
Poster

Global Healthcare & Addiction 2021



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Tawazon- an intensive lifestyle Diabetes prevention program: The Saudi Arabian pilot

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Background: Tawazon, an Arabic word meaning “balance”, is a diabetes prevention program launched by Johns Hopkins Aramco Healthcare (JHAH) for adults. It is designed to employ a modified Diabetes Prevention Program (DPP) of the Centers of Disease Control and Prevention DPP based intervention for known prediabetes by achieving 5-7% weight loss.

Material and Methods: This is a retrospective before and after study, participants were recruited to the program from four different facilities within JHAH (Dhahran, Abqaiq, Al Ahsa, and Ras Tanura) between October 2018 and June 2019. Participants were recruited by physician referral, selection from electronic health records, and through awareness sessions. The eligibility criteria were as per the CDC accredited programs. Primary care physicians evaluated fitness for participation before enrollment. The actual and percentage changes in weight and HbA1c between the beginning and the end of the intervention were the primary outcome measures. Total, LDL and HDL cholesterol and triglycerides were the secondary outcome measures.

Results: Participants had a (5.8%) decrease in body weight which was within the 5-7% range aimed by DPP-like programs. The decrease in the mean initial HbA1c values of participants by 0.12 (2.09%) corroborates the evidence

of a successful intensive lifestyle intervention. Both weight and HbA1c reductions were statistically significant. Weight loss and HbA1c reductions were achieved at all four study sites and in both sexes and the changes were statistically significant except for HbA1c decrease at one site. In all, 89 (54%) participants achieved greater than 5% weight loss and 46 (28%) who initially had HbA1c > 5.7% reduced it to the normal range of below 5.7%.

Conclusion: Tawazon achieved a significant reduction in mean HbA1c, total and LDL cholesterol, and triglycerides. Its results are comparable or even better than several other real life translational diabetes prevention programs in terms of the mean absolute and percentage weight loss, which is the proxy outcome to assess the effectiveness of DPP intensive lifestyle intervention for diabetes prevention.

Biography

Hayat Mushcab has her expertise in public health and clinical research. Her expertise in clinical research has been essential in many local and national studies and trials. During the current pandemic of COVID-19, she has raised to the opportunity of conducting several prospective and retrospective studies varying from phase II clinical trial to treat COVID-19 with convalescent plasma to evaluating the risk factors of patient hospitalization. She has also done several research collaborations with Imam Abdulrahman bin Faisal University and University hospital. Mystery intrigues her and research is her way to solve it.

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Concerns among chronic pain patients with opioid dependence regarding Medical Marijuana

Daniel Adams

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Background: Medical Marijuana (MMJ) became legal in Ohio in early 2018 and many Chronic Pain (CP) patients consider using these products to wean themselves off of opioid pain medications.

Study Design: In an online survey, we queried patients regarding their concerns about MMJ and expectations of its cost. We also obtained data regarding the current cost of MMJ treatment from known sales data published by the Ohio Board of Pharmacy.

Objectives

- To assess various areas of concern regarding MMJ use.
- To assess their expectations of cost in relation to current market prices.

Methods

Setting: Between 4/7/20 and 5/20/20, we surveyed CP male and female patients using opioids at the Western Reserve Hospital Center for Pain Medicine by e-mail.

Statistical Methods: Our descriptive summary included

demographics, individual question responses, and correlations. Outcomes were summarized using mean, standard deviation, range, and a 95% confidence interval (CI).

Results: 242 patients answered the invitation to complete the survey (response rate 23.3%). Their main concern was affordability. Lesser concerns included driving safety, overdose, and disapproval of family or friends, and drug interactions.

Conclusions: These patients' concerns about out-of-pocket MMJ cost are justified by current market prices, so the feasibility of using it to wean themselves from opioids is unlikely from a financial standpoint.

Biography

Daniel Adams, PA-C, MSHS practices acute pain medicine and is Associate Research Coordinator at Western Reserve Hospital in Cuyahoga Falls, Ohio. He has written IRB- approved protocols for clinical trials of medical cannabis, lectured on cannabis-related topics, and received grants for the study of opioid reduction in chronic pain patients.

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Formulation of herbal repellent from the volatile oils of lemon grass (*Cymbopogon winterianus*)

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Lemon grass (*Cymbopogon winterianus*) has been widely acclaimed to possess therapeutic, cosmetic and insecticidal activities. This study was conducted using a field controlled trial by human volunteers to confirm the effectiveness and applicability of locally-produced Lemon grass oil as a mosquito repellent and adulticidal agent for the prevention of mosquito-borne diseases in Nigeria. Volatile oil was extracted using petroleum ether as solvent while olive oil was used as oil base. The study was conducted between September and October 2017 and made use of 12 volunteers across three locations. The lotions were applied on exposed body parts of the volunteers and they worked three shifts daily. The biting rate, percentage repellence complete protection time and whole night protection were measured and recorded. Topical application of each lotion reduced the biting rate of mosquitoes across the three locations, with the 60% (v/v) exhibiting higher impact of 341 vs. 32; 438 vs. 44 and 388 vs. 33. The 60% (v/v) formulation also had the highest percentage repellence of 91.92% at Location I, offered a whole night protection against mosquito in location I and O and offered a Complete Protection Time (CPT) of 21.6, 18.93 and 20.8 respectively across all three locations. There was a significant statistical association $r=0.94$ ($p<0.05$) between concentrations of the lemon grass oil formulations and mean duration protection time against mosquitoes. All formulation exhibited adulticidal activities, with the 60% (v/v) formulation having higher impact, causing fast immobilization or paralyzing effect on some mosquitoes that were at close range to treated volunteer's

body. The study concludes that volatile oils of lemon grass possess mosquito (*A. gambiae* and *An. funestus*) repellent and adulticidal effects, especially at higher concentrations and can be used to reduce human-mosquito contacts and hence mosquito-borne diseases and irritation caused by their bites.

Table 2: Monthly percentage repellents of the formulations in the three locations

Formulation/Month	Percentage repellent in the three locations		
	Ihiagwa	Royce Road	Obinze
30% (v/v) of <i>C. winterianus</i> in olive oil (B₁)			
September	89.80	88.23	88.97
October	85.71	87.35	87.90
Total	87.66	87.77	88.40
60% (v/v) of <i>C. winterianus</i> in olive oil (B₂)			
September	92.31	90.34	91.92
October	89.39	89.63	91.19
Total	90.62	90.00	91.50

Biography

Emmanuel Nwanya is a development worker that is desirous to have a hands-on career in public health for sustainable development, human rights and social justice. He holds a bachelor's degree in Environmental Technology and Master of Public Health, with a diploma certificate from West African Postgraduate College of Environmental Health (WAPCEH). He has vast experience in program implementation, monitoring and evaluation, systems strengthening, capacity building, community need assessment and community mobilization. He is readily amenable to newer inventions and methodologies, teamwork for better efficiency and target driven achievements; delighted in facing empirical and research oriented challenges associated with technologies and scientific advancements.

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Non-institutional childbirths and the associated socio-demographic factors in Gambella regional state, Ethiopia

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The decades-long global efforts to reduce maternal morbidity and mortality have shown overall progress, but most developing countries are still lagging significantly. This study aimed to assess the prevalence of non-institutional childbirths in the Gambella State and to identify sociodemographic factors responsible for non-institutional utilization of available birth services by reproductive- aged mothers. A community-based cross-sectional study design was adopted using a multi-stage random sampling technique. Binary logistic regression was used to identify factors associated with the selected place of birth. Epi Data version 3.1 and SPSS version 13.0 were applied for data entry and analyses. All the 657 eligible mothers recruited for this study responded to the interview.

71% of the total respondents had non-institutional childbirths (NICB), and the rest had their most recent childbirth in an institution with skilled healthcare provider's assistance. Socio-demographic factors were significantly associated with NICB. Nuer (AOR = 2.12, 95%

CI: 1.23–3.63) and Majang ethnic (AOR = 1.98, 95% CI: 1.02–3.83) groups had higher rates of NICB than the rest of the study population. The prevalence of non-institutional childbirths in Gambella remained two times higher than the institutional childbirths.

Biography

Gnkambo A Gora hold M.S.C degrees in epidemiology and biostatistics from Xian Jiaotong University School of Public Health in China. He had registered professional chief epidemiology and biostatistics in Addis Ababa, Ethiopia. He has more than ten years of experience in public health. He has worked in different health institutions in Gambella Regional State and joined WHO from January 1/2011 -November 30/2014. During this tenure at World Health Organization, I was very dedicated and committed to upholding the values and furthering the World Health Organization's mission toward eradicating Guinea worm disease. I also joined the Africa Union's extensive mission (A.U.) so call Africa union support for Ebola outbreak in West Africa (ASEOWA) mission from 2014 to the end of 2015 to respond to Ebola emergency and disease outbreak. Currently, He is working for Gambella Regional Health Bureau as Health Service Quality and Health System Strengthening Directorate Director.

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The relationship between serum brain-derived neurotrophic level and neurocognitive functions in chronic methamphetamine users

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Iran University of Medical Sciences, Iran

Methamphetamine (METH) is a highly addictive psychostimulant that has neurotoxic effects on the brain. Given evidence indicating that Brain-Derived Neurotrophic factor (BDNF) is associated with addictive behaviors, this study aimed to investigate the serum level of BDNF and cognitive functions in chronic meth users and healthy subjects. Thirty-seven chronic meth users and 37 healthy controls were recruited in this study. Cognitive functioning including executive functions and working memory were assessed using the Wisconsin Card Sorting Test (WCST) and Wechsler Memory Scale (WMS), respectively. The levels of serum BDNF were also examined using an enzyme-linked immunosorbent assay kit. Current results showed that METH users had significant impairment in executive function and working memory compared to healthy subjects. Also, the serum BDNF concentrations of METH users were significantly higher than the healthy subjects (42 ± 13.34 ng/ml vs. 24 ± 7 ng/ml). BDNF concentration was significantly correlated with duration ($r=0.37$, $p=0.02$) and dose of METH use ($r=0.35$, $p=0.02$). Besides, the BDNF level was not associated with any subscales of WCST and WMS. These results provide further evidence regarding the role of increased serum BDNF level in the pathophysiology of METH addiction and protective response against the neurotoxicity of METH.

Besides, these findings suggest that increased serum BDNF levels are not related to cognitive impairment in METH users.

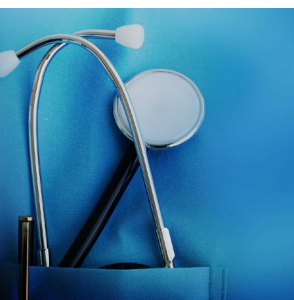
Biography

Reza Arezoomandan was born in Qaen (South Khorasan), Iran. He received his bachelor degree in Biology and M.Sc. degree in Animal Physiology at Ferdowsi University of Mashhad, Iran in 2008 and Ph.D. degree in Neuroscience at Shahid Beheshti University of Medical Sciences, Tehran, Iran in 2015. My current position is assistant professor in the addiction department and also vice-chancellor for research in school of behavioral sciences and mental health (Institute of Tehran Psychiatry), Iran University of Medical Sciences. His main research area is addiction, particularly neurobiology and neuropsychology of addiction, brain stimulation, and neuro-rehabilitation, and behavioral study in animal model of addiction. His main current projects are: "The effects of methadone, buprenorphine, and opium tincture substitution treatments on cognitive performance, oxidative stress, and inflammation factors", "Evolution of protective effect of melatonin and n-acetyl cysteine on pathogenic factors resulted from methadone in male rat reproductive system", "Deep brain stimulation in OCD and Addiction", "The therapeutic effects of tDCS on methamphetamine craving and neuropsychological impairments and "Comparative study of the cognitive rehabilitation effectiveness on improving cognitive deficits (working memory and selective attention) and brain wave changes (EEG) in opioid and stimulant dependents".

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Comparison of effectiveness between participant-led and facilitator-led preventive care programs in Japan

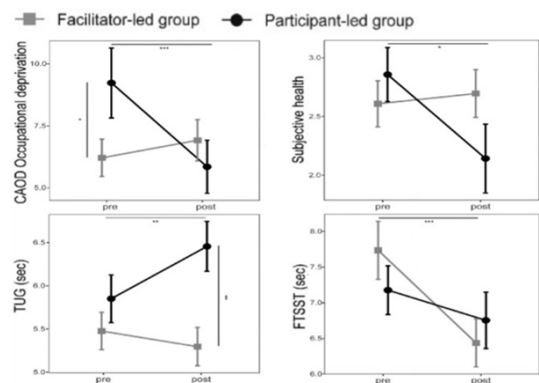
Shan Yun, Risa Takashima, Kazuki Yoshida, Daisuke Sawamura and Shinya Sakai
 Hokkaido University, Japan

Objective: Recently, studies have recommended clients' active participation in their own medical treatments and therapies. Client-led approaches can motivate clients and increase their engagement. Therefore, we conducted two care preventive programs, one led by participants and the other by facilitators. This study aimed to examine the effect of different management methods on the effectiveness of care preventive programs for community-dwelling older adults. Understanding the impact of these types could enable more effective operation of preventive care programs.

Methods: This study comprised two Facilitator-Led (FL) and one Participant-Led (PL) preventive care classes in Japan. All participants received the intervention for approximately 12 weeks. Functional assessments, occupational dysfunctions, and subjective health were measured before and after the interventions. A two-way mixed design Analysis of Covariance (ANCOVA) was adopted to examine the effect of the interventions, adjusted for previous experiences with preventive care services. The level of significance was set at $P < 0.05$.

Results: Fourteen participants in the PL group (76.64 \pm 6.48 years, 92.9% women) and 29 participants in the FL group (76.55 \pm 5.75 years, 75.9% women) were included in the statistical analysis. ANCOVA showed significant group \times time interaction effects in the Five Times Sit-to-Stand Test (FTSST), the Timed Up & Go (TUG), occupational deprivation of the classification and assessment of occupational dysfunction scale, and self-rated health. Simple main effect tests showed that the TUG decreased significantly in the PL group, while occupational deprivation and self-rated health scores improved significantly. In contrast, FTSST scores significantly improved in the FL group.

Conclusion: PL-type management may be more appropriate for preventing social isolation and withdrawal, while FL-type management may be more appropriate for preventing physical frailty. Selecting not only adequate programs but also an appropriate management type that matches the service purpose can help provide more effective care preventive services.



Biography

Shan Yun has a master's degree of rehabilitation sciences, now is a PhD student at Graduate School of Health Sciences in Hokkaido University of Japan. Her main research interest centers on health promotion for older adults, especially concerning occupational therapy and occupational science. "Occupations" include daily activities such as activities of daily living, housework, work, hobbies, play, interpersonal interaction, and rest. These activities could help people in any age group to promote their health and well-being. When a negative experience arises from the inability to engage in those activities properly, people could experience the status of occupational dysfunction. The author's work mainly focuses on this status and the development of approaches to prevent and/or improve occupational dysfunction for community-dwelling older adults.

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A nursing experience of caring an Intracerebral Hemorrhage patient with powerlessness: A case report

Ying-Yu Liu

National Taiwan University Hospital, Taiwan

Statement of the problem: This study aimed to describe the nursing experience of treating a 68-year-old male patient who was suffering from weakness in the right limbs due to a sudden intracerebral hemorrhage and consequently lost his ability to perform daily life functions. The patient failed to attain the rehabilitation effect that he desired, and subsequently experienced negative emotions, emotionally unexpressive, and unwilling to cooperate with his rehabilitation therapy.

Methods: The author applied Miller's seven sources of power, Braga & Cruz Powerlessness Assessment Tool (PAT), and conducted physical assessments, observations, and family discussions in order to collect data. It was revealed that the patient was suffering from problems such as physical activity dysfunction, lack of self-care ability, and powerlessness.

Results: With the help of physiotherapists and occupational therapists, the appropriate nursing care measures were implemented to help to alleviate the patient's negative emotions and powerlessness, and to motivate the patient to face his disease-related dysfunctions and perform his own rehabilitation in a positive manner. Thus, he was able to improve his self-care ability, quality of life, and make physical and mental adaptations.

Conclusions: The author was focused on physical care but lack of experience in the psychological aspects of nursing care that prevented the timely implementation of appropriate nursing measures. Suggested that on-the-job

education and knowledge sharing sessions of psychological care could be conducted regularly, so as to enhance the nursing staff's ability to detect a patient's psychological problems and assist him or her.

Tabulation 1.

The patient's PAT scale assesses the degree of weakness.

Item..	Score..
Capacity to perform behavior..	
1. The things I do can help in my recovery..	1..
2. I feel I am capable of achieving my goal..	1..
3. I feel I have the disposition to participate in my care..	2..
4. I feel my opinions can contribute in the decisions about my health..	2..
5. I feel capable of looking after myself..	1..
6. My body still obeys my command..	3..
Self-perception of decision-making capacity..	
7. My health conditions avoid me from making decisions about my treatment..	5..
8. Nothing I do can change the situation I am in..	5..
9. Nothing I do can change the situation I am in..	5..
Emotional responses to perceived control..	
10. I feel sad that I can't control my body functioning as I did before..	5..
11. I feel sad when I think I need someone to help me..	5..
12. I feel there is nothing I can do to make the place I am in more pleasant..	4..

1=a lot, 2=some, 3=little, 4=almost none, 5=none..

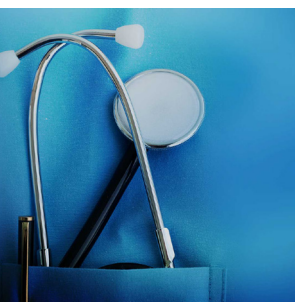
Biography

Ying-Yu Liu is experienced in the neurosurgery and rehabilitation ward. She has her expertise in clinical nursing of neurosurgery and passion in helping patient to improve their quality for life. She also is a part of quality control circle of the ward to strive to better the quality of nursing care. Her case report has passed the Taiwan Nursing Association and participated in the 27th International Conference on Health Promoting Hospitals and Health Services post publication 2019.

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Accepted Abstract

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Cell phone addiction and psychological and physiological health in adolescents: A review article

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The rapid advancement in technology has made many gadgets; smart phone is one of them. The association of cellphone addiction and psychological and physiological health has long been studied. Many researchers have done research on cellphone addiction and psychological health in different areas and on different aspects. The increasing trend of cell phone addiction and poor psychological and physiological health of adolescents urged to write this article. Many studies have been done using different human behavior as dependent and independent variable. Some researcher examined adolescent's physical health or educational performance with smartphone addiction and others analyzed psychological behavior and social relationship with mobile. This article targeted the adolescents only because adolescence is the age where a child is at his crucial stage of life. He feels physical and emotional change in himself. There is a lot of study on this area which shows different results. Total 33 articles were collected from the year 2011 to 2018 for this review. Out

of which only 23 full length articles were selected. Data were collected from PubMed, Google Scholar, and general search.

According to different studies, it came to know that there are two schools of thoughts. Some researchers believe that there is a positive association between cellphone addiction and mental health of adolescence and other believes there is negative or indirect relation in them. It is confirmed that adolescent's mental health and physical health is directly or indirectly associated with cellphone addiction. But we cannot say it with 100% accuracy that mobile phone is only cause of poor mental or physiological health in adolescents. We cannot neglect there relation and there adverse effects on adolescents. Due to some limitations, it is concluded that more studies should be done at this area to prevent our youngsters from excessive cellphone usage and its hazards.

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Adverse effects of using dolutegravir HIV in pregnant women and their newborn

Mahecha Reyes Eduardo

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Introduction: The adverse effects of dolutegravir on the mother and the fetus not yet have been widely studied; the integrate inhibitor antiretroviral drug was to prevent vertical transmission of HIV.

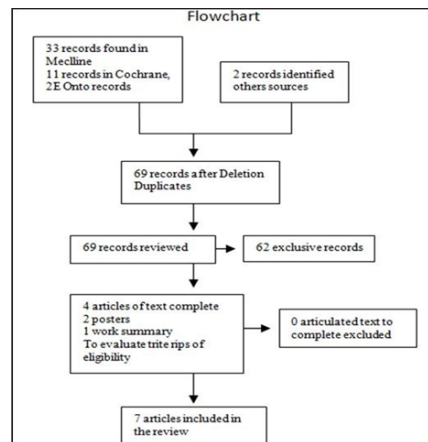
Objective: To identify the adverse effects of the use of dolutegravir that have occurred in HIV-positive pregnant women and their children.

Methodology: A scoping review we performed in the medline, cochrane library and EBSCO databases, with the MeSH terms dolutegravir and pregnancy.

Eligibility criteria: Clinical trials and observational studies conducted in pregnant women with HIV were treated with dolutegravir included. The search was limited to articles in inglés and spanish and published Until September 1 2018.

Results: The bibliographic search obtained seven investigations. Two studies report mild adverse effects in the mother. Six studies related to pregnancy outcomes described and delivery, with preterm delivery and small for age stational being the most reported. Four cases of neural tube defects in four studies we reported.

Discussion: There is not enough scientific evidence to associate the use of dolutegravir with the appearance of adverse effects on the mother and her children.



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Systems engineering case study: Improving patient safety by reducing lead-times for blood tests

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A systems engineering approach was taken at South Warwickshire NHS Foundation Trust to map and measure the flow of emergency patients from presentation at Accident and Emergency to discharge back home or to social care. One of the constraints, highlighted by a patient's report, was the delays in receiving and acting on the results of blood tests. The batching and prioritisation policies in the phlebotomy, portering and laboratory services were removed (which cost nothing) and the demand and activity these services synchronized so that the lead-times for emergency inpatient blood tests reduced from av. 1h 58 min to 1 h 29 min with improved predictability. These changes did not compromise the laboratory service for

accident and emergency, general practice or outpatient care. Having the impatient results available by 10:30 am rather than 12:00, ensured that clinical decisions were made based on 'today's blood test'. The overall impact of the improved timeliness of emergency care was reflected in the hospital's rate adjusted mortality index.

Early in my clinical career I recognized that patients were being harmed by delays that wouldn't be solved just by 'more' or 'better' care – we needed to sort out our 'production system'.

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The epidemic and gaming behavior: online/offline of children and adolescents examination of gaming behaviors according to parental views

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The physical distance, social isolation and quarantine processes that emerged with the COVID-19 epidemic have affected the family relationships and addiction behaviors of both children and adolescents and adults in Turkey as well as in the world. With the digital platforms taking the place of face-to-face education, the relationship of children and young people with addictions based on internet and technology has gained a new dimension. This study aimed to examine parental views on online/offline gaming behaviors of children and adolescents aged 10-18 years before and during the epidemic. Scanning pattern was used in the study. The questionnaire form developed by the researchers was applied to 235 parents via an online platform. Of the parents participating in the study, 179 (76.2%) were mothers and 56 (23.8%) were fathers. The ages of the parents ranged from 29 to 59, with an average of 43.4 (Sd = 5.52), and 74.5% of them reported that their children played online and/or offline. Of the children reported to play games, 101 (57.7%) were boys and 74

(42.3%) were girls. According to the parent's statement, the average age of children starting to play online and/or offline is 9.3 years. Parents declared that the frequency of their children's playing behavior increased during the epidemic. 69% of parents watch videos about their children's game strategies; 16.6% of children also play games during the lesson; 68.6% stated that they chatted about the games they played with their children. 15% of parents also play online and/or offline games; 22.3% reported that they play games with their children. Among this group (22.3%), the rate of parents who started playing games with their children due to the epidemic is 30%. The rate of parents who state that their children use virtual money while playing games is 30.1%. 12% of parents allow their children to use their credit cards while playing; 16% stated that their children bought new play materials during the epidemic. The findings were discussed in the light of current findings in the addiction literature.

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Prevalence and associated risk factors of cannabinoid abuse among Egyptian university students: A cross-sectional study

Kasemy Z

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Global surveys have highlighted rise in consumption of cannabinoids among residents of both developed and developing countries. Cannabinoids cause severe damage to the cardiovascular, nervous, respiratory, and renal systems, and have been linked with several deaths. Despite these adverse health effects, the use of cannabinoids has rapidly increased. This work seeks to estimate the prevalence of cannabinoid abuse among Egyptian university students and explore the associated risk factors. A cross-sectional study was carried out over 3 months (1st of July-1st of October 2020) and included 2380 students. Participants were subjected to a pre-designed self-administered questionnaire that included demographic data, Addiction Severity Index, and Depression Anxiety Stress Scale. Among the participating students, 4.9% of them reported cannabinoid abuse and 41% reported smoking cigarettes. The most used substances were hashish (96.5%), Strox (41.3%), Bhang (34.4%), voodoo

(34.4%), and Tramadol (31.1%). Gender and social status were also significantly related to rates of substances abuse; most illicit drug users were males (93.1%), and the majority was of low (41.3%) or moderate (50.8%) socioeconomic status. The most significant risk factors associated with substance use were positive history of family conflict (OR=6.48; CI95%: 5.08-8.64, $p<0.001$), encouragement by peers (OR=2.95; CI95%: 1.73-5.05, $p<0.001$), male gender (OR=5.46; CI95%: 2.40-12.44, $p=0.001$), positive history of child abuse (OR=2.85; CI95%: 1.96-3.04, $p=0.001$), having a stay-at-home mother (OR= 1.56, CI95%: 1.19-2.04, $p=0.001$), living in an urban area (OR=2.22; CI95%: 1.53-5.0, $p=0.002$), and positive family history of substance use (OR=1.98; CI95%: 1.48-2.08, $p=0.045$). This study emphasizes the possible significant rise in substance use among university students. Awareness campaigns should target both students and student families.

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