References to scientific studies relating to the topics discussed in Aletha Solter’s book:

*Raising Drug-Free Kids: 100 Tips for Parents*  
(Da Capo Press, 2006)

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Dr. Aletha Solter is a Swiss/American developmental psychologist and the director of the Aware Parenting Institute (www.awareparenting.com). She is the author of five books for parents and is recognized internationally as an expert on attachment, trauma, and non-punitive discipline.

These references are organized by topics in alphabetical order. Note that some studies are listed more than once if they fit into more than one category.

**Abuse (physical or sexual)**


**Academic pressure**


**ADHD (Attention Deficit Hyperactivity Disorder)**


**Affluent youth**


**Age at first drink**


**Antidepressants (See Depression)**

**Attachment (See also Connection)**


Boredom


Brain development


Breastfeeding

**Bullying**


**Cannabis**


**College students**


Lawyer, S.T., Karg, R.S., Murphy, J.G., & McGlynn, F.D. Heavy drinking among college students is influenced by anxiety sensitivity, gender, and contexts for alcohol use. *Journal of Anxiety Disorders*, 16(2), 165-173, 2002.


Communication


Community prevention programs


Connection (See also Attachment)


National Center on Addiction and Substance Abuse at Columbia University. The importance of family dinners II, 2005 (www.casacolumbia.org).


Cooperation/Competition


**Crying in babies**


**Crying in children & adults**


Daycare


Decision-Making


Depression


**Discipline (non-punitive)**


**Discipline (punitive, including corporal punishment)**


**Divorce**


**Eating**


**Emotional trauma (See Trauma)**

**Fathers**


**Films (See Media)**

**Feeding (See Eating)**

**Genetic factors (See Heredity)**

**Heredity**


**Homosexuality**


**Infants and drugs (See Crying in babies)**

**Intervention and treatment**


**Learning styles**


**Marijuana (See Cannabis)**

**Maternal deprivation (See Attachment)**

**Media**


**Methylphenidate (See Stimulants)**

**Moral development**


**Neurobiology of addiction**


**Obesity**


**Parental involvement, supervision, and expectations**


**Peers**


**Personality (See Temperament)**

**Physical abuse (See Abuse)**

**Post Traumatic Stress Disorder (See Trauma)**

**Prenatal drug exposure**


**Psychostimulants (See Stimulants)**

**PTSD (See Trauma)**

**Race**


**Rewards**


Risk-taking


Ritalin (See Stimulants)

Role models


Self-esteem


Sensitivity (See Temperament)
Sexism


Sexual abuse (See Abuse)

Shyness (See Temperament)

Sleep problems (in infants and children)


Smoking


Spanking (see Discipline, punitive)

Stimulants


Stress (See also Trauma)


Substance abuse (in adolescents, general)


**Television (See Media)**

**Temperament**


Lawyer, S.T., Karg, R.S., Murphy, J.G., & McGlynn, F.D. Heavy drinking among college students is influenced by anxiety sensitivity, gender, and contexts for alcohol use. *Journal of Anxiety Disorders*, 16(2), 165-173, 2002.


**Therapy (See Intervention and Treatment)**

**Trauma (emotional)**


**Treatment (See Intervention and treatment)**

**University students (See College students)**

**Values**