

Research Article

The Prevalence of Substance abuse in Yasuj Prison.

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ABSTRACT:

Background: Substance abuse has become a public health almost all countries, it has devastating effect on the physical and psychological wellbeing and it is considered as a major cause of preventable ill health and social harm. There is a little researches about prevalence of substance abuse in Iranian prisoners. **Methods:**It is a cross sectional study involving a sample of prisoner in Yasuj city of south of Iran. They were selected by randomized systemic sampling of all prisoners. Data were collected using questionnaire and analyzed by SPSS.**Results:** The majority of prisoner were multiple abuser. The cigarette was the primary substance to start abuse and the second one was water pipe. The prevalence of opioids were very high for alcohol and cocaine werevery low.**Conclusion:** The majority of prisoner were multiple abuser. The prevalence of opioids were very high and heroine abuse was more than other opioids. The cigarette and water pipe were the primary substance abuse. The prevalence of methadone, tramadol and acetaminophen codeine were high because it's accepted as a substance abuse treatment. The prevalence of abuse of alcohol and cocaine in prison was very low.

Key words: prevalence, substance abuse, prison

INTRODUCTION:

Substance abuse has become a public health in developed and developing countries. It is considered as a major cause of preventable ill health and social harm throughout the population. Many developing countries have seen rapid increases in the use of psychotropic drugs, opioids, cocaine and resulting problems. (1). Substance abuse in Muslim countries is one

of the major causes for concern that affects almost all segments of society. It has devastating effects on the physical and psychological wellbeing and the adverse effects on economic growth of the countries (2). Information about the substance abuse in Muslim countries is limited. Despite limited information, alcohol and substance abuse has been confirmed in mainly

Muslim countries. Most commonly abused drugs in these countries are alcohol, opiate and hashish. Consumption of alcohol or other addictive substances is considered as "illegal" in Muslim countries as the law is based on Islamic Sharia rules. Available literature demonstrated that substance abuse behavior is even more prevalent among Muslim adolescents compared to that of Jewish. Majority of student of medical colleges in Riyadh perceive that alcohol is the most commonly drug abuse followed by amphetamine, heroin, cannabis and cocaine (3). The most commonly used substances in Iraq are alcohol, hashish and prescription drugs (4). Opium has been cultivated in Afghanistan since 1100 A.D. and Afghanistan produce three-quarters of the global opium supply as medication for different conditions, particularly pain and respiratory complaints (5). The most prevalent substance in urban Afghanistan was opium (5.6%). Prevalence of substance use was 7.2% in men and 3.1% in women (6).

The most prevalent substance in different region of India was tobacco 55.8% followed by alcohol varied from 16.7% to 37.0%, cannabis 3.0% and opium 0.7% (7).

The lifetime prevalence of substance use and substance use disorder in German were: nicotine dependence 24.8%, alcohol 19.3% and illicit drug 8.6% (8).

In Canada about 3% of general population had sign of severe problem or dependence, about 51% of Canadian prisoners had an alcohol problem, and about 48% had problem with drugs (other than alcohol). In Saskatchewan up to 93% of prisoners, about 80% of prisoners in England and Wales, about 90% of prisoners in Maine and about 80% of offenders in New Zealand had substance abuse problem (9). More than 65% of all U.S. jail or prison meet criteria for substance addiction, about 80% of offenders had abuse alcohol or other drugs, about 50% of inmates were clinically addicted and about 90% returned to drug use after release (10,11).

Iran is one of the Muslim and developing country and has a long history of opium use as a recreational substance for more than four centuries. Hashish-cannabis is used by some ethnic groups but opium use is a popular habit

and opium has no very negative social stigma or shame for users. Opiate use is still a very significant public health problem and it is not the only substance abuse problem in Iran (12). In one study of Kermanshah city (a city of Iran) 39.4% reported a history of drug abuse before prison. Opium 32.2%, crystal 27.1%, shire 19% tramadol 14%, hashish 11%, crack 11%, heroin 10.6% used drug among prison (13).

METHOD AND MATERIALS:

This survey was a cross sectional and was done on 570 prisoner in the prison of Yasuj city (south of Iran). Samples were selected by randomized systemic sampling. Data were collected using questionnaire (without name and surname) prepared by researchers for purposes of this study; the questionnaire contains 50 questions in two parts. Part one include demographic data; (include age, sex, marriage, job, income, education) and part two include related questions to drug abuses such as primary substance abuse, duration of substance abuse and type of substance abuse; (include cigarette, water pipe, opium, shire, morphine, heroin, marijuana, hashish, crystal, methadone, tramadol and ecstasy). Its validity confirmed by specialist. Its reliability calculated by α -Kranbakh method ($\alpha=0.74$). Prisoners were free to answer in any way or no answer to some questions. A "ballot box" placed in front of the salon entrance ensured anonymity.

Collected data were analyzed by SPSS version 22, Dispersion indices and tables were used for descriptive study.

20 prisoners left the study due to incomplete the questionnaire, lack of cooperation and lack of punctuality.

This research was approved by the ethics committee and vice chancellor for research at Yasuj University of Medical Sciences. Prisoners were informed about this research, and written consent was obtained from all prisoners.

RESULTS:

The majority of prisoners were multiple abuser and they used every available substances.

The cigarette was the most and foremost substance to start abuse. Water pipe was the

second substance to start abuse. The prevalence of substance abuse was more between illiterate, unemployed, youth and single, but the expensive substances were used between high educated and high income prisoners [table 1 and table 2].

DISCUSSION:

The majority of prisoner were multiple abuser and they used every kind of available substances, because the availability of substances in prison were not easy and severely restricted by jailer. The prevalence of heroine abuse was more than other opioids because the heroine was cheaper than others. The prevalence of cigarette and water pipe were most and they were the primary substance abuse because of socially accepted as harmless substances. The prevalence of methadone, tramadol and acetaminophen codeine were high because these substances were socially accepted as conservative treatment of substance abuse.

In Iran and the majority of Islamic and Middle East countries, there is social behavioral limitation for females therefore the substance abuse was more between male than female due to not social acceptable and disgrace for female in family (12, 14-17). In this study almost all of female fill the questionnaire after confidence of security of study. The cigarette smoking was more than two times higher for males than females, but this difference for water pipe was less, this was the same as other research (12, 14-18). In our study the cigarette and water pipe were the primary two substances abuse respectively. These two substances were socially acceptable and safe, this is the same in the majority of Islamic countries (12, 14 and 19). The cigarette and water pipe may be the primary substance abuse in east non-Islamic countries, although recently there were reports about widespread usage among high school students in the U.S.A. and Europe (12, 14, 19-21).

Although alcohol was not acceptable in law and religion the prevalence of alcohol abuse in the Islamic countries was between 8-25% with male predominance (24-27). Prevalence of use of alcohol between adolescence In the U.S.A and Europe is still very high with up to 50% (28-

29). The U.S. has 5% of words population and 25% of word prisoners (30). In the U.S. prison system more than 65% meet the criteria for substance abuse, 80% of offender's abuse alcohol or other drugs and 50% of intimates are clinically addicted (10, 32). In India alcohol was the primary substance used (21.4%) followed by cannabis (3.0%) and the prevalence of alcohol use/abuse varied from 16.7% to 37.0% (19). In one systematic review the prevalence of alcohol abuse among male prisoners ranged from 17.7% to 30.0% and in female prisoners range from 10.0% to 24.0% (32). In this study abuse of alcohol was zero because alcohol abuse is contrary to law and Islam religion, therefore the prison was very restricted by jailer.

Opium has been cultivated in Afghanistan since 1100 A.D. and produces three-quarters of the global opium supply. 20-30% of Afghan population to be opium addicted and heroin is predominately used by men (32-34). In India the prevalence of opium abused was 15.0% (17). There is a long history of opium use in Iran because it is as a recreational substance use and socially acceptable as sedative-hypnotic-analgesic drugs for more than four centuries. Global consumption of opium is estimated more than thousand tons per year, and more than forty percent to be used in Iran, so in our study the prevalence of opioid abuse in prison was very high and it was more than 50% (12-15, 23).

The cannabinoids were the second most prevalent drugs in Afghan population (32-34). The prevalence of Cannabis abused was about 3.0% in India and about 40.0% between drug users (19). In Iran there was a wide range prevalence of cannabinoids about 0.2% to 8.2% with highly male predominant (12, 14, 21, 23). In this study the prevalence was high and it was about 13%. In our study the prevalence of abuse of expensive substance (ecstasy and crystal) was low between low income and low education prisoners and high between high income prisoners. The abuse of cocaine was zero because cocaine was rare in Iran and socially not acceptable and the abuse of cocaine in the west countries were more than east countries (12, 35-38). In our study sedative and hypnotic drugs were very high, the same as other studies. This

prevalence in the prison was due to socially acceptable asconservative treatment of substance abuse (12, 14, 20-21)..

CONCLUSION:

The majority of prisoner were multiple abuser and they used some substance at a moment. The prevalence of heroine abuse was more than other opioids. The prevalence of cigarette and water pipe were most and they were the primary substance abuse. The prevalence of methadone, tramadol and acetaminophen codeine were high. The prevalence of abuse of alcohol and cocaine in prison was very low.

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Table 1: Demographic characteristic of participant prisoners

Sex	
Male	325 (59.09%)
Female	225 (40.90 %)
Age in years	
Below 15 yrs	0 (0.00%)
16-25 yrs	99 (18.00 %)
26-35 yrs	176 (32.00 %)
36-45 yrs	137 (24.90 %)
46-55 yrs	77 (14.00 %)
56-65 yrs	44 (8.00 %)
Over 65 yrs	17 (3.09 %)
Educational level	
Illiterate	33 (6.00 %)
Literate (read and write)	22 (4.00 %)
Primary (up to 5 th)	72 (13.09 %)
Middle (up to 9 th)	104 (18.90 %)
Up to 12 th	231 (42.00 %)
Graduation	88 (16.00 %)
Employment status	
Never employed	50 (9.09 %)
Presently unemployed	115 (20.90 %)
Full time employed	66 (12.00 %)
Part time employed	61 (11.09 %)
Self employed	209 (38.00 %)
Student	27 (4.90 %)
Housewife/Girl	22 (4.00 %)
Marital status	
single	154 (28.00 %)

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Married	347 (63.09 %)
Divorce/Separated/Widow/	49 (8.90 %)
Monthly family income (\$ dollar)	
Below 150	187 (34.00 %)
150- 250	319 (58,00 %)
Over 250	44 (8.00 %%)

Table 2: Type of substance and their related factors

Substance abuse	No.(100) and % of patients							
	Male	Female	S°	M°	• 150 \$	150-250 \$	• 250 \$	total*
Cigarette	132 (24.00%)	51 (9.27%)	40 (7.27%)	143 (26.00%)	99 (18.00%)	44 (8.00%)	33 (6.00%)	183 (33.27%)
Water pipe	28 (5.09%)	22 (4.00%)	22 (4.00%)	28 (5.09%)	38 (7.00%)	6 (1.09%)	6 (1.09%)	50 (9.00%)
Hashish/Marijuana	22 (4.00%)	50 (9.09%)	56 (10.18%)	16 (2.90%)	11 (2.00%)	44 (8.00%)	17 (3.09%)	72 (13.00%)
Opium	61 (11.09%)	22 (4.00%)	61 (11.09%)	22 (4.00%)	33 (6.00%)	39 (7.09%)	11 (2.00%)	83 (15.00%)
Heroin	72 (13.90%)	44 (8.00%)	77 (14.00%)	39 (7.09%)	49 (8.90%)	50 (9.09%)	17 (3.09%)	116 (21.00%)
Morphine	5 (0.90%)	23 (4.18%)	17 (3.009%)	11 (2.00%)	6 (1.09%)	16 (2.90%)	6 (1.09%)	28 (5.00%)
Other opioid (shire)	82 (14.90%)	17 (3.09%)	77 (14.00%)	22 (4.00%)	66 (12.00%)	22 (4.00%)	11 (2.00%)	99 (18.00%)
Crystal (Shishe)	66 (12.00%)	11 (2.00%)	61 (11.09%)	16 (2.90%)	0 (0.00%)	44 (8.00%)	33 (6.00%)	77 (14.00%)
Methadone	44 (8.00%)	55 (10.00%)	39 (7.09%)	60 (10.90%)	11 (2.00%)	66 (12.00%)	22 (4.00%)	99 (18.00%)
Tramadol	33 (6.00%)	83 (15.09%)	28 (5.09%)	88 (16.00%)	18 (3.27%)	71 (12.90%)	27 (4.90%)	116 (21.00%)
Acetaminophen codeine	77 (14.00%)	44 (8.00%)	39 (7.09%)	82 (14.90%)	77 (14.00%)	27 (4.90%)	17 (3.09%)	121 (22.00%)
Ecstasies	11 (2.00%)	5 (0.90%)	14 (2.54%)	2 (0.36%)	0 (0.00%)	11 (2.00%)	5 (0.90%)	16 (3.00%)
Alcohol	0 (0.00%)	0 (0.00%)	0 (0.00%)	0 (0.00%)	0 (0.00%)	0 (0.00%)	0 (0.00%)	0 (0.00%)
cocaine	0 (0.00%)	0 (0.00%)	0 (0.00%)	0 (0.00%)	0 (0.00%)	0 (0.00%)	0 (0.00%)	0 (0.00%)

*The total number was more than 100% because majority of prisoners were multiple abuser

°S=single, °M=married