

A kábítószerfogyasztás és a függőségveszély pszicho-szociális vonatkozásai a kolozsvári egyetemi hallgatók körében¹

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Abstract

Our study aims to evaluate the quality of life and mental health among university students, subjects at risk of drug consumption and illicit drug users; comparative analysis of results and identification of significant differences between abstinent persons, subjects at risk of drug consumption and illicit drug consumers. The representative study sample consisted of 704 undergraduate university students from Cluj-Napoca. We applied auto-evaluative questionnaires to assess prevalence of alcohol consumption (AUDIT) and of illicit substances as well as quality of life (FACT-GP), mental health (BDI) and cognitive illusions (PIS). For statistics we used Chi square test and General Linear Model Univariate, 95% C.I. (co-variables: age, gender, relationship status, and ethnicity). Results indicate that subjects at risk of drug consumption were significantly more depressed compared with abstinent subjects. These subjects tended to drink more alcohol and have more alcohol related disorders, they reported lower levels of emotional and functional well-being and they were lacking the optimistic bias about their future. Compared to abstinent subjects, illicit drug users did not differ significantly on emotional and functional well-being and they were neither more depressed than abstinent subjects. Although, illicit drug users had lower social/familial quality of life and they appeared to have lost optimistic perception of their future. Consequently alcohol use was much higher among illicit drug users compared to abstinent subjects. Prevention of drug use among undergraduate students should strongly consider psycho-social factors, especially depression, positive illusions, and the different components of the quality of life.

Keywords

illicit drugs, alcohol, risk of consumption, abuse, depression, positive illusions, quality of life.