DEPRESSION AND THE CONSUMPTION OF ALCOHOL AND TOBACCO AMONG YOUTH, CROSS-SECTIONAL ANALYSIS, 2019.
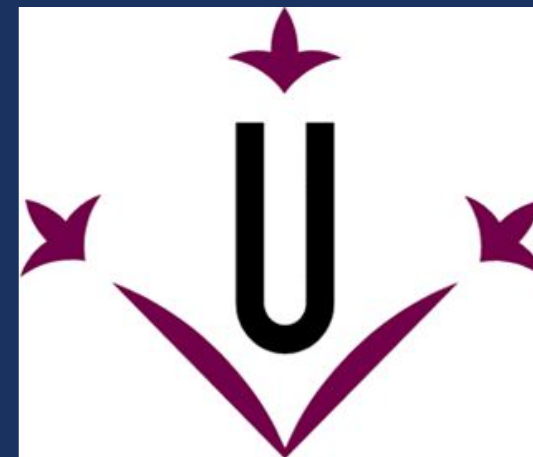
ДЕПРЕССИЯ И УПОТРЕБЛЕНИЕ АЛКОГОЛЬНОЙ И ТАБАЧНОЙ ПРОДУКЦИИ СРЕДИ МОЛОДЕЖИ, ИССЛЕДОВАНИЕ ПО МЕТОДУ "ПОПЕРЕЧНОЕ ИССЛЕДОВАНИЕ", 2019.

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2018/19

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1. 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
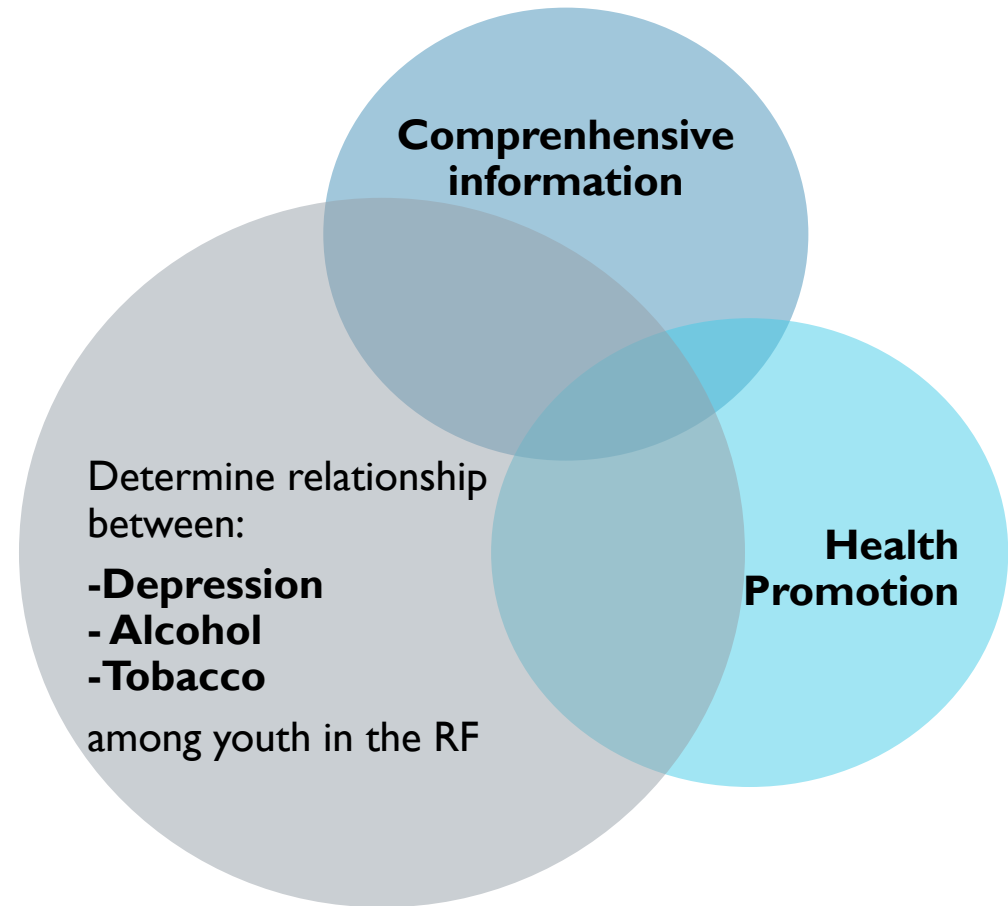- One of the highest of the world
- Associated death.

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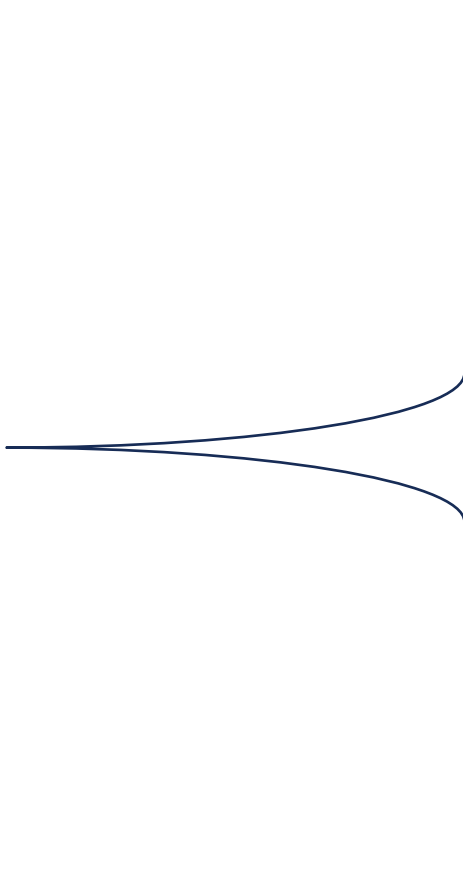- 35 million of smokers
- One of the highest in Europe.

OBJECTIVES AND HYPOTHESIS

Hypothesis

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

Comprenhensive information

Determine relationship between:

-Depression
- Alcohol
-Tobacco

among youth in the RF

Health Promotion

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.
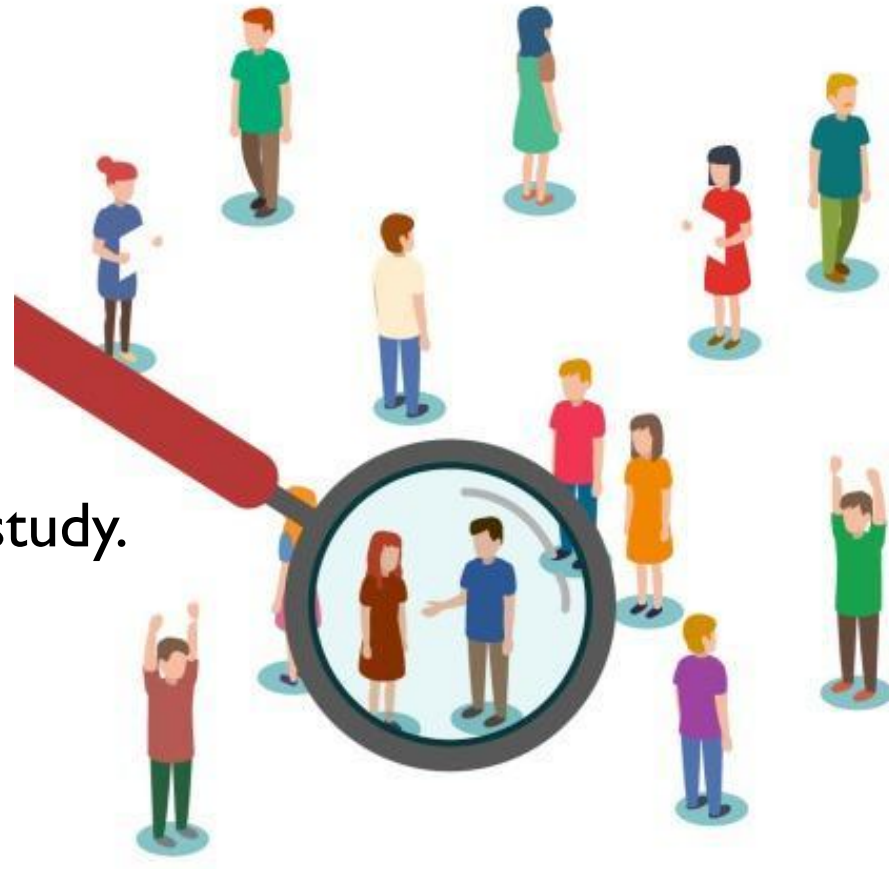
Youth, male and females residing in the RF.

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:**

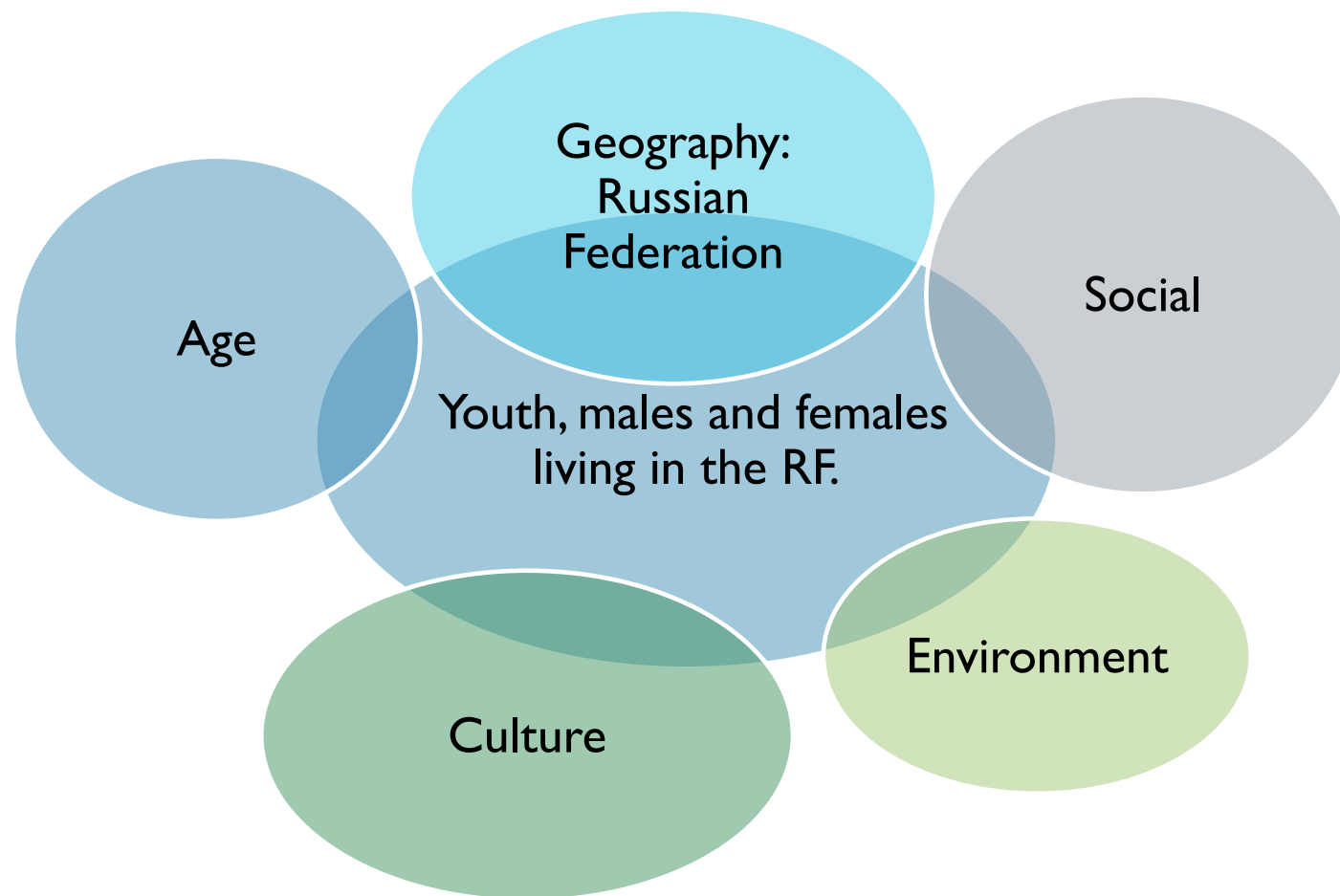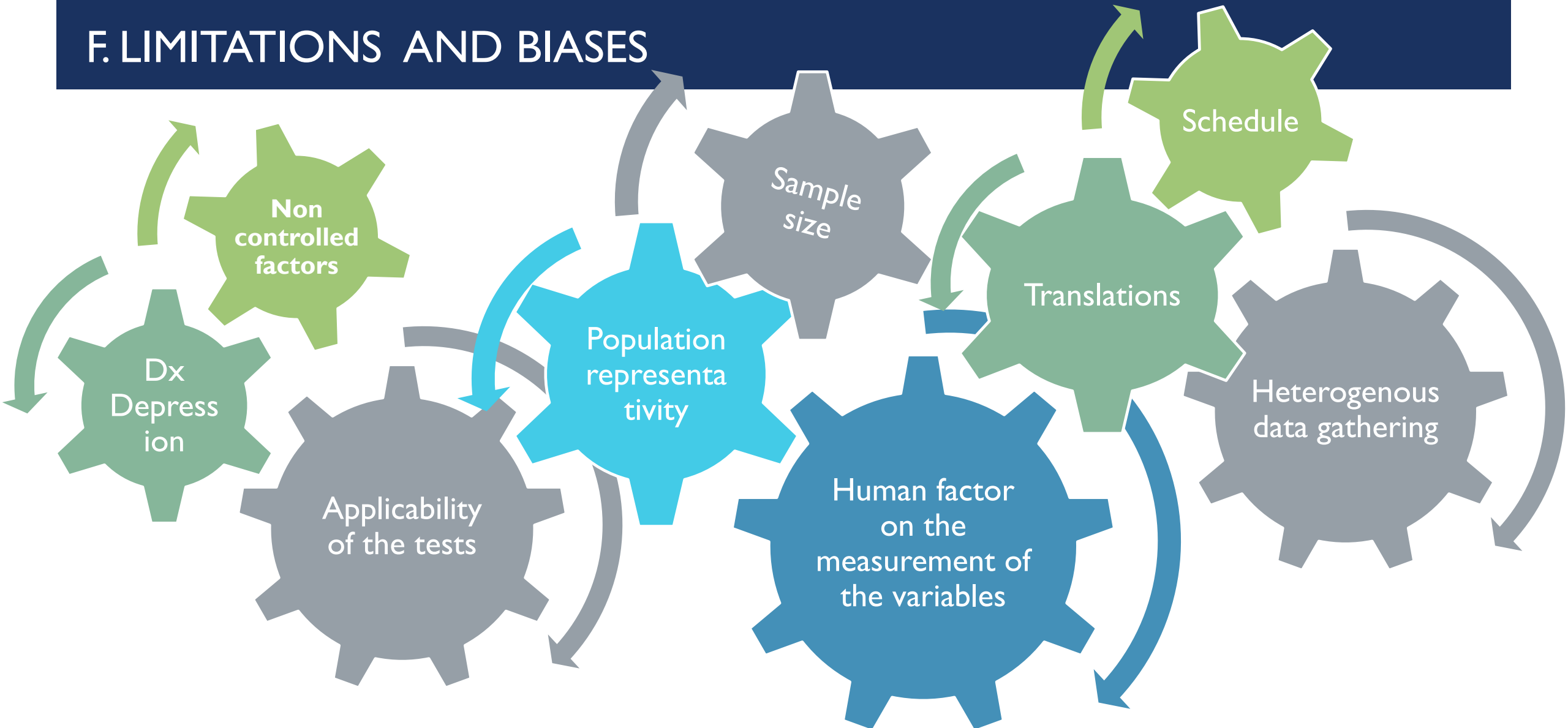|	
SURVEY QUESTIONNAIRE	• General information, alcohol and tobacco consumption assesment
BECK DEPRESSION INVENTORY	• Mood depression assessment
HOLMES AND RAHE STRESS SCALE	• Life stressors assessment
ADDITIONAL DOCS	• Providing information, guidance and getting consent.

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

Age

Geography: Russian Federation

Social

Youth, males and females living in the RF.

Culture

Environment

F. LIMITATIONS AND BIASES

Non controlled factors

Dx Depression

Applicability of the tests

Population representativity

Sample size

Human factor on the measurement of the variables

Translations

Schedule

Heterogenous data gathering

G. STATISTICAL ANALYSIS

H. DISSEMINATION AND PUBLICATION POLICY

III. RESULTS AND DISCUSSION

Confidence interval of 95%. Error assumed α=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!