

# Substance Use in Adolescence: Protective and Risk Factors

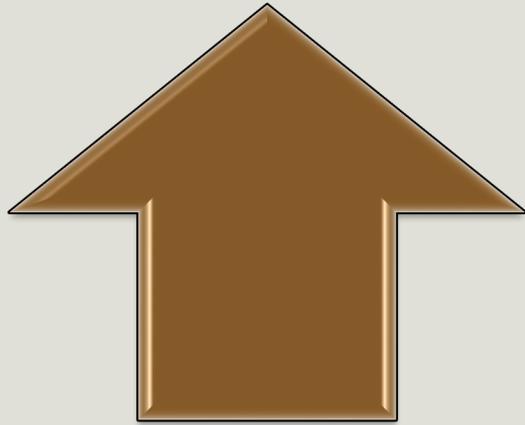
**Dr. Kalina Isela Martínez Martínez**

Professor and Researcher

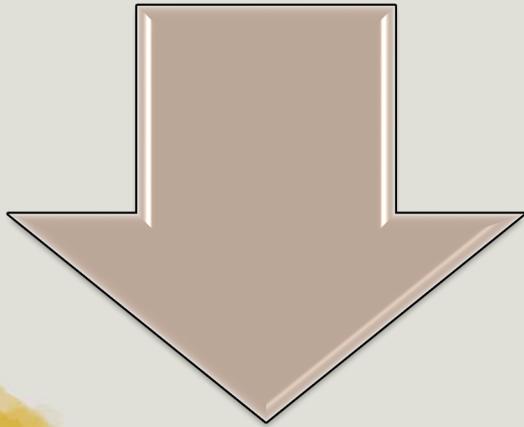
Autonomous University of Aguascalientes

Mexico





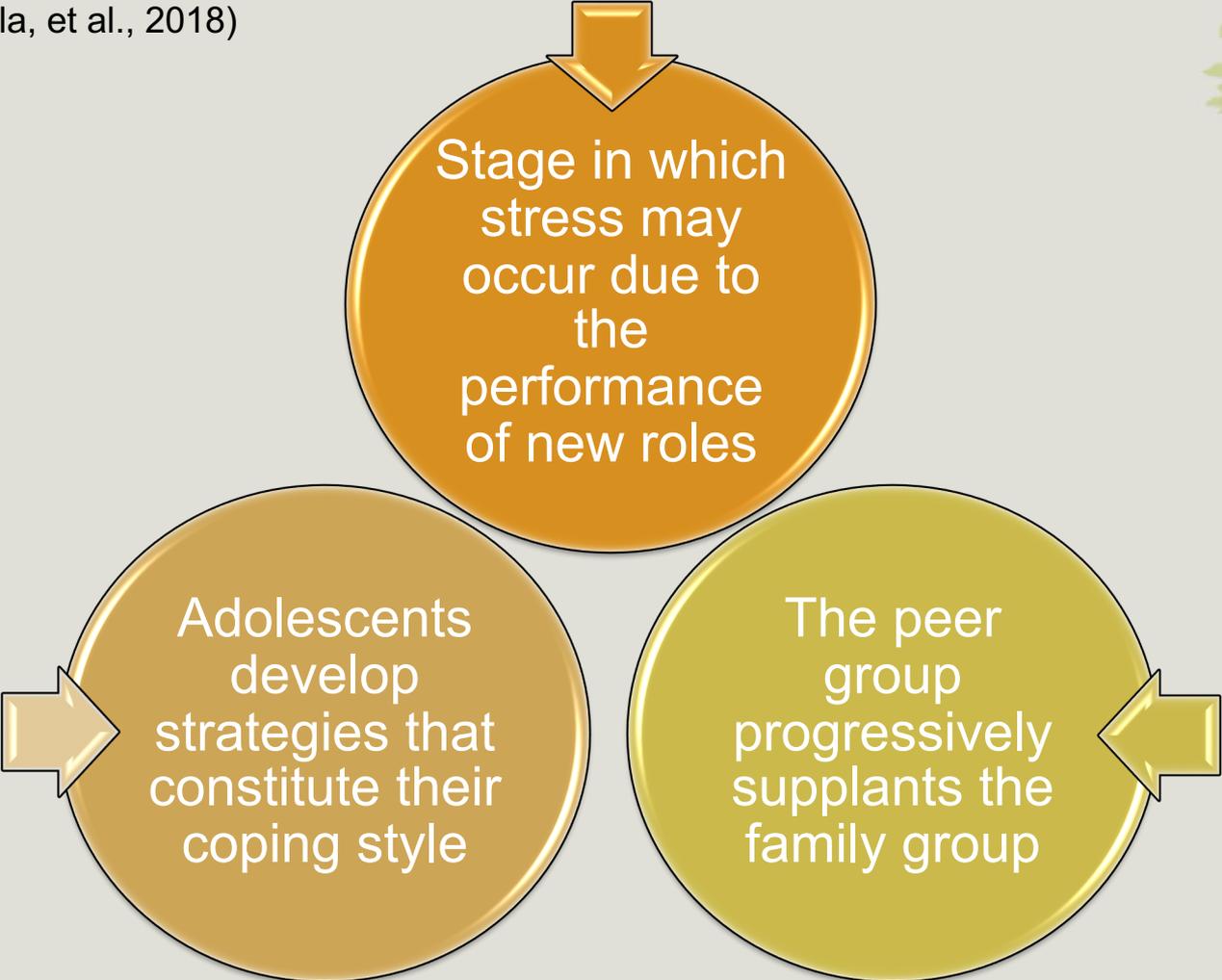
Adolescence is not a continuous, synchronous, and uniform process.



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

Setbacks and stagnation can occur.

(Urzola, et al., 2018)





## 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

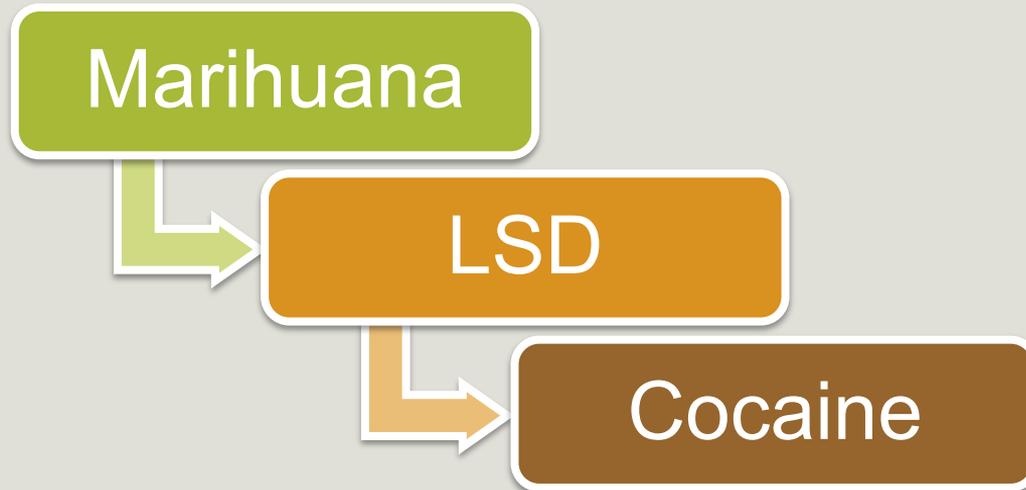
Alcohol  
consumption

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.



(Bandura, 1999)

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

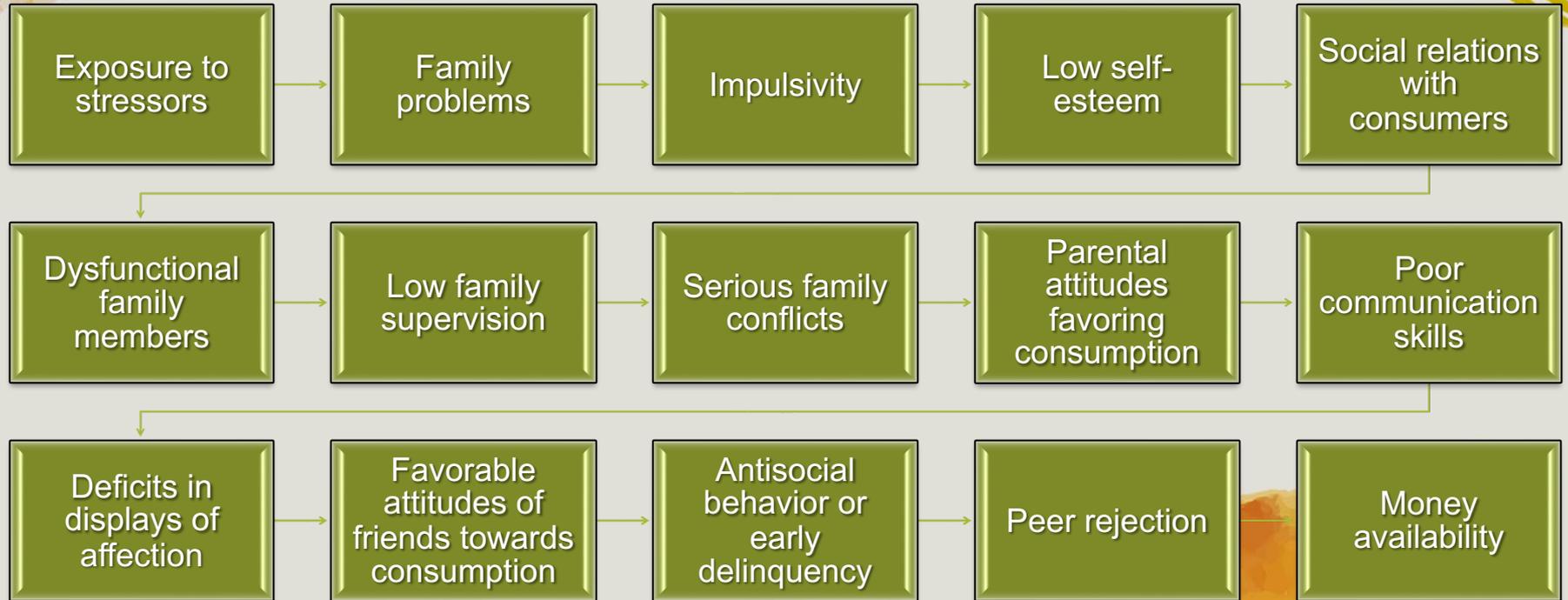


Initiation of changes, their achievement, recovery, relapse, and long-term maintenance of abstinence.

Substance users with low self-efficacy avoid or drop out of treatment if they do not see quick results.

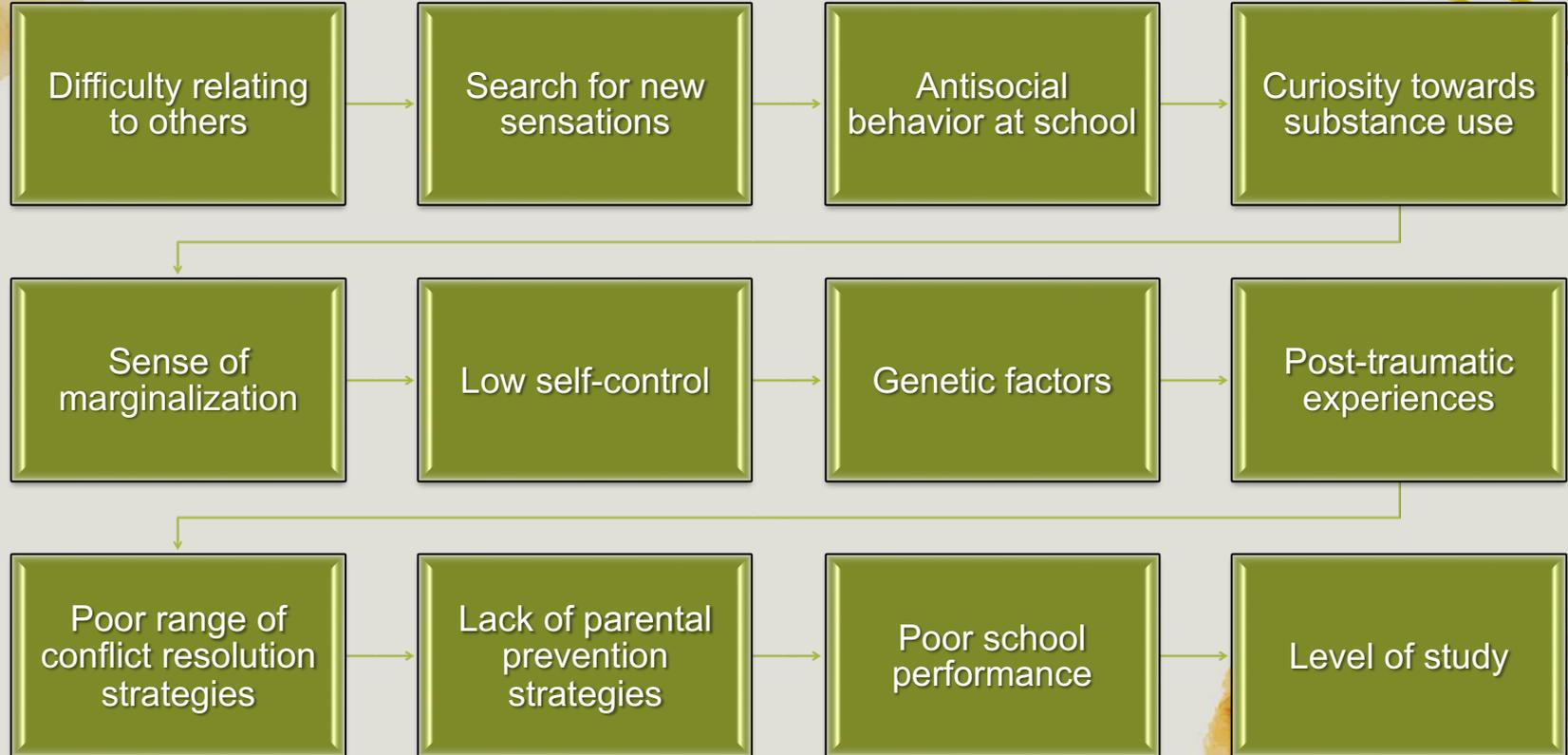
People with high self-efficacy benefit more from treatment, develop self-regulation skills, and maintain the effort needed to succeed.

# 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



(Legaspi, 2007)

# 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

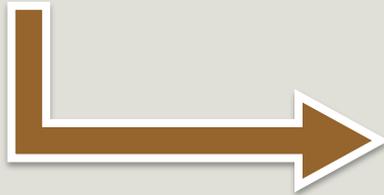
- Low commitment
- School failure
- Low level schools
- Programs not adapted to needs
- Overly demanding controls

## 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.

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# Thank you for your attention

CONTACT:

[kalinamartinez@hotmail.com](mailto:kalinamartinez@hotmail.com)

[piba@gmail.com](mailto:piba@gmail.com)

<https://piba.com.mx/>