




# Substances Abuse among Medical Students University of Zagreb

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# Introduction

- Experimenting could be a part of psychological development during adolescence
  - university students  increased risk of substance abuse
- Recent studies showed high prevalence of smoking and binge drinking among Croatian youth
  - ESPAD 2015:
    - prevalence of smoking : lifetime 62%, daily in last 30 days 23%
    - prevalence of binge drinking 47%
    - prevalence of marijuana use: lifetime 22%

*[http://www.espad.org/sites/espad.org/files/ESPAD\\_report\\_2015.pdf](http://www.espad.org/sites/espad.org/files/ESPAD_report_2015.pdf)*

# Objective

- The aim of this study was to determine prevalence of consumption tobacco, alcohol and experimenting with psychoactive drugs among first year medical students University of Zagreb

# Methods and participants (1)

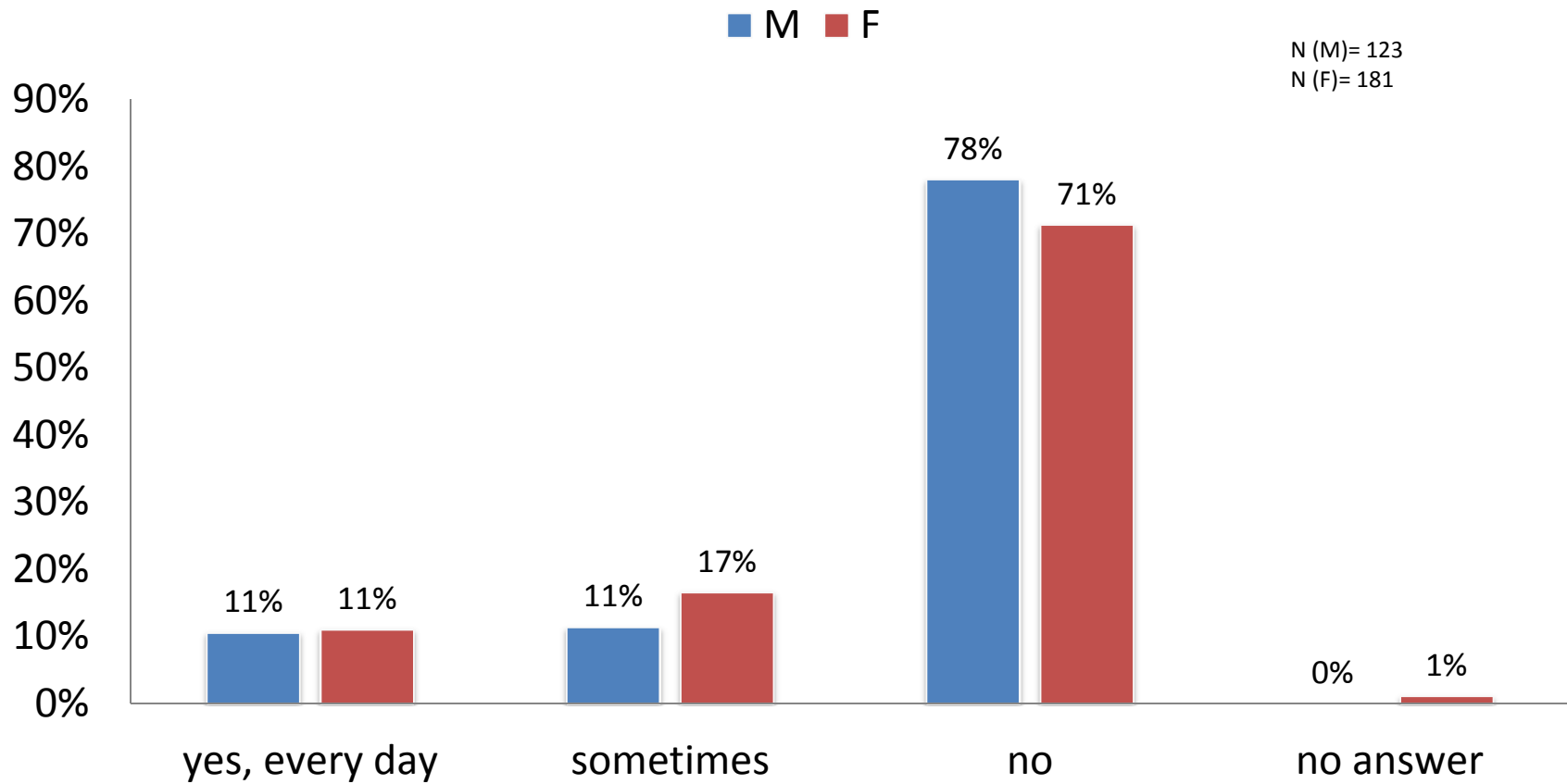
- Study included:
  - 304 first year medical students (60% female) in academic year 2015/2016
- Data were obtained by anonymous questionnaire “School Health Survey”
- Data were analyzed by descriptive statistics

# Methods and participants (2)

School Health Survey	
<b>Q20. Do you smoke?</b> <ol style="list-style-type: none"><li>1. Yes, every day</li><li>2. Sometimes</li><li>3. No</li></ol>	<b>Q30. If answer is "yes" how many time it happened in last 12 months?</b> <ol style="list-style-type: none"><li>1. Once</li><li>2. 2-3 times</li><li>3. 4-6 times</li><li>4. More than 6 times</li></ol>
<b>Q21. How old were you, when you smoked for the first time?</b> <ol style="list-style-type: none"><li>1. I never smoked</li><li>2. Less than 10 years</li><li>3. 11 years</li><li>4. 12 years</li><li>5. 13 years</li><li>6. 14 years</li><li>7. 15 years</li><li>8. 16 years</li><li>9. 17 years</li></ol>	<b>Q37. Have you ever try something else in addition to alcohol and nicotine?</b> <ol style="list-style-type: none"><li>1. Yes</li><li>2. No</li></ol>
<b>Q26. How old were you, when you drank first time out of home?</b> <ol style="list-style-type: none"><li>1. I never drank more than one gulp</li><li>2. Less than 10 years</li><li>3. 11-12 years</li><li>4. 13-14 years</li><li>5. 15-16 years</li><li>6. 17-18 years</li></ol>	<b>Q38. If "yes" what?</b>
<b>Q29. Have you ever drink more than five or more drinks one after another in a couple of hours?</b> <ol style="list-style-type: none"><li>1. Yes</li><li>2. No</li></ol>	

# Results (1)

## Do you smoke?



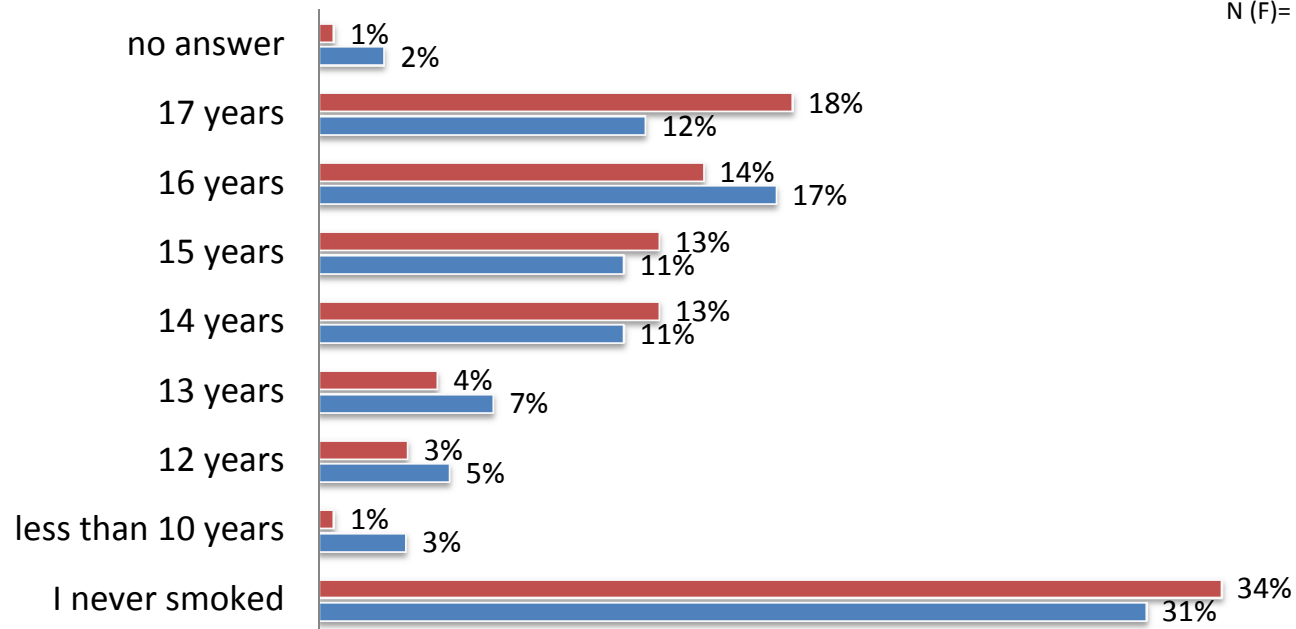
# Results (2)

How old were you, when you smoked for the first time?

F M

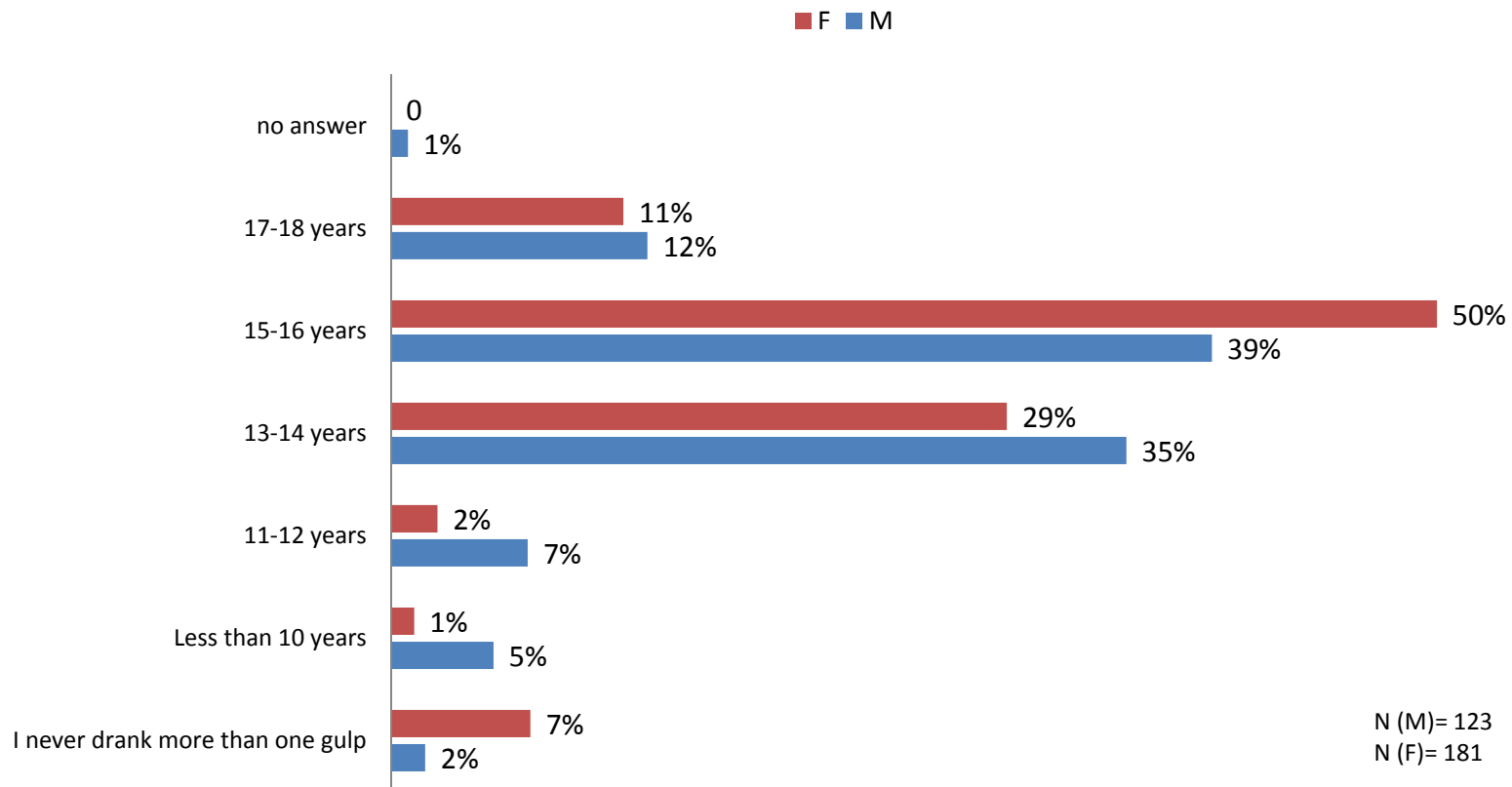
N (M)= 123

N (F)= 181



# Results (3)

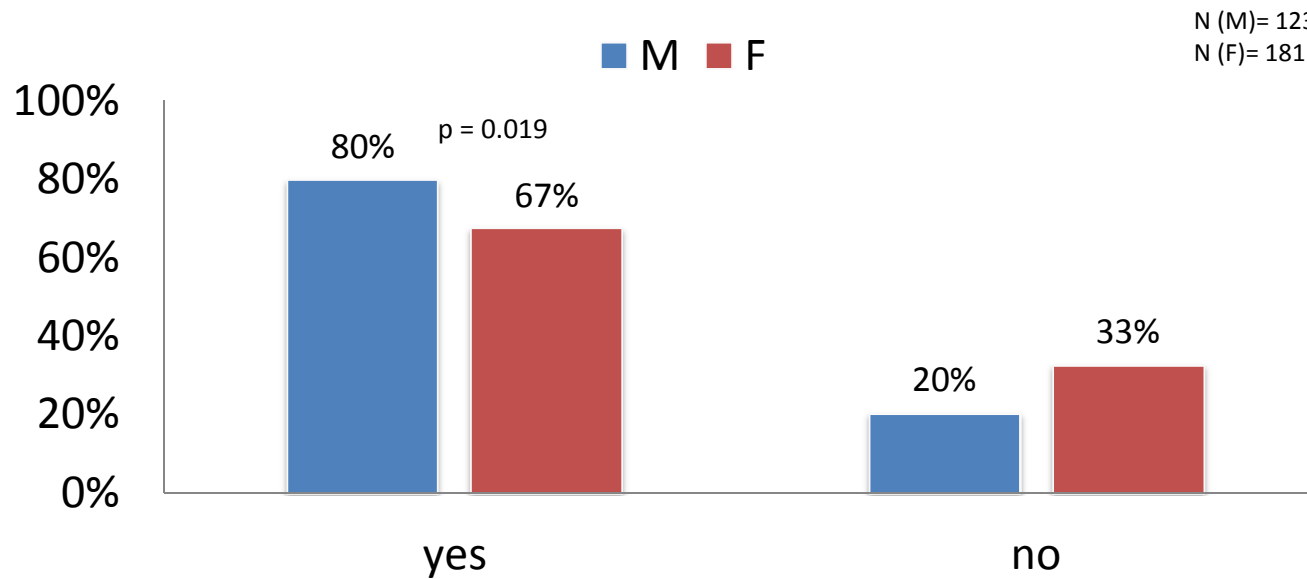
How old were you, when you drank first time out of home?





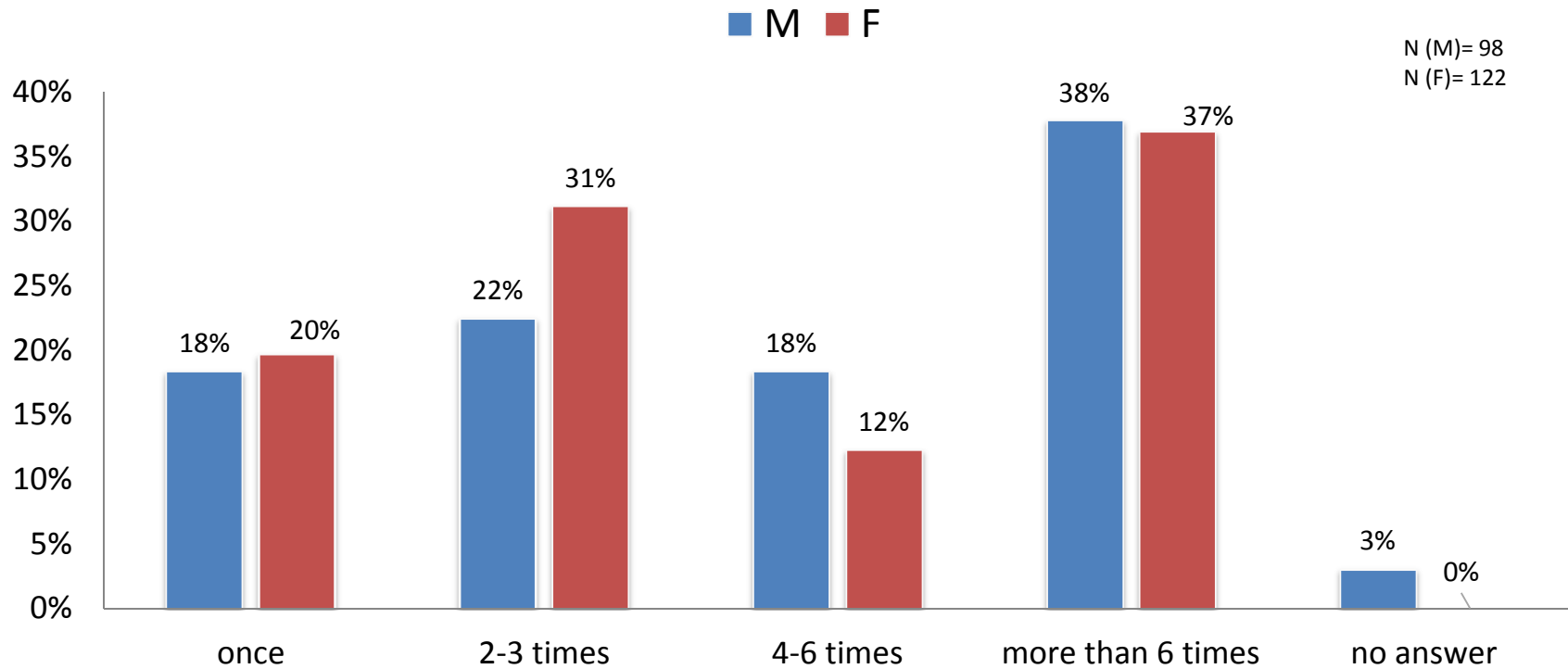
# Results (4)

**Have you ever drink more than five or more drinks one after another in a couple of hours?**



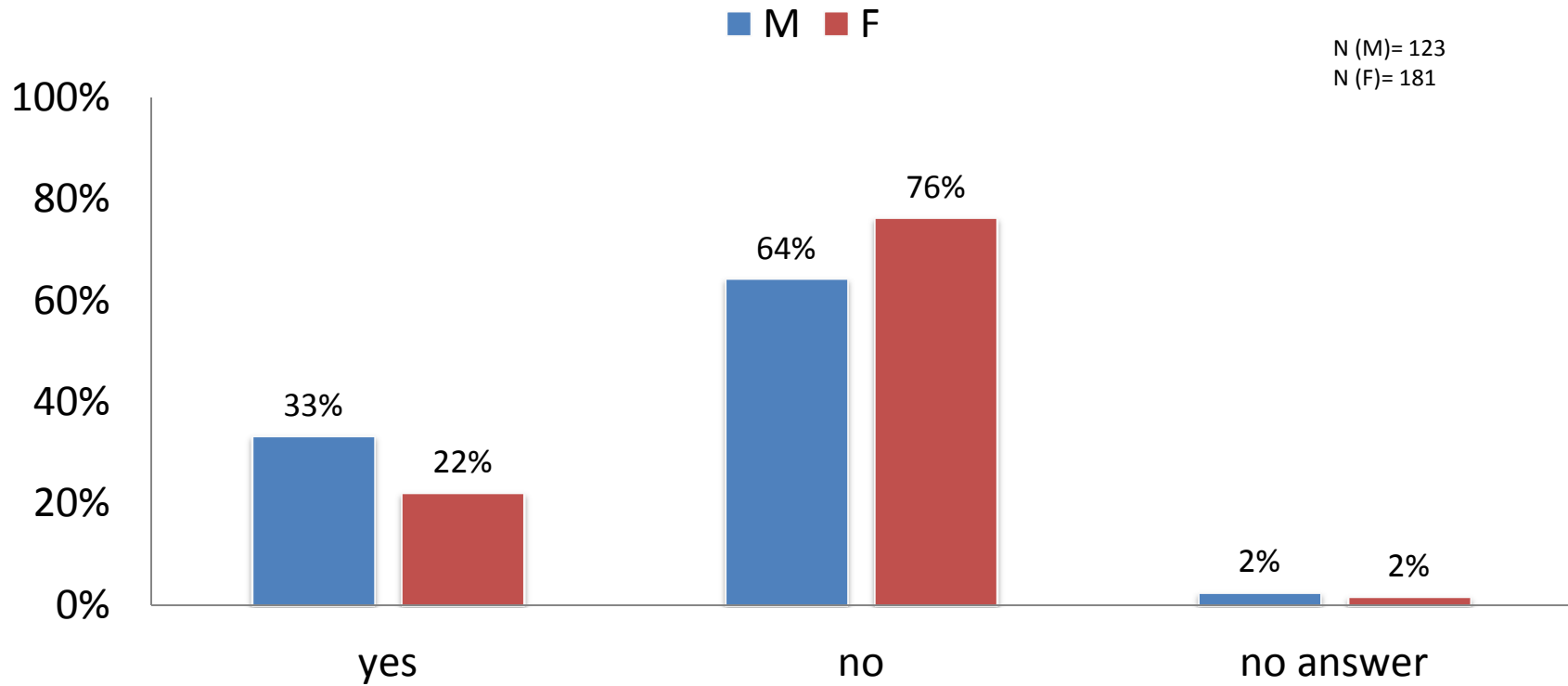
# Results (5)

If answer is “yes” how many time it happened in last 12 months?



# Results (6)

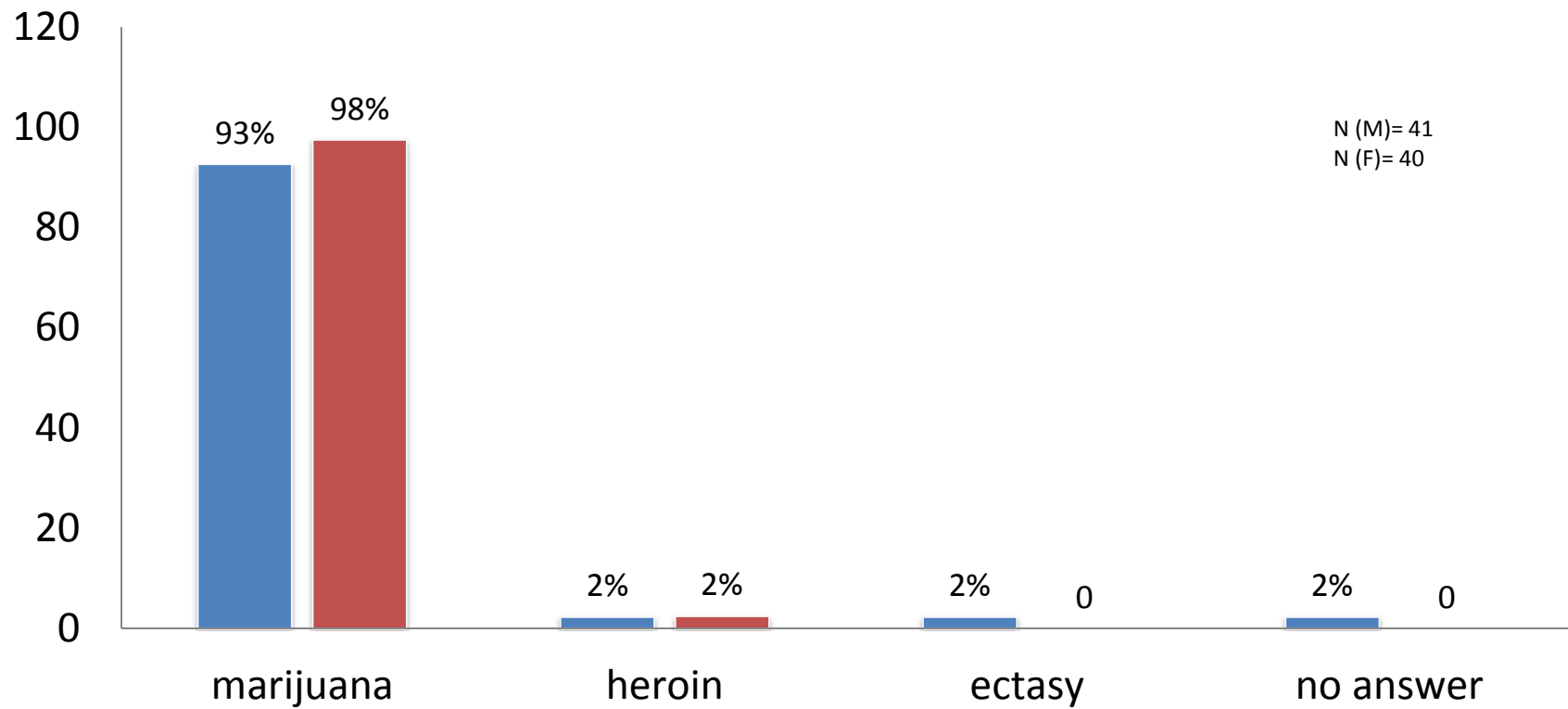
Have you ever try something else in addition to alcohol and nicotine?



# Results (7)

If "yes" what?

■ M ■ Ž



# Conclusion

- Results showed:
  - low prevalence of daily smoking among medical students,
  - high prevalence of binge drinking, especially in male students
  - every third male and almost every fourth female students tried marijuana
- Possible cause for these finding:
  - despite the laws, smoking and drinking are socially acceptable in Croatia
- These results indicate the need of intervention programs to reduce alcohol abuse and experimentation with illegal drugs among medical students

**GOOD HABITS  
FORMED AT YOUTH  
MAKE ALL THE  
DIFFERENCE.**

**Aristotle**

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