

IMMEDIATE EFFECTS AND CONSEQUENCES OF PSYCHOACTIVE SUBSTANCE USE

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Abstract. Since ancient times people have known properties of drugs. Today, at a planetary level, over 220 million people are drug addicts. Direct or indirect effects of consumption are major problems faced by humanity today. This research is a first assessment of the actual situation of illicit substance use among school population in secondary education grade and is a scientific basis for developing local strategy and a plan of early detection and intervention in the use of psychoactive substances in Arad County. The overall objective of research was a study on knowledge, attitudes and dimensions of tobacco, alcohol and illicit drug use among the school population, of the secondary education system in Arad county. There have been studied N = 229 adolescents subjects between 14 and 19 years, belonging to the population of students without previous knowledge about substance use (Lot A - N = 197) and subjects belonging to the Center for Rehabilitation and Social Reintegration, this cluster predominantly dependent of psychoactive substances usage (Lot B - N = 32). The survey revealed a positive relationship between consumption and anxiety $r = 0.242$ at $p = 0.01$; a positive relationship between DUDIT opinion / desire to decrease consumption and unconditional acceptance of oneself $r = .568$ at $p = 0.05$; a positive relationship between negative emotions of distress, and positive emotions related to substance use; presence of both positive effects ($r = 0.827$ $p = 0.01$) and negative ones ($r = 0.961$ $p = 0.01$) positively relate with the desire to reduce the consumption / opinion; a positive relationship between negative emotions ($r = 0.291$ $p = 0.01$) and positive emotions ($r = 0.381$, $p = 0.01$) related to consumption and substance use. We conclude the following: consumers states consumption side effects as state of happiness and optimism, but some are aware of possible side effects harmful to health. Our study demonstrated the correlation between increasing the unconditional acceptance of oneself in case of dependency and increase the likelihood of abstinence.

Study motivation

The reasons underpinning this study are the following: Increased morbidity (number of illnesses cases during one year within the population) and mortality (number of deaths during a year within the population) caused by occurrence of cardiovascular disease, lung cancer, liver cirrhosis, HIV / AIDS, due to consumption drugs;

OBJECTIVES

The overall objective of research was a study on knowledge, attitudes and dimensions of tobacco, alcohol and illicit drug using population among the school population, of the secondary education system in Arad county.

Specific objectives:

- Consumption of psychoactive substances in studied clusters
- The level of anxiety felt among tobacco, alcohol and illicit drug using population
- Level of unconditional acceptance of oneself, when awareness of the gravity of the offence and of the consequences arising from the consumption.
- Motivation of drug use.

Materials and methods

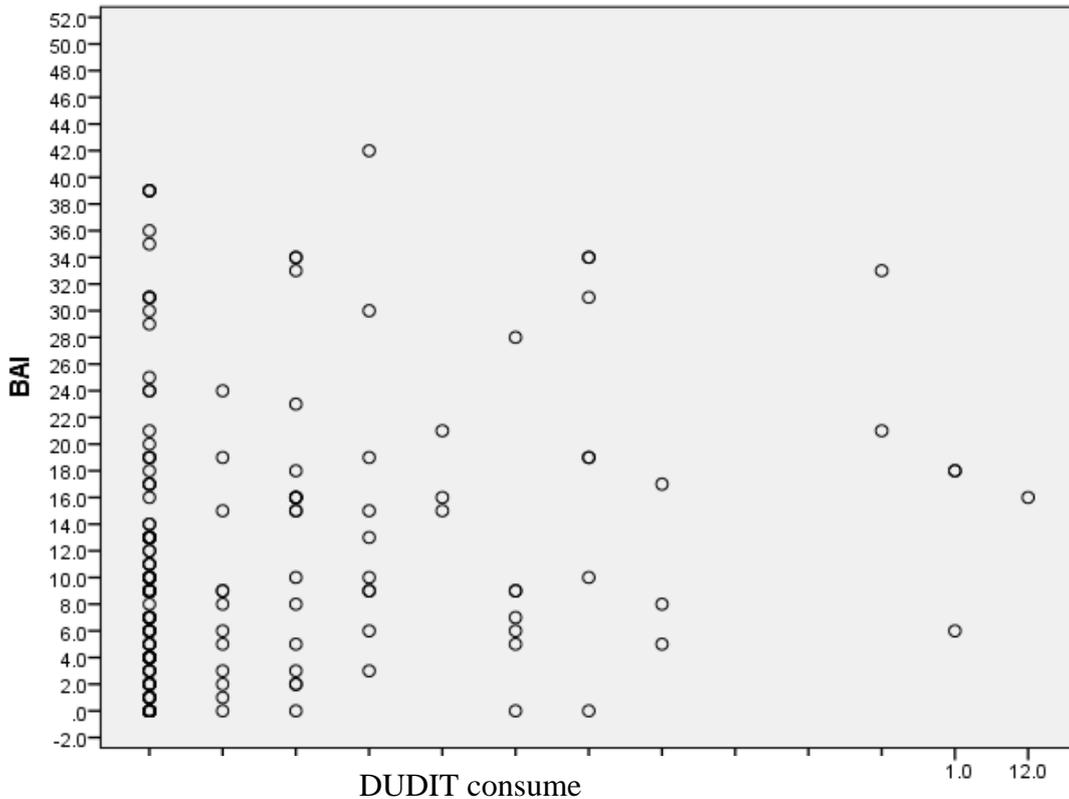
The survey is representative for the school population in secondary education (14 -19 years), ie high schools, arts and crafts schools from Arad municipality.

There have been studied N = 229 adolescent subjects belonging to the population of students without previous knowledge about substance use (Lot A - N = 197) and subjects belonging to the Center for Rehabilitation and Social Reintegration, cluster predominantly dependent on psychoactive substances (Lot B - N = 32).

RESULTS

Following the calculation of the correlation between DUDIT and the emotional distress scale and unconditional acceptance of oneself, the following results were found:

1. A positive relationship between consumption and anxiety $r = 0.242$ at $p = 0.01$



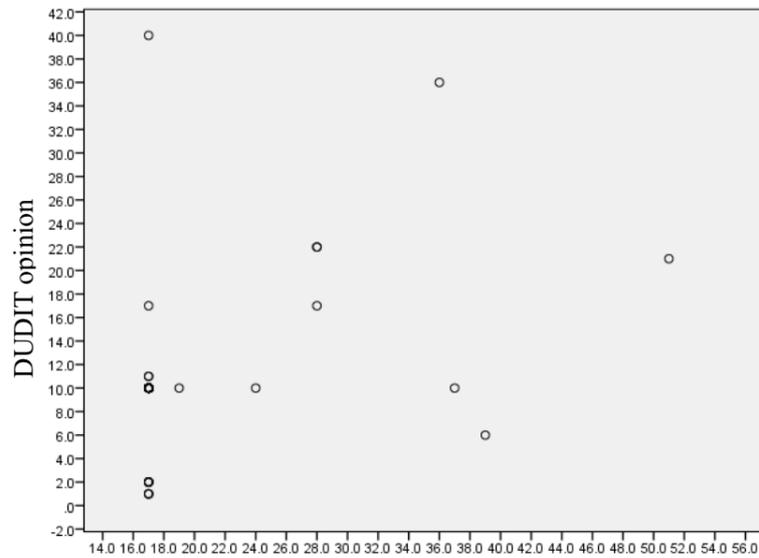
The cloud of points for the correlation between substance use and anxiety

These results suggest the possibility that adolescents present anxiety over the idea of consumption, which in this case may be a protective factor. Anxiety may be caused by multiple interpretations of consumption, this information would be useful to be investigated by further studies.

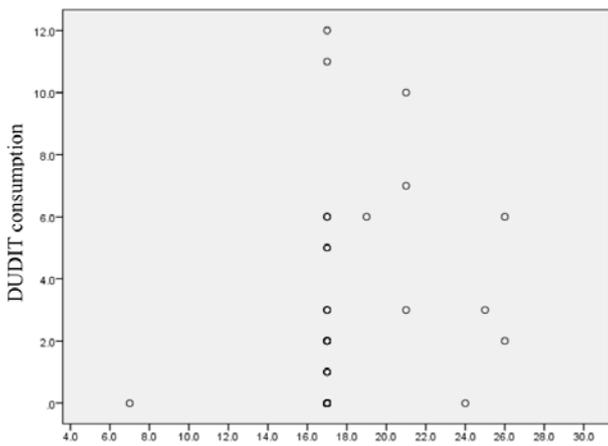
As can be seen in Table 16 correlations for group B - the group of consumers ,revealed no correlation

between anxiety and consumption his fact suggests the possible assumption that a certain level of anxiety may be a sanogenousfactor in this case.

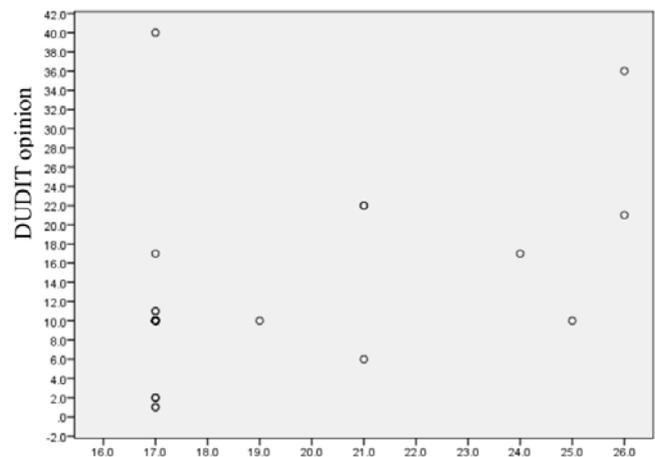
2.The presence of both positive effects ($r = 0.407$ $p = 0.01$) and negative ones ($r = 0.508$ $p = 0.01$) positively relate to the desire to reduce the consumption / opinion.



DUDIT positive
 The cloud of points related to the consumer versus positive effects from consumption



DUDIT positive
 The cloud of points related to the consumer versus positive effects from consumption



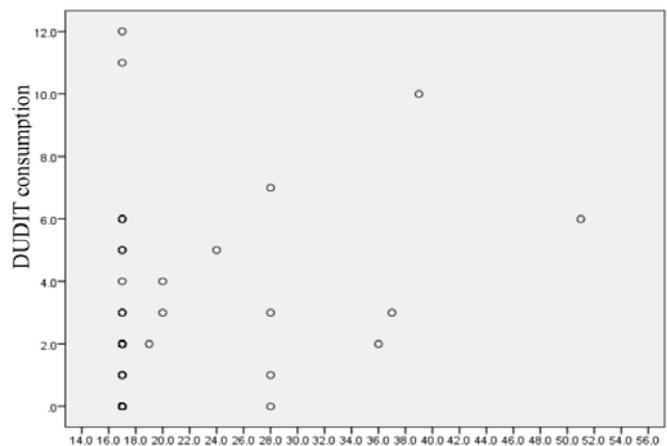
DUDIT negative
 The cloud of points related to the consumer versus negative effects from consumption

The results show that both positive effects (Fig. 15) and negative (Figure 14) can help to consumption opinion, respectively desire for abstinence.

A positive relationship between negative emotions ($r = 0.291$, $p = 0.01$) and positive emotions ($r = 0.381$, $p = 0.01$) related to consumption and substance use

Similarly as in the opinion towards abstinence, also in the case of consumption both the positive and negative effects appear to play a role in the perpetuation of the actual consumer behaviour.

Possible explanations could be a tendency to avoid, "to flee" the negative effects of substance use to produce



DUDIT positive
 The cloud of points for the consumer versus positive correlation of consumption

short-term positive effects, allowing users to create a vicious circle in stimulating consumption.

Discussions

Following the analysis of the overall results, we concluded that all hypotheses were confirmed: substance use among students receiving educational in Arad is at a moderate level compared with other studies, consumption being influenced by an accumulation of risk factors.

Hypothesis 1. Anxiety is positively correlated with substance use, emotional distress and the negative and positive effects related to consumption.

This hypothesis was not confirmed by the data of the study 1, BAI Anxiety Scale showed no statistically significant relationship with the size scale of substance use or level of distress.

These results may be due to the fact that the BAI scale operationalized anxiety manifested by physical signs such as indigestion also measuring less cognitive or emotional issues related to a feeling anxious. I consider that future studies would be recommended to use other operationalization of anxiety, for example scale STAI X1 and X2.

Hypothesis 2. Unconditional acceptance of oneself to correlate negatively with substance use, the level of anxiety and the emotional distress negative, respectively positive opinion about consumption.

The results showed a positive relationship between acceptance and opinion / awareness of the need to change / reduce / eliminate substance use.

Unconditional acceptance of oneself (USA) requires us not confuse our value with that of our behaviours, for example, "even if we have an overweight and that we do not like it, let us love ourselves, because we are not only our weight" (Ellis, A. 2006); ACT version speaks towards the development of an image of themselves, similar to the "a scene" where it takes place an environment and manifests different thoughts, emotions and reactions exhibited (Hayes SC, Strosahl, KD and Wilson, KG 1999 Russ Harris 2009).

Thus, in view of scientific literature, we may conclude that the DUDIT scale related towards consumption opinion of substances supposed to accept and assume responsibility and accountability for consumer behaviour and motivation for change.

Unconditional acceptance, showed no correlation with other measurements formulated in hypothesis so we can not assign directly to drug abuse, a denial of oneself.

Hypothesis 3. Emotional distress negatively correlated with both positive and negative effects related to of substance use.

The results showing a positive relationship between positive emotions measured by the scale of distress, and consumption, makes us wonder about whether positive emotions are prior or subsequent of substance use, question requiring longitudinal studies and reassessments before and after consumption .

In any case, the combination of positive emotions and consumption, leading to the need for adaptation of prevention interventions, depending on the group of participants as appealing to an educational program focused on the negative aspects of substances may not always be effective in subjects who consumed substances for enhancing positive status, and effective in subjects who used substances to avoid negative emotional states.

Negative emotions assessed with distress scale, were correlated with the positive effects of substances, this relationship suggesting the possibility that positive emotions appeared to relate to consumption and subsequent to be consumption, ie as negative moods to be prior consumption, but these are only logical conclusions based on two relationships identified by calculating the correlation between the sub-scales DUDIT and PDA; at the same time we return to the concept that we need to verify this in future studies.

Hypothesis 4. Presence of statistically significant differences between all sizes of the scale on consumption levels unconditional acceptance of oneself, the level of anxiety and emotional distress between the two groups - the general population, that group B - subjects substance abuse .

General population group showed higher levels of anxiety than the group of consumers, these results may suggest inclusively the idea that a certain level of anxiety might protect subjects to engage in risk behaviours. So perhaps we talk about a functional anxiety, but this could be an idea for future studies.

Another significant difference between the two groups was highlighted between the distribution level unconditional acceptance of oneself. Reinforcing the idea that a level above 100 oneself acceptance, is representative of sanogenetic protective factor against risk factors, ie a person with high level of acceptance of oneself easily accept certain emotional states or limitations of human experience, namely will not feel the need for a leap avoidance or evasion of direct experience, and thus less likely to consume substances for the purpose of amending the sensations or emotions.

One factor that may influence the possible social consumption could be the structure or a family atmosphere, or if family members or coworkers or consumes friends who consumes.

Conclusions

Subjects that are beginning to consume psychoactive substances, presents an increased level of anxiety which demonstrates the link between consumption and diminishing the level of anxiety in addicted persons.

As side effects of consumption, consumers declare state of happiness and optimism, but part aware of possible side effects harmful to health.

Our study has demonstrated the correlation between increasing levels of unconditional acceptance of yourself, in case of dependency and increase the likelihood of abstinence.

Detection and monitoring-addicted consumers is essential both in terms of reducing the risk of recidivism and prevent complications specific addictive pathology.

Establishment of psychological, biological and social factors that maintain and induce dependence and also the motivation for change, and perceived self-deficiency disease through awareness, that so greatly influences the outcome for consumers.

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