



## PROFILE OF USERS MET IN A PSYCHOSOCIAL DAY-CARE CENTER - ALCOHOL AND DRUGS

### PERFIL DOS USUÁRIOS ATENDIDOS EM UM CENTRO DE ATENÇÃO PSICOSSOCIAL - ÁLCOOL E DROGAS

### PERFIL DE LOS USUARIOS ATENDIDOS EN UN CENTRO DE ATENCIÓN PSICOSOCIAL - ALCOHOL Y DROGAS

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#### ABSTRACT

**Objective:** to characterize the profile of users of psychoactive substances. **Method:** descriptive exploratory epidemiological Study, of cohort, with 221 users met in ad CAPS of a city in the interior of Bahia/Northeast of Brazil. The data were collected by a form and analyzed by descriptive statistics, following the approval of a research project by the Ethics Committee, Protocol 207/2008. **Results:** the largest proportion of users is male, Catholics, average age of 40.86, who have completed elementary school. The pursuit of treatment for dependence on alcohol and tobacco is predominant. It was found that the drug use interferes in social relations. **Conclusion:** the characterization of the profile of users of psychoactive substances assists in the Organization of the service, and in the implementation of the actions of promotion, prevention and treatment of chemical dependency. **Descriptors:** Mental Health; Illicit Drugs; Consumption of Alcoholic Beverages.

#### RESUMO

**Objetivo:** caracterizar o perfil dos usuários de substâncias psicoativas. **Método:** Estudo epidemiológico descritivo exploratório, de coorte, realizado com 221 usuários atendidos no CAPS ad de um município do interior da Bahia/Nordeste do Brasil. Os dados foram coletados por meio de um formulário e analisados pela estatística descritiva, depois da aprovação do projeto de pesquisa pelo Comitê de Ética, Protocolo 207/2008. **Resultados:** a maior proporção dos usuários é de indivíduos do sexo masculino, católicos, idade média de 40,86, que concluíram o ensino fundamental. A busca do tratamento para a dependência do álcool e tabaco é predominante. Verificou-se que o uso de drogas interfere nas relações sociais dos usuários. **Conclusão:** a caracterização do perfil dos usuários de substâncias psicoativas auxilia na organização do serviço e na implementação das ações de promoção, prevenção e tratamento da dependência química. **Descritores:** Saúde Mental; Drogas Ilícitas; Consumo de Bebidas Alcoólicas.

#### RESUMEN

**Objetivo:** caracterizar el perfil de los usuarios de sustancias psicoactivas. **Método:** estudio epidemiológico descriptivo, exploratorio y de cohorte, realizado con 221 usuarios atendidos en el CAPS AD de un municipio del interior del Estado de Bahia, nordeste de Brasil. Los datos fueron recogidos por medio de un formulario y analizados por estadística descriptiva, tras la aprobación del proyecto de investigación por el Comité de Ética, Protocolo 207/2008. **Resultados:** la mayor parte de los usuarios era de individuos del sexo masculino, católicos, con edad promedio de 40 a 86 años y que habían terminado la escuela primaria. La búsqueda de tratamiento para la dependencia de alcohol y tabaco fue predominante. Se observó que el uso de drogas interfería en las relaciones sociales de los usuarios. **Conclusión:** la caracterización del perfil de los usuarios de sustancias psicoactivas colabora en la organización del servicio y en la implementación de acciones de promoción, prevención y tratamiento de la dependencia química. **Descriptores:** Salud Mental; Drogas Ilícitas; Consumo de Bebidas Alcohólicas.

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## INTRODUCTION

The alarming growth in drug use in Brazil and around the world is related to the characteristics of post modernity that is replete with transformations in the way of thinking and acting of people, above all as regards the behavior. In this way, the increase in the number of drug users, with their social, physical, psychological and biological repercussions in individual and family and social environment constitutes a serious public health problem.<sup>1</sup>

The use and abuse of alcohol and other drugs have negative impact on the quality of life of people affected and the inefficiency or treatment not results in fall of socioeconomic status, school life disruption, interference in labor productivity, dysfunction of family relationships and increasing mortality rates and, also, it is believed there is association between psychoactive substance use disorder and domestic violence, traffic accident and crime.<sup>2</sup>

The high rate of morbidity and mortality associated with the use of drugs is therefore harmful consequence of this problem. It is estimated that 6.2% of years of life lost or injured Brazilians are abusive consumption of alcohol, which stands out as a main risk factor among the psychoactive substances.<sup>3</sup> The survey of Brazilian Centre for information on Psychotropic Drugs (CEBRID) revealed the situation in Brazil regarding the use of psychoactive substances. Among other findings, it was confirmed that the consumption of legal drugs in the country – particularly alcohol and tobacco – is higher than illicit drugs. In fact, the study population dependent on alcohol was estimated at 12.3% and 10.1% tobacco-dependent, while the use of any psychotropic substance in life, except tobacco and alcohol, was 22.8%.<sup>4</sup>

Among the risk factors for the early use of drugs, the familiar atmosphere, the lack of affective relations, the difficulty to resist the supply of drugs, lack of clear rules on the use, among others, are cited.<sup>5</sup> The current panorama of reorganization of public assistance in mental health, which includes the task of providing adequate care to the population, is directed by the proper functioning of substitute services to hospital centric model, such as the centers for psychosocial care (CAPS), established in accordance with the ministerial order n° 336/02, of the Ministry of health, as an outpatient service of daily attention that works according to the logic of the territory,

being considered as strategic devices to the network organization of mental health care.<sup>6</sup>

The CAPS alcohol and other drugs (ad) is the service mode that seeks to meet the user population of alcohol and other drugs, in a perspective of harm reduction, aiming to minimize the consequences arising from abusive use of these substances. Because it is a more flexible proposal, which does not see total abstinence as the only valid goal, the logic of harm reduction has just contemplating the greater portion of the population.<sup>7</sup>

In this context, the CAPS are elected by MS care spaces as being strategic for mental health care, transforming the paradigms of classical Psychiatry, in which the goal is not healing, but the social inclusion, redirecting the look for other needs of the individual in the community environment, such as social, economic and biological needs.<sup>8</sup>

To understand the current problem drug use, with this study, it is searched to characterize the profile of users of psychoactive substances.

## METHOD

The study in question is a snip of research << epidemiological Profile of mental disorders in the city of Jequié, Bahia >>.

This is a descriptive exploratory epidemiological study of transversal section, ad CAPS realized in the ad CAPS of the city of Jequié, which is situated in the southwest of Bahia, on the borderline zone between caatinga and forest zone, with more than 3,000 km<sup>2</sup>, whose population is of 151,895.<sup>9</sup> The public mental health assistance of the municipality has CAPS II, an ad Caps, a General Hospital, a Psychiatric Clinic in a basic health Unit of Jequié, and basic care which has 27 family health teams, totaling approximately 57.1% coverage of family. These teams were deployed in 18 units of health of the family (USF) being 25 teams in urban area and two in the countryside.

The ad CAPS was deployed in the city in November 2005, offers daily service in intensive, semi-intensive and intensive non-individuals of both sexes, adults and adolescents, abusive and/or dependent users of alcohol and other drugs. It offers multidisciplinary team composed of Coordinator, psychologist, nurse, nursing assistant, psychiatrist, educator, physicist and receptionist. The service has partnered with the National Cancer Institute (INCA) that coordinates and performs the actions of the tobacco control program and Other cancer

that coordinate and do The actions of The Control and Tabagism and Cancer Risk factors Program aimed at health promotion and the prevention of morbidity and mortality related to tobacco use at the national level.<sup>10</sup>

The population of the research was composed by 222 users of ad CAPS. For data collection, it was used a form to search for information in the records of the medical archive service (SAME) of ad CAPS, composed of the following information blocks: socio-demographic characteristics (sex, age, marital status, religion, education and household income) and aspects related to chemical dependency (social link, previous treatments, types of treatments and use of psychoactive substances). In the implementation of research, it was built a database from the analysis of records of users who have been admitted to the service in the year of 2009.

The data was tabulated in the program Social Statistical Package for the Social Sciences-SPSS, version 9.0 for Windows. Procedures were used for analysis of descriptive statistics: mean and standard deviation for continuous variables and absolute frequencies for nominal and numeric variables.

After approval by the Ethics and Research Committee of UESB under the opinion No

**Table 1.** Socio-demographic characteristics of the registered users in the day-care Center alcohol and other drugs - ad CAPS. Jequié, Bahia, 2009.

| Variable                        | n   | %    |
|---------------------------------|-----|------|
| <b>Sex (n=221)</b>              |     |      |
| Male                            | 136 | 62   |
| Female                          | 85  | 38   |
| <b>Age (n=216)</b>              |     |      |
| Under 20                        | 8   | 3,7  |
| 20-29                           | 47  | 21,7 |
| 30-39                           | 44  | 20,4 |
| 40-49                           | 49  | 22,7 |
| 50-59                           | 54  | 25,0 |
| 60 or +                         | 14  | 6,5  |
| <b>Mrital Situation (n=221)</b> |     |      |
| Single                          | 98  | 44,3 |
| Married/UnionStable             | 102 | 46,2 |
| Divorced/separated              | 14  | 6,3  |
| Vidow                           | 7   | 3,2  |
| <b>Family Wage (n=144)</b>      |     |      |
| 0 to 1 minimum wages            | 88  | 61,1 |
| 2 to 4 minimum wages            | 48  | 33,3 |
| 4 or + minimum wages            | 8   | 5,6  |
| <b>Education (n=205)</b>        |     |      |
| Illiterate                      | 9   | 4,4  |
| Elementary School               | 97  | 47,3 |
| High School                     |     |      |
| University                      | 14  | 6,8  |
| <b>Religion (n=215)</b>         |     |      |
| Catholic                        | 119 | 55,3 |
| Protestant                      | 51  | 23,7 |
| Spiritualist                    | 2   | 1,0  |
| None                            | 35  | 16,3 |
| Other                           | 8   | 3,7  |

The surveys on the use of drugs in Brazil focus on searches specifically for the teen population, since these investigations show the early use of drugs prevalent at that stage.<sup>15</sup>

Therefore, it is pertinent to discuss actions

207/2008, data collection according to the precepts of the National Health Council resolution nº 196/96 that rules on research with human beings.

RESULTS AND DISCUSION

◆ **Characterization of users of mental health services-ad CAPS**

221 medical records were analyzed of 222 users allowed on the service in the year 2009, as one of the users refused to participate in the study.

Of the records examined in ad CAPS in the city of Jequié-BA, 62% were male users and 38% female. Several studies point out that the differences between the sexes interfere in behaviors related to health conditions, generally women feature less frequently risk behaviors such as alcohol consumption, use of tobacco and illicit drugs, when compared to male people.<sup>11-2-3-4</sup>

The average age of users of the service was 40.86 (DP = 13.74), ranging in an age group of 14 to 79 years of age.

of ad CAPS including prevention and health promotion aimed at attracting teens, whose natural tendency is to be guided by the pleasure.<sup>16</sup>

Broader study, as the home survey carried out by CEBRID in Sao Paulo State, revealed that the higher prevalence of drug use in the population was included in the age group of 35 years.<sup>17</sup> Being this age group that comprises most of the subject who sought the CAPS local ad of our study.

However, it is valid to point out that the findings of the study conducted by the CEBRID<sup>17</sup> intersect with the one found in this, but do not have common results, because one brings the prevalence of drug use and the other individuals who sought treatment for chemical dependency. With respect to marital status, it was observed that 44.3% of users are single, 46.2% married or in stable relation, 6.3% are divorced/separated and 3.2% are widowed, reinforcing the results of a study developed in São Paulo that sought to characterize the abusive consumption of Trihexyphenidyl on a sample and showed that single people are more frequently the hallucinogenic effects of some psychoactive substances.<sup>18</sup>

Researches have proved that the psychoactive substances are able to cause low levels of school attendance, as well as high levels of repetition.<sup>5,19</sup> As for education of research subjects, there were found the following findings: 4.4% of users were illiterate, 47.3% have studied or were still in

elementary school, 41.5% have studied or were still in high school and other 6.8% are attending or had university courses in the period of data collection.

In the population of users of the CAPS, the predominant religion is Catholic, followed by Protestant/Evangelical, with 55.3% and 23.7%, respectively. Is still significant, the 16.3% of users who do not have any religion. With this variable, the literature has pointed to the religious training as a protective factor against the consumption of alcohol and other drugs. With regard to illicit drugs, religion interfere even more intense and positive factors and prevention and treatment.<sup>20</sup>

With regard to household income of ad CAPS users, as shown in Table 1, it was found that 61.1% live with the importance of even a minimum wage. Studies emphasize the association between the use of psychoactive substances and a better socio-economic level.<sup>5,21</sup> It is pointed out, though, those do not contradict with the international research data that match the low economic level, accumulation of many negative factors, with the greater proximity with the use of drugs.<sup>22</sup>

**Table 2.** Characterization of registered users in the day-care Center alcohol and other drugs as the aspects related to chemical dependency ad CAPS. Jequié, Bahia, 2009.

| Variable                                  | n   | %    |
|-------------------------------------------|-----|------|
| <b>Social Link (n=113)</b>                |     |      |
| Established                               | 65  | 57,5 |
| Damaged                                   | 48  | 42,5 |
| <b>Previous treatment to CAPS (n=221)</b> |     |      |
| Yes                                       | 42  | 19   |
| No                                        | 179 | 81   |
| <b>Use of substances (n=221)</b>          |     |      |
| Alcohol                                   | 27  | 12   |
| Tobacco                                   | 123 | 56   |
| Crack                                     | 7   | 3    |
| Marihuana                                 | 2   | 1    |
| Many drags                                | 61  | 28   |

As for the social link, the drug use interferes in social relations of 42.5% of users (table 2). The data reported are caused by tobacco users who are considered by the professionals of the team as a group little affected in terms of the social links. In this connection, a study conducted with adolescents/student of a city in the State of São Paulo it points conflicting family relationships as cause and effect factor of smoking initiation.<sup>23</sup>

Most users of the service (81%) did not carry out any previous treatment in relation to the use of alcohol and other drugs. A small portion (19%) held religious,

psychotherapeutic, psychiatric treatments, clinical, medical, psychoanalytic mutual help group or other treatments. This reality shows that the ad CAPS of the municipality consists, for the most part, as the only gateway to mental health care, revealing the need for greater coordination among health services in terms of completeness.

Tobacco addiction accounted for 56% of the motivations that led people to seek the service in the year 2009, the 12% alcohol, crack cocaine 3%, 1% marijuana and the use of multiple drugs 28%. It is found in our study that, after tobacco, alcohol was the drug most widely used among users of this service, such



findings were similar to a study done with a Group of users waiting room of Outpatient Chemical dependency of a university hospital, which found that most participants also used tobacco followed by alcohol.<sup>24</sup>

In relation to tobacco consumption by the world's population, it is estimated there are currently about one billion and 200 million active smokers, of which 960 million are dependent on the nicotine.<sup>25</sup> In this way, we observe that in spite of the emphasis given to illegal drugs, the use of legal drugs involves several secondary damage, becoming in serious public health problem.<sup>19,26</sup>

The use of drugs is responsible for various health problems. In addition to the damage it causes to the individual, the cost to the health service are also high.<sup>27</sup> According to estimates of the World Health Organization (WHO), the abusive consumption of alcohol is among the five psychiatric disorders that cause loss of healthy life years in the world.<sup>28</sup>

It is not possible to determine how the comorbidities associate with drug use, that is, when drug use conditions or determines damages as psychosis, depression, hypertension and others or if these aggravations lead the individual to use of drugs. However, a survey conducted with addicts met in a psychiatric service points out that there is an association between substance use and mood disorders, including depression, corroborating as well as the findings of this study.<sup>29</sup>

The results observed in this study reinforce the importance to know better who are users who seek care in ad CAPS, in order to expand the service, in a setting closer to what we call Natural Therapeutic Project (PTS) to be built from the encounter between subject, in the implementation of processes of singularity of attention in order to improve accessibility and adherence to treatment.<sup>30</sup> So, attention models that match the perspective of the paradigm change in mental health need to be planned and designed from the knowledge of the context of socio-cultural insertion of users and how they distribute the harms to health that affect them in terms of incidence and prevalence.

## CONCLUSÃO

Among users who were assisted in ad CAPS, higher proportion of male, Catholics, with an average age of 40.86, who completed elementary school persons was observed. As for the social link, it was found that the drug use interferes in social relations of 42.5% of users (n = 113). The majority of the

population of the study didn't realize any previous treatment in relation to the use of alcohol and other drugs. The use of tobacco and alcohol by the population of the study is predominant among the drug use.

Although present limitations, such as the difficulty of collection of the data generated by the loss of records, this research brought advances to the knowledge of the topic, since it made it possible to identify the profile of users of an ad CAPS of a city in the interior of Bahia. It is therefore of utmost importance the development of epidemiological-exploratory research on chemical dependence, since the characterization of the profile of users of psychoactive substances that assists in the Organization of the service, and in the implementation of the actions of promotion, prevention and treatment of chemical dependency.

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