

DEPRESSION AND THE CONSUMPTION OF ALCOHOL AND TOBACCO AMONG YOUTH, CROSS-SECTIONAL ANALYSIS, 2019.

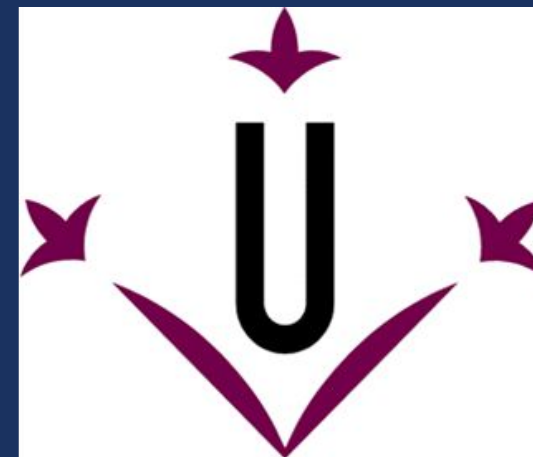
ДЕПРЕССИЯ И УПОТРЕБЛЕНИЕ АЛКОГОЛЬНОЙ И ТАБАЧНОЙ ПРОДУКЦИИ СРЕДИ МОЛОДЕЖИ, ИССЛЕДОВАНИЕ ПО МЕТОДУ “ПОПЕРЕЧНОЕ ИССЛЕДОВАНИЕ”, 2019.

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I. INTRODUCTION



BACKGROUND

- Russian Federation with a total population of 147 million of people, and 15 million of youth.



Depression

- 7,5 million people (RF)
- 5,5% of the population
- Comorbidity and biopsychosocial burden



Alcohol

- 13.9liters per capita/year
- One of the highest of the world
- Associated death.



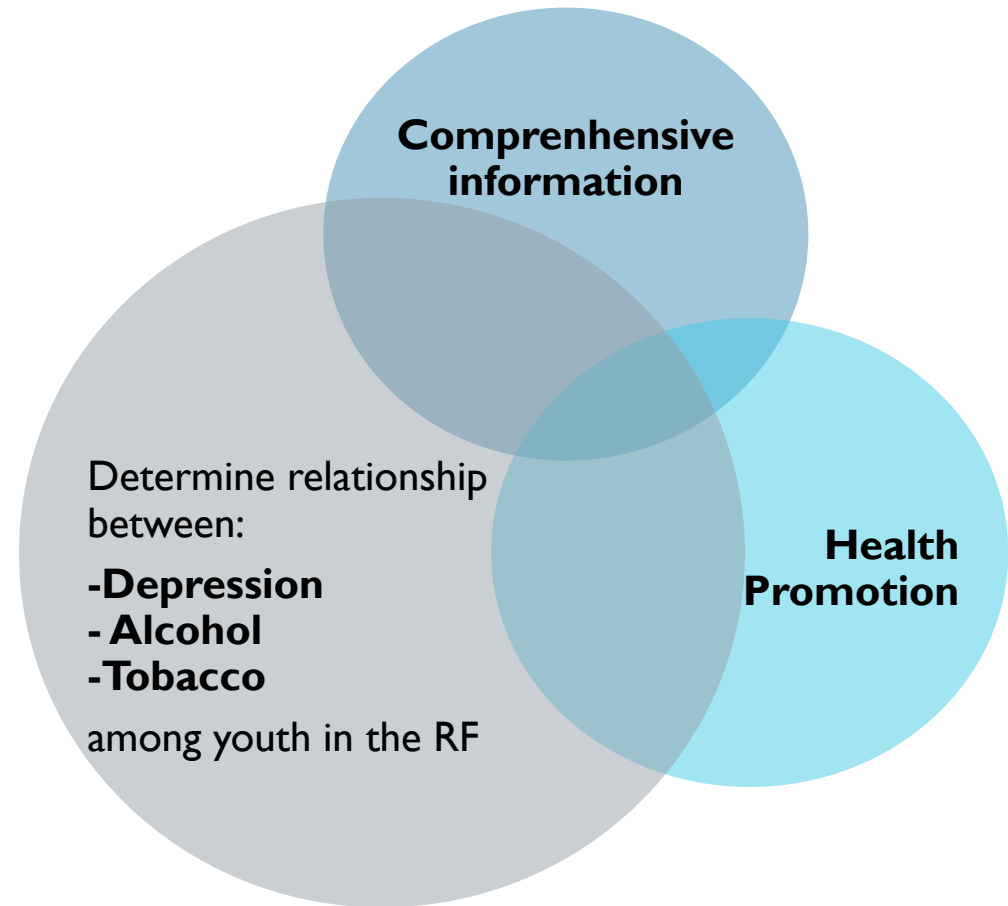
Tobacco

- 27,1% of prevalence among youth
- 35 million of smokers
- One of the highest in Europe.

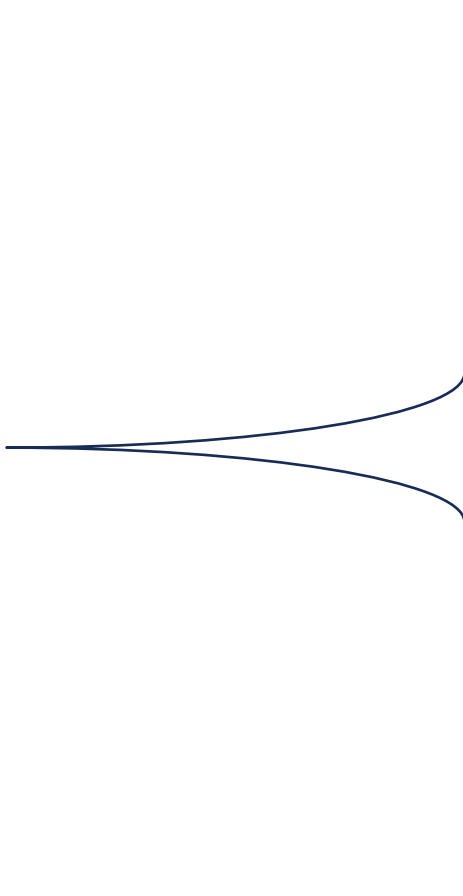
OBJECTIVES AND HYPOTHESIS

Hypothesis

There is correlation between the depression and the alcohol or tobacco consumption in our target population

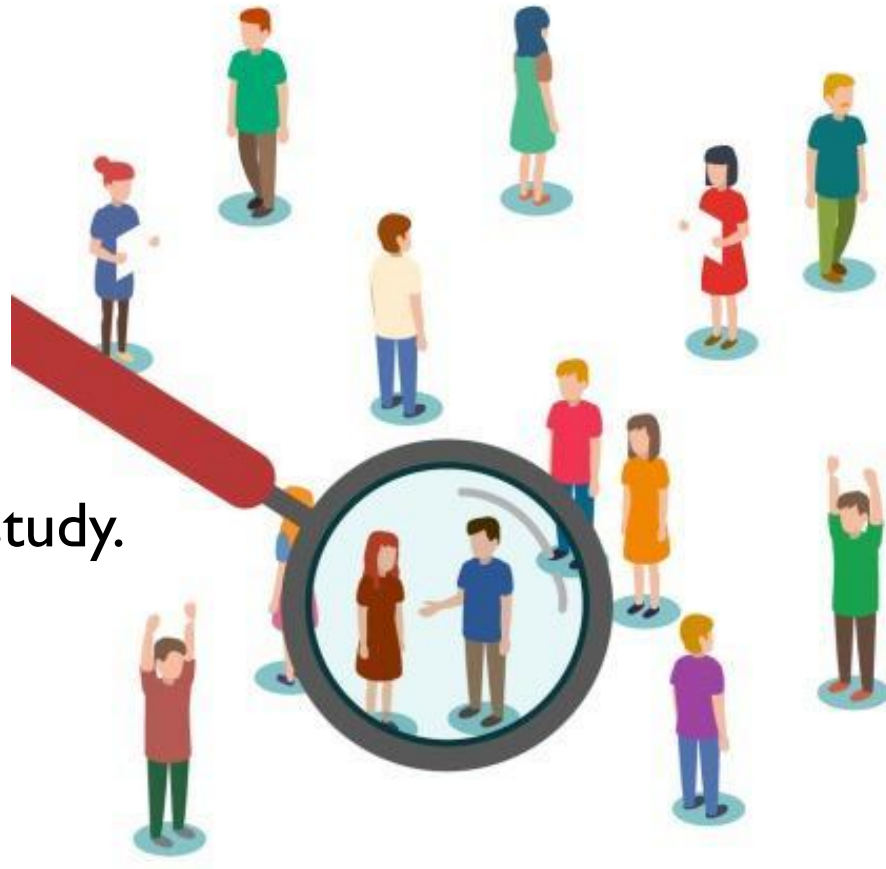


II. METHODS

- 
- A. Study Design
 - B. Participants, sample size and inclusion and exclusion criteria
 - C. Study Variables and Measuring Tools
 - D. Data gathering and managing
 - E. Generalization and Applicability
 - F. Limitation and biases
 - G. Statistical analysis
 - H. Dissemination and publication policy

A. STUDY DESIGN

Observational cross-sectional study.



B. PARTICIPANTS

Youth, male and females residing in the RF.



Inclusion criteria

- Age
- Current residence in the RF.
- Informed consent.



Exclusion criteria

- Age
- Dx mania or hypomania
- Habitual drug intake.
- Treatment with psychoactive drugs
- Not informed consent.

Ideal sample

209

Sample achieved

207

Loss of sample 3%

C. STUDY VARIABLES AND MEASURING TOOLS

■ **VARIABLES:** a.- Depression, b.- alcohol consumption, c.- tobacco consumption and d.- life stressors.

■ **TOOLS:**

SURVEY QUESTIONNAIRE

- General information, alcohol and tobacco consumption assesment

BECK DEPRESSION INVENTORY

- Mood depression assessment

HOLMES AND RAHE STRESS SCALE

- Life stressors assessment

ADDITIONAL DOCS

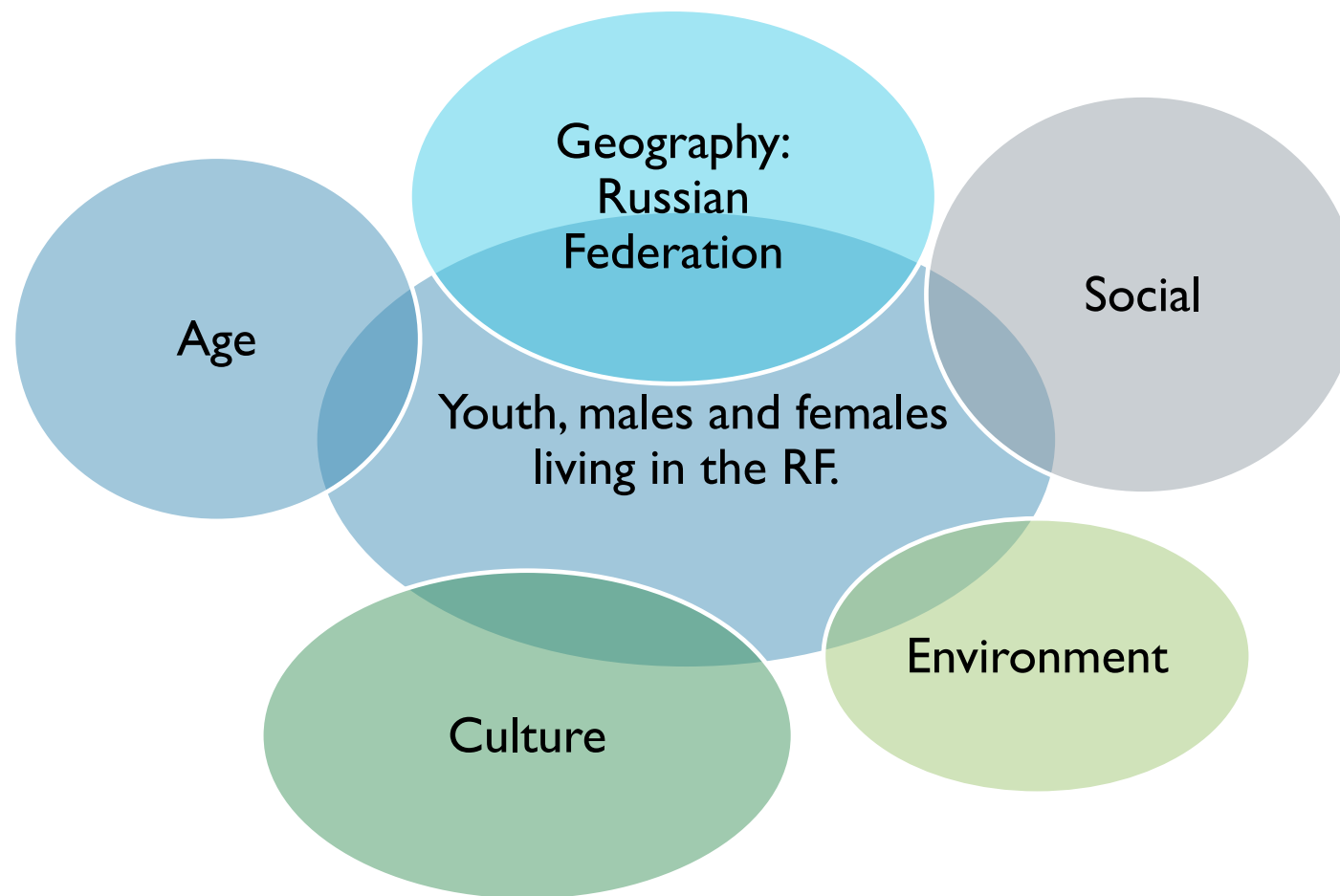
- Providing information, guidance and getting consent.

D. DATA GATHERING AND MANAGING

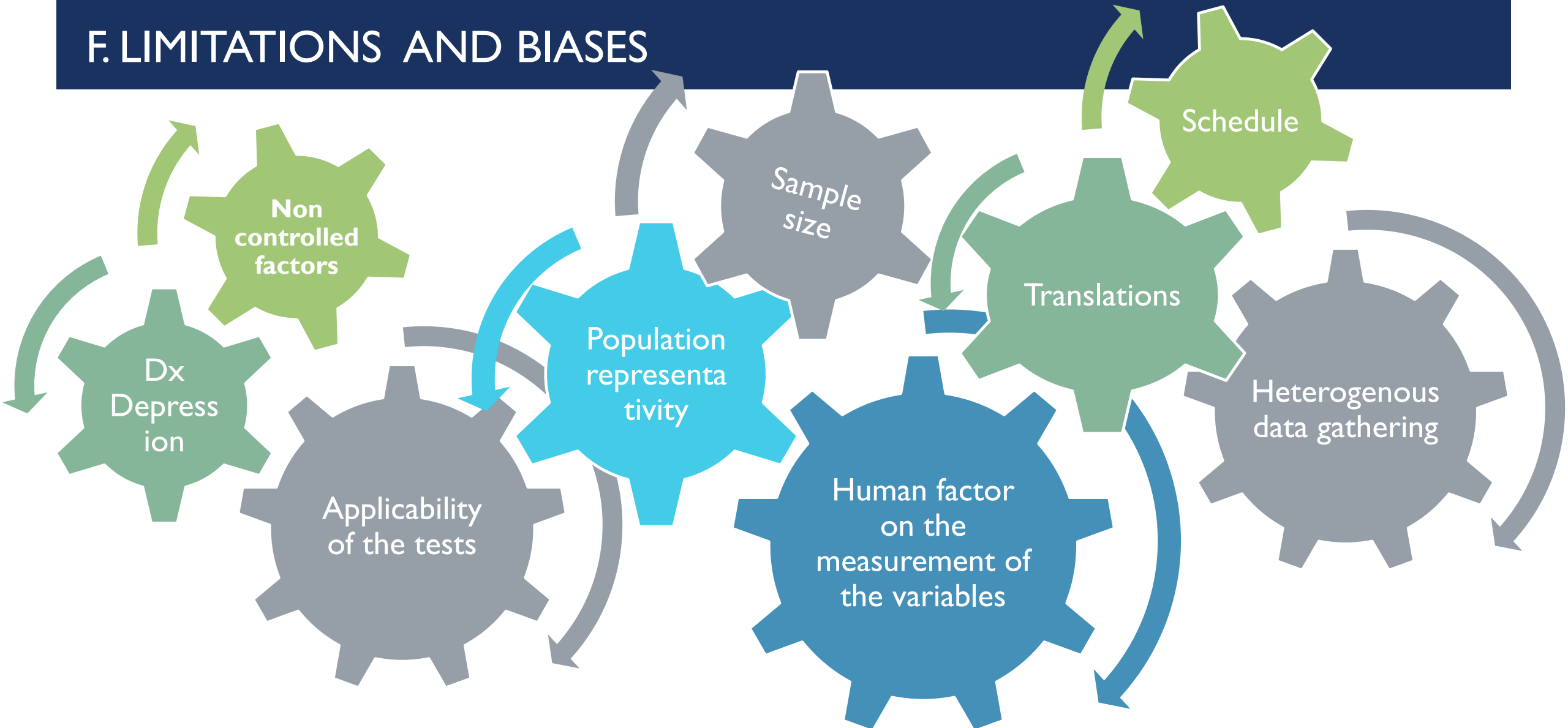


- RECRUITING:
 - Physical
 - Electronically
- ENCODING □ anonymous data
- CONFIDENTIALITY
 - Double entry for all data
 - Safe storage
 - Processing and calculations

E. GENERALIZATION AND APPLICABILITY



F. LIMITATIONS AND BIASES

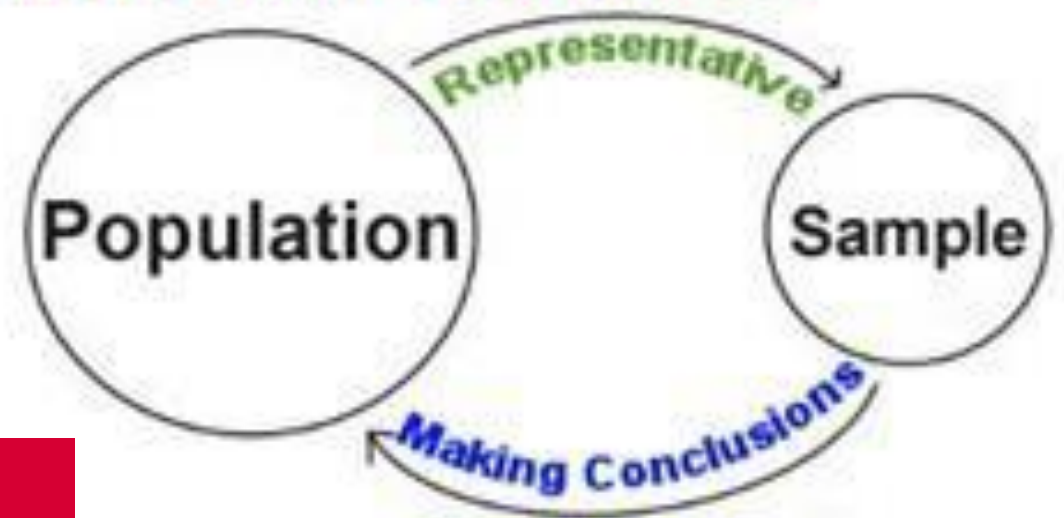


G. STATISTICAL ANALYSIS



Descriptive Statistics

Inferential Statistics



SPSS®

H. DISSEMINATION AND PUBLICATION POLICY



**МИНИСТЕРСТВО
ЗДРАВООХРАНЕНИЯ
РОССИЙСКОЙ ФЕДЕРАЦИИ**





III. RESULTS AND DISCUSSION



Confidence interval of 95%. Error assumed $\alpha=0,05$.

Positive weak proportional statistical meaningful correlations ($p<0,05$):

Quantitative BDI – Alcohol quantitative consumption

- $r=0,254$ and a $p=0,002$ (Pearson Correlation)

Quantitative BDI - Habitual smokers

- $p=0,033$ (T-test)

Quantitative BDI - Quantitative life stressors

- $p=0,041$ (Pearson Correlation and Anova Test)

Quantitative BDI – Female sex

- $p=0$ (T-test)



IV. CONCLUSIONS



Positive weak correlation between depressive mood and quantitative alcohol and tobacco consumption in ***YOUTH*** in the RF.

Time should be more focused; on the variables or by performing a follow-up study.

Further investigation, taking into account the results of the study and the potential benefits for the society.



V. ETHICAL COMMITMENT



■ DOCUMENTS:

- Helsinki's Declaration of the WMA
- Constitution of the Russian Federation
- RF's federal laws
- The main tool: **morality**
- Principles: Justice, Non-harm, Autonomy, Assistance.
- Participants' intimacy is respected through the confidentiality of their personal data.
- Informed consent



VIII.AUTHORSHIP AND ACKNOWLEDGMENTS



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**Thank you
for your
attention!**