



FROM PARENTING TO POLYSUBSTANCE USE: THE ROLE OF ATTACHMENT AND PSYCHOSOCIAL MECHANISMS IN ADDICTION VULNERABILITY

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INTRODUCTION

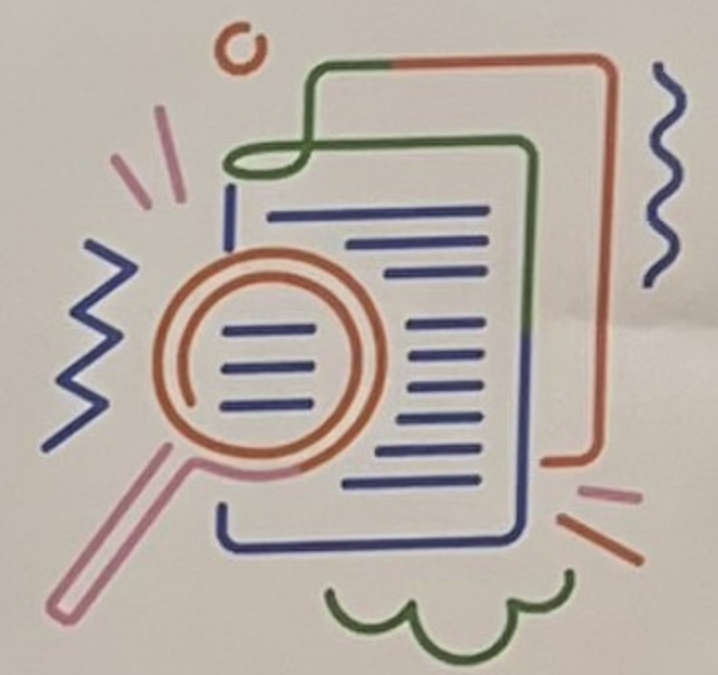
Polysubstance use disorder (PSUD) in adolescents and young adults is often rooted in early family dynamics.

Authoritative parenting is generally protective, while neglectful, permissive/indulgent, and authoritarian are related to increased adolescent substance use which can develop into PSUD.



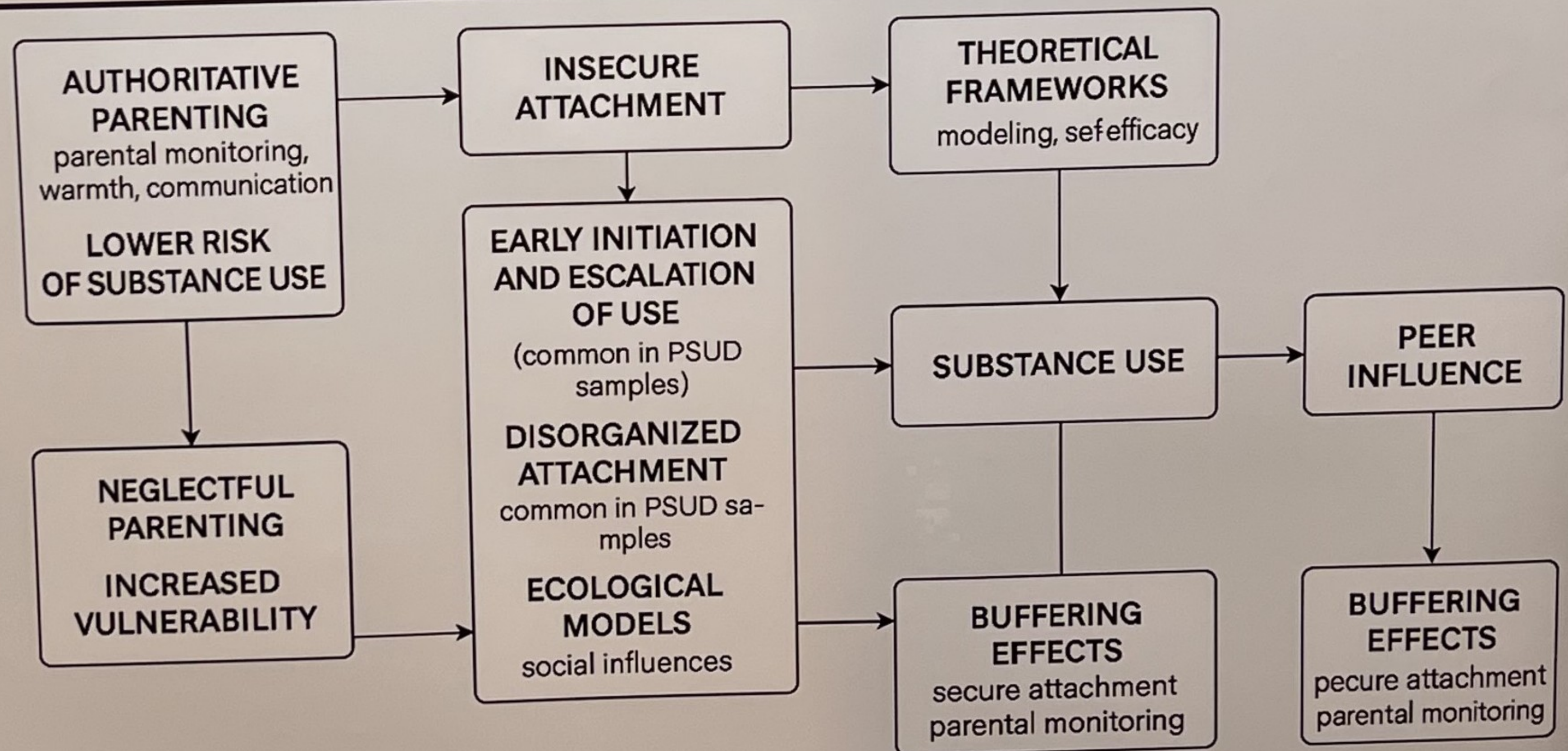
METHODS

A literature search was conducted in PubMed, PsycINFO, and Scopus between 2010–2025 using keywords including “parenting style,” “Baumrind,” “attachment,” “psychosocial theory,” “substance use disorder,” and “polysubstance use.”



RESULTS

This diagram illustrates how parenting styles and attachment patterns, mediated by theoretical and ecological frameworks, shape vulnerability or resilience to substance use through pathways of peer influence and buffering effects.



CONCLUSION

Parenting styles and attachment patterns play a central role in shaping vulnerability or resilience to substance use. Neglectful parenting and insecure attachment increase vulnerability through early initiation and peer influence. Theoretical and ecological frameworks highlight how social learning, self-efficacy, and social contexts contribute to substance use, whereas buffering effects of secure relationships and monitoring can mitigate risks and promote resilience.

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