

Alcohol use interfering with adolescent health: an integrative review**Uso do álcool interferindo na saúde do adolescente: uma revisão integrativa****El consumo de alcohol que interfiere con la salud de los adolescentes: una revisión integrativa****Received: 23/06/2019****Approved: 08/06/2020****Published: 06/08/2020****Fernanda Carminati de Moura¹
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The aim of the present study was to analyze scientific production on how alcohol use interferes with adolescent health. It is an integrative review in the databases: Latin American and Caribbean Literature in Health Sciences, Nursing Database, International Literature in Sciences and Health and Scientific Electronic Library Online, through the descriptors: '*adolescent and alcoholism*'; '*Adolescence and alcoholism*'. The evaluated articles refer to the period from 2014 to 2018, available in Portuguese. 13 articles were selected. The data reveal that use of alcohol by adolescents brings risky behaviors with consequences for their health. The publications showed the importance of educational actions in the school environment involving parents, schools, health professionals, managers and the whole society to prevent and deal with these problems.

Descriptors: Ethanol; Vulnerability in health; Adolescent health.

O objetivo do presente estudo foi analisar a produção científica sobre como o uso de álcool interfere na saúde do adolescente. Trata-se de uma revisão integrativa nas bases de dados: Literatura Latino-Americana e do Caribe em Ciências da Saúde, Base de Dados de Enfermagem, Literatura Internacional em Ciências e Saúde e Scientific Eletronic Library Online, por meio dos descritores: '*adolescente e alcoolismo*'; '*adolescência e alcoolismo*'. Os artigos avaliados referem-se ao período de 2014 a 2018, disponíveis em português. Selecionaram-se 13 artigos. Os dados revelam que o uso do álcool por adolescentes traz comportamentos de riscos trazendo consequências para sua saúde. As publicações evidenciaram a importância de ações educativas no ambiente escolar que envolva pais, escola, profissionais de saúde, gestores e toda sociedade, para prevenção e enftretamento desses agravos.

Descritores: Etanol; Vulnerabilidade em saúde; Saúde do adolescente.

El objetivo del presente estudio fue analizar la producción científica acerca de cómo el uso del alcohol interfiere en la salud del adolescente. Se trata de una revisión integrativa en las bases de datos: Literatura Latinoamericana y del Caribe en Ciencias de la Salud, Base de Datos de Enfermería, Literatura Internacional de Ciencias y Salud y Scientific Eletronic Library Online, a través de los descriptores: '*adolescente y alcoholismo*'; '*adolescencia y alcoholismo*'. Los artículos evaluados se refieren al período comprendido entre 2014 y 2018, disponibles en portugués. Se seleccionó 13 artículos. Los datos revelan que el consumo de alcohol por parte de los adolescentes conlleva conductas de riesgo con consecuencias para su salud. Las publicaciones destacaron la importancia de las acciones educativas en el entorno escolar que involucran a los padres, la escuela, los profesionales de la salud, los gestores y toda la sociedad, para la prevención y el combate de estas enfermedades.

Descritores: Etanol; Vulnerabilidad en salud; Salud de los adolescentes.

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INTRODUCTION

Experimentation with alcoholic beverages commonly occurs in adolescence, a period that includes bodily biological and psychosocial transitions¹. The specific adolescent social group is known for the search for identity, and for demonstration of autonomy, trying to answer numerous questions, which, therefore, evidences a complex process marked by conflicts².

The terms use/abuse are comprehended by the International Classification of Diseases (ICD-10). The ICD defines "use" as any consumption, regardless of frequency; and "abuse" as consumption associated with recurring adverse consequences³.

Adolescents begin drinking earlier and earlier, many times in an exaggerated fashion. It is worth mentioning that, regardless of the amount consumed, alcohol consumption by adolescents is associated with negative consequences⁴.

This stage of life is considered as a stage of human development between childhood and adulthood, a period of greater apprehension regarding the use of licit and illicit substances that can stimulate brain areas that are still developing, so the sooner consumption begins, the greater the chance of addiction⁵⁻⁷.

Currently, alcohol is the most consumed substance among young people and adolescents, in several social places and many of these are directly or indirectly influenced by family to consume the substance, bringing several consequences for their development⁸.

In a way, the early onset of alcohol consumption reduces self-control and increases the risk of antisocial behaviors and attitudes that represent health risks, such as: implications for psychosomatic development; poor school performance; precocity in sexual initiation; acts of violence; suicide attempt; use of illicit drugs and addiction in adulthood⁹.

The use of licit and illicit drugs by adolescents is a worldwide public health problem related to psychosocial manifestations and effects on the individual, whether in the aspects: physical, mental and social. In addition, excessive consumption of alcoholic beverages constitutes a risk for illness, social risks and high morbidity, associated with psychosocial stress factors such as sadness, loneliness, insomnia and thoughts of suicide, increasing the number of deaths, especially those resulting from traffic accidents and aggressions⁷.

In turn, intervention in the use and abuse of alcohol in adolescents is essential to avoid effects on the person and groups, as it is necessary to analyze the problem with all determining factors, with reliable methodologies and really approved by the scientific society, which will allow the establishment of effective policies in order to minimize the problem^{7,10}. Thus, this study aims to analyze the scientific production on how alcohol use interferes with adolescent health.

METHOD

This is an integrative review, understood as a study of a complex nature, which requires standardized and systematic methods to guarantee the necessary rigor required in scientific research and the legitimacy of established evidence, which is based on the authors¹⁰⁻²².

The review includes analysis and synthesis in a systematic manner in order to contribute to the deepening of the investigated topic, to assist in decision-making based on research results. The integrative review²³ was adopted, as it contributes to the process of systematization and analysis of results, aiming at understanding the theme.

In the construction of this integrative review, the following steps were taken: definition of the theme and elaboration of the guiding question, sampling or search in literature, data collection, critical analysis of the included studies, discussion and interpretation of the results and presentation of the review.

The data collection period was from January to March of 2019. This article had as a guiding question: *Can alcohol consumption by adolescents interfere with their health?*

A search of the articles was carried out in the following databases: SciELO, BDNF, LILACS and MEDLINE, which belongs to the BIREME database to the VHL (Virtual Health Library). The PICO strategy (Population, Interest, Context and Outcome) was used using the first three phases; and, the combination of the following standardized descriptors available in the Health Sciences Descriptors (DeCS): adolescent, alcoholism and adolescence.

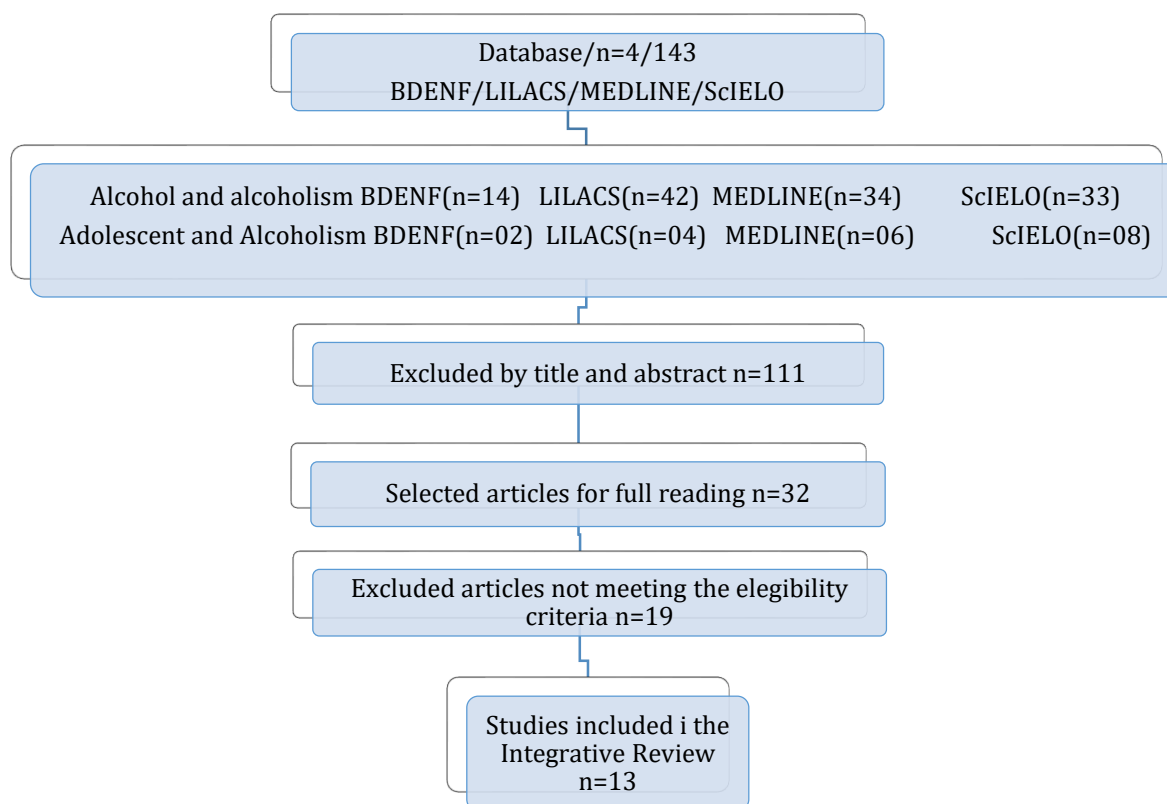
Inclusion criteria were: fully available articles, published in Portuguese, in the years 2014 to 2018 with a focus on alcohol consumption in adolescence. All articles not relevant to the research topic, thesis and dissertations were excluded.

RESULTS

The following crossings were performed: adolescent AND alcoholism; alcohol and adolescence. From the first crossing, 20 articles were found, two in the BDNF database, four in LILACS, six in MEDLINE and eight in SciELO. In the second crossing, 123 articles, 14 in the BDNF database, 42 in Lilacs, 34 in MEDLINE and 33 in SciELO. There were 143 articles for analysis and selection. The title and abstract were read and afterwards, the publications were read in full.

111 articles that were not relevant to the research topic or did not respond to the study were excluded. Thus, the sample consisted of 13 articles. For a better understanding of the search strategy, a table was constructed (Flowchart 1).

Flowchart 1. Articles found according to databases according to the descriptors used in the study from 2014 to 2018.



The results of this study refer to an integrative review where 13 (thirteen) articles published between 2014 and 2018 were selected from both databases, 3 (three) in BDNF, 1 (one) in LILACS, 4 (four) in MEDLINE and 5 (five) at SciELO. The annual layout of publications for that period is shown in Tables 1 and 2.

From the bibliographic survey, it was observed that, in 2016, the largest number of articles published between 2014 and 2018 was concentrated in a total of 6 (six) articles (50%), which indicates that the publication of articles with the topic in question is relatively recent. The distribution of articles in this period, with the exception of 2016, showed little variation, from 1 (one) in 2014 to 2 (two) articles per year in 2015, 2017 and 2018.

Studies on alcohol consumption in adolescence are published in several health magazines. The online nursing journal UFPE Saúde Pública presented the largest number of studies on the topic, with 3 (three) publications. Then, the Revista Brasileira de Epidemiologia and Revista Portuguesa de Enfermagem de Saúde Mental presented 2 (two) studies each with the theme, 1 (one) from Psico (Porto Alegre), 1 (one) from Revista Paulista de Pediatria; 1 (one) from Psic., Saúde & Doenças, 1 (one) from Ciência & Saúde Coletiva; 1 (one) from Cadernos de Saúde Pública and 1 (one) from Einstein (São Paulo). The studies are spread over 8 (eight) journals. Therefore, there is not a large concentration of publications in specific or specialized magazines on the subject.

Of the total articles researched, two are integrative reviews published in 2016 and 2017, and 10 are derived from field research. The publications derived from field studies presented mostly large samples (from 200 participants), one study was based on 24 participants and one study showed samples with only three participants.

In the present survey, studies were conducted predominantly with participants of both genders. Only one article investigated only female participants.

This study confirms the dimension of alcohol use in adolescents, which is one of the main risk factors for the occurrence of accidents, violence, STIs, unwanted pregnancies and school dropouts. The studies that comprised the sample of this integrative review are shown in Chart 1.

Chart 1. Scientific production about alcohol consumption by adolescents in the databases between 2014 to 2018. Foz do Iguaçu, 2019.

Reference	Objective(s) of the article	Results/conclusion
¹⁰ Santos MD, Araújo MF, Silva ES, Pinto MB, Santos NCCB, Santos CCMP. Percepção de adolescentes e jovens acerca da fisiopatologia do álcool e a influência desta sobre o consumo. Rev. enferm. UFPE online. [Internet]. 2016 [cited in 08 Jan 2019]; 10(9):3241-3250. Available from: http://dx.doi.org/10.1590/1982-0194201500069	To analyze the perception of high school adolescents and young people about the pathophysiology of alcohol and its influence on its consumption.	Faced with information about the effects of drinking, adolescents believe that they would have the chance to rethink their choices and demand better interventions in front of institutions that promote information such as schools and the media.
¹¹ Almeida RM, Trentini LB, Klein LA, Macuglia G R, Hammer C, Tesmmer M. Uso de álcool, drogas, níveis de impulsividade e agressividade em adolescentes do Rio Grande do Sul. Psico (Porto Alegre). [Internet]. 2014 [cited in 08 Jan 2019]; 45(1): 65-72. Available from: 10.15448/1980-8623.2014.1.12727	Check how and when substance use starts among adolescents by investigating the levels of impulsivity and aggression.	It is concluded that the beginning of substance use has occurred earlier in the state of Rio Grande do Sul and that the means of impulsivity and aggressiveness of these adolescents were considered high.
¹² Araújo P, Carvalho MGN, Van WM, Lourenço B, Queiroz LB, Silva CA. Uso indevido de drogas e função sexual em adolescentes com doenças crônicas. Rev. paul.	Assess the misuse of alcohol/tobacco	In a teenager with CIs, the use of substances resulted in a greater

Reference	Objective(s) of the article	Results/conclusion
pediatr. [Internet]. 2016. [cited in 08 Jan 2019]; 34(3): 323-329. Available from: http://dx.doi.org/10.1016/j.rppede.2015.10.008 .	and/or illicit drugs in chronic diseases	propensity to practice sexual intercourse.
¹³ Carvalho AP, Silva TC, Valença PAM, Ferreira SCFB, Colares V, Menezes VA. Consumo de álcool e violência física entre adolescentes: quem é o preditor? Ciênc. saúde coletiva [Internet]. 2017. [cited in 01 Mar 2019]; 22(12): 4013-4020. Available from: http://dx.doi.org/10.1590/1413-812320172212.06172016 .	Investigate in literature the association between alcohol consumption and physical violence, with an emphasis on identifying the predictor between them.	The consumption of alcoholic beverages proved to be a predictor of physical violence for both the perpetrating adolescent and the victim of violence. However, having been a victim of violence in childhood and adolescence can also lead adolescents to alcohol consumption.
¹⁴ Mola R, Pitangui ACR, Barbosa SAM, Almeida LS, Sousa MRM, Pio WPL et al. Uso de preservativo e consumo de bebida alcoólica em adolescentes e jovens escolares. Einstein (São Paulo). [Internet]. 2016 [cited in 01 Mar 2019]; 14(2): 143-151. Available from: http://dx.doi.org/10.1590/S1679-45082016A03677 .	Identify the factors associated with not using a male condom and drinking alcohol in adolescents and young schoolchildren.	Failure to use condoms was associated with drinking in the past 30 days in girls.
¹⁵ Moura NA, Monteiro ARM, Freitas RJM. Adolescents using (il)licit drugs and acts of violence. Journal of Nursing UFPE online. [Internet]. 2016, [cited in 15 Apr 2019]; 10(5): Available from: 10.5205/reuol.9003-78704-1-SM.1005201614	To know the (un)lawful practices of violence and drug use by adolescents.	It was found that the use/abuse of alcohol and other drugs by adolescents hindered the adoption of a daily routine, their interpersonal relationships and the practice of activities that can improve health and body development, in addition to inducing violent practices in order to consume the drug.
¹⁶ Reis TG, Oliveira LCM. Padrão de consumo de álcool e fatores associados entre adolescentes estudantes de escolas públicas em município do interior brasileiro. Rev. bras. epidemiol. [Internet]. 2015 [cited in 20 Jan 2019]; 18(1): 13-24. Available from: http://dx.doi.org/10.1590/1980-5497201500010002 .	Identify aspects related to alcohol consumption among students in a city in the interior of southeastern Brazil.	Verified alcoholic consumption among students as worrying and precocious.
¹⁷ Faial L, Costa RASR, Pereira ECSL, Gomes FC, Nascimento CE. Vulnerability in adolescents: a timely area for the practice of health: integrative review. Journal of Nursing UFPE on line. [Internet]. 2016. [cited in 14 Feb 2019]; 10(9): 3473-3482. Available from: https://doi.org/10.5205/1981-8963-v10i9a11430p3473-3482-2016	Describe the main vulnerabilities to health risks in adolescence	The knowledge of the main vulnerabilities to adolescent health, its triggering factors and their consequences are important tools for the reorganization of health practices.

- ¹⁸Rosa A, Loureiro L, Sequeira C. Literacia em saúde mental sobre abuso de álcool: um estudo com adolescentes portugueses. *Revista Portuguesa de Enfermagem de Saúde Mental* [Internet]. 2018 [citado 20 Jan 2019]; (spe6): 38. Available from: <http://dx.doi.org/10.19131/rpesm.0210> To characterize mental health literacy on alcohol abuse in adolescents. There was a deficit in some aspects of literacy on alcohol abuse in adolescents.
- ¹⁹Poton WL, Soares AL G, Gonçalves H. Problemas de comportamento internalizantes e externalizantes e uso de substâncias na adolescência. *Cad. Saúde Pública* [Internet]. 2018 [cited in 25 Mar 2019]; 34(9): e00205917. Available from: <http://dx.doi.org/10.1590/0102-311x00205917>. Investigated the relationship between externalizing behavior problems (EBP), internalizing problems (IBP) and these concomitantly (EIBP) in early adolescence (11 years) and substance use (alcoholic beverages, tobacco and illicit drugs) Public health actions that act to reduce behavior problems in early adolescence could decrease the consumption of tobacco and alcoholic beverages at the age of 15.
- ²⁰Ferreira Manuela, Valente Gonçalo, Cabral Lidia, Duarte João, Gonçalves Amadeu, Andrade Joana. Escala de Envolvimento com o Álcool para Adolescentes (AAIS): Análise factorial confirmatória. *Revista Portuguesa de Enfermagem de Saúde Mental* [Internet]. 2017 [cited in 17 Mar 2019]; (spe5): 39-43. Available from: <http://dx.doi.org/10.19131/rpesm.0165> To study the validity and reliability of the Alcohol Involvement Scale for Adolescents. Students aged between 14 - 21 years, proved to be habitual drinkers without problems (75.30%), with high expectations for alcohol (45.10%).
- ²¹Raizel R, Silva VG, Godois AM, Espinosa MM, Machado AD, Duarte SJH et al. Comportamentos de risco à saúde de adolescentes e atividades educativas da Estratégia Saúde da Família em Cuiabá, Mato Grosso, 2011. *Epidemiol. Serv. Saúde* [Internet]. 2016 [cited in 17 Mar 2019]; 25(2): 291-299. Available from: <http://dx.doi.org/10.5123/s1679-49742016000200008>. To analyze adolescent health risk behaviors and educational actions of the Family Health Strategy (FHS) in Cuiabá, in the state of Mato Grosso, Brazil. There was a low participation in educational actions on alcohol (23%).
- ²²Brito I, Precioso JAG, Correia C, Albuquerque C, Samorinha C, Cunha FH et al. Fatores associados ao consumo de álcool na adolescência, em função do género. *Psic., Saúde & Doenças* [Internet]. 2015 [cited in 18 de Mar 2019]; 16(3): 392-410. Available from: http://www.scielo.mec.pt/scielo.php?script=sci_arttext&pid=S1645-00862015000300010&lng=pt. Describe perceptions about risk and protective factors associated with experimentation and regular alcohol consumption in adolescence, according to gender. The data reveal different factors associated with alcohol consumption in adolescence and identify differences between genders.

DISCUSSION

The researches surveyed mention that the first contact with alcohol in adolescents occurs earlier and earlier, which makes the question worrying, since the sooner alcohol

consumption starts, the greater the prospect of developing consumption and addiction to illegal substances^{16,17,20}.

Alcohol abuse by adolescents and young people has different consequences than those in adults, due to the stage of development in which they are showing risky behavior^{10,12}.

The risk behavior associated with alcohol consumption and negative consequences caused by the use of the substance appeared in most of the articles surveyed. Uncontrolled and excess alcohol consumption in adolescence has become a public health problem, causing damage to life, such as increased likelihood of alcoholism in adulthood, disposition to various types of risky behavior (exposure to sex without a condom, contamination by STIs (Sexually Transmitted Infections) due to not using condoms, unwanted pregnancy, homelessness, violence, suicide and traffic accidents)^{10, 12-17,21}.

All selected studies on the use of alcohol in adolescence demonstrated the importance of prevention and awareness¹⁰⁻²², also explained the need for public policies, parental control and inspection of the sale of the substance^{10-11, 15}.

The use of alcohol and other drugs inhibits neurogenesis, impairing brain development and worsening neurocognitive performance, which negatively interferes in basic daily activities performed by adolescents such as: food, sleep, hygiene, studies, loss of regular school life, personal relationships, leisure, sports practices^{10,15,16}.

The consumption of alcoholic beverages was shown to be a predictor for involvement in situations of violence in adolescence, as the levels of impulsivity and aggression are high, decreasing the critical capacity and may have aggressive behavior^{11,13,16}.

In this way, alcohol abuse makes it difficult for adolescents to control themselves, creates lack of responsibility, with great probability for addiction, being a serious problem for public health¹⁸. In addition, young people who use alcohol have mood swings from joy to sadness, causing them to adopt intolerant behavior in certain situations, presenting aggressive and often violent attitudes¹⁰.

Alcohol consumption interferes with food, sleep, hygiene, studies, interpersonal relationships and leisure, also demonstrating that it influences the performance of a violent act, both due to the change in aggression and the question of hallucination¹⁵.

Overuse of alcohol in adolescents can lead to momentary memory loss, which can influence the individual's behavior, presenting mood fluctuations as sadness, joy, aggressive^{10, 21}. Such impulses, when not regulated due to a low capacity for self-control (intrapsychic fragility), can give rise to psychosocial risk behaviors, especially with manifestations of violence¹¹.

Alcohol consumption is also associated with indicators of psychosocial stress such as sadness, loneliness, insomnia and suicidal thoughts, which can lead to health problems, resulting in physiological consequences, namely the metabolic and endocrine, gastrointestinal, nervous and cardiovascular systems^{15, 20, 21}.

Adolescents with chronic diseases, who consumed legal and illegal substances were more involved in unprotected sexual activity, presenting a higher risk of STIs, unwanted pregnancies and low use of contraceptives, this may be due to the disinhibition effects caused by alcohol^{12,16}. It was also possible to note that alcohol consumption contributes to the development of other diseases such as gastritis, liver fat and cirrhosis¹⁰.

Alcoholic beverage is a legal drug and its consumption is accepted by society, however it is prohibited for minors under 18 years of age; this period of development may have the compromise of various functions with risky behaviors being susceptible to dangerous situations such as traffic accidents, fights, reduce their school performance, practice sex without a condom, unwanted pregnancies, not protecting themselves from sexually transmitted infections, with several losses for themselves and those around them. Therefore, it is of great relevance for health, social, educational, security and legal professionals to define actions for promotion and prevention according to the needs of this population.

CONCLUSION

Addressing this theme made it possible to observe that selected articles presented relevant considerations on alcohol consumption by adolescents. Despite bringing clear organic and behavioral consequences in the structure of the adolescent's personality development, the use of alcohol in this age group is both fought against and valued, depending on the angle in which the phenomenon is observed.

There is no doubt that alcohol consumption is an issue that needs to be addressed with adolescents in the family, at school and in the community, helping to prevent and reduce alcohol consumption. Thus, it is noted the importance of more research that can contribute to public policies aimed at the consumption of alcoholic beverages in adolescence with a focus on prevention since it was considered as a triggering factor of violence that affects in every way being considered a biopsychosocial factor.

Actions to prevent and cope with issues of alcohol use and adolescence must be articulated between the health and education sectors. In this sense, forbidding adolescents is not a better option, more is needed so that they can recognize the mistake made by their generation. It is to expose the consequences of alcohol consumption.

This review showed the need to implement guidance and prevention actions in schools, for the adolescent population and their guardians, regarding the risks involved in the consumption of alcoholic beverages during this phase of development. Even so, stricter compliance with laws prohibiting the sale of alcoholic beverages to minors under 18 is required.

As a limitation, there is an indication of the impact of alcohol consumption listed by other vulnerability factors in this age group. In turn, it was important to view the productions in the period considered about the use and abuse of alcohol in adolescence.

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CONTRIBUTIONS

Fernanda Carminati de Moura contributed to the collection and analysis of data and writing. **Elis Maria Teixeira Palma Priotto** participated in the study design, work supervision, writing and revision.

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