



Systematic Review of Family Factors Associated with Substance Abuse in Adolescents: A Comparative study between Iran and Developed Countries

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Review Article

Abstract

The present study was a systematic review of family factors related to substance abuse in adolescents. The inclusion criteria for the studies in this review included: (1) being a qualitative research, (2) adolescents (10 to 19 years old) were adolescents, and (4) the results being directly related to studies on family factors related to substance abuse in adolescents. The main family factors related to substance abuse in teenagers include high-risk family factors, childhood abuse, parents' and nurses' addiction, parental supervision, and parenting methods. The main social factors include high-risk social factors, peer groups, the influence of media and technology. The high-risk individual factors were attention deficit/hyperactivity disorder (ADHD), depression, anxiety disorders, sensationalism and impulsivity, and self-esteem. In developed countries, the related family factors included the presence of addicts in the family, family differences and lack of affection in the emotional relationships of the family, lack of restraint and suitable supervision by parents and the use of inappropriate educational methods, divorce and separation of parents. These factors were found to have a significant effect on drug addiction in the comparison of two groups of affected and non-affected young people. In Iran, family factors effective on drug use included a history of abuse in childhood, addiction of parents or one of the family members, marital conflicts of parents, low socio-economic status, emotional atmosphere of the family, educational methods of parents, and perception of teenagers towards the acceptance of drug use by parents. Family factors were one of the most important factors involved in substance abuse; this highlights the prominent role of the child-parent relationship, parents' interpersonal relationships, parenting methods, and relationships with siblings in this regard. Psychological problems such as ADHD, depression, anxiety disorders, sensation seeking and impulsivity, and low self-esteem are among the individual factors that are related to substance abuse in adolescents, and some adolescents try to reduce and alleviate the symptoms of these disorders through substance use.

Keywords: Family; Systematic; Adolescent; Substance abuse

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Introduction

The biological, psycho-social phenomenon of drug use and abuse among young people is one of the most critical issues in the present-day progress of countries (Peter and Alicia, 2010; Thomas, 2008; Faggiano, Vigna-Taglianti, Versino, Zambon, Borraccino, & Lemma, 2008). In Iran, although there are no official statistics on drug consumption, clinical observations in counseling centers and addiction treatment and rehabilitation clinics show that addiction to new psychoactive substances in young people has a relatively high prevalence (Jazayeri and Dehghani, 2004). For example, in research conducted in collaboration with the Addiction Research Center of the University of Welfare and Rehabilitation, the average age of addicts in the country was reported to be 32 years, which has increased slightly compared to previous years. In addition, this research shows that most of the addicts (41.4%) are in the age group of 20 to 29 years, the starting age of addiction is 21-22 years of age, and the starting age of injecting drugs is 26 years of age (Mohajerin, 2007).

In recent years, drug addiction as a global problem has imposed a great time and monetary burden on health, social, and even political officials of countries (Beers, 2004). The difficulties caused by addiction have a destructive effect on all aspects of individual, family, and even social life and waste enormous social resources in the material and spiritual realm. This situation is much more sensitive in developing countries like Iran, which require more productive manpower and more use of existing facilities and resources to achieve national goals. The Office of National Plans of the Ministry of Culture and Islamic Guidance reported addiction to be the third most important social harm in the population over 15 years of age in 2013 (Mohajirin, 2007).

Therefore, paying attention to the etiology and causes of youth's tendency to use drugs in different demographic and ethnic groups is very important. Thus far, many researchers in the field of addiction have only paid attention to epidemiology in different youth populations, and although there are studies on etiology, they have not considered family factors in general (Feil, Sheppard, Fitzgerald, Yucel, Lubman, & Bradshaw, 2010). Various studies have reported various reasons for the tendency of young people toward drugs. It seems that addiction in young people is related to a set of individual, family, social, cultural, and economic factors (Molavi & Rasoulzadeh, 2004). Among these factors, family factors seem to be very important, because by identifying these factors in the context of family life or problems related to parental and family factors, such as how parents deal with their children and adolescents, it is possible to provide therapeutic and educational solutions (Molavi & Rasoulzadeh, 2004).

Moreover, the family is one of the most important social forces that determine the socialization of children. Through these relationships, adolescents and young people learn to respect social norms or ignore them (Brooke, 2001). The type of family structure in terms of two parents or single parents, the type of family interactions, communication, educational methods, and parenting methods of parents are the most important factors in the psychosocial development of children (Gallarín and Alonso-Arbiol, 2012). Research has shown that some family-related components, especially parental inhibition and support, are related to the possibility of substance abuse in youth and adolescents (Carroll, 2007). A rapid assessment of drug abuse in Iran in 2003 showed that obtaining pleasure, curiosity, relief from psychological problems, availability of drugs, and relief from physical pain were the most common reasons for drug abuse. The study by Naranjahi et al. (2004) showed that the cause of drug use is curiosity, fun, and entertainment, addicted parents, psychological

pressures, family disorders, and heavy work and fatigue from work, pain, unemployment, lack of awareness of the effects of addiction, and premature ejaculation. (Narenjiha et al., 2004). In some researches in other countries, the signs of depression have been reported to be economic poverty, low self-esteem, lack of social support (Tucker, D'Amico, Wenzel, Golinelli, Elliott, & Williamson, 2005, availability of drugs, conflict, and incompatibility between parents and drug use by them (Beyers, Toumbourou, Catalano, Arthur, & Hawkins, 2004). Depression has been reported to be among the risk factors for drug use in young people. Previous research has confirmed the importance of peers in the tendency of young people to abuse drugs; however, findings related to the influence of parental factors are contradictory. In some studies, family factors had a clear relationship with the possibility of substance abuse in young people, while, in some other studies, the coefficients related to family variables were very small or non-significant (Marshal & Chassin, 2000). Mentioning that the possibility of substance abuse is related to parental intimacy (Trucco, Colder, Bowker, & Wiczorek, 2011) and parental control (Dorius, Bahr, Hoffmann, & Harmon, 2004) can be very useful, but this point requires further investigation. Moreover, there have been few studies on other parental factors such as the family's economic well-being and its effect on children's addiction, the results of which were different in some factors (Feil, Sheppard, Fitzgerald, Yucel, Lubman, & Bradshaw, 2010). Therefore, the present research was conducted with the aim to examine the factors influencing the addiction of young people in Lorestan Province, Iran, in order to lay the foundations for future preventive and therapeutic planning in the field of addiction and narcotic drugs.

Adolescence is an important life stage characterized by impulsiveness, conflict with the family, and disobedience. These characteristics, along with the curiosity and the idea of "everything is possible" of a teenager, may lead him/her to seek new thrills, pleasures, and risky behaviors (Miller, Nigg, & Faraone, 2007). Substance abuse has been one of the most serious problems of young people in recent years, and due to the complexity of this problem, human societies face serious health risks in this regard (Sarrami, Ghorbani, & Taghavi, 2013). Substance abuse in young people and adolescents has negative physical, behavioral, and psychological consequences for them (Wenthur et al., 2013). Kirby, Van der Sluijs, and Inchley (2008) point to the coexistence of substance use and other mental health disorders, and report a strong relationship between substance use and suicide, antisocial behaviors, school dropouts, and academic underachievement. Many risk factors are associated with drug use and drug abuse in adolescents. The prevention of drug abuse in adolescents requires knowledge of these risk factors and alteration of the factors that can be changed (Chakravarthy, Shah, & Lotfipour, 2013). In this study, researches related to family, social, and individual factors involved in drug abuse and knowledge of these factors were reviewed.

Methods

A review was conducted using MEDLINE, CINAHL, the Scientific Information Database (SID), and Magiran. These databases were searched for studies on family factors related to adolescent substance abuse published between 2001 and 2022. A manual search of citations was performed in the reference lists of the relevant articles. The inclusion criteria for this review included the following: (1) being a qualitative research, (2) adolescents (10 to 19 years old) were adolescents, and (4) the results being directly related to studies on family factors related to substance

abuse in adolescents.

Family risk factors

Studies in Developed Countries: Misia (2009), and Peter and Alicia (2010) believe that the family plays a very important role in psychological problems and youth's tendency toward drugs. Tucker et al. (2005) and Beyers, et al. (2004) have also reported conflict and incompatibility between parents. In addition, family interactions, communication, educational methods, and parents' parenting method are considered to be the most important factors in the psychosocial development of children. Gallarin and Alonso-Arbiol (2012) emphasizes the impact of these factors on the psychosocial deviations of young people. In addition, the study by Carroll (2007) has shown that some components related to the family, especially parental restraint and support, are related to the possibility of substance abuse in youth and adolescents. In line with the theoretical explanation of these research findings, social disorganization theorists believe that factors such as reduced efficiency of social institutions such as the family, the weakening of kinship restrictions as informal forces of social control, the reduction of traditional social cohesion, which is the result of the rapid growth of industrialization, urbanization, and increasing migration to urban areas, increase crimes such as murder, robbery, sexual deviations, and addiction (Mueller, 2006; Peter and Alicia, 2010). It seems that family factors such as friendly communication between parents and adolescents, emotional support, and parents' monitoring of children's actions and behavior are among the protective factors that reduce the risk of drug use by adolescents (Pumariega, Rodriguez, & Kilgus, 2004).

The emphasis of researchers in the field of the causes of drug addiction is on the interaction of the individual and the family, and in a systemic approach to the problem, they have extended it to the whole family (Platter & Kelley, 2012; Hummel, Shelton, Heron, Moore, & van den Bree, 2013). They also emphasize the role of poor quality of relationships with parents as a high-risk factor for drug addiction. The family is usually considered to be the most important factor affecting the adolescent period, and family processes and relationships are always related to the psychological, social, and behavioral consequences for the adolescent. Dmitrieva, Chen, Greenberger, and Gil-Rivas (2004) have reported that these relationships are common in different ethnicities and nationalities. Family attachment bonds between parent and child, effective communication and talking about expectations and values, and monitoring the behavior of adolescents are important family preventive factors for drug use (Broning et al., 2012) Benjet, Borges, Medina-Mora, and Mendez (2013) reported that people who have endured more problems and hardships in the family during their childhood are more likely to use drugs and their use, and dysfunctional family functions, especially aggression, are correlated with addiction and alcohol use disorders (Fuller, Chermack, Cruise, Kirsch, Fitzgerald, & Zucker, 2003; Yan, Li, & Sui, 2014; Moss, Lynch, Hardie, & Baron, 2002; Comitter, 2013; Yen, Yen, Chen, Chen, & Ko, 2007). In this regard, in a longitudinal study, Squire McCornick, Normal, Yuka, and Gilman (2009) showed that family problems were related to the risk of adolescents' tendency to develop substance use disorders. Moreover, Luk, Farhat, Iannotti and Simons-Morton (2010) showed that the quality of the parental relationship is a protective factor against the initiation of substance use in adolescents. Therefore, family functioning is the most important aspect of the family environment, which has important effects on the physical, emotional, and social health of individuals (Walker & Shepherd, 2008).

Studies in Iran: However, parental illiteracy, lack of parental attention, and family wealth have no significant effect on addiction tendencies. These results are not consistent with that of the researches by Baghiani Moghadam et al., (2007), Farjad, (1996), and Sharg, Shakibi, Neisari, and Aliloo (2011). Moreover, the findings of the research by Narenjiha et al. (2004) showed that the causes of drug use are compliments and suggestions by friends, curiosity, fun and entertainment, addicted parents, mental and emotional pressures, family disorders, and work and fatigue from work, reduction of pain, unemployment, lack of awareness of the side effects of addiction, premature ejaculation, availability of drugs, and failure in love. Molavi and Rasoulzadeh (2004) investigated the factors affecting the tendency of young people to abuse drugs, and found that divorce and family disputes were the most important family factors that had the greatest effect on the tendency of young people to abuse drugs. Among all the contributing factors in substance abuse behaviors, parents and family play the most important roles. A review of previous researches confirms that factors such as the history of abuse in childhood, addiction of parents or a family member, marital conflicts of parents, low socio-economic status, emotional atmosphere of the family, parenting methods, and adolescent's perception of the acceptance of drug use by parents can affect drug use.

Childhood abuse

Studies in Developed Countries: Many studies have reported that childhood abuse or children's experiences of domestic violence can lead to health problems, including substance abuse, suicide attempts, and depression disorders (Anda et al., 2006; Putnam, 2003; Kendler, Bulik, Silberg, Hettema, Myers, & Prescott, 2000). Studies in the field of children have also associated childhood abuse, especially physical abuse and neglect, with an increase in the risk of drug use in adolescence; 29% of people who experienced misbehavior in childhood had substance abuse behaviors in adulthood (Wall & Kohl, 2007; Singh, Thornton, & Tonmyr, 2011). Numerous studies have examined the relationship between physical or sexual abuse and the use of nicotine, marijuana, alcohol, and other illicit substances (Tonmyr, Thornton, Draca, & Wekerle, 2010; Kilpatrick, Acierno, Saunders, Resnick, Best, & Schnurr, 2000; Dube, Felitti, Dong, Giles, & Anda, 2003).

Dube et al. (2003) point out that most of the people who abuse drugs come from families where there is abusive and exploitative behavior. In addition, emotional maltreatment can also influence adolescent substance use behavior, although its impact is not as strong as physical or sexual maltreatment (Morans et al., 2004; Hamburger, Leeb, & Swahn, 2008). Kilpatrick et al. (2000) consider drug use to be a coping strategy that is used in the face of traumatic childhood experiences and the pressures caused by it. Chen, Propp, deLara, and Corvo (2011), and Cheng and Lo (2010) have also emphasized the existence of a relationship between "being a victim of parental neglect" and a high probability of drug use.

Parenting methods

Studies in Developed Countries: Rao et al. (1999) believe that the parenting methods of Mena Seb have a tremendous impact on children's behavior. If there are attachment problems, which means that characteristics such as warmth, encouragement, support, and acceptance in parents are low, there is a possibility of turning to substance use behaviors in children (Dehaan & Boljevac, 2010; Mendes et al., 2004). Based on the assumptions of the theory of social control in the field of drug use, when teenagers have a close relationship with their parents, they try not to violate their values in order to maintain their satisfaction (Wright & Cullen, 2006).

Therefore, if parents are against drug use, their children are more likely to avoid drug use. Nevertheless, when a person does not have a close relationship with his/her parents, he/she does not feel obliged to respond to their demands, and thus, there is a greater possibility of drug use. Parents' perception of drug use is also an influencing factor in drug use. Wallis (2013) states that if a teenager guesses that his/her parents have a lenient view of drugs, he/she is more likely to engage in risky behaviors because his/her parents do not express their negative opinions about these behaviors. Grant, Huggins, Graham, Ernst, Whitney, and Wilson (2011) have shown that the possibility of drug abuse is related to parental intimacy, and low quality of relationships with parents is one of the risk factors for the inclination toward addiction. They do not express their negative opinions about these behaviors. (Hummel, et al, 2013).

Studies in Iran: The findings of the review indicate that there is a positive and significant relationship between the rejection parenting style and the tendency to use drugs, and there is a negative and significant relationship between the emotional warmth style and the tendency to use drugs (Soheili, Dehshiri, & Mousavi, 2015; Zeraat & Khazari Moghadam, 2016) reported that, compared to autocratic and negligent parents, parents who have an authoritarian and optimistic approach toward their children encourage self-restraint and self-care behaviors. Inappropriate parental relationships and family disputes are also factors that facilitate addiction (Rezaei, Islami, & Mehdipour Khorasani, 2014).

Depression

Studies in Developed Countries: Depression can be related to genetics and can also be the result of psychological pressure caused by problems such as parents' divorce, parents' addiction, depression of a family member, and a sense of sufficiency (Taylor, 2011). These stresses can lead to feelings of sadness and motivate some teenagers to start using drugs to get better. This type of self-medication is very common among teenagers who do not receive a clinical diagnosis of depression, but have some symptoms of depression (Taylor, 2011; Libby, Orton, Stover, & Riggs, 2005). The coexistence of depression and substance use disorders is very common among adolescents, and research has shown a relationship between the two (Libby et al., 2005; Taylor, 2011; Wu, Hoven, Okezie, Fuller, & Cohen, 2008).

Studies in Iran: Nasirzadeh, Sharifirad, Eslami, and Hassanzadeh (2013) introduced depression as one of the important psychological factors related to substance abuse. The findings of Akbari and Amoupour (2010) showed that there is a positive and significant relationship between high depression and a positive attitude toward addiction in high school teenagers. In addition, the relationship between depression and alcohol use is stronger in boys, but the relationship between depression and nicotine use is stronger in girls. Some studies have indicated that depression is related to the reward system in the brain that releases dopamine (Rao et al., 1999; Kapur & Mann, 1992; Brady & Sinha, 2005).

Anxiety Disorders

Studies in Developed Countries: Previous studies have shown that anxiety disorders have a positive relationship with substance use (Kandel et al., 1997; Brooke, Cohen, & Brooke, 1998; Sung, Erkanli, Angold, & Costello, 2004), a hypothesis that has been proposed about anxious people and smoking. Anxious people may be at greater risk of smoking because they experience factors such as peer pressure, facilitating social interactions, and imagining the sedative effects of smoking (Johnson, Cohen, Pine, Klein, Kasen, & Brook, 2000). In another study, it was shown that social anxiety is

related to smoking in boys, but this relationship was negative in girls; however, other anxiety disorders such as obsessive-compulsive disorder, fear of open places, and separation anxiety had a positive and significant relationship with smoking in girls. (Wu et al., 2010). In a meta-analysis of 31 studies, Kedzior & Laeber, (2014) concluded that anxiety is positively related to cannabis use. In addition, there is a relationship between anxiety and high alcohol consumption. Post-traumatic stress disorder (PTSD) is also associated with an increased likelihood of drug use, especially marijuana and hard drugs such as LSD, cocaine, heroin, and inhalant drugs (Kilpatrick et al., 2000). This increased risk may be the result of the fact that the injury or incident that leads to it causes a person to suffer high psychological stress, and the affected individual turns to substance use to cope with severe psychological stress (Kilpatrick et al. 2000; Whitesell, Bachand, Peel, & Brown, 2013).

Studies in Iran: Nasirzadeh et al. (2013), in a study on 18-29-year-olds, found that among psychological problems such as depression, anxiety, and stress, anxiety has the strongest relationship with drug use.

Excitement and impulsiveness

Studies in Developed Countries: Thrill-seeking is defined as the need for extreme excitement along with the willingness to take risks to acquire emotional experiences (Zuckerman, 1994). Goldstein and Volkow (2002) believe that the lack of response to naturally rewarding stimuli and the need for more stimulation can trigger drug-taking behaviors. Moreover, impulsivity is defined as the loss of inhibition in responding to rewarding stimuli (Stanford, Mathias, Dougherty, Lake, Anderson, & Patton, 2009). Drug addiction models indicate that a deficiency in the inhibitory control system increases the risk of drug use behaviors (Belin et al., 2008). Features such as impulsivity and excitement-seeking are more common among people with chronic addiction, and increase the risk of substance abuse (Ersche, Turton, Pradhan, Bullmore, & Robbins, 2010; Belin, Mar, Dalley, Robbins, & Everitt, 2008).

Studies in Iran: Norbury and Husain (2015) have also pointed out the role of impulsive and novelty-seeking behaviors in the readiness to use drugs.

Self-esteem

Studies in Developed Countries: Self-esteem is a very effective construct, and there is a relationship between low self-esteem and behavioral and emotional disorders, antisocial behaviors, aggression or violence, criminal activities, suicidal thoughts, smoking, drug abuse, academic failure, and irresponsibility (Guillon, Crocq, & Bailey, 2007).

Studies in Iran: A lack of self-esteem can lead to many social problems such as crime and substance abuse (Alavi, 2011; Meshki and Ashtarian, 1970; Khajehdaluae, Zavar, Alidoust, & Pourandi, 2013). In their study, Khajehdaluae et al. (2013) showed that there is a significant relationship between self-esteem and smoking and use of other illegal substances. In the study by Nasiry, Nasiri, and Bakhshipour Roudsari, (2014), there was also a significant negative relationship between self-esteem and an inclination toward addiction.

Addiction of parents

Studies in Developed Countries: Parental addiction can also be a key factor in drug use and abuse by teenagers. Blanton, Gibbons, Gerrard, Conger, and Smith (1997) have stated that drug use by parents is one of the basic and major reasons for adolescent drug use behaviors. Children who live with addicted parents are at high risk for developing substance use tendencies at a young age, substance dependence, and substance abuse (Hoffmann & Cerbone, 2002). In addition, according to the

results of the researches by Leichtling, Gabriel, Lewis, and Vander Ley (2006) and Onigu-Otite and Belcher (2012), in families headed by drug-addict parents, a high rate of mental health problems, unemployment, domestic violence, lack of resources, and delinquency are experienced. As a result, the mental pressure caused by these problems can lead to feelings of helplessness and involvement in drug and alcohol consumption in teenagers. Furthermore, history of drug use in the family is a predictor of drug use at an age younger than 18 years (Osborne & Berger, 2008) and the use of drugs by siblings also increases the probability of using the same drugs in teenagers (Agrawal & Lynskey, 2008).

Parental supervision

Studies in Developed Countries: Substance abuse also affects the discipline of mothers and their parenting methods, because it disrupts their judgment and priorities; in all of these factors, the outcome negatively affects the stability of parental care and monitoring (Street, Whitlingum, Gibson, Cairns, & Ellis, 2008). All these factors may have negative consequences on the development and functioning of the child. In their study, Walsh, MacMillan and Jamieson (2003) showed that children with drug-addicted parents were twice as likely to be physically or sexually abused compared to children with non-addict parents. Evidence shows that in most cultures, families that strongly believe in moral, religious, or spiritual principles prevent or delay substance use behaviors in their children (Sussman, Skara, Rodriguez, & Pokhrel, 2006). In addition, parental monitoring also affects substance use behavior. When parental monitoring is high, adolescents feel more compelled to follow social norms because they believe that their parents care and guide them. However, when adolescents' perception of religious supervision over their actions is low, they tend to direct their behavior according to their preferences and desires (Vitaro, Brendgen, & Tremblay, 2000; Bahr, Hoffmann, & Yang, 2005).

Social risk factors

Studies in Developed Countries: Social factors, like family factors, are also influential in drug consumption behaviors. The influence of society and family is often simultaneous and this interaction predicts a complex system of high-risk factors in substance abuse behavior. Wallis (2013) believes that the importance of the influence of parents and peers is due to the fact that they shape the environment of a teenager and the teenager imitates the behaviors he/she learns in this environment. Blanton et al. (1997) consider peer group as one of the important factors of drug use in teenagers. The role of mass media as a social factor in drug consumption behaviors is very prominent.

Same age group

Studies in Developed Countries: Experiencing substances is rarely a solitary experience and is usually experienced with peer groups (Calafat, Kronegger, Juan, Duch, & Kosir, 2011). Having a network of friends who have risky behaviors increases the possibility of teenagers' participation in these groups. Participating in smoking, alcohol, or marijuana use behaviors may symbolize the expression of shared values and may foster a sense of belonging and intimacy in adolescents with identity problems (Heavyrunner-Rioux & Hollist, 2010). The findings of Arteaga, Chen, and Reynolds (2010) showed that the fear of social isolation and rejection by peers has a significant effect on adolescent drug use, especially when drug use is recognized as a norm in adolescent culture.

Dehaan and Boljevac (2010) believe that teenagers' perceptions of drug use and popularity are related to increased use. Trucco, Colder, Bowker, and Wiczorek

(2011) and Diego, Field, and Sanders (2003) showed in their research that peer pressure and perception of popularity are associated with increased risk of drug use, and are more likely to lead to drug use behaviors. bring (Trucco, Colder, Bowker, & Wieczorek, 2011). Simantov, Schoen, and Klein (2000) also believe that smoking in boys is considered to improve their social image, while in girls it is considered a soothing behavior to deal with stress. In addition, teenagers who tend to be leaders or like to be higher than others are more inclined toward smoking because they associate this behavior with maturity. However, those who want to be accepted by the group are more inclined toward the consumption of alcohol because it is perceived as a social activity in the group (Trucco et al., 2011). On the other hand, adolescents whose friends or peers are academically successful, or participate in healthy sports and recreational activities, are less likely to start using drugs at a young age (Haase & Pretschek, 2010). Paril et al. (2006) also showed that the peer group's opposition to cannabis use can be a protective factor in this regard.

The influence of media and technology

Studies in Developed Countries: The use of different media and computer games is very common in teenagers, and a teenager may spend long hours watching TV, movies, and series, and playing computer games. The results of researches show that the heavy use of media is related to high-risk behaviors such as obesity, early sexual activities, and alcohol and drug consumption at a young age (Laurson, Eisenmann, Welk, Wickel, Gentile, & Walsh, 2008; Hanewinkel & Sargent, 2009). In the researched by Wakefield, Flay, Nichter, and Giovino (2003), DiFranza et al. (2006), and Sargent, Wills, Stoolmiller, Gibson, and Gibbons (2006), seeing smoking behavior in the mass media was associated with the initiation of smoking in teenagers. Other studies have also pointed to the relationship between media use and marijuana and alcohol use (Gruber & Pope, 2002; Hall, 2006; Austin, Chen, & Grube, 2006; Dalton et al., 2006; Primack, Kraemer, Fine, & Dalton, 2009).

Individual risk factors

Studies in Developed Countries: Although many of the factors involved in substance abuse in adolescents may be attributed to external factors, some factors are individual and can play a prominent role in substance abuse disorders. Some researchers have pointed to the role of attention deficit/hyperactivity disorder (ADHD) and depression in this regard. In addition, people who suffer from anxiety disorders or mental health problems, high excitement and impulsivity, and low self-esteem are also at risk of substance abuse. Research shows that hyperactivity, conduct disorder, and impulsivity increase the risk of drug use (Kilgus & Pumariega, 2009; Herman-Stahl, Krebs, Kroutil, & Heller, 2006). The personality traits related to drug use in adolescents include low self-esteem, lack of assertiveness and boldness, difficulty in interpersonal communication, and weakness in decision-making skills (Pumariega, Rodriguez, & Kilgus, 2004). It is believed that many adolescents use drugs as self-medication to reduce symptoms of anxiety, embarrassment, and emotional problems caused by childhood trauma or sexual abuse (Kloep, Hendry, Ingebrigtsen, Glendinning, & Espnes, 2001).

Violation of attention and hyperactivity

Studies in Developed Countries: Several studies, including a meta-analysis of 13 studies, have indicated that ADHD increases the risk of substance use disorders during adolescence and adulthood (Charach, Yeung, Climans, & Lillie, 2011; Wagner, 2004). Furthermore, ADHD increases the risk of alcohol and nicotine use (Symmes et al., 2015). Another study showed that hyperactive teenagers smoke about 19% to

46%, but teenagers from the general population smoke about 10% to 24% (Fuemmeler, Kollins, & McClernon, 2007). In addition, Lambert (2005) also showed that hyperactive people are more likely to use psychoactive drugs in addition to smoking. Lee, Humphreys, Flory, Liu, and Glass (2011) suggest that children with ADHD are more likely to show dependence disorders and abuse substances such as nicotine, marijuana, alcohol, and cocaine in adulthood.

Conclusion

In this article, some important family, social, and individual factors that are involved in drug abuse behaviors were mentioned. Family factors are one of the most important factors involved in substance abuse; this highlights the prominent role of the child-parent relationship, parents' interpersonal relationships, parenting methods, and relationships with siblings. Psychological problems such as ADHD, depression, anxiety disorders, sensation seeking and impulsivity, and low self-esteem are among the individual factors that are related to substance abuse in adolescents, and some adolescents try to reduce and alleviate the symptoms of these disorders through substance abuse. Therefore, the related protocols and intervention programs should be comprehensive and emphasize the active participation of parents and the development of personal, social, and communication skills, a sense of competence, and self-regulation of adolescents.

Conflict of Interests

Authors have no conflict of interests.

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