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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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ABSTRACT

BACKGROUND - 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 were analyzed. Binary logistic regressions computed the odds ratio (OR) of remaining unemployed at one-year of follow-up (versus attaining employment) according to substance use at baseline. The following independent variables were introduced in separate models: tobacco use (non-smoker, former smoker, light (<10cig/day), moderate (10-19cig/day) and heavy smoker (>19cig/day)), alcohol use according to the Alcohol Use Disorder Identification Test (non-users (0), low (<7), moderate (7-15) and high or very high risk (>15)) and cannabis use (never use, no use in the previous 12 months, <1/month, <1/week and ≥1/week). Analyses were adjusted for age, gender and education. **RESULTS** - At the one-year follow-up, 2,490 participants (49.7%) were still unemployed. Compared to non-smokers, moderate and heavy smokers were more likely to remain unemployed, with OR (95% CI) of 1.33 (1.08-1.64) and 1.42 (1.04-1.93), respectively. Compared to alcohol users at low risk, no alcohol users and alcohol users at high or very high risk were more likely to remain unemployed, with OR (95% CI) of 1.40 (1.03-1.83) and 2.10 (1.53-2.87), respectively. Compared to participants who never used cannabis, cannabis users for at least once a week were more likely to remain unemployed, with OR (95% CI) of 1.63 (1.33-2.01). **CONCLUSION** - Substance use may constitute a modifiable barrier in attaining employment in job seekers.

KEYWORDS: Tobacco use; Alcohol use; Cannabis use; Employment; Unemployment; Adults

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