

INFLUENCE OF DRUG ABUSE ON HUMAN HEALTH IN UNITED STATES OF AMERICA

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ABSTRACT

Purpose of the study: The study sought to examine the influence of drug abuse on human health in United States of America.

Statement of problem: Drug abuse can impact numerous aspects of an individual physical and emotional health. Some substances can bring drowsiness and others might create sleep problems, fear and hallucinations. Chronic drug abuse is connected with cardiovascular, kidney and liver conditions. The drug abuse is almost affecting all the states in the United States of America.

Research methodology: The study was performed in West Virginia in USA. The target population was 300 substance users that consisted of both male and female. The study made use of purposive sampling method to get the sample.

Findings: The outcome suggested that drug abuse triggered several health issues amongst the consumers. More deaths, illness and impairments belong to drug abuse than any other avoidable health problem. The drug abuse is almost affecting all the states.

Conclusions: The research concluded that persistent drug abuse compromises the body immune system, for this reason raising the threat of disease and infection. The injection of substances directly into the blood stream has a prompt effect, while ingestion has a delayed impact but all misused substances influence the mind.

Recommendations: The research recommended that the government need to bring up new strategies and procedures to manage the drugs in the area and sensitized young people regarding the repercussions of using drugs at childhood which adversely influence them in future. There is need to install recovery facilities to take care of those that are addicted by drug abuse in order to assist them in getting rid of the dependency.

Keywords: *Drug abuse, drugs, health, United States*

INTRODUCTION

Drug abuse, additionally known as drug abuse, is whereby one uses medication in quantities or by techniques that are hazardous to the individual or others. In 2010 regarding 5% of persons (230 million) utilized an illegal drug (Kaur, Kaur & Elanga, 2020). Of these 27 million have high danger drug abuse or else known as reoccurring drug abuse triggering injury to their health, mental issues, or social troubles which place them at risk of those dangers. Various substances have various results; some impacts of substances consist of health effects which are long lasting and permanent. They can even proceed after an individual has quit using the drug. Many means are used by an individual to take drugs including shot, inhaling and ingestion. Impacts of the drugs on the body usually depend on just how the drug is used. Like shot of substances directly right into the bloodstream have an instant effect, whereby ingestion has a postponed impact. But any misused substance has impact in mind. They cause large amounts of dopamine, a natural chemical which assists control feelings, motivation and sensations of enjoyment, to occupy mind and generate a high (Nestler and Malenka, 2021). At some point, substances can influence exactly how mind functions and reduce an individual's capacity to choose, resulting in extreme yearnings and uncontrollable drug abuse. Within a period, this behavior can develop into a drug dependence, or drug addiction. Hefty alcohol usage is a substantial factor in the suicide rate, with an approximated fifty percent of all suicides an outcome of alcohol abuse.

As per the National Survey on Drug Use and Health (NSDUH), 19.7 million American grownups of 12 years and above fought a drug usage condition in 2017. Alcohol use condition is still the most common kind of substance use condition in America, sustained by widespread legal gain access to and social authorization of moderate drinking. Drug abuse including substances, alcohol, or both are connected with a variety of poor social conditions, consisting of family disturbances, monetary issues, loss of efficiency, failing in college, homicides and kid misuse (Schafer, 2019). Furthermore, both social perspectives and in law responses to the intake of alcohol and immoral substances make drug abuse one of the most intricate public health problems. Estimates of the total overall costs of drug misuse in the United States, consisting of loss in productivity and health and criminal offense associated costs are over \$600 billion yearly. (Mays, Jones, Delany-Brumsey, Coles & Cochran, 2017) drug abuse led to a variety of unfavorable health results and public health troubles consisting; cardiovascular complications, pregnancy problems, adolescent maternity,

child misuse, homicide, suicide, sexually transmitted diseases, residential violence, car accidents and human immunodeficiency virus.

Drug abuse is medical word utilized to define a trend of using a drug which leads to significant issue or distress. Drug abuse prevents economic development and diverts resources away from future investments (Gylfason, 2018). The majority of the negative health repercussions of drug abuse result in illness and sudden deaths. About 28% of all deaths annually can be mapped to making use of tobacco, alcohol, or illicit substances. Consumption of substances can cause adverse health outcomes which consist of; damage of body parts and systems in your body, like throat, tummy, lungs, liver, pancreatic, heart, brain and nerves. Exact results differ from one person to another and additionally rely on substance, dose and distribution criterion. Consuming any type of substance, may be in small amounts or in accordance to a clinical prescription, can have immediate results. Some substances can result in drowsiness and sluggish breathing, whereby some might bring insomnia, fear or hallucinations. Dependency to any substance, whether lawful and unlawful, can in many instances lead to severe health complications (Zaami, 2019). Sadly, drug abuse and addiction have gotten to high percentages in many regions of the globe, including the USA.

Drugs such as alcohol and nicotine, are lawful to individuals over a specific age, however more individuals have problem with addiction to these drugs. According to Riemer and Holmes (2020) they argued that various other drugs, like synthetic substances or inhalants, are adversely harmful due to their uncertain, dangerous results on those utilizing them. Substances which are injected intravenously lug have a huge risk of infection, specifically from HIV, hepatitis B and C or microbial infections due to using the same unclean syringes. Various other medicines likewise boost danger of particular infections, like top respiratory infections due to snorting or smoking substances. Euphoria related with numerous intoxicating drugs, particularly alcohol, drug and narcotics may decrease restraints that boosts the chances of taking sex-related threats and acquiring STI. Some substances such as cocaine, straight affect immune system's capability to develop white blood cells, which decreases immunity feedback to infection (Baldwin, Roth and Tashkin, 2018). Specialists argue that almost half of all grown-up individuals with pneumonia have over used alcohol in the past. Those with alcoholic abuse problems and pneumococcal pneumonia.

Taking substances intravenously can have unfavorable cardiovascular impacts like local and disseminated vascular inflammation, cardiac shutoff infections and or else possibility for enhanced

direct exposure to a number of bloodborne infectious procedures (Mangram, Horan, Pearson & Silver, 2021). Substances that are consumed by mouth like alcohol or prescription medicines such as opioids or ADHD medication may trigger damage to the gastrointestinal system. Opioids may bring about chronic bowel irregularity while other drugs may lead to stomach upset, indigestion, nausea or vomiting. Smoking any substance may harm alveoli in the lungs and make the top breathing system a lot more vulnerable to infections. The kidneys filter toxic substances out of the bloodstream, so they are impacted by big amounts of any kind of unsafe compounds in the blood (Baby, Raj, Biby, Sankarganesh, Jeevitha, Ajisha & Rajan, 2018). Few substances are related to a problem referred to as rhabdomyolysis which is the malfunction of muscle mass tissue which occupies the bloodstream with hazardous levels of muscle mass cells components, involving a huge protein called myoglobin as a result; the kidneys can end up being overloaded and unable to filter toxic substances successfully. Additives and impurities in many of the illicit street substances can likewise block tiny veins which supply blood to the kidneys after being injected leading in damage to these important body organs.

Different drugs have different impacts on the body and they can influence your judgment, mental health and physical healthy in different ways. Using illegal drugs offers multiple threats to the health of people living with HIV including dangerous impacts on the body and the risks connected with injection drug use and risks connected with sexual transmission of HIV (Smith, Grohskopf, Black, Auerbach, Veronese, Struble & Greenberg, 2017). Alcohol and substance use, abuse and reliance may harm your body and brain and drug overdose can create fatality. This damage to your body and mind can negatively impact your health and well-being in many methods. Various types of substance usage need different kinds of treatment. How a drug impacts person depends on a range of aspects such as body size, basic wellness, quantity and toughness of the substance and whether any other substances are in the system at the same time.

STATEMENT OF THE PROBLEM

Drug abuse has been an issue of concern in the United States of America, and the use of the substances for an extended period of time it creates addiction, which becomes hard to live without the drug. Substances affect body's central nerve system, the method in which one reasons, feels and behave. Drug abuse can create short and long-term health problems; some of these health problems can be adverse and potentially irreversible. Various people use different ways of

consuming different drugs, oral or through shot. When one is under impact of these substances, he/she can cause harm to others or even obtain infected by illness. Drug abuse for a long time has been linked with adverse impacts on human health in the USA, which created the study's morale to check out whether drug abuse has any type of impact on human health.

LITERATURE REVIEW

Drug abuse and substances can take a hefty toll on the human body (Forman, Jones & Hiller, 2018). The very same general statements can be produced both men and women concerning their lasting results. Both sexes sustain liver troubles arising from alcohol abuse, breathing problems and lung cancer cells due to smoking cigarettes, HIV/AIDS and hepatitis from shot drug use, and memory problems related to using marijuana (Cramer, Mintzer, Wheless & Mattson, 2019). Yet women have various physical feedbacks to compounds and better susceptibility to health-related problems. Women vary from men in the extent of the troubles that come from consuming of alcohol and substances and in the quantity of time between preliminary use and the advancement of physical complications. As an example, a consequence of too much alcohol usage is liver damages such as cirrhosis that commonly begins previously in women taking in less alcohol over a much shorter amount of time.

Carey, Al-Zaiti, Dean, Sessanna and Finnell (2020) argued that women that have drug usage problems have poorer quality of life than guys on health-related concerns. Additionally, females that abuse substances have physical effects, health issues, and clinical needs connected to gynecology. Drugs and alcohol influence females' menstruations, triggering boosted cramping and heavier or lighter periods. Females sometimes utilize immoral alcohol and substances as medication for cramping, body pains, and various other issues connected with menstrual cycle. For females who utilize heroin and methadone can develop amenorrhea which is lack of menstrual periods, leading them to think that they are incapable to conceive and misreading very early indicators of pregnancy as withdrawal signs (Bornstein, Gipson, Bleck, Sridhar & Berger, 2019). Subsequently, they are unaware that they are pregnant. Female's substance use additionally presents threats to unborn children and nursing babies.

Wing Lo, Jerf, Yeung and Cherry (2020) carried out research on drug abuse which has actually been a thorn public health concern throughout human history. Manifestly, avoidance and therapy are both main approaches mostly used to handle on the issue of drug abuse. They are in truth cross-

disciplinary; they associate with numerous domain names of heredity, biology, psychology, cognitive scientific research, family, social growth and social structures. This unique problem, drug abuse, Environment and Public Health, has published empirical research from various areas and nations worldwide to boost the global exchange of most recent ideas and findings for on the etiology, procedures and impacts of drug abuse throughout different domain, through which a multilevel perspective is taken into consideration more useful for analyzing its complicated nature, training courses and repercussions. This in turn suggests the possible demand to use several feedbacks dynamically and integratively in the prevention and therapy of drug abuse.

A study by Sahu and Sahu (2018) suggested that drug abuse has ended up being a huge phenomenon in India in the past two decades impacting all sectors of culture. Using alcohol, cigarette, and other different substances is a wide spread sensation amongst teenagers. The abuse of psychoactive substances among young people is a concern of national importance. Concerns have focused not only on the physiologic and behavior influence of drug misuse on the teenagers yet additionally on the general public health hazards. Drug abuse is rising at a disconcerting rate, triggering significant threats to every country, by deteriorating health, enhancing crimes, and obstructing efficiency, damaging relationships, wearing off of social and ethical values and impeding the overall progression of cultures. Teenagers are becoming the biggest captive of the risk important abuse and their vulnerability is boosting slowly. The concern of drug misuse amongst the young people in India has caused little hopes with them for future.

Wüstner, Otto, Schlack, Hölling, Klasen & Ravens-Sieberer (2019) conducted research on threat and protective aspects for the growth of drug misuse and the performance of avoidance treatments for the pediatric population. Numerous bibliographic databases, including MEDLINE and ERIC, were utilized to establish thorough testimonial of the literary works on drug abuse prevention throughout the past 10 years. Picked indexing terms consisted of chemical abuse prevention, risk factors, and protective variables. Study monographs from the National Institute on Drug Abuse and the Facility for Chemical Abuse Avoidance were utilized, together with data from authors of prevention educational program. Research populations consisted of youngsters from birth via adolescence who were enlisted in controlled, possible, and/or longitudinal researches of either protective or danger elements for the advancement of drug misuse or response to drug abuse avoidance programs. Research of adult people that checked out inclining danger factors for drug

abuse e.g. genetic effects were likewise used. Care was taken to ensure studies consisted of youngsters from different racial and social histories. The study concluded that aspects that contributed to the introduction of drug abuse in the pediatric population are multifactorial. Behavioral, psychological, and environmental variables which position kids in jeopardy for the growth of drug misuse may be remediated via prevention and intervention programs that made use of research-based, thorough, culturally relevant, social resistance abilities training and normative education in an active school-based learning layout.

Research conducted by Kim and Curtin (2021) suggested that the potential effect of menthol versus non-menthol cigarette usage on smoking cigarettes actions is an extremely scrutinized subject in the general public health field. This organized evaluation followed PRISMA standards to determine the crucial question, does menthol cigarette use have a differential effect on cigarette smoking cessation related with non-menthol cigarette usage. 6 data sources, Cochrane Central Register of Controlled Trials, Cochrane Data Source of Systematic Reviews, Database of Abstracts of Evaluations of Effects, MEDLINE, Embase and PsycInfo were inquired from inception. Danger of bias was assessed making use of the Firm for Healthcare Research Study and Quality Evidence-Based Method Center approach. A random-effects model making use of the DerSimonian and Laird approach to pool readjusted probabilities ratio was used. It was discovered that forty-three demographically adjusted research studies 22 ranked excellent, 20 rated reasonable, 1 research rated inadequate individual research top quality relating to menthol and non-menthol cigarette smokers were qualitatively manufactured across the following steps: study count; strength of proof: duration of abstaining; stop attempts; rate of abstinence/quitting; adjustment in smoking quantity/frequency; and, return to smoking/relapse. Qualitative synthesis stopped working to show a constant trend for an organization in between menthol cigarette usage and smoking cessation across end results. Meta-analyses found no distinction in between menthol and non-menthol cigarette use and either stop attempts or abstaining. Provided the lack of consistency or analytical value in the findings combined with a low total strength of proof grade, based upon deficiencies of indirectness and incongruity no constant or considerable associations in between menthol cigarette usage and smoking cessation were determined.

Alcohol abuse and other drug usage problems are major, usually underdiagnosed health issues for females, despite age, race, ethnic background, socioeconomic standing, and have resulting high

expenses for people and society (American University of Obstetricians and Gynecologists, 2015). The Diagnostic and Statistical Manual of Mental Disorders, describes drug usage problem as a pathologic pattern of actions associated with making use of any one of 10 different classes of drugs, consisting alcohol and licit and illegal drugs. In order to optimize care of people with substance usage problem, obstetrician gynecologists are encouraged to discover and properly use regular screening methods, clinical research laboratory tests, short interventions, and therapy referrals. Substance usage disorder consists of the abuse and misuse of a variety of licit and immoral drugs. Nevertheless, because these substances come under similar pharmacologic classes as illegal substances and additionally are frequently used over. As a matter of fact, the nonmedical use of prescription medicines, specifically opioids, sedatives, stimulants, has actually gotten to high percentages in USA. In order to optimize care of patients with substance use disorder, obstetrician gynecologists are urged to learn and appropriately use regular screening techniques, medical research laboratory examinations, brief interventions, and treatment referrals.

RESEARCH METHODOLOGY

The study adopted the explanatory research design. The target population was 274 substance users who included both male and female from West Virginia in United States of America. The study used purposive sampling technique to get the sample. The interview guides were administered to the male while closed ended questionnaires were used for the female.

RESEARCH FINDINGS AND DISCUSSION

Correlation Analysis

The correlation analysis was conducted to examine the association between the variables. The results presented in Table 1 describe the correlation analysis

Table 1: Correlation Analysis

		Human Health	Drug abuse
Human Health	Pearson Correlation	1.000	
	Sig. (2-tailed)		
Drug abuse	Pearson Correlation	.425**	
	Sig. (2-tailed)	0.000	0.000

The correlation results from Table 1 show that drug abuse was positively and significantly associated with human health ($r=.425, p=.000$). The results concur with Kim and Curtin (2021), who exposed drug abuse is positively and significantly associated with human health. Alcohol and substance use, abuse and reliance may harm your body and brain and drug overdose can create fatality. Baldwin, Roth and Tashkin (2018), revealed that some substances such as cocaine, straight affect immune system's capability to develop white blood cells, which decreases immunity feedback to infection. Both social perspectives and in law responses to the intake of alcohol and immoral substances make drug abuse one of the most intricate public health problems.

Regression Analysis

The section comprised of model fitness, analysis of variance and regression of coefficient. The results presented in Table 2 indicate the model fitness

Table 2: Model of fitness

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.158a	0.305	0.273	0.004

The results depicted in Table 2 show that drug abuse was found to be satisfactory in explaining the issues effecting human health in West Virginia, USA. The results are supported by the coefficient of determination which was 30.5%. This indicated that 30.5% of the variations of the human health complications are explained by the drug abuse. Substance usage among the people is increasing and there is need to put in measures to curb this rate. When left uncontrolled it may reach to alarming rates which might be relatively hard to regulate. Drug abuse is causing many negative impacts in the human body which the government is required to address in order to lower these issues.

Table 3: Analysis of Variance

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	4.414	1	3.102	22.89	.000b
	Residual	1.057	6	0.136		
	Total	5.471	7			

The results in Table 3 indicate that the overall model was statistically significant. The results imply that drug abuse is a good predictor in explaining the human health among the users in West

Virginia, USA. This was supported by an F statistic of 22.89 and the reported p-value of 0.000 which was less than the conventional probability significance level of 0.05. Therefore, the government can work on decreasing the drug abuse to decrease the high rates of human health problems in the country.

Table 4: Regression of Coefficient

	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	0.0035	0.007		6.408.	0.001
Drug abuse	0.1056	0.046	0.152	2.945	0.029

The results presented in Table 4 shows that drug abuse is positively and significantly related to human health issues. The results are supported by the calculated t-statistic of 2.945, larger than the critical t-statistic of 1.96. This meant that when the cases of drug abuse increase by one unit, the human health issues will subsequently increase by 0.1056 units when other factors are held constant. Schafer (2019) demonstrated that drug abuse including substances, alcohol, or both are connected with a variety of poor social conditions, consisting of family disturbances, monetary issues, loss of efficiency, failing in college, homicides and kid misuse. This implied that drug abuse has serious consequences, like missed work, punishable offenses, accidents and injuries. In fact, substance use is partly to blame in an estimated 80% of offenses leading to jail time in the United States. Gylfason (2018) noted that drug abuse prevents economic development and diverts resources away from future investments and the majority of the negative health repercussions of drug abuse result in illness and sudden deaths.

CONCLUSIONS

The study concluded that drug abuse can have various results, several of that include wellness consequences that are long enduring and long-term. They can even proceed after an individual has stopped taking the material. There are a few methods which one can take substances, consisting of injection, breathing and ingestion. The results of the material on the body can rely on just how the medicine is provided. The injection important directly right into the blood stream has an immediate influence, while consumption has a postponed effect but all misused substances influence the mind. Eventually, material can change exactly how the brain works and interfere with a person's

capacity to choose, resulting in extreme desires and uncontrollable drug abuse, in time these actions can turn into a material reliance or drug dependency. As a matter of fact extra deaths, disease and also disabilities are related to drug abuse than any other avoidable wellness problem. Individuals suffering from compound and alcoholism additionally have a higher threat of unintentional injuries, accidents and domestic physical violence cases.

Furthermore, it is concluded that long time of drug abuse weakens the immune system hence increasing the risk of illness and infection. Heart complications ranging from abnormal heart rates to heart attacks and collapsed veins and blood vessel infections from injected substances have been caused by use of substances. Drug abuse can lead to premature birth or low birth weight; it can also cause the baby to have withdrawal symptoms, birth defects or learning and behavioral complications later in life. Drug use among the teens can affect the brain's ability to function in the short term and prevent proper growth and development in the long term. Young people who persistently abuse drugs often experience an array of problems including academic difficulties, health related problems, poor peer relationships and involvement with the juvenile justice system. Disproportionate numbers of youths involved with alcohol and other substances face an increased risk of death through suicide, homicide, accident and illness.

RECOMMENDATIONS

The study recommended that due to increasing rates of drug abuse in West Virginia, there is need for the government to come up with new strategies and measures to regulate the drugs in that area. The young people need to be sensitized about the consequences of using substances at tender age which adversely affect them in future. The government should regulate the type, quality and quantity of drugs entering the country and age of users using those substances. In addition, the study recommended that hospitals need to be equipped with proper medical machines and employ sufficient personnel to assist those affected by drug abuse if their situations can be reversed. There is also need to put up rehabilitation centers to take care of those who are addicted by drug abuse in order to assist them in overcoming the addiction.

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