Non-random mating and convergence over time for alcohol consumption, smoking, and exercise: the Nord-Trøndelag Health Study.

Author: Helga Ask
Kamilla Rognmo
Fartein Ask Torvik
Espen Røysamb
Kristian Tambs

Author Affiliation: Division of Mental Health, Norwegian Institute of Public Health, Oslo, Norway. heas@fhi.no

Source: Behav Genet. 2012 May;42(3):354-65

Date: May-2012

Language: English

Publication Type: Article

Keywords: Adult
Age Factors
Aged, 80 and over
Alcohol Drinking - epidemiology - genetics - psychology
Cohort Studies
Cross-Sectional Studies
Data Interpretation, Statistical
Exercise - physiology - psychology
Female
Humans
Life Style
Longitudinal Studies
Male
Marriage
Middle Aged
Nonlinear Dynamics
Norway - epidemiology
Prospective Studies
Smoking - epidemiology - genetics - psychology
Spouses
Young Adult
Spouses tend to have similar lifestyles. We explored the degree to which spouse similarity in alcohol use, smoking, and physical exercise is caused by non-random mating or convergence. We used data collected for the Nord-Trøndelag Health Study from 1984 to 1986 and prospective registry information about when and with whom people entered marriage/cohabitation between 1970 and 2000. Our sample included 19,599 married/cohabiting couples and 1,551 future couples that were to marry/cohabitate in the 14-16 years following data collection. All couples were grouped according to the duration between data collection and entering into marriage/cohabitation. Age-adjusted polychoric spouse correlations were used as the dependent variables in non-linear segmented regression analysis; the independent variable was time. The results indicate that spouse concordance in lifestyle is due to both non-random mating and convergence. Non-random mating appeared to be strongest for smoking. Convergence in alcohol use and smoking was evident during the period prior to marriage/cohabitation, whereas convergence in exercise was evident throughout life. Reduced spouse similarity in smoking with relationship duration may reflect secular trends.

Erratum In: Behav Genet. 2012 May;42(3):508
PubMed ID: 22005768 View in PubMed