | 479 |
| Study Design and Procedures | 479 |
| Description of Participating Students | 480 |
| The Questionnaire..... | 480 |
| Measurement of Value on Health..... | 480 |
| Measurement of Other Health-Related Psychosocial and Behavioral Variables..... | 481 |
| Measurement of Other Psychosocial and Behavioral Variables in Problem Behavior Theory..... | 482 |
| Results..... | 482 |
| Discussion | 489 |
| References | 491 |
| 24 Applying Problem Behavior Theory to Adolescent Health Behavior..... | 495 |
| Richard Jessor, John E. Donovan, and Frances M. Costa | |
| Introduction..... | 495 |
| Problem Behavior Theory and Adolescent Health Behavior | 496 |
| Description of the Study | 498 |
| Linking Personality Variation to Variation in Adolescent Health Behavior | 499 |
| Linking Adolescent Health Behavior and Adolescent Problem Behavior | 501 |
| Linking Adolescent Health Behavior with the Larger Social Environment..... | 503 |
| Summary and Conclusions | 507 |
| References | 507 |
| 25 Linking Health Behavior and Problem Behavior in Adolescence | 509 |
| John E. Donovan, Richard Jessor, and Frances M. Costa | |
| Method | 512 |
| Study Design and Procedures | 512 |
| Questionnaire | 513 |

| | |
|--|------------|
| Measurement of Health-Related Behaviors | 513 |
| Measurement of Psychosocial Conventionality-Unconventionality | 514 |
| Measurement of Behavioral Conventionality-Unconventionality..... | 515 |
| Measurement of Psychosocial Orientation to Health..... | 516 |
| Analytic Procedures | 516 |
| Results..... | 517 |
| Relation of Conventionality-Unconventionality to Health-Related Behavior..... | 517 |
| Independent Contribution of Conventionality-Unconventionality to Explanation of Health-Related Behavior | 521 |
| Discussion | 522 |
| References | 526 |
| 26 Problem Behavior Theory and Contraceptive Use | |
| in Adolescence..... | 529 |
| Frances M. Costa, Richard Jessor, J. Dennis Fortenberry, and John E. Donovan | |
| Method | 531 |
| Study Design and Procedures | 531 |
| Participants..... | 532 |
| Possible Implications of Sample Loss | 532 |
| Measurement of Contraceptive Use | 533 |
| Measurement of Psychosocial and Behavioral Conventionality..... | 534 |
| Measurement of Health Orientation..... | 535 |
| Results..... | 537 |
| Conventionality and Regularity of Contraceptive Use..... | 541 |
| Health Orientation and Regularity of Contraceptive Use | 542 |
| Discussion | 544 |
| References | 547 |
| 27 The Role of Protection in Adolescent Health Behavior | 549 |
| Richard Jessor, Mark S. Turbin, and Frances M. Costa | |
| Method | 552 |
| Study Design, Procedures, and Participants | 552 |
| Establishing the Health-Enhancing Behavior Index | 554 |
| The Measurement of Psychosocial Risk Factors and Protective Factors | 555 |
| Results..... | 559 |
| Relations of Health-Related Risk and Protective Factors to Variation in Health-Enhancing Behavior | 559 |
| Health-Related Protective Factors as Moderators of Risk | 561 |
| Relations of Conventionality-Related Protective Factors to Variation in Health-Enhancing Behavior | 562 |
| The Generality of the Model..... | 563 |
| The Overall Explanatory Account..... | 563 |

| | |
|--|------------|
| Testing for Interactions Using Composite Risk and Protection Scale Scores | 564 |
| Replication of the Wave-4 Regression Analysis in Earlier Waves of the Study and Also in an Independent Sample..... | 565 |
| Relations of Antecedent Risk and Protection With Developmental Change in Health-Enhancing Behavior..... | 566 |
| Discussion | 569 |
| References..... | 573 |
| 28 Health-Enhancing Behavior in Chinese and American Adolescents | 575 |
| Mark S. Turbin, Richard Jessor, Frances M. Costa, Qi Dong, Hongchuan Zhang, and Changhai Wang | |
| Method | 578 |
| Participants..... | 578 |
| Materials | 579 |
| Measurement of Health-Enhancing Behavior..... | 579 |
| Measurement of Protective Factors and Risk Factors..... | 581 |
| Individual-Level Protective and Risk Factor Measures | 581 |
| Perceived Social Context Protective and Risk Factor Measures..... | 582 |
| Procedures..... | 583 |
| Results..... | 584 |
| Accounting for Cross-Sectional Variation in Health-Enhancing Behavior Involvement | 584 |
| Accounting for Developmental Change in Health-Enhancing Behavior Over Time..... | 589 |
| Discussion | 591 |
| References..... | 595 |
| 29 Explaining Developmental Change in Health Behavior in US and Chinese Adolescents | 597 |
| Richard Jessor, Mark S. Turbin, and Frances M. Costa | |
| Method | 600 |
| Participants..... | 600 |
| Measures | 603 |
| Results..... | 604 |
| Accounting for Variation in Attention to Healthy Eating and Hours Regular Exercise: Cross-Sectional Analyses..... | 604 |
| Accounting for Developmental Change in Attention to Healthy Eating and Hours Regular Exercise Over Time: Longitudinal Analyses | 604 |
| Discussion | 609 |
| References..... | 612 |
| Index..... | 615 |

Problem Behavior Theory and Adolescent Health
The Collected Works of Richard Jessor, Volume 2
Jessor, R.

2017, XXIII, 627 p. 32 illus., Hardcover

ISBN: 978-3-319-51348-5