132 - LEGAL DRUGS PREDISPOSITION AND WHAT THIS RESULT FOR DEPRESSION

LAIS CHELIGA;
JULIANA S. MOREIRA;
FELIPE A. F. CONTI;
SORAYA G. AUDI
FACULDADES METROPOLITANAS UNIDAS (FMU) – SÃO PAULO, SP – BRAZIL

doi:10.16887/86.a1.132

1-Introduction

Mental illnesses are gaining more notoriety today, the Depression and its variations are more prominent, being considered as the "disease of the century" (AVARES, 2010).

It has been proven that depression is more than an external factor is related to neurotransmitter activity, chemically, when suffering a defect affecting the production of serotonin and endorphins, hormones that cause a wellness sensation (ANDRADE and col , 2004). This defect can be shown typical symptoms such as depression , sadness, lack of energy and in the worst stages the desire for suicide (SCHERER, 2008).There is also research indicating the association of depression with the immune system (GONÇALES; MACHADO, 2007).

Treatment is usually given on the basis of antidepressants, physical activity and manuals, in addition to psychological care (GONÇALES; MACHADO, 2007. ANDRADE and col, 2004).

Some of the most common vices presented in individuals with depression is alcoholism and smoking (MANSO; MATOS, 2006). They may arise as a way to alleviate an anxiety above or decrease the stress situations that develop into a depression for example by a reduction in quality of life (CASTRO and col, 2007).

Alcohol and tobacco are the two most marketed and consumed illicit drugs in the world (Lemos; Gigliotti, 2006). The withdrawal of these substances still have potentially harmful in patients under treatment for depression, anxiety, among other pathologies (MANSO; MATOS, 2006. LOPES; Rezende, 2013)

The constant and excessive use of drugs and other intervention methods can become addictive causing many problems for the individual. You have to pay attention to depression that begins as a simple anxiety or stress reveals a disease can lead to deadly addictions and suicide.

2-Objective:

Check for correlation between depression and consumption of illicit drugs.

3-Materials and method:

3.1. Type of study

It is a descriptive epidemiological study of character, cross-sectional, quantitative.

3.2. Sample

Made up of 104 individuals who agreed to participate in the survey by answering the form containing objective questions that were used as variables.

3.3. Materials.

Prospective study subjects were asked to answer the previously validated form, and is considered the collection of direct information, whose questions were used as variables. The ethical aspects have been unclarified and respected through the filling and informed Consent shortly after the candidate has been previously informed about the objectives and importance of the research, based on the Resolution No. 196/96 (National Health Council-MS). We conducted the scientific literature in the database on the list of legal drugs (tobacco and alcohol) and depression.

3.4. Location

For the study, the research has been done in public places, all in different regions of São Paulo city and Carapicuíba city.

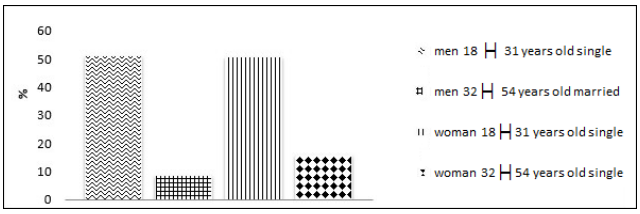
3.5. Data Analysis

The data were presented in tables and graphs simple frequency, expressed in numbers and percentages. For the statistical composition used the arithmetic mean as the measure of central tendency. The discussion of the bore bibliography compared with the results obtained.

4-Results:

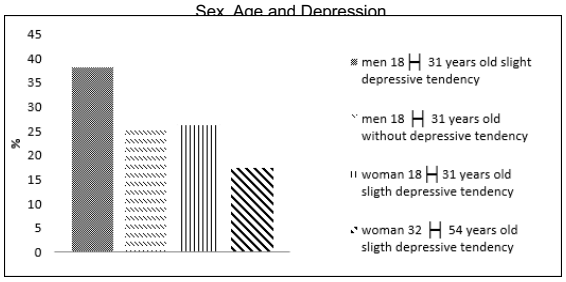
After the compilation of data obtained from 104 questionnaires, the following relationships and analyzes made were carried out:

Graph 1: Distribution in numbers and percentages, with respect to age and smoking status of interviewee of the men and women, in the municipalities of São Paulo and Carapicuíba, 2015.



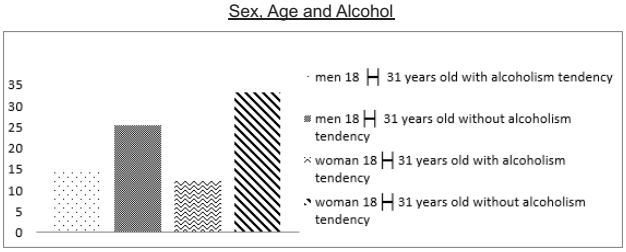
The data shown in the chart are the most relevant in the study, showing that respondents are mostly women, single and are between 17 and 31 years.

Graph 2: Distribution in numbers and percentages, with respect to age and degree of depressive interviewed men and women in the municipalities of São Paulo and Carapicuíba, 2015.

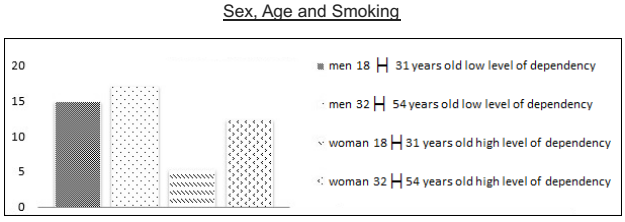


The data shown in the chart are the most relevant to research showing that women are more depressive trend rate in a wider range of age, since men have high levels of a slight tendency, but have much of n with no tendency.

Graph 3: Distribution in numbers and percentages, with respect to age and alcohol to ingest of men and women interviewed in the municipalities of São Paulo and Carapicuíba, 2015.

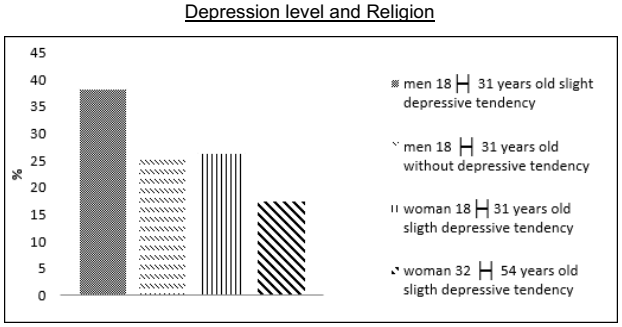


The data shown in the graph are the most relevant to the search, showing that among men of the same age group there is a significant difference in behavior towards alcohol consumption. Nevertheless, the percentage of men with a tendency to alcoholism exceeds that of women.Graph 4: Distribution in numbers and percentages, with respect to age and smoking status of interviewed men and women, in the municipalities of São Paulo and Carapicuíba, 2015.



The data shown in the chart are the most relevant to research and suggest the high level of women's tobacco addiction while men in spite of smokers have a low level of dependency.

Graph 5: Distribution in numbers and percentages, with respect to depressive tendencies and religion of the men and women interviewed in the municipalities of São Paulo and Carapicuíba, 2015.



The data shown in the graph are the most relevant to the search, showing that respondents mostly declare themselves Catholics, and from the questionnaire show slight downward trend.

Conclusion

The abuse of alcohol and tobacco have influence in triggering depression, however, his casual use as presented in most cases seems to have little relevance and even a relationship with reducing the development of this disease. Thus, the most likely cause for depressive disorders would be external factors such as bereavement, illness and poor quality of life.

References

ANDRADE, R.V e col. Atuação dos Neurotransmissores na Depressão. UNIPLAC, 2004.

AVARES, L.A.T. A depressão como "mal-estar" contemporâneo. Editora Unesp, 2010.

GONÇALES, C.A.V; MACHADO, A.L. Depressão, o Mal do Século: de que século?. R Enferm UERJ, 2007.

CASTRO, M.G. e col. Qualidade de vida e gravidade da dependência do tabaco. Revista de Psiquiatria Clínica – PUCRS, 2007.

LEMOS, T., GIGLIOTTI, A.P. Tabagismo e comorbidades psiquiátricas. UNIFESP, 2006.

LOPES, A.P., REZENDE, M.M. Ansiedade e consumo de substâncias psicoativas em adolescentes. Estudos de Psicologia – Campinas, 2013.

MANSO, D.S.S.; MATOS, M.G. Depressão, ansiedade e consumo de substâncias em adolescentes. Revista Brasileira de Terapias Cognitivas, 2006.

SCHERER, E.A. Estudo de neurotransmissores relacionados à depressão e psicose em amostras de cérebro humano de pacientes submetidos à cirurgia por epilepsia de lobo temporal. USP, 2008.

Lais Cheliga - Address: Rua Neves Paulista, nº 18. Jardim Yaya, Carapicuiba – SP
CEP: 06335-000 - Brazil

LEGAL DRUGS PREDISPOSITION AND WHAT THIS RESULT FOR DEPRESSION

ABSTRACT

The Depression and its variations are considered to be the "evil of the century" with some of the most common vices presented in individuals with depression is alcoholism and smoking. Objective: To investigate the correlation between depression and consumption of illicit drugs. Methodology: The study is conducted descriptive epidemiological type, cross-sectional, quantitative; whose sample consisted of 104 individuals who agreed to participate in the survey by answering a form containing objective questions that were used as variables. The data, compiled after, were presented in tables and graphs simple frequency expressed in numbers and percentages. Ethical aspects were respected, according to Resolution No. 196/96 (CNS-MS). Results: 4.8% of respondents have relationship of depression with use of illicit drugs, 29.78% men and 14.03% women have a tendency to alcoholism; 8.51% of men and 17.54% of women have a high level of smoking; 47.21% of the research subjects tends to depression 20,19% make moderate use of alcohol and cigarettes. The results suggest that individuals with high levels of smoking have a predisposition to depression, while people prone to alcoholism has a lower propensity to disease. Other factors such as bereavement, illness and poor quality of life are extremely important to generate this disorder being associated with moderate or abuse of drugs.

KEYWORDS: Depression, alcoholism, smoking.

LICITAS MÉDICAMENTS ET LEUR PRÉDISPOSITION À LA DÉPRESSION CAUSE

RÉSUMÉ

Introduction: la dépression et ses variations sont réputées être est le "mal du siècle" avec certaines des dépendances plus communs présenté chez les individus souffrant de dépression, l'alcoolisme et le tabagisme. Objectif : pour vérifier l'existence d'une corrélation entre la dépression et la drogue utiliser licitas. Méthodologie: l'étude est d'épidémiologie descriptive type, transversale, quantitative ; dont l'échantillon était composé de 104 personnes qui ont accepté de participer à une enquête, répondant à un formulaire contenant un objectif des questions qui ont été utilisés comme des variables. Les données, une fois compilées, ont été présentées dans les tableaux et graphiques de simple fréquence exprimée en nombres et pourcentages. Aspects éthiques ont été respectées, conformément à la résolution n° 196/96 (CNS-MS). Résultats: 4,8 % de relation présents intimés de la dépression avec l'usage de drogues licitas, 29,78 % des hommes et 14.03 % de la tendance actuelle de femmes à l'alcoolisme ; 8,51 % des hommes et 17,54 % des femmes présentent un niveau élevé pour les fumeurs ; 47,21 % des sujets de recherche a tendance à la dépression 20,19 % font une consommation modérée d'alcool et de cigarettes. Conclusion: Les résultats obtenus suggèrent que les personnes avec un niveau élevé de fumeurs ont une prédisposition à la dépression, alors que les individus avec une tendance à l'alcoolisme a moins tendance à mal. Autres facteurs tels que le deuil, la maladie et mauvaise qualité de vie sont extrêmement importantes générer ce trouble étant associé à un usage modéré ou abusif de la drogue.

MOTS-CLÉS: dépression, l'alcoolisme , le tabagisme.

DROGAS LICITAS Y SUS PREDISPOSICIONES PARA OCASIONAR DEPRESIÓN

RESUMEN

Introducción: La Depresión y sus variaciones son consideras como el "mal del siglo" siendo que algunos de los vicios más comunes presentados en individuos con depresión, es el alcoholismo y el tabaquismo. Objetivo: Averiguar la existencia de correlación entre depresión y el consumo de drogas licitas. Metodología: El estudio realizado es del tipo epidemiológico descriptivo, transversal, cuantitativo; cuya amuestra fue compuesta por 104 individuos que concordaron en hacer parte de la pesquisa, contestando a un formulario, conteniendo cuestiones objetivas que fueron utilizadas como variable. Los datos, después de compilados, fueron presentados en tablas y gráficos de frecuencia simples expresos en números y porcentajes. Los aspectos étnicos fueron respetados, de acuerdo con la Resolución Nº 196/96 (CNS-MS). Resultados: 4,8% de los entrevistados presentaron relación de la depresión con el uso de las drogas licitas, 29,78% de los hombres y 14,03% de las mujeres presentaron tendencia al alcoholismo; 8,51% de los hombres y 17,54% de las mujeres presentaron un alto nivel para el tabaquismo; 47,21% de los sujeto de la pesquisa tiene tendencia a la depresión 20,19% hacen uso moderado del alcohol y del cigarrillo. Conclusión: Los resultados obtenidos sugieren que los individuos con alto nivel de tabaquismo tienen una predisposición a la depresión, mientras que individuos con tendencia al alcoholismo tienen una propensión menor a la enfermedad. Otros factores como el luto, enfermedades y mala calidad de vida, son extremamente importantes para causar esta perturbación estando asociados al uso moderado o abusivo de las drogas.

PALABRAS CLAVE: Depresión, Alcoholismo, Tabaquismo.

DROGAS LICITAS E SUA PREDISPOSIÇÃO PARA OCASIONAR DEPRESSÃO

RESUMO

Introdução: A Depressão e suas variações são consideradas como o “mal do século” sendo que alguns dos vícios mais comuns apresentados em indivíduos com depressão é o alcoolismo e tabagismo. Objetivo: Verificar a existência de correlação entre depressão e consumo de drogas licitas. Metodologia: O estudo realizado é do tipo epidemiológico descritivo, transversal, quantitativo; cuja amostra foi composta por 104 indivíduos que concordaram em participar da pesquisa, respondendo a um formulário, contendo questões objetivas que foram utilizadas como variáveis. Os dados, depois de compilados, foram apresentados em tabelas e gráficos de frequência simples expressos em números e percentagens. Os aspectos éticos foram respeitados, de acordo com a Resolução Nº 196/96 (CNS-MS). Resultados: 4,8% dos entrevistados apresentam relação da depressão com uso das drogas licitas, 29,78% dos homens e 14,03% das mulheres apresentam tendência ao alcoolismo; 8,51% dos homens e 17,54% das mulheres apresentam um nível elevado para o tabagismo; 47,21% dos sujeitos da pesquisa tem tendência a depressão 20,19% fazem uso moderado de álcool e cigarro. Conclusão: Os resultados obtidos sugerem que indivíduos com nível elevado de tabagismo possuem uma pré-disposição a depressão, enquanto indivíduos com tendência ao alcoolismo tem uma menor propensão a doença. Outros fatores como luto, doenças e má qualidade de vida são extremamente importantes para gerar esse transtorno estando associados ao uso moderado ou abusivo das drogas.

PALAVRAS-CHAVE: Depressão, Alcoolismo, Tabagismo.