



## Review article

# Alcohol dependency in adolescents: Double jeopardy and fundamental updates

**Ramesh Murlidhar Shinde**

Mental Health– Psychiatric Nursing, College of Nursing GMCH Aurangabad, Maharashtra, India.

## Abstract

Alcohol and drug abuse have emerged as a serious concern among adolescents in India. The transition to college involves major individual and contextual change in every domain of life; at the same time, heavy drinking and associated problems increase during this transition. For most students, heavy drinking and associated problems tend to peak during college amid the abundance of explicit and subtle expectations and opportunities to drink. In a few short years, the excessive drinking and concomitant negative consequences experienced by many students that would likely reflect diagnosable alcohol misuse at other points in the lifespan simply run their course and stop. The World Health Organization estimates that about 140 million people throughout the world suffer from alcohol dependence. Most alcoholics develop alcoholism during adolescence. The non-experimental descriptive research design was adopted for this study to assess the knowledge and attitude of adolescents towards alcoholism. The risk for dependency is interlinked to factors of exposure, genetics, neurobiology, behavior (personality) and experiences in the environment, which predispose the onset and continuation of substance use. Over the years, alcohol dependency settles on the individual and is identified when there is a loss of control over the decision to drink and the individual suffers the symptoms of drug withdrawal. Therefore, by identifying the risks for alcohol dependency to which adolescents are exposed, it is possible to intervene through actions specific to that group, that are capable of inhibiting/preventing substance use and interfering with the future dependency that can occur. Thus, this review aimed to review risk factors that contribute to dependency on alcohol among adolescents

**Key words:** adolescents, Alcohol dependency

**\*Corresponding author: Ramesh Murlidhar Shinde, M.Sc. Nursing Lecturer (Mental Health– Psychiatric Nursing), College of Nursing GMCH Aurangabad. Email: rameshconabad@gmail.com**

## 1. Introduction

Research into the results of alcohol consumption has heretofore been concerned in the main with those who have an effect on health or square measure a lot of without delay quantifiable or measurable. Recent instances of such analysis square measure delineated in the report ready for the Australian Commonwealth Department of Health and Aged Care [1] and therefore the Tenth Special report back to us Congress on “Alcohol and Health” [2].

At a similar time, a broader idea of hurt has been adopted in drug/alcohol policy and analysis. Many consequences, harmful similarly as helpful, are often characterized as “social” and by no means medical, or a minimum of solely indirectly associated with health. Consequently, the ECU Alcohol Action set up 2000–2005, necessitated by the World Health Organization’s Regional workplace for Europe [3] is meant to prevent or cut back the harmful effects of alcohol on the health and well-being of people, families, and communities. within the area, alcohol has conjointly Associate in Nursing more return to the fore as an agent of social problems; the British central office, for example, issued Associate in Nursing Nursing action set up in August 2005 entitled coping with alcohol connected crime, disorder, and nuisance [4]. Alcoholism has been known by a variety of terms, including alcohol abuse and alcohol dependence.

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Today, it's referred to as alcohol use disorder. It occurs when you drink so much that your body eventually becomes dependent on or addicted to alcohol. When this happens, alcohol becomes the most important thing in your life. People with alcohol use disorder will continue to drink even when drinking causes negative consequences, like losing a job or destroying relationships with people they love. They may know that their alcohol use negatively affects their lives, but it's often not enough to make them stop drinking. Some people may drink alcohol to the point that it causes problems, but they're not physically dependent on alcohol. This used to be referred to as alcohol abuse [5].

### What causes it?

The cause of alcohol use disorder is still unknown. Alcohol use disorder develops when you drink so much that chemical changes in the brain occur. These changes increase the pleasurable feelings you get when you drink alcohol. This makes you want to drink more often, even if it causes harm.

Eventually, the pleasurable feelings associated with alcohol use go away and the person with alcohol use disorder will engage in drinking to prevent withdrawal symptoms. These withdrawal symptoms can be quite unpleasant and even dangerous.

Alcohol use disorder typically develops gradually over time. It's also known to run in families [6].

### What are the symptoms?

Symptoms of the alcohol use disorder are based on the behaviors and physical outcomes that occur as a result of alcohol addiction.

People with alcohol use disorder may engage in the following behaviors:

- drinking alone
- drinking more to feel the effects of alcohol (having a high tolerance)
- becoming violent or angry when asked about their drinking habits
- not eating or eating poorly
- neglecting personal hygiene
- missing work or school because of drinking
- being unable to control alcohol intake
- making excuses to drink
- continuing to drink even when legal, social, or economic problems develop
- giving up important social, occupational, or recreational activities because of alcohol use
- People with alcohol use disorder may also experience the following physical symptoms:
  - alcohol cravings
  - withdrawal symptoms when not drinking, including shaking, nausea, and vomiting

- tremors (involuntary shaking) the morning after drinking
- lapses in memory (blacking out) after a night of drinking
- illnesses, such as alcoholic ketoacidosis (includes dehydration-type symptoms) or cirrhosis [7]

### Need for the study:-

Increasing demand for medical health profession and shortage of manpower makes the health professionals prone to get stress & mental conflicts.

This increasing workload makes the disturbances in their physical health, mental health, and social life.

Stress is commonly observed in these health professionals.

To cope up with stress the individuals try to adapt the different coping strategies. If fails lead to the use of maladaptive coping strategies and practices. One of them is alcohol intake which is easily available & provides temporary relief from stress if taken in preferred amount. If get exceed then causes the adverse problem to the individual.

As the health professionals have an easy accessibility to the psychoactive substances. But the focus of our study is ward attendants as they are having insufficient knowledge regarding the use and ill effects of such psychoactive substances (commonly alcohol) available in the hospital and community setting.

This study helps the male ward attendants to gain knowledge regarding the physical and physiological ill effects of chronic alcohol use.

For this reason, stress factor should be reduced, resources of the family should be increased and negative attitudes must be eliminated in order to help the male ward attendants to cope up with these issues.

### Literature related to knowledge regarding the effect of alcohol

A descriptive study was conducted on alcoholism among school students in Salem, India. The sample was selected by victimization purposive sampling technique and knowledge assortment was done victimization-structured form. The study results were overall students had solely moderate awareness on alcoholism (68%) of total samples. that the results of the study reveal that students were moderately aware with issues associated with alcoholism [8]

A descriptive study was conducted among 545 Spanish university students from the University of Valladolid, were surveyed in regarding their alcohol use, data of the consequences of alcohol, and attitudes towards social drinking and towards alcoholism and alcoholics. The data relating to alcohol (mean scores seven.7 0.1, move 1-15) was related to educational aspects: it absolutely was higher among medication and nursing students and redoubled in keeping with the length of the lodge in university. The attitudes each towards social drinking (mean scores zero.6 0.1, move -9 to 9) and towards alcoholism and therefore the alcoholics (mean

scores three.0 0.1, move -6 to 9), were associated with alcohol consumption: those students self-reported as "heavy" and "moderate" drinkers, and people with alcohol intake over forty g/day, had a lot of favourable perspectives. The results recommend a necessity for education on alcohol [9]

A similar experimental study was conducted concerning the employment of the perceived would like for alcohol treatment services among school-age young adults (18-22 years) per their instructional status: regular college students, part-time school students, non-college students (currently in class with the best grade level below college), and non-students (N=11,337). And secondary analyses were conducted on information from the 2002 National Survey on Drug Use and Health. And Result counsel that the regular school students (21%) were as probably to possess associate alcohol use disorder as nonstudents (19%), however, were additional probably than part-time school students (15%) and nonschool students (12%). solely 4 wheel drive of regular school students with associate alcohol use disorder received any alcohol services within the past year. of these with associate alcohol use disorder United Nations agency failed to receive treatment services, solely a pair of regular school students, near a hundred and twenty-fifth of part-time school students and more or less third of young adults-United Nations agency wasn't in school rumored a perceived would like for alcohol treatment. regular school students were less probably than nonschool students to receive treatment for alcohol use disorders [10]

A longitudinal study was conducted to analyze the connection between temperament (novelty seeking, damage dodging and reward dependence), alcohol expectations, and membership in a very deviant/substance-using generation and drinking behavior of P.U. faculty students are drawn from a general population. And 147 P.U. faculty students concerning fifteen years old were interviewed and completed many self-rating questionnaires. Extra data was gathered by interviewing their folks. One year once the initial assessment the P.U. faculty students solely were interviewed and given questionnaires once more. And this study results that, P.U. faculty students with alcohol issues at the time of the second interview according to less damage dodging, less reward dependence, and were a lot of possible to be a member of a deviant/substance-using generation a year before, compared to offspring while not alcohol issues. Moreover, they command a lot of positive alcohol expectations than P.U. faculty students while not alcohol issues. Taking into consideration the amount of alcohol consumed per occasion, all results were confirmed, however, temperament didn't predict the extent of alcohol consumed once one year [11]

A descriptive study was conducted in the city among pre-university students on data effects associated with alcoholism. The sample elite for the study include fifty Pre-University students and easy sampling technique was used. The information was collected by victimization structured

form. Every correct response was given one score and 0 for an incorrect response. Results: the general mean data was found to be a lot of (68.8%) concerning general data on alcohol than the data on the consequences of alcohol (33.2%). the general mean perspective was seventy seven.7%. the very best perspective response known on the side of keeping removed from alcoholics (92%). A significant association is found between data and sort of family. There exists a major association between perspective and sort of family, and additionally between perspective and educational marks. Interpretation and Conclusion Overall findings showed that respondents data concerning the impact of alcohol is insufficient (33.2%), though the respondents overall perspective towards the impact of alcohol is found to be favourable (77.7%). therefore improvement in data side is needed [12]

A comparative study was control among Students from the sixth, 8th, 10th, and twelfth grades in six faculty districts throughout Georgia and South Carolina completed a form to see their information, attitudes, and behavior relating to alcohol use. 3017 samples were taken by exploitation sampling technique. Results counsel that information, attitudes, and behavior square measure considerably related to. 2 distinct attitudes were discovered: acceptable use of alcohol and unacceptable uses of alcohol, and these interact with information and behavior in several ways in which. Students United Nations agency rumored faculty as their major supply of knowledge regarding alcohol were additional knowledgeable and had the foremost conservative attitudes toward the unacceptable use of alcohol ( $p < \text{zero.001}$ ). White students scored higher on the information take a look at and had additional liberal attitudes than minority students ( $p < \text{zero.001}$ ). Females were additional conservative than males ( $p < \text{zero.001}$ ), and older students had additional liberal attitudes ( $p < \text{zero.001}$ ). Our results counsel that efforts to coach youth regarding alcohol ought to incorporate acceptable uses in addition because of the negative aspects of drinking [13]

A survey study was conducted among P.U. faculty students from Holon (a town within the centre of Israel) regarding their consumption, information towards alcohol use and alcohol dependence.509 samples were taken in these 259 pupils attended an occupation high school and 253 attended a tutorial high school. Four-hundredth of the pupils attending the educational faculty reported that they'd drunk brew between one to nine times throughout the last a pair of months. Compared with seventy-two of the occupation pupils, forty seconds of the educational pupils and forty-seventh of the occupation pupils drank alternative alcoholic beverages (such as hard drink, cognac, whiskey or vodka) between one to nine times throughout the last a pair of months. Boys drank alcohol a lot of times than ladies did. AN earlier mean age of brew consumption was found among pupils within the occupation schools—12.8 years; as critical pupils within the educational school—13.4 years. Among the 3 leading reasons for drinking within the 2 colleges were serving to foster a way of happiness, would

like to want AN adult and want to forget daily anxieties and conflicts [14]

### **Literature related to the prevalence of alcohol use in India and at the global level**

A cross-sectional study was conducted among P.U. faculty students to gauge the prevalence, activity pattern and correlates of normal alcohol drinking. The study concerned completion of a changed version of "Health behaviour of faculty age children" exploitation form and knowledge was collected from four, 153 samples of Sept. 11 grade students from twenty-six willy-nilly elect high faculties in Istanbul. Overall, sixty-one of scholars are experimental drinkers, and forty-sixth of scholars were current drinkers. The results of the study show that alcohol consumption is a lot of prevailing among adolescent P.U. faculty students. Thus there's a desire of school-based alcohol bar programme that conjointly alters family and peer influence on drinking [15] A descriptive study was conducted among college man medical students in 2 medical faculties of Kolkata. The study indicated that the prevalence of total long abusers were seventy six.8% of the respondent's student population. The long abuse rate-gradually raised with the advancement of every tutorial years i.e. from pure gold in the first year to seventy four.4% within the final year, it absolutely was most of the people of 25-29 years. The prevalence among boys (58.4%) was considerably over women. Twenty 5 percentages of host elites were found to be a lot of long users than non-hostilities. Within the pattern of long abuse twelve, .6% of scholars used tobacco and three.6% alcohol. The commonest combination was of alcohol and tobacco. Alternative medication entrenched twelve.7% of scholars [16]

A descriptive study was conducted on prevalence and pattern of alcohol and abuse among P.U. school students and interviewed a sample of 4691; subjects aged fourteen years and on top of on a schedule supported United Nations agency form to gather knowledge. The study reveals data concerning the prevalence rate of nineteen.78%. In terms mature of onset sixty four.83% respondents had their 1st drink between the ages of 15-25 years. Most typical kind of alcohol consumed was country liquor by sixty-nine .07% [17]

A study was conducted concerning, the prevalence of alcohol dependence among excessive drinkers in Land of Enchantment and results that of four, 761 respondents, 16.5% were excessive drinkers; fourteen.4% binge drank and one.8% were alcohol dependent. Whereas the rates of alcohol-dependent were higher among the youngest cohort, males, those with some faculty education, and people of race/ethnicity apart from White, non-Hispanic, solely variations by age were statistically important. The prevalence of alcohol dependence was the very best among those that reportable alcohol-impaired driving within the past thirty days (15.9%) and was lower among those that reportable significant drinking (13.4%) and binge drinking (8.1%) [18]

### **Literature related to causes of alcohol use**

A survey study was conducted to assess the varied factors touching on alcohol and long abuse among faculty students with the assistance of youth survey form developed by WHO. The results showed that twenty two.67% of the males - indulged in alcoholic abuse a minimum of once during a month. The most typical rationalization offered for this perceived to be enjoyment curiosity and relief of psychological stress. Friends are the most supply of knowledge [19].

A descriptive study was conducted concerning drug abuse in a rural community in the Asian nation. concerning five-hundredths of each male and feminine users were between twenty and thirty-nine years of age; eight.1% of males and just one.3% of females used alcohol daily or many times during a week. Desi (country) liquor was the nutrient utilized by quite eighty fifths of the users; seventy seven.5% of males and ninety six.5% of females consumed but one-quarter of a bottle of alcohol, and 65.3% of males and ninety-three .6% of females were taking alcohol at their homes solely. The explanations given for drinking by the bulk of users were 'for pleasures', 'for the celebration of associate degree event' and 'status symbol'. The quantity/frequency index analysis showed that the share of alcoholics was four.2 and also the remaining were social drinkers. Physical, economic and social issues were reportable by a considerably higher proportion of alcoholics than social drinkers [20]

A pilot study targeted on the social construction of the meanings related to use of alcohol Associate in nursing alcoholism from an Indian perspective. Victimization qualitative strategies, the man of science collected ideas on the meanings of alcohol use from eight addicted shoppers of a South Bharat alcoholism treatment centre World Health Organization participated focused teams and in-depth interviews. A crucial facet of this analysis was that the man of science thought of the addicted participants because of the "experts" World Health Organization valid their purpose of reading. many themes emerged: Alcohol use may be an image of economic standing, caste, a person's fate, an amount of turmoil and gender privilege, it's necessary that social staff and different intervention agents perceive the meanings of alcohol use for every addicted consumer in order that they will arrange artistic and personalized interventions [21]

### **Literature related to effects of alcohol**

A study was conducted regarding whether or not youngsters of alcoholics (COAs) area unit characteristics by a lot of behavioural issues than non-children of alcoholics (non-COA's) and conjointly to see the influence of a paternal delinquent mental disturbance (ASPD) and this study, 1340 youngsters, and P.U. faculty students between the ages of eleven and eighteen years and their oldsters were enclosed in this sample, 76 P.U. faculty students showed a positive case history of alcoholism and



forty-seven P.U. faculty students a positive history of paternal delinquent mental disturbance (HSPD). Conjointly a study finding says the upper of behavioral issues relate primarily to the next prevalence in each case of delinquent mental disturbance among fathers. Moreover, youngsters with a case history of alcoholism and/or case history of opposed – social mental disturbance represent speculative teams and may be the main target of hindrance and intervention measures [22]

A comparative study was conducted on Alcohol and drug consumption among students in Pachuca, Hidalgo in the North American country. The study reveals that out of the entire sample, 47.9% had tried alcohol and twelve.6% had

drunk massive quantities-5 drinks or additional per sitting-during the month previous to the survey. With relation to medication, 5.1% had tried hot or medical medication while not prescription, particularly inhalants, marihuana, and tranquilizers. Additional boys consumed hot medication and additional women medical medication while not prescription. Boys, WHO also are older, additional often consumed alcohol and medicines and were additional typically utilized throughout the previous year at part-time jobs. High alcohol level and drug shoppers were characterized by their frequent report of being bored in their free time, drinking with friends and enrolling in delinquent behavior [23]

Table no 1: The comparison of the prevalence of at-least-once drug use for each drug type in each studied region

Region	Drug type (%)						
	Cigarette	Opium	Heroin	Ecstasy	Hookah	Alcohol	Hashish
Zahedan	15.7	4.5	-	-	-	-	-
Kerman	34.6	8.7	4.9	6.6	51.5	37.7	6.7
Gilan	20	2.4	0.3	2.1	-	10.5	2
Karaj	24.8	2	0.2	2	53	13.16	1.1
Nazarabad	23.1	2	0.5	-	-	-	0.3
Lahijan	14.9	4.1	-	-	-	-	-
Mehriz	-	-	-	3	-	6.8	-

A co-relative study was conducted among first-degree relatives for responses on the Self-Rating of the results of Alcohol form in teenagers in the USA and as a part of the Cooperative Study on the biology of Alcoholism phases II (follow-up) Protocol, SRE scores were on the market on 251 females and 236 males' ages 13-19 years. These analyses compare the correlations among father-offspring, mother-offspring, sib pairs and comparable unrelated people and this study results that for the 487 subjects, correlations among first-degree relatives ranged from zero.14 to 0.22 and were all-significant. Correlations among comparable unrelated pairs ranged from zero.02 to 0.06 and were no important. once males and females were evaluated singly, the pattern of results, with higher correlations among first-degree relatives than among unrelated people, was similar, although, maybe reflective fewer subjects, correlations were additional variable [24]

In this study Associate in nursing appraising analysis approach with pre-experimental style was used. The sampling technique used was non - likelihood convenient sampling. Knowledge was collected from sixty adolescents from selected higher Gymnasium Vadodara district. Knowledge was analyzed mistreatment descriptive and inferential statistics Descriptive statistics used were frequency, mean, vary and variance. The results of the study is in pre-take a look at adolescents were having on the average forty-three .43 to a knowledge relating to sick effects of alcohol consumption and mean score was twelve.43±2.645 and in post take a look at, average 65.33 to a knowledge relating to sick result of alcohol consumption and mean score was nineteen.60±2.599.T

calculated worth of -20.948 that is a smaller amount than the tabulated worth of two.00 at 0.05 level of significance. Therefore we have a tendency to settle for H1 and conclude that there's a vital difference between pre-test and post-test data score of adolescents. it's found that from the complete variable only one variable that's domicile considerably related to pre-take a look at data score thus the hypothesis (H2) was partly accepted for these variables [25]

## Conclusion

Involuntary committal of alcohol abusers to patient medicine facilities constitutes a significant interference with their lives; such committals should be solely for functions of treatment, not for reasons of families' or partners' convenience or of threats to their safety, that ought to be dealt with in alternative ways that. Involuntary committals have shrunk in several countries since the Nineteen Sixties, however, most likely as a result of the utilization of the "umbrella" of alcohol treatment to regulate public disorder or danger has been seen to be associate degree unwarranted or ineffective course of action. Liberalization and deregulating of outlet density and gap hours will induce a rise in alcohol-related disturbances to public order and threats to safety, whose prices and burden need to be body part by the taxpayer and therefore the general public. Proof indicates that an outsized proportion of violent crime happens in and around accredited premises. Outbreaks of violence associated with mass sporting and alternative cultural events are also avoided if such events are needed to be alcohol-free.

Measures to extend public awareness of alcohol issues ought to highlight the threat that alcohol poses to safety and public order. More such problems are seemingly to come back to lightweight initially; however, the general public could then demand and support countermeasures. As an example, the vulnerability of intoxicated individuals to criminal hurt is also used as a place to begin for work by community planners. Public attention to the current matter could motivate protective measures like social support and experienced facilitate to vulnerable individuals or families.

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