

Psychoactive substances consumers among high school students: Detection and Intervention

Dra. med. Rebeca Thelma Martínez Villarreal*, Lic. Alan Fernando García Martínez*,

Lic. Irma Cecilia Rico Ramírez*, Lic. Brenda Elizabeth Salas Herrera*,

Lic. Claudia Cecilia Salazar Garza*

Purpose:

Identify and treat psychoactive substances consumers (PSC) among high school students at Universidad Autónoma de Nuevo León (UANL); México.

Description:

A two-phase program (detection and intervention) was designed. Phase one included urine drug testing (UDT) either from direct aleatory sampling or referrals from within university departments under informed consent.

Phase two for positive PSC, included an interview for psychological needs identification and cognitive behavioral intervention planning.

Between 2017 and 2019, 490 UDT were performed. Results showed 235 PSC (47.9%), 86.4% were males (203) and 13.6% females (32).

Most detected substance was cannabis: 218 students (92.7%); less frequent substances detected were cocaine, benzodiazepine, amphetamine and methamphetamine.

A mean of 8 intervention sessions per student performed equaled more than 1800 sessions.

Tight collaboration in between diverse University Departments was a key.

An early PSC detection and intervention offers socioemotional tools to improve academic performance and life project.

* Centro Universitario de Salud; Universidad Autónoma de Nuevo León, México.