

# PREVALENCE OF ADDICTION IN UNIVERSITY STUDENTS OF ASIA, A SYSTEMATIC REVIEW

BATCH 30

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## INTRODUCTION:

- Addiction is a progressive disease which causes individuals to lose control of that substance despite worse effects of its use, posing a risk for disability and premature loss of life. (1)
- In Asia, over the past two decades, there has been an increasing trend in drug abuse, involving more than one substance, among youth including students.
- The higher risk of addiction is reported among students because of academic stress, disrupted sleep and social life and relative easy access to these addictive materials (2)
- There are only a few systematic studies done to investigate this problem among students of Asia as compared to other continents.
- The available studies are localized to specific countries and groups not encompassing all the Asian students (3).
- We aim to access the degree to which students are involved in these abysmal activities and what factors cause them to fall prey to these actions.

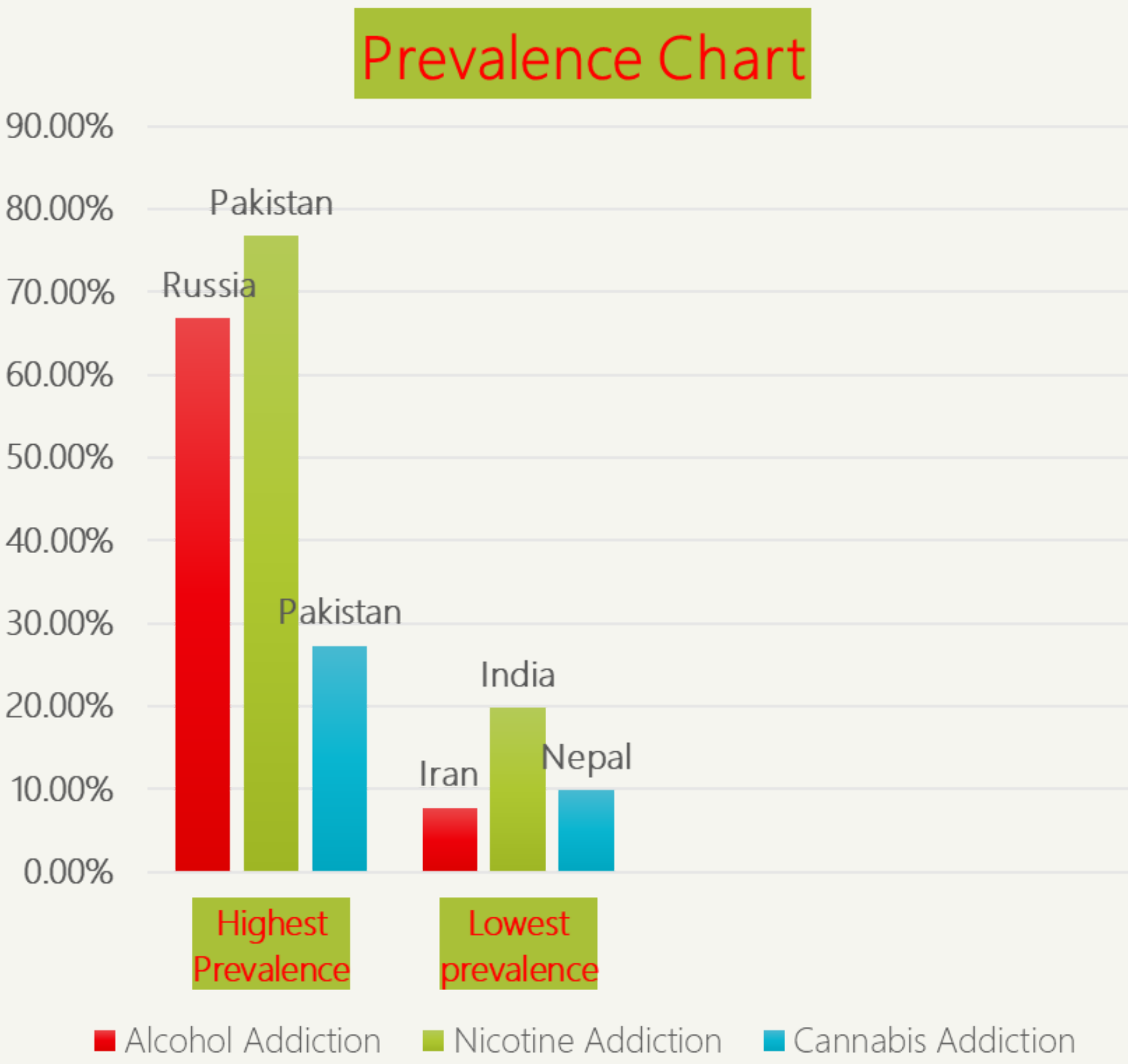
## OBJECTIVES:

To determine the prevalence of addiction (alcohol, nicotine and cannabis) in university students of Asia.

## RESULTS:

### Prevalence of Addiction:

- There were only 3 studies that reported the prevalence of Nicotine, alcohol and cannabis addiction and one study only reported the prevalence of cannabis addiction
- The rest of them reported the prevalence of either Alcohol/Nicotine or both of them.



## LOWEST PREVALENCE:

### Alcohol Addiction:

- The lowest prevalence of alcohol addiction in university students' i.e. 7.8% in Iran.

### Nicotine Addiction:

- The lowest prevalence of nicotine was 19.8% in India.

### Cannabis Addiction:

- The lowest prevalence of cannabis use was found to be 9.88% Nepal.

## STRENGTHS :

- According to our knowledge, this is a first review of its kind carried out to find the prevalence of addiction in university students of Asia.
- PRISMA guidelines were followed and a rigorous methodology was used to perform it.
- The search strategy was carefully developed and comprehensive in nature..

## CONCLUSION:

The prevalence of addiction in Asian countries is high and is rising, alcohol addiction being most prevalent. Addiction poses a serious threat and causes many physical and mental health problems, a decline in quality of life, and even premature loss of life. Awareness campaigns and community programs should be initiated to reduce this high prevalence to save the continent of Asia from harmful effects of addiction and substance abuse

## RREFERENCES:

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## MATERIALS AND METHODS:

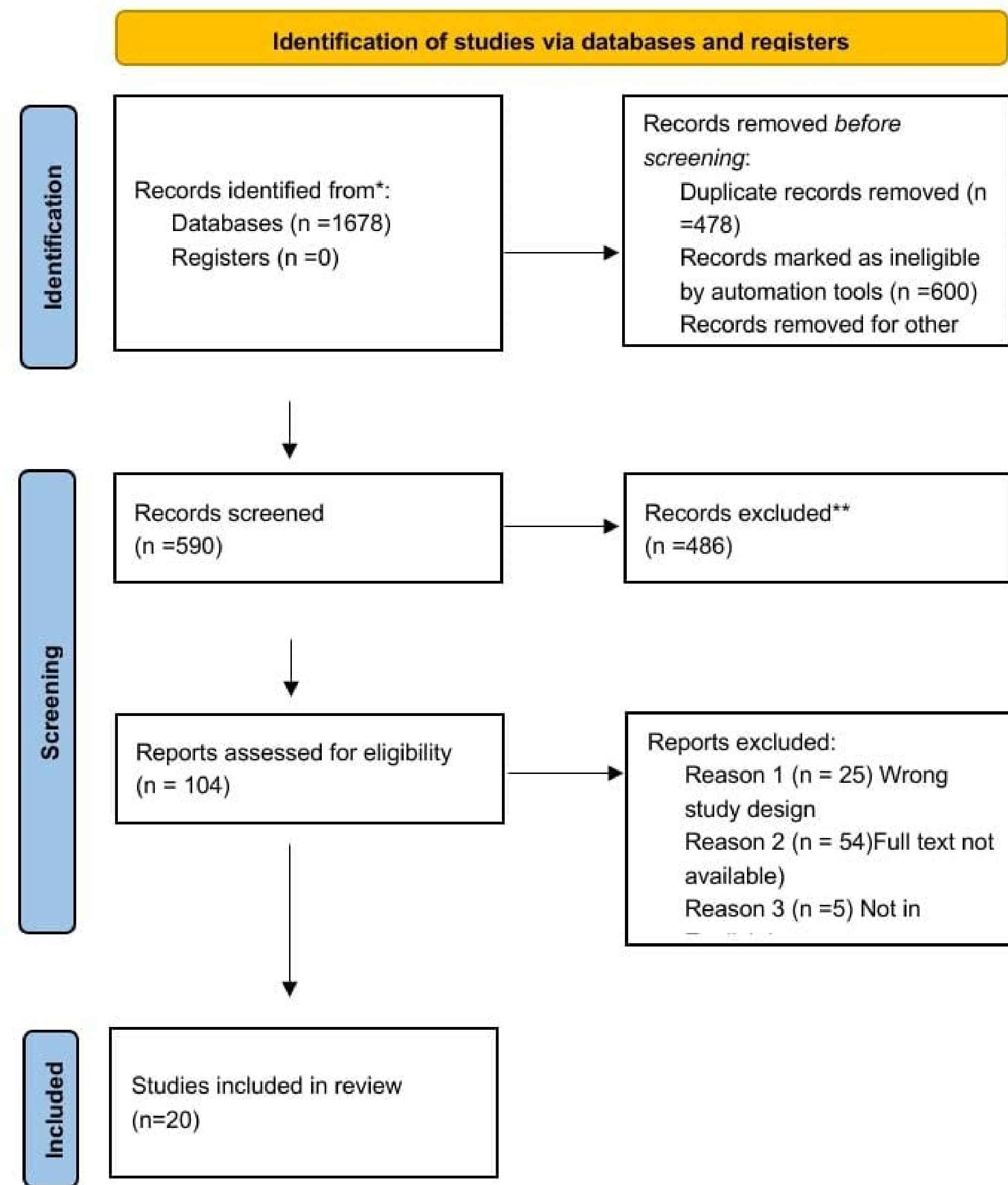
This systematic review was in accordance with Preferred Reporting Items for The Systematic Review and Meta- Analysis (PRISMA) guidelines.

### Inclusion Criteria:

- All cross sectional studies, articles and Randomized Control Trials (RCT) reporting lifetime combined prevalence of addiction or lifetime prevalence of cannabis or Alcohol or Nicotine addiction or abuse among any universities students that were published in English language are included.

### Exclusion Criteria::

- Case reports, case studies, editorials, review articles employed non probability sampling or qualitative studies or any studies taken in non-Asian countries or non-English language are excluded.



## HIGHEST PREVALENCE :

### Alcohol Addiction:

- The highest prevalence of alcohol addiction in university students' i.e. 66.8% in Russia according to study by Reznik.

### Nicotine Addiction:

- The highest prevalence of nicotine was 76.76 % in Pakistan by Nawaz et al.

### Cannabis Addiction:

- Highest prevalence of cannabis use was found to be 27.3% also by Nawaz et al.

## LIMITATIONS:

- The review was restricted to articles covering period of 2012 to 2022.
- All the studies added in the review were cross sectional.
- All studies have different sample sizes

