

Psychostimulant Drugs Abuse among Libyan Medical Students

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Introduction :

Psychostimulant drugs are known to enhance the chemical and electrical activity of the CNS, resulting in increased alertness, activity and restlessness. These drugs are often abused by students for their ability to improve academic performance. In Libya, where there are over 141,000 medical students, the prevalence of psychostimulant drug use and abuse is a significant concern.

Previous studies have shown that a considerable number of training physicians have reported abusing psychostimulant drugs for non-medical reasons. Therefore, it is necessary to explore the prevalence of psychostimulant drug use and abuse among medical students in Libya.

The objective of this study is to determine the prevalence of use and abuse of psychostimulant drugs among medical students in Libya. The study will also examine if psychostimulant drug abusers are likely to abuse other substances during their medical education and later in their professional career.

This study is important as it will highlight the extent of psychostimulant drug abuse among medical students in Libya and will provide insights into the factors that contribute to the abuse of these drugs.

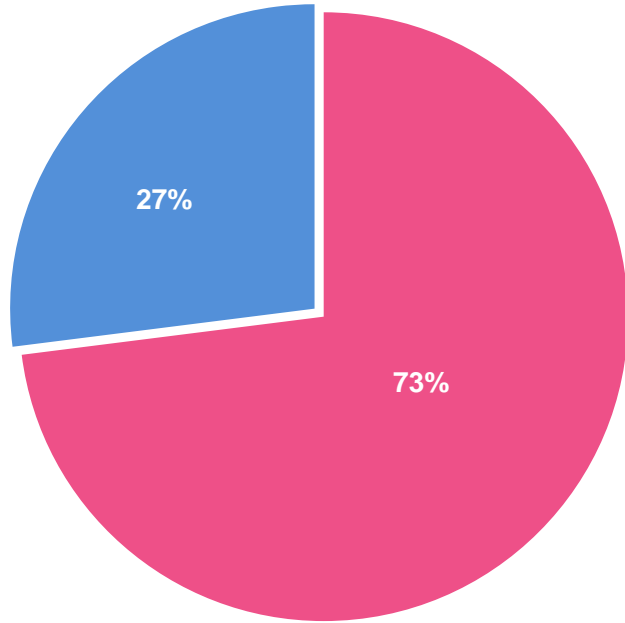
This information can be used to develop effective prevention and treatment programs for students who abuse these drugs.

Methodology

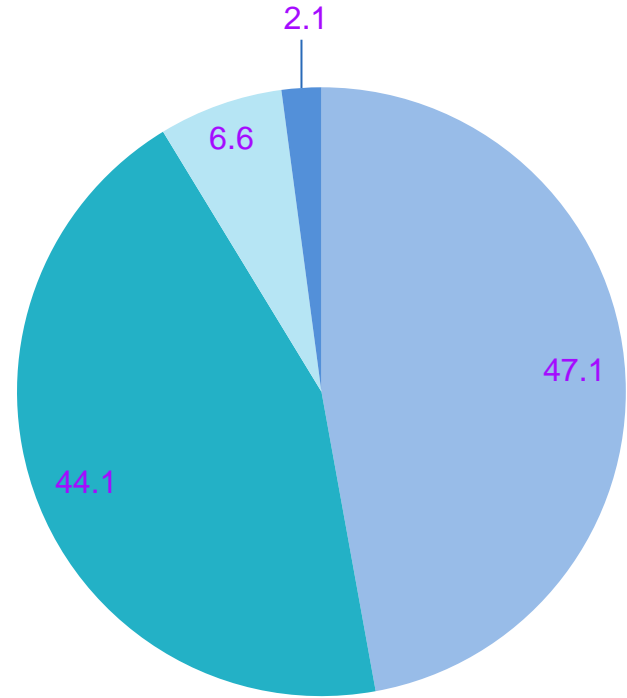
A cross sectional study was conducted in different medical college in Libya by using structured questionnaire for studying the potential psychostimulant drugs use.

Result:

Gender \ Age of participants

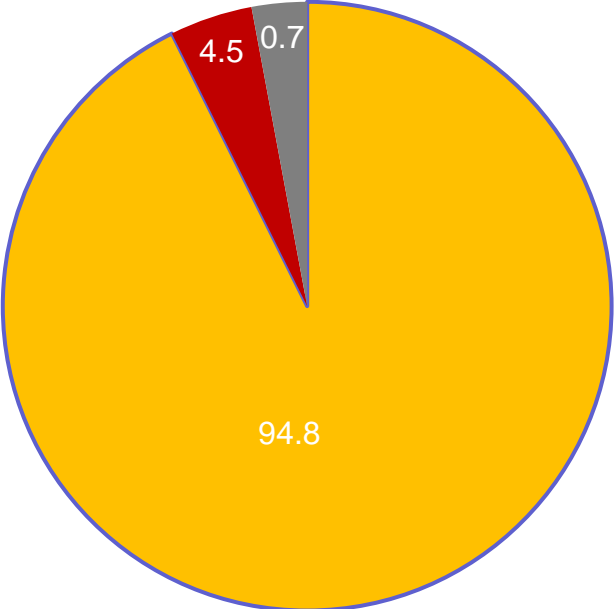


■ Female ■ Male

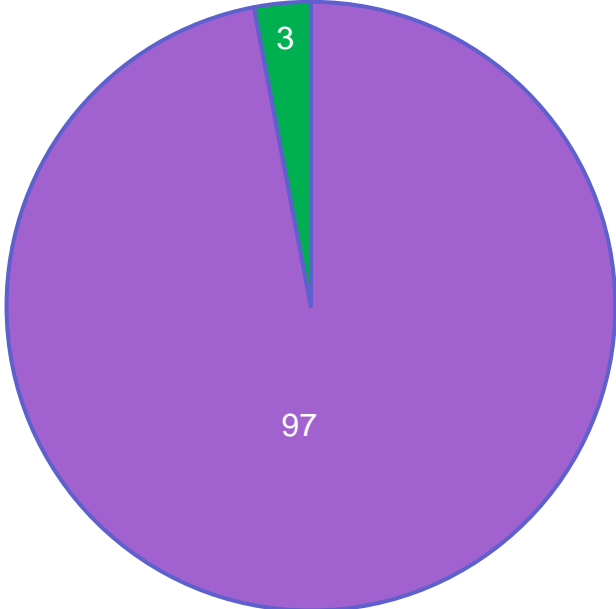


■ 18-21 ■ 22-25 ■ 25-30 ■ more than 30

Martial state \ Nationality of participants

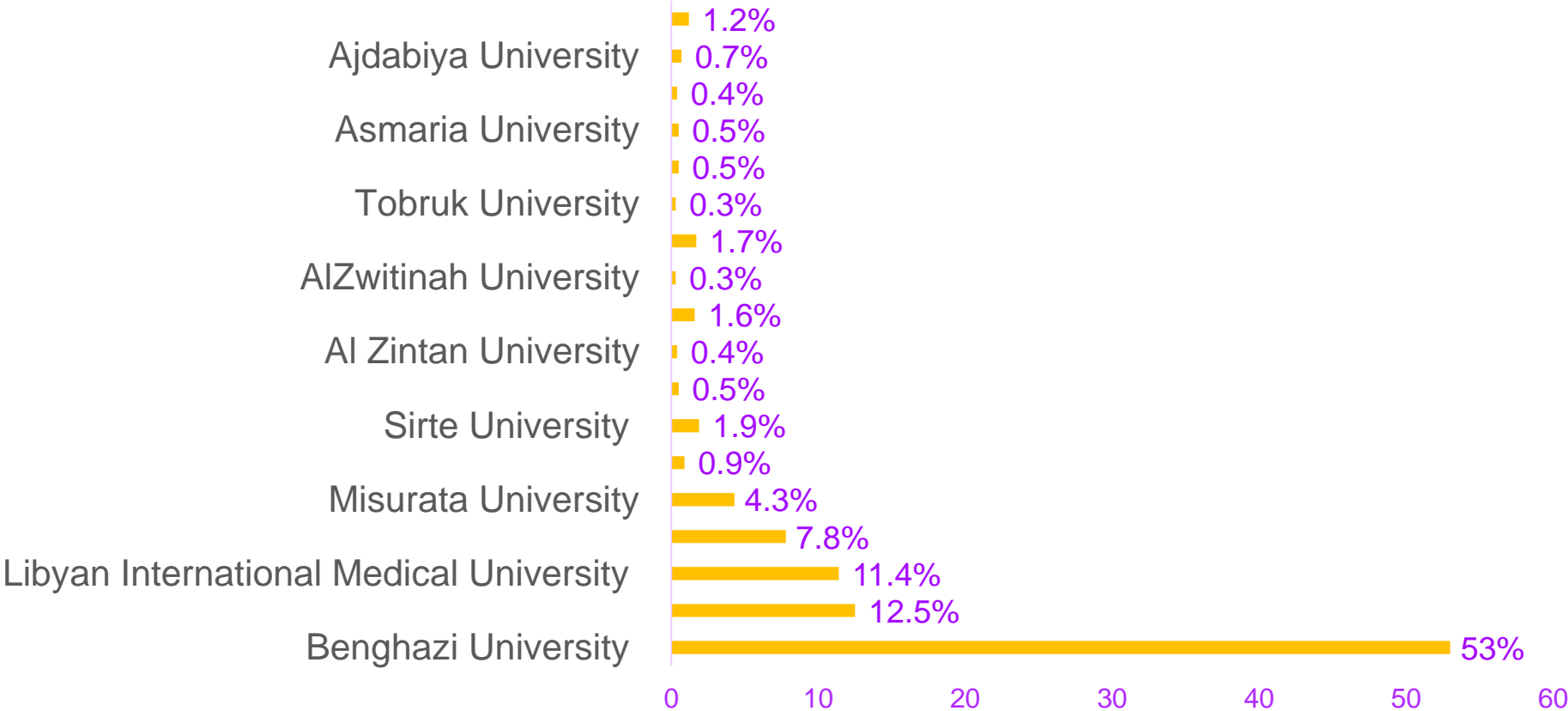


■ Single ■ Married ■ Divorced

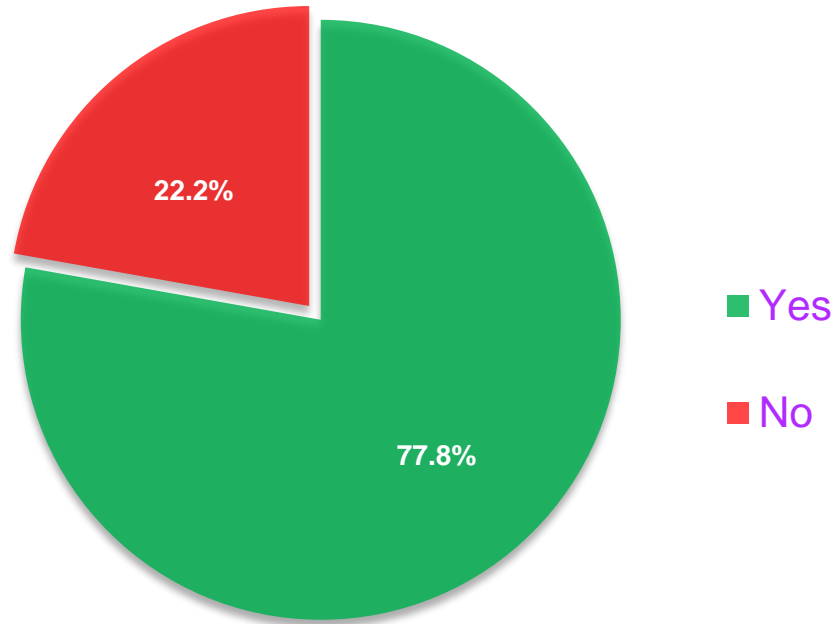


■ Libyan ■ Non-Libyan

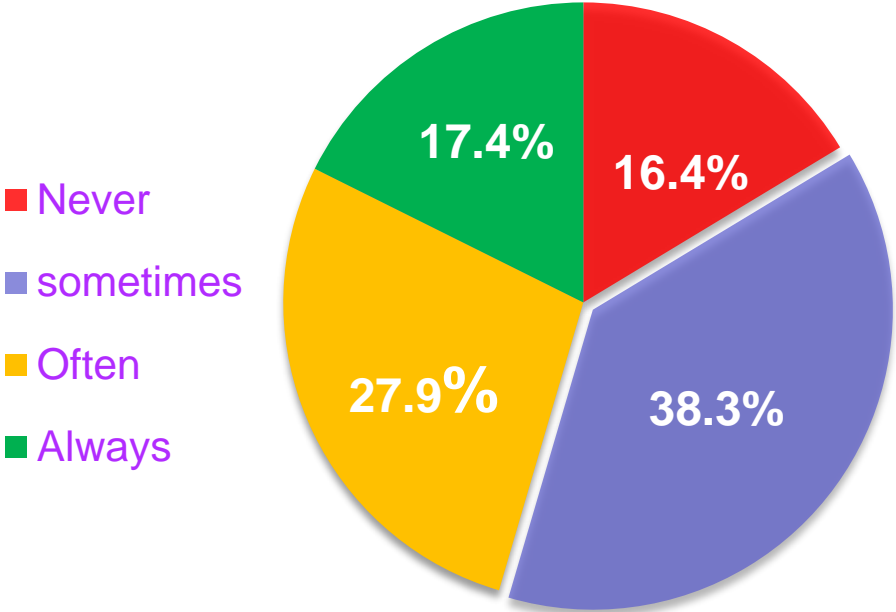
Participants Universities



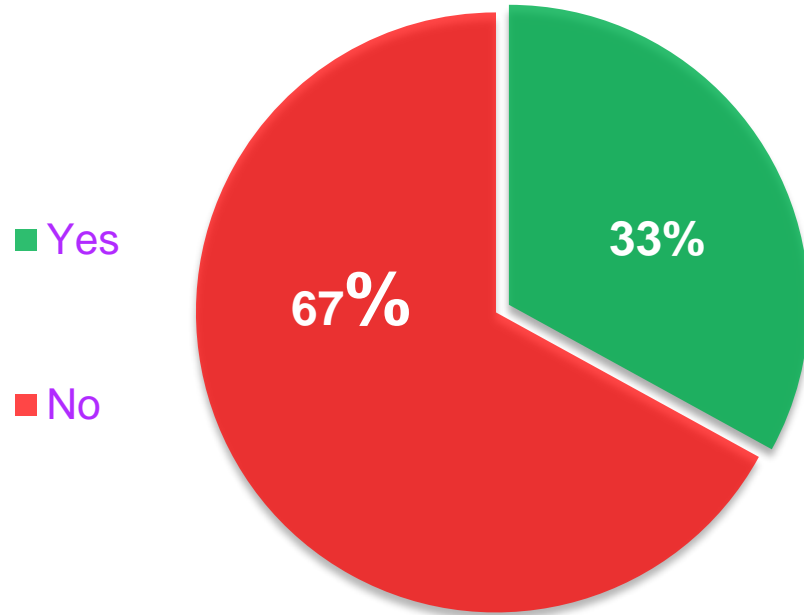
Job description



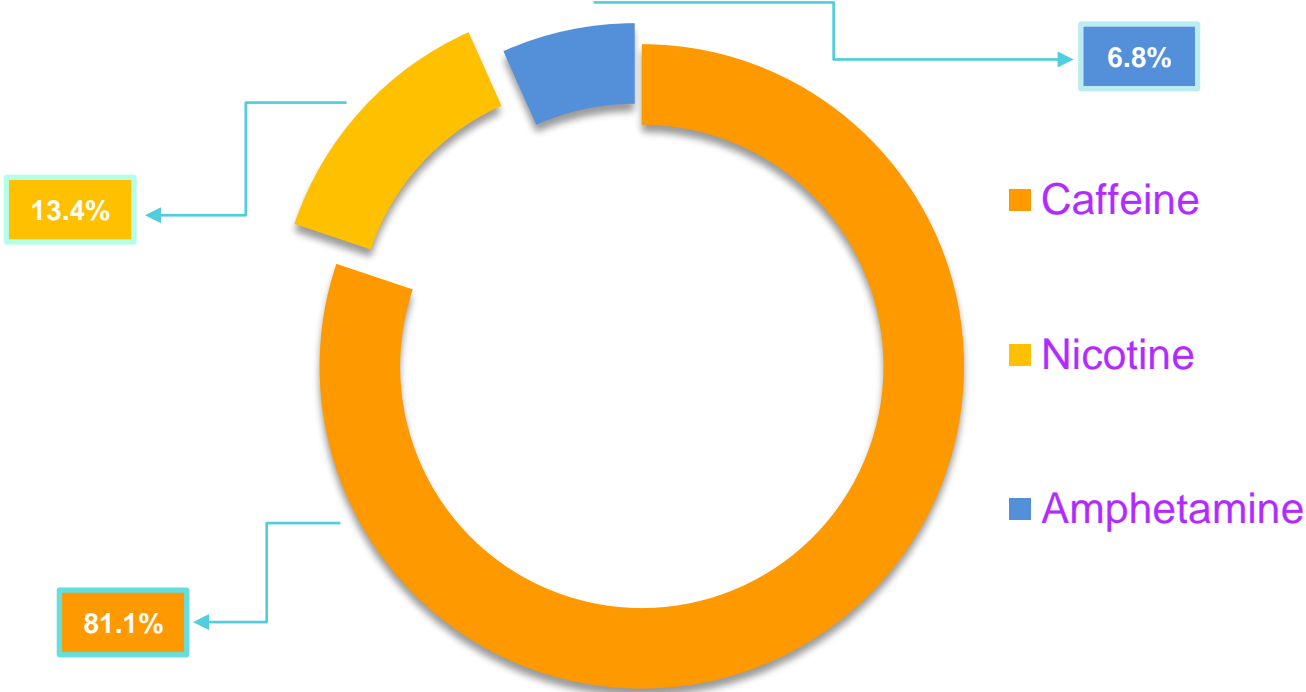
Financial state



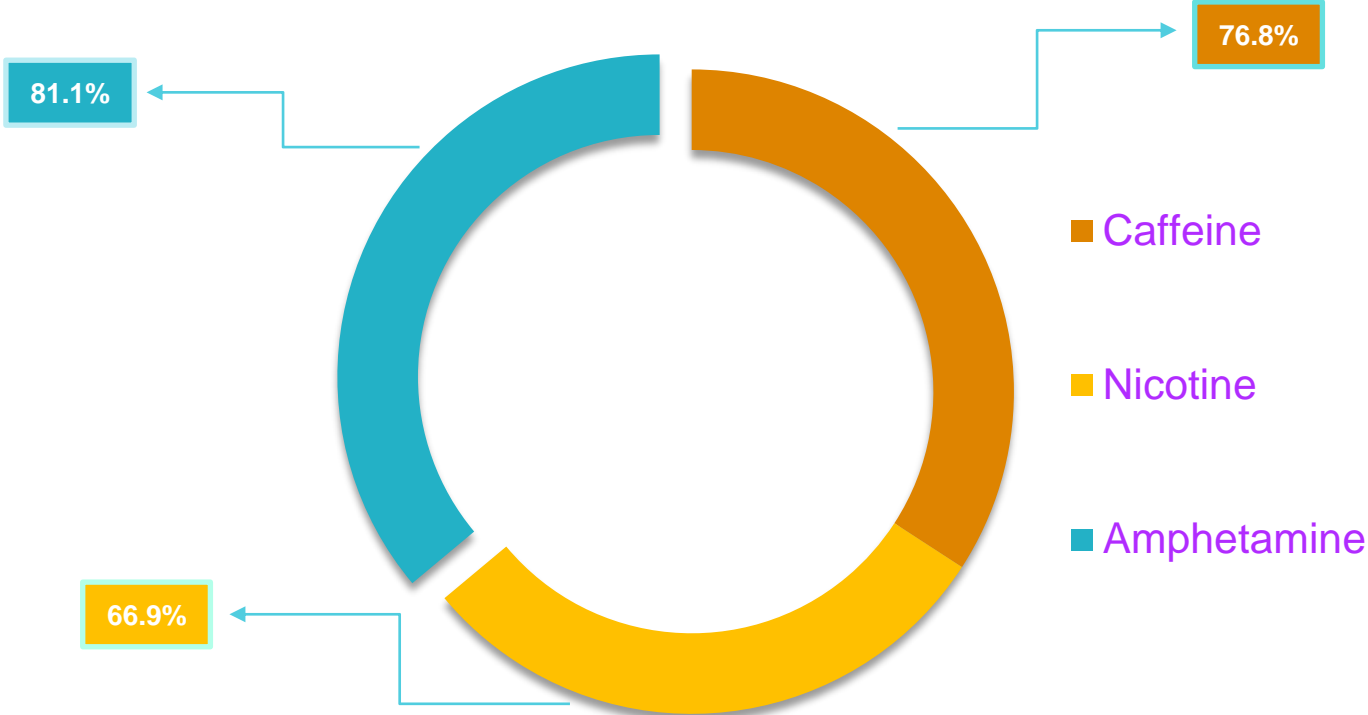
Stimulants cost



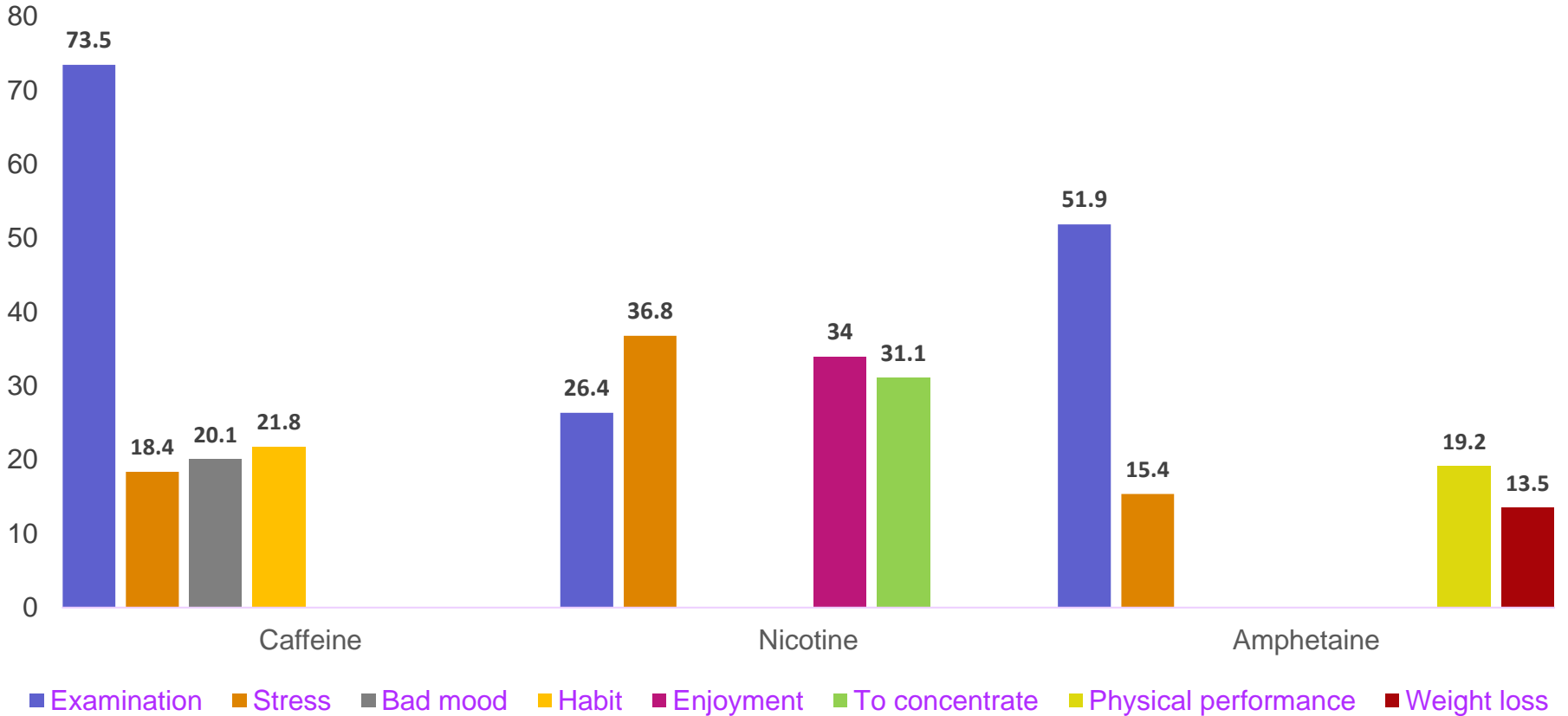
Stimulants consumption



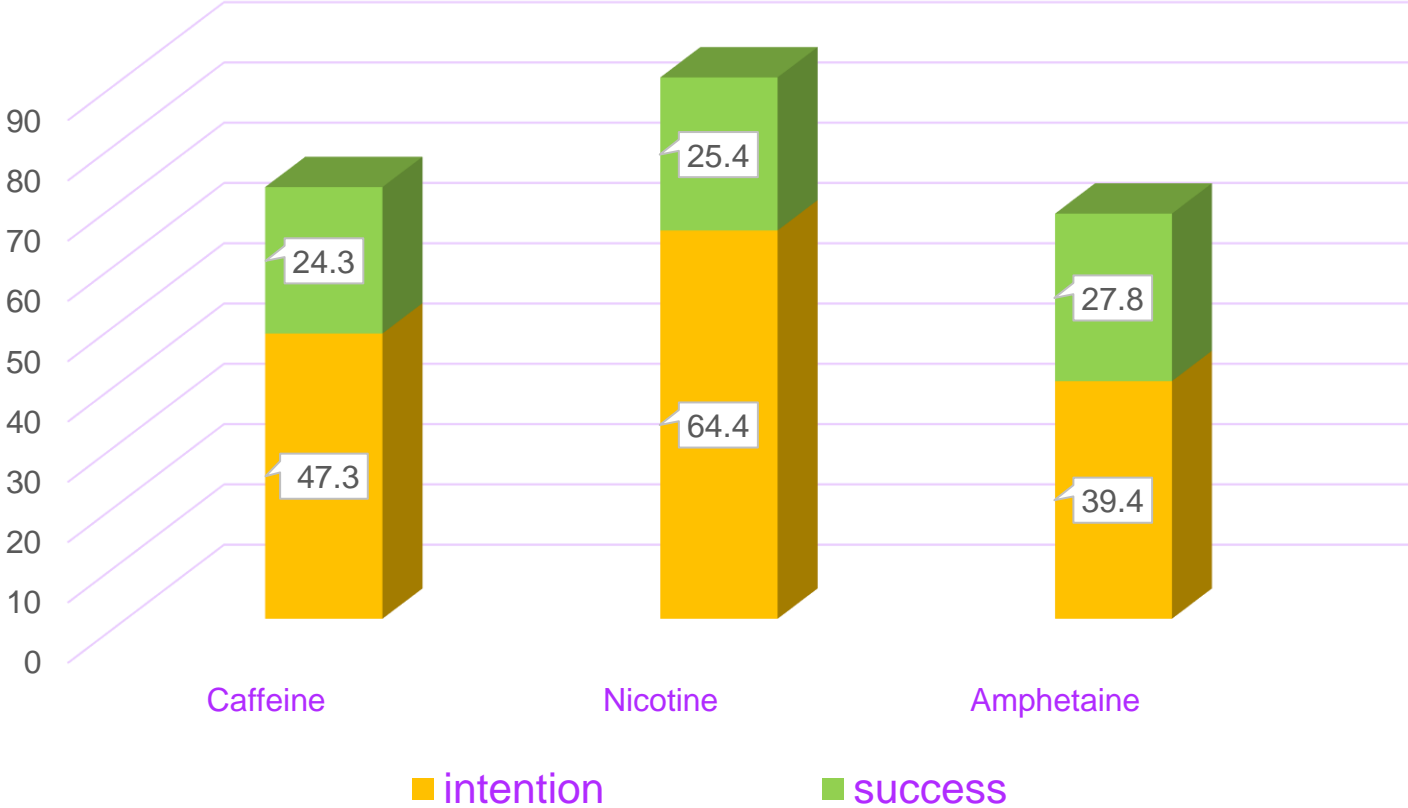
Consumption following University



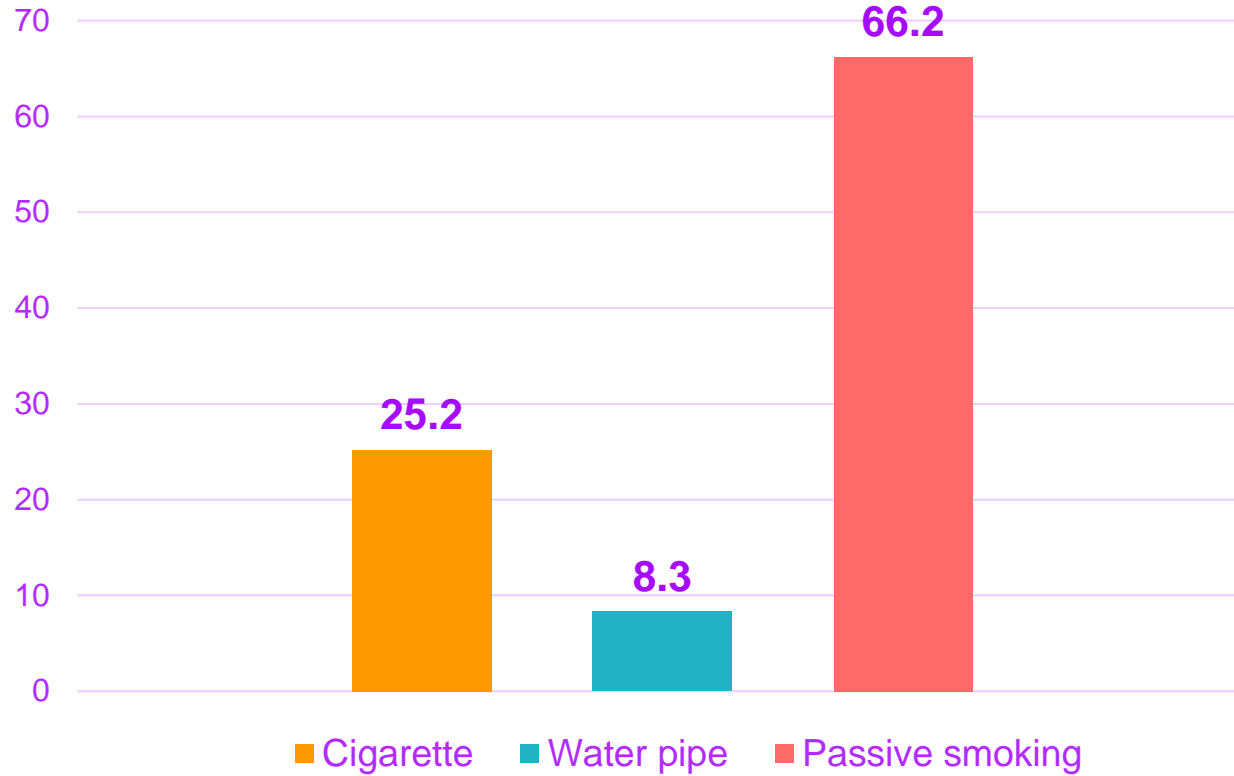
Reasons for stimulants consumption



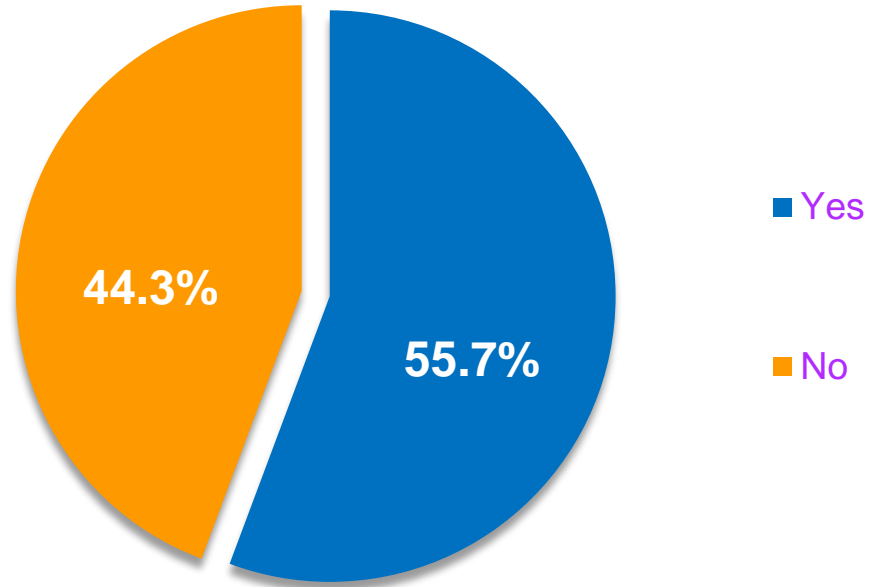
Stimulants quitting success rate



Forms of smoking



Awareness of Amphetamine harmful effect



Discussion:

- This is not the first study to suggest that medical students have abused over-the-counter prescriptions
- The abuse of psychostimulant medications is a widespread and growing problem among medical students
- Caffeine is the most widely consumed psychoactive substance in the world, accounting for more than **80%** of the world's consumption.
- According to WHO, the tobacco is epidemic and one of public health threats of the world.
- More than **7 million** of those deaths are the result of direct tobacco

Medical students have large volume of material to read and work to do

- The tobacco is epidemic and one of public health threats of the world.
- More than 7 million of those deaths are the result of direct tobacco use while around.
- **1.2 million** are the result of non-smokers being exposed to passive smoking.
- 13.4% of the participants had abused nicotine despite the knowledge of substance abuse.
- **66.2%** from respondents were passive smokers



Amphetamine is a commonly used pharmaceutical stimulant due to its sympathomimetic effects.

- 6.8% of students they use amphetamine .
- 51.9% of which reported that for elevating mood, wakefulness, improving memory, concentrating.
- 60.6% of students who use amphetamine attempted to quit.
- 27.8% succeeded to quit.
- many college students continue to turn to stimulants to increase their academic



Conclusion:

- The present study revealed that caffeine and nicotine.
- The most widely used by medical students in Libya.
- Even amphetamine is a prescribed drug but that many medical students in Libya have easy access to amphetamine.
- The use of psychostimulants by medical students in Libya is a phenomenon that must be systematically evaluated.

Reference :

Bukhatwa, S , A elmabsout, A , Elhouseni, N. A , Bennaser, H. B, Elfergany, S. M, Kashbour, A. and Alyamani , E. (2023) “Psychostimulant Drugs Abuse among Libyan Medical Students”, British Journal of Multidisciplinary and Advanced Studies, 4(1), pp. 1–10. DOI: <https://doi.org/10.37745/bjmas.2022.0085>

Thank you for your attention