

Substance Use in Adolescence: Protective and Risk Factors

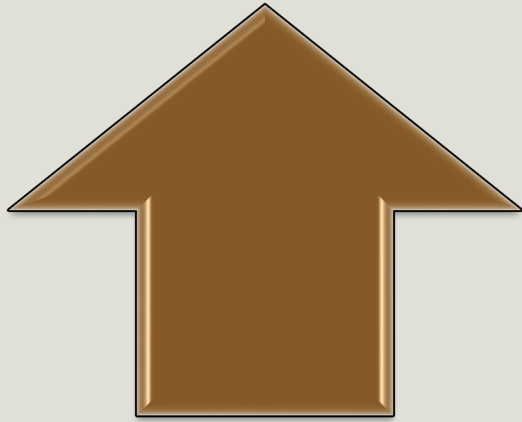
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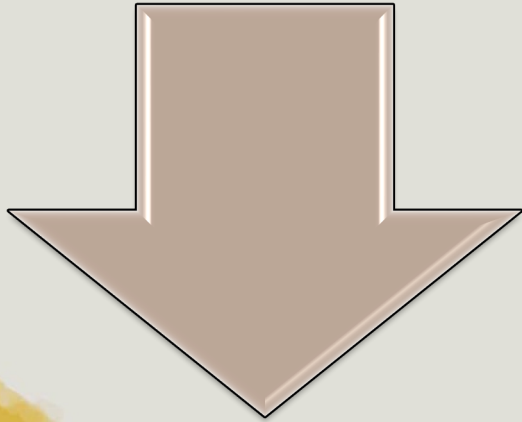
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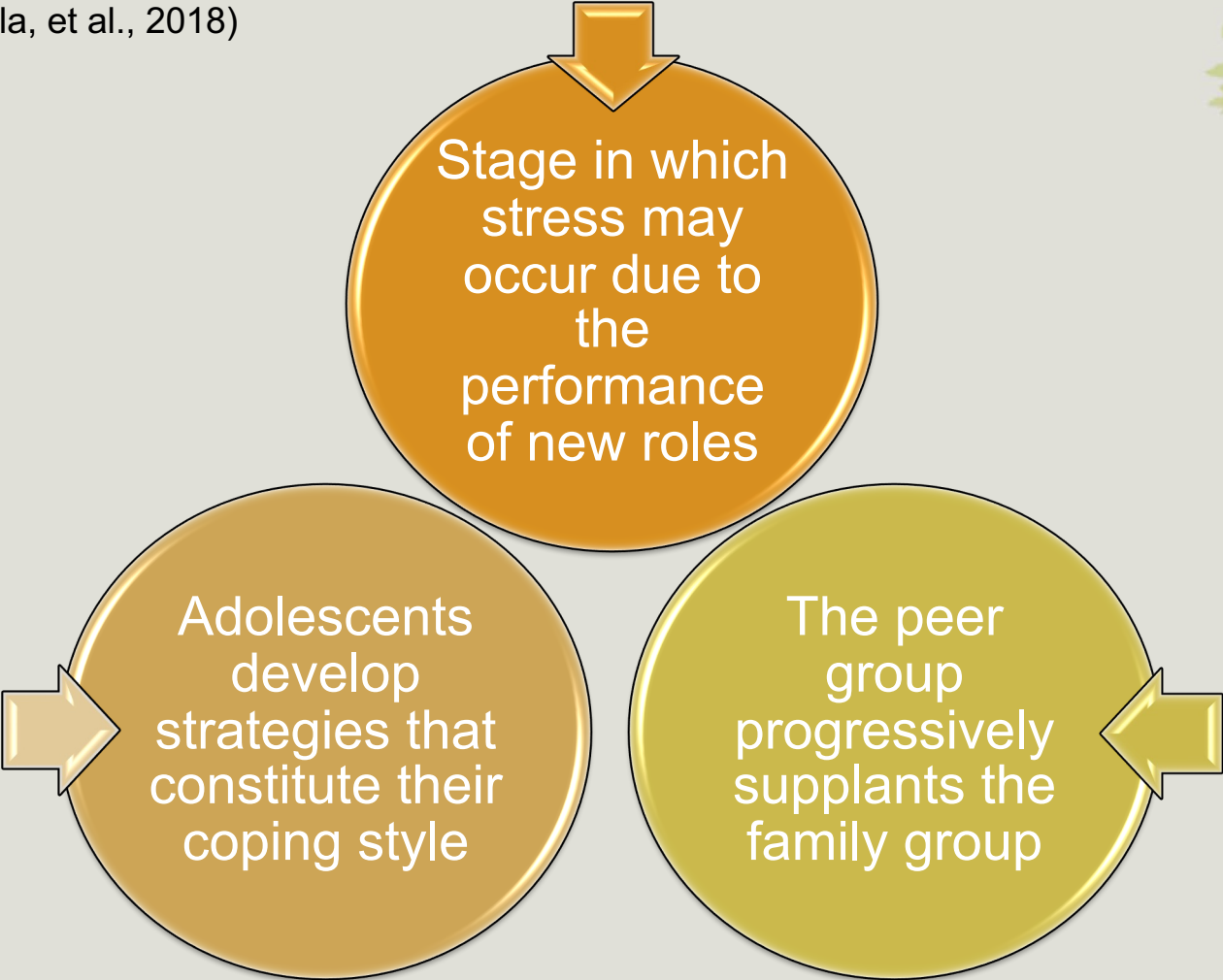


Adolescence is not a continuous, synchronous, and uniform process.



Biological, intellectual or social aspects may not follow the same pace of maturity.

Setbacks and stagnation can occur.






Leading causes of death in adolescents

Accidents, suicides, tumors, homicide, heart disease.

Most common risk behaviors

Alcohol and drug use, violent criminal behavior, school failure and/or dropout, physical and sexual abuse, running away from home, sexual promiscuity.



Adolescent stressors can promote:

Excessive food
consumption

Suicide

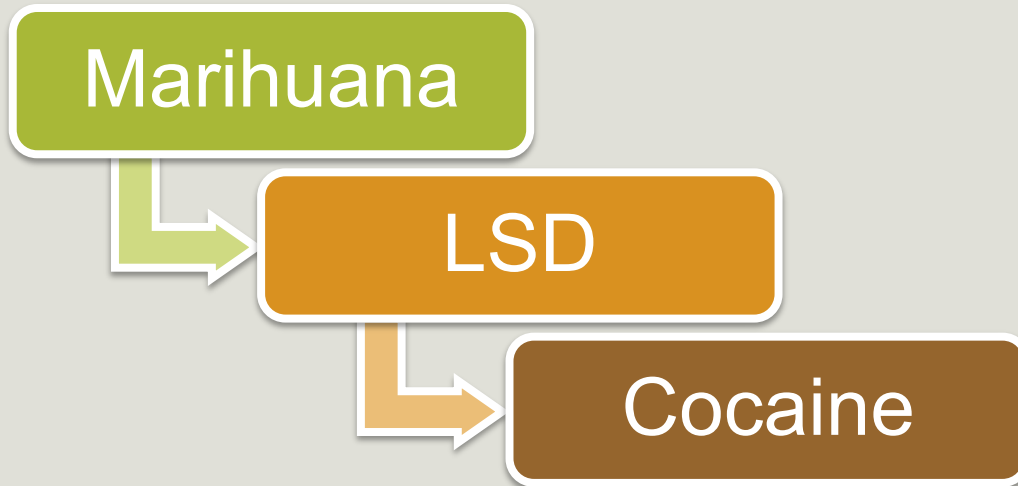
Alcohol
consumption


Drug Use

Homicide

Currently, drug use among adolescents has increased worldwide.

The most commonly used drugs are:





External estressors act on personal vulnerabilities to cause behavioral problems such as substance abuse.



Low self-regulatory efficacy and outcome expectations of the pleasurable effects of an addictive substance are strong predictors of the need to use the substance.

Perceived self-efficacy affects each phase of change when using a substance:

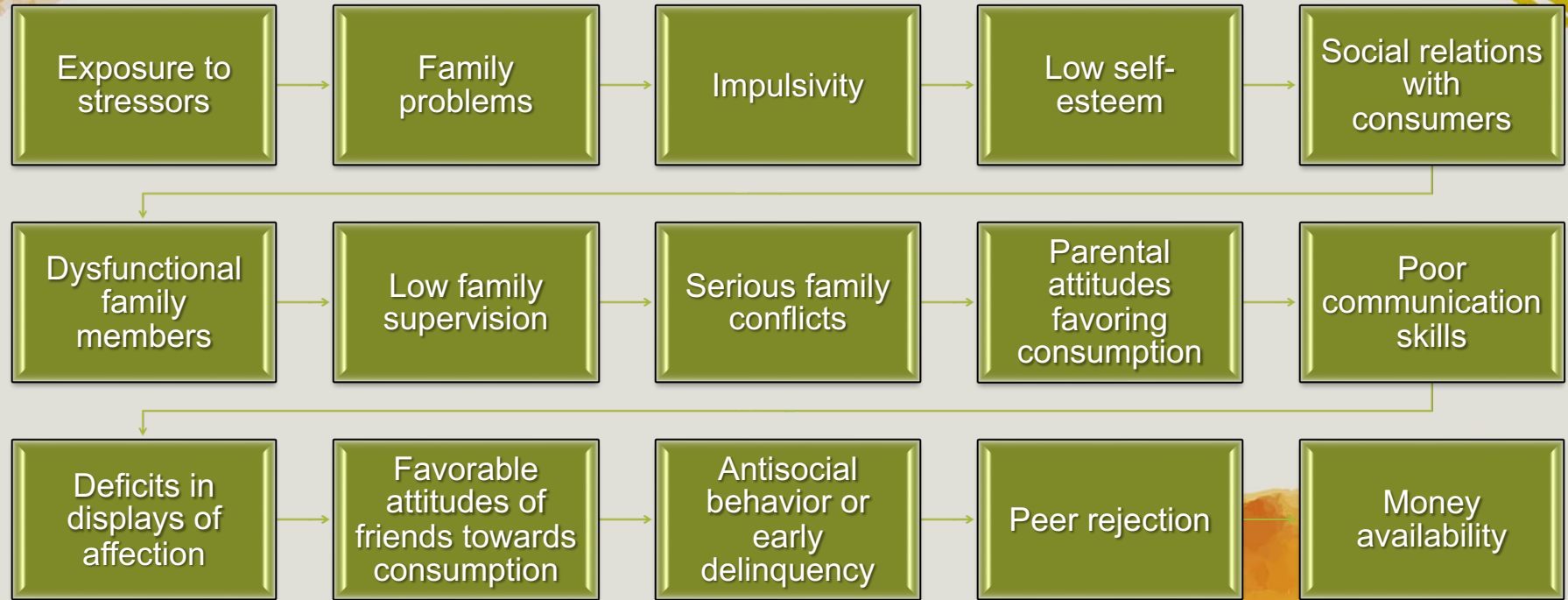
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graph TD; A[Perceived self-efficacy affects each phase of change when using a substance:] --> B[Initiation of changes, their achievement, recovery, relapse, and long-term maintenance of abstinence.]; A --> C[Substance users with low self-efficacy avoid or drop out of treatment if they do not see quick results.]; A --> D[People with high self-efficacy benefit more from treatment, develop self-regulation skills, and maintain the effort needed to succeed.];
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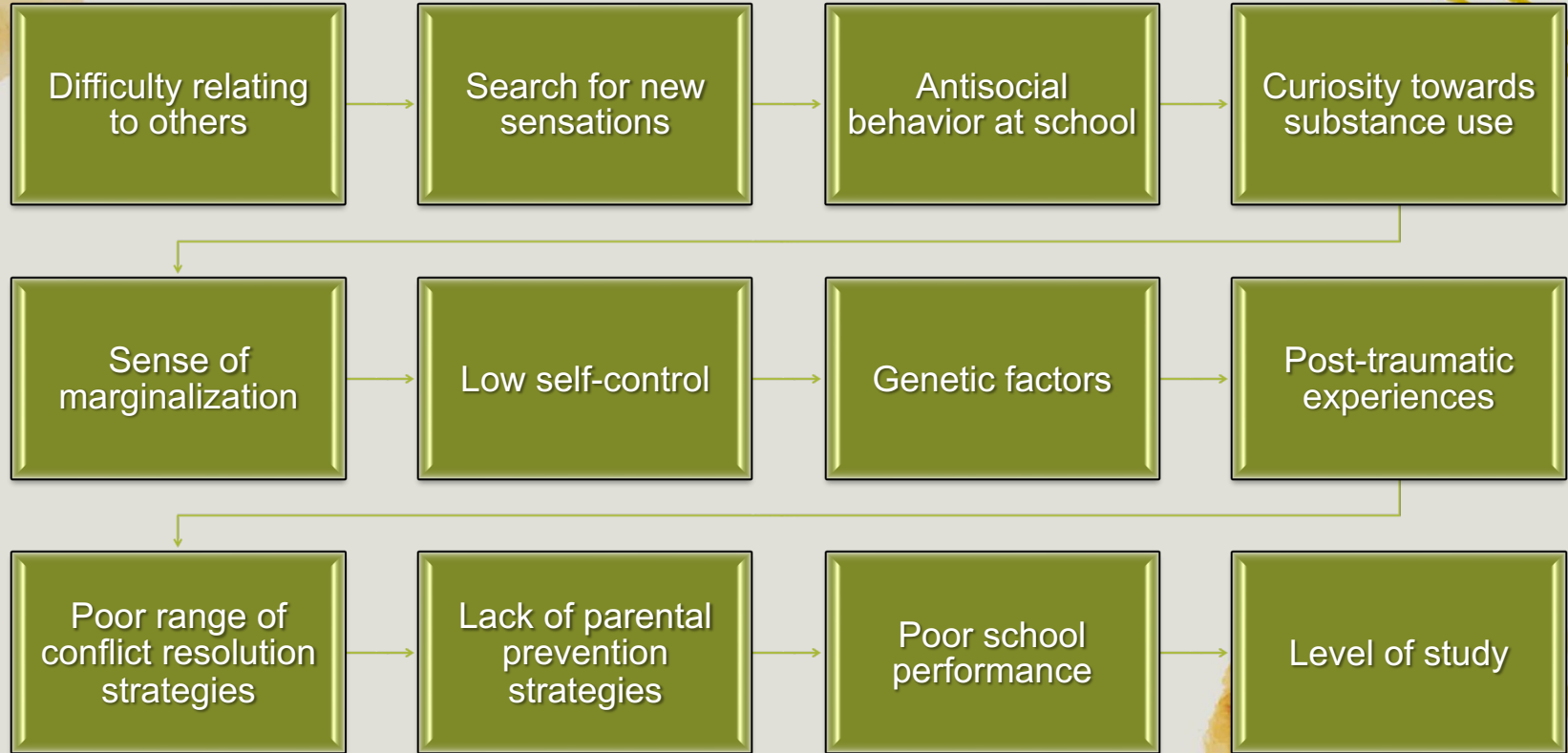
People with high self-efficacy benefit more from treatment, develop self-regulation skills, and maintain the effort needed to succeed.

RISK FACTORS



(Lorenzo, 2020; Toro, et al., 2018; Samudio, et al., 2021; Orcasita, et al., 2018; Moreta-Herrera, et al., 2018)

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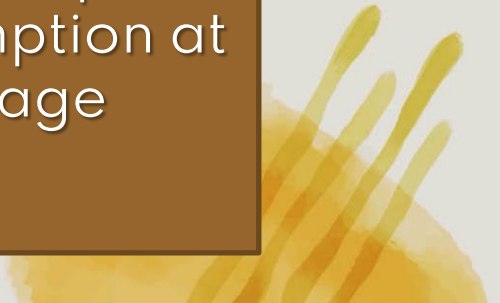
Family and peer groups can be both
protective and risk factors



Perceived family
support, good family
dynamics and
communication
→ Decreased drug use



Family patterns of
alcohol consumption
favor consumption at
an early age



Exploration of risk and protective factors associated with alcohol consumption in rural adolescents

Community

- Laws and regulations for favorable use
- Availability
- Economic hardship
- Inducing agents

Family

- Parents who consume
- Poor family bonding
- Poor supervision
- Lack of affection
- Inconsistency in rules
- Parents with higher or secondary education

School

- Low commitment
- School failure
- Low level schools
- Programs not adapted to needs
- Overly demanding controls

Individual

- Search for sensations
- Low perception of self-efficacy
- Early behavioral problems
- Positive perception of drug effects
- Opposition to social factors
- Early onset of drug use

PIBA is a program that
increases protective factors in
adolescents

It applies to adolescents
who:



Are between 12 and
18 years old



Attend school



Have experienced
consequences
associated with their
use in the last six
months



Don't show symptoms
of dependency

Protective factors developed with the PIBA



Conclusions

- Alcohol and drug use is the most common risk
- Marijuana, LSD and cocaine are the drugs most commonly used by adolescents worldwide.
- Social Learning Theory is an explanatory framework for understanding consumer behavior.
- Both risk factors and protective factors are present in different spheres of the adolescent's life: family, friends, school and personal factors.
- The PIBA is an addiction prevention strategy that helps to increase the protective factors of adolescents who use alcohol and drugs.



Thank you for your attention

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