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**YOUNG PEOPLE AND
MENTAL HEALTH
BY ABUSIVE USE OF
POLYSUBSTANCE**

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Abstract: Descriptive Cross-sectional Study with a Qualitative approach, which investigates certain diseases associated with the abusive use of polysubstances. Population investigated in a coastal region aged between 18 and 23 years, a public with a predominant characteristic of polysubstance abuse. Observational analysis carried out between August 2015 and July 2018. The predominant characteristics are: young people and free consumption region, as it is easy to access coastal entertainment. The present study was conceived after investigating the situations and clinical conditions presented, characteristic of the abusive use of polysubstances, associated with tobacco and alcohol, which potentiate the clinical conditions. When teenagers show a level of aggression above normal and it is usually accompanied by a lack of respect for parents, it is time to be alert, because according to child and behavioral development, all parents know when something is wrong with their children's behavior, usually when associated with inappropriate behavior towards society, being aggressiveness and irritability triggering factors for the consumption of polysubstances and associating them with the consumption of tobacco and alcohol, enhancing the conditions presented.

INTRODUCTION

Damage and health problems, due to the use of stimulants and marijuana, cause irreversible damage to health, as demonstrated by the World Health Organization with the simple use of tobacco, as a global goal for 2025, a 30% reduction in tobacco use, which lead about 6 million people to death per year. "There are different types of substances: stimulants, sedatives, hallucinogens, dissociatives. Mixing more than one of each type increases the risks," says Dr. Owen Bowden Jones, founder of

the CNWL Drug Club Clinic. He is aware that many people will continue to use two or more substances at a time regardless of the damage to them, in addition to Borden Jones, Dr. Adam Winstock, founder of Global DrugSurvey and expert in the study of polysubstances. The population surveyed are young people aged between 18 and 23 years old from the coastal region, who are part of a specific public in a region with socioeconomic conditions favorable to the use of polysubstances. As this is an observational research, there was a need to carry out the research, through a clear and systematic presentation of important clinical conditions and subsequent intervention with clinical indications. Due to the connection with the specific group of young people and the technical-scientific basis of the Nursing profession and because it is a student in a professional master's degree in Nursing, the study, observational analysis of clinical pictures and registration of all observed data.

RESULTS

The results obtained regarding the analysis of clinical conditions are described: pathologies associated with the use of polysubstances, such as: psychotic outbreaks, paranoid schizophrenia and classic signs and symptoms of withdrawal: depression, anxiety, irritability, agitation, manias, mental suffering, physical suffering and ill be. The syndromes resulting from withdrawal are relatively observed and recurrent throughout the investigation process, as classic signs and symptoms associated with the abusive use of polysubstances that associated with alcohol and tobacco potentiate the physical characteristics presented, therefore, when observing them, the pictures become evident. clinical findings and possible clinical indications for treatment and follow-up cognitive behavioral therapy.

For substance use disorders, the DSM, or Diagnostic and Statistical Manual of Mental Disorders, distinguishes between abuse and dependence. There is no exact diagnosis for polysubstance abuse in the DSM.

- VARIABLES: DEMOGRAPHIC DATA, RISKY SEXUAL BEHAVIOR, CONSUMPTION PATTERNS AND OTHER SUBSTANCES.

GOAL

A Descriptive Cross-sectional Study with a Qualitative approach, which investigates certain diseases associated with the abusive use of polysubstances. Population investigated in a coastal region aged 18 to 23 years, public with a predominant characteristic of polysubstance abuse. The predominant characteristics are: young people and a region of free consumption, as it is easily accessible to coastal entertainment. The present study was conceived after investigating the situations and clinical conditions presented, characteristic of the abusive use of polysubstances, associated with tobacco and alcohol, which potentiate the clinical conditions.

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