

Research reports and clinical experiences

EPIDEMIOLOGICAL STUDIES AND DIRECTIONS OF THE LOCAL DRUG PREVENTION STRATEGIES DEVELOPMENT. “THE IŁAWA STUDY”.

Krzysztof Bobrowski

Pracownia Profilaktyki Młodzieżowej „Pro-M”
Zakład Promocji Zdrowia Psychicznego
Instytutu Psychiatrii i Neurologii w Warszawie

ABSTRACT – The main aim of the study was to collect data that could serve as guidelines to local preventive activities. Prevalence of psychoactive substances use among adolescents was assessed and some risk factors related to substance use were analyzed. An anonymous group survey was carried out in Iława in December 2001. Participants in the study were high school students (first and third graders) as well as students of other types of secondary school (second graders). The total of 1843 students (i.e. 84% of the student population and 96% of grades) was included in the sample. Epidemiological data concerning the group of 15-year-olds were compared for selected indices with those obtained in the all-Polish ESPAD study of 1999 and with results of the so-called „Mokotów study” completed in the year 2000. Frequent alcohol drinking was less prevalent in Iława adolescents than that among average Polish 15-year-olds. However, the Iława sample, as compared to data reported in other studies, manifested a detrimental alcohol drinking style, namely – almost a half of those who had been drinking alcohol in the past month got drunk.

Moreover, the following factors turned out to be related to psychoactive substance use: addictive cigarette smoking by the parents, attending parties with peers who drink alcohol or use drugs, and finally, using another type of psychoactive substance besides the one studied. Parental alcohol drinking was associated with frequent alcohol drinking and getting drunk by the children. Children from broken homes or blended families tended to smoke cigarettes and use psychoactive substances more often than did their peers.

A number of conclusions drawn from both the obtained epidemiological data and findings concerning risk factors seem to be useful to guide and develop preventive activities in the local community.

Key words: adolescents, alcohol and drug use, prevalence, risk factors.