

## Alcohol and tobacco consumption by adolescents in school and their risk factors: an integrative review

*O consumo de álcool e tabaco por escolares e seus fatores de risco: uma revisão integrativa*

*Consumo de alcohol y tabaco en escolares y sus factores de riesgo: una revisión integradora*

Received: 24/09/2024 Accepted: 05/11/2024 Published: 19/11/2024

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### Abstract

**Objective:** to identify the consumption and risk factors for alcohol and tobacco use by adolescent in school. **Methods:** integrative review, considering the period from 2018 to the first half of 2024 in the databases: Medical Literature Analysis and Retrieval System Online, Nursing Database, and Latin American and Caribbean Health Sciences Literature. The descriptors considered “*adolescentes*” (adolescents), “*álcool*” (alcohol), “*tabaco*” (tobacco), “*isolamento social*” (social isolation), and “*distanciamento social*” (social distancing) were considered. **Results:** the first search yielded 190 articles, of which 38 were selected and read in full. The studies brought the social inequalities affecting adolescents as a relevant factor for the use of alcohol and tobacco. These substances affect school performance, leading to decreased engagement and increased risks of failure, disinterest, dropout, and other vulnerabilities. **Conclusion:** it was found that it is important to seek information about the social, cultural and family context in order to assist and improve future approaches and conduct, as well as the need to reformulate and expand public policies aimed at adolescents.

**Keywords:** Adolescent; Tobacco products; Underage drinking.

### Resumo

**Objetivo:** identificar o consumo e os fatores de risco do uso de álcool e tabaco por adolescentes escolares. **Método:** revisão integrativa, considerando o período de 2018 ao primeiro semestre de 2024 nas bases de dados: *Medical Literature Analysis and Retrieval System Online*, Base de Dados de Enfermagem e Literatura Latino-Americana e do Caribe em Ciências da Saúde. Como descritores, considerou-se: “*adolescentes*”, “*álcool*”, “*tabaco*”, “*isolamento social*” e “*distanciamento social*”. **Resultados:** na primeira busca, obteve-se 190 artigos. Destes, 38 foram selecionados com leitura na íntegra. Os estudos trouxeram o contexto de desigualdades sociais sofridas pelos adolescentes como fator relevante para o uso de álcool e de tabaco. Tais drogas refletem no desempenho escolar, diminuindo a proatividade e aumentando a reprovação, o desinteresse, a evasão escolar e a vulnerabilidades dos adolescentes. **Conclusão:** verificou-se a importância de buscar informações sobre o contexto social, cultural e familiar, visando auxiliar e melhorar a abordagem e condutas futuras, bem como a necessidade de reformulação e ampliação de políticas públicas direcionadas aos adolescentes.

**Palavras-chave:** Adolescente; Produtos do tabaco; Consumo de álcool por menores;

### Resumen:

**Objetivo:** Identificar el consumo y los factores de riesgo del uso de alcohol y tabaco en adolescentes escolares. **Método:** revisión integradora, considerando el período de 2018 al primer semestre de 2024 en las siguientes bases de datos: *Medical Literature Analysis and Retrieval System Online*, Base de Datos de Enfermería y Literatura Latinoamericana y del Caribe en Ciencias de la Salud. Se utilizaron los siguientes descriptores: “*adolescentes*”, “*álcool*” (alcohol), “*tabaco*”, “*isolamento social*” (aislamiento social) y “*distanciamento social*” (alejamiento socia). **Resultados:** La primera búsqueda arrojó 190 artículos. De ellos, se seleccionaron 38 para su lectura completa. Los estudios sacaron a relucir el contexto de desigualdad social que sufren los adolescentes como factor relevante para el consumo de alcohol y tabaco. Estas drogas afectan al rendimiento escolar, disminuyendo la proactividad y aumentando el fracaso, el desinterés, el abandono escolar y la vulnerabilidad de los adolescentes. **Conclusión:** se constató la importancia de buscar información sobre el contexto social, cultural y familiar, con vistas a ayudar y mejorar el abordaje y el comportamiento futuro, así como la necesidad de reformular y ampliar las políticas públicas dirigidas a los adolescentes

**Palabras clave:** Adolescente; Productos de tabaco; Consumo de alcohol en menores.

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## INTRODUCTION

The beginning of adolescence is recognized by the Brazilian Statute of Children and Adolescents (*Estatuto da Criança e do Adolescente*) between the ages of 12 and 18, when they are entitled to their fundamental rights, including dignity, respect, education and preservation of community, social and family ties<sup>1</sup>.

Adolescence brings about significant biological and psychological changes. Adolescents should be educated about the changes that occur during this transitional period, helping them develop into adults with a good quality of life and the ability to manage their conflicts<sup>2</sup>.

A variety of changes, such as new discoveries, conflicts and doubts, characterize this age group. In addition, the formation of adolescents' own opinions indicates that they should participate or belong to a social group, which results in changes in social behavior and personality, influencing family life and the development of the individual<sup>3</sup>.

Given the changes in adolescence, one aspect that becomes worrying is the early use of alcohol and other drugs. The results of a study conducted in southern Brazil showed that 35.6% of adolescents between the ages of 14 and 17 had tried alcohol. In the 2019 National School Health Survey, 63.3% of adolescents had consumed alcohol at some point in their lives<sup>4</sup>.

Early consumption has become a public health problem, since 155 million adolescents between the ages of 15 and 19 around the world consume alcoholic beverages. Tobacco consumption is observed in the 13 to 15 age group all over the world, with one in 10 adolescents reporting use<sup>5</sup>. This consumption is linked to changes in the context of life, in which family and social ties, conflict situations and problems of personal structure are predisposing factors<sup>3</sup>.

In another study with students aged 14 to 19 in a city in Pernambuco - PE/Brazil, 29.2% drank alcohol and 10.3% used tobacco. A link between tobacco use and family relationships was found, when students with high rates of tobacco consumption had family conflicts as a predictor of use<sup>6</sup>. This early onset affects the physical, mental and social health of adolescents and puts them at risk for problematic substance use later in life<sup>7</sup>.

The vulnerabilities produced by the social context and the inequalities resulting from historical processes of exclusion and discrimination determine the rights and opportunities of Brazilian adolescents and young people. The importance of developing interfederative and intersectoral strategies that collaborate in changing the national vulnerability framework of adolescents and young people is highlighted, aiding in the healthy development of this population group<sup>8</sup>.

Considering the impacts on the quality of life of adolescents, the year 2020 was marked by the high number of cases and deaths caused by the COVID-19 pandemic, which led public

institutions to mobilize to contain the virus and combat the serious health emergency, with social isolation as their main strategy<sup>9</sup>.

Faced with the need for social isolation, schools, educators and family members have drawn up strategies to deal with confinement, reduced contact with people and activities and uncertainty about the future, which impact the mental health of adolescents<sup>10</sup>.

It is necessary to develop care strategies for adolescents who use legal substances. These strategies should aim to welcome and investigate the reasons for use, the place and time they use. This is necessary to seek interventions, create bonds and break the stigma of drug use, such as alcohol and other substances. Strengthening educational actions and creating spaces for listening and discussion allows for changes in the ways of caring, understanding the context, the vulnerabilities of adolescents and their support network<sup>11</sup>.

Considering the consumption of alcohol and tobacco by adolescents, and considering the pandemic period, this study aimed to identify the consumption and risk factors of alcohol and tobacco use by adolescent in school.

## METHODS

This integrative review followed these steps: identification the theme; selection of hypothesis or research question; categorization of studies; evaluation of included studies; interpretation of results and synthesis of knowledge or presentation of the review<sup>12</sup>.

The integrative review is the most comprehensive methodological approach, allowing both experimental and non-experimental studies to be included, thereby providing a complete understanding of the subject. It combines both theoretical and empirical literature, incorporating various definitions of key concepts, as well as reviews of theories and evidence<sup>13</sup>. Data collection took place in August of 2024.

The guiding question for the integrative review was: "*What research has been conducted on adolescent in school and their use of alcohol and tobacco?*". The inclusion criteria were: quantitative and qualitative research articles, published from 2018 to 2024; that included the theme in the title and/or abstract, and were published in Portuguese, English, or Spanish.

After reviewing the full studies, extended abstracts, diagnostic articles, conference proceedings, and unrelated articles were excluded. The following descriptors from DeCS (Health Sciences Descriptors) were used, combined with the Boolean operator AND: *Adolescentes* (Adolescents) AND *Álcool* (Alcohol); *Adolescentes* (Adolescents) AND *Tabaco* (Tobacco); *Adolescentes* (Adolescents) AND *Social Isolation* (social isolation); *Adolescentes* (Adolescents) AND *Distanciamento Social* (Social Distancing). The following databases were

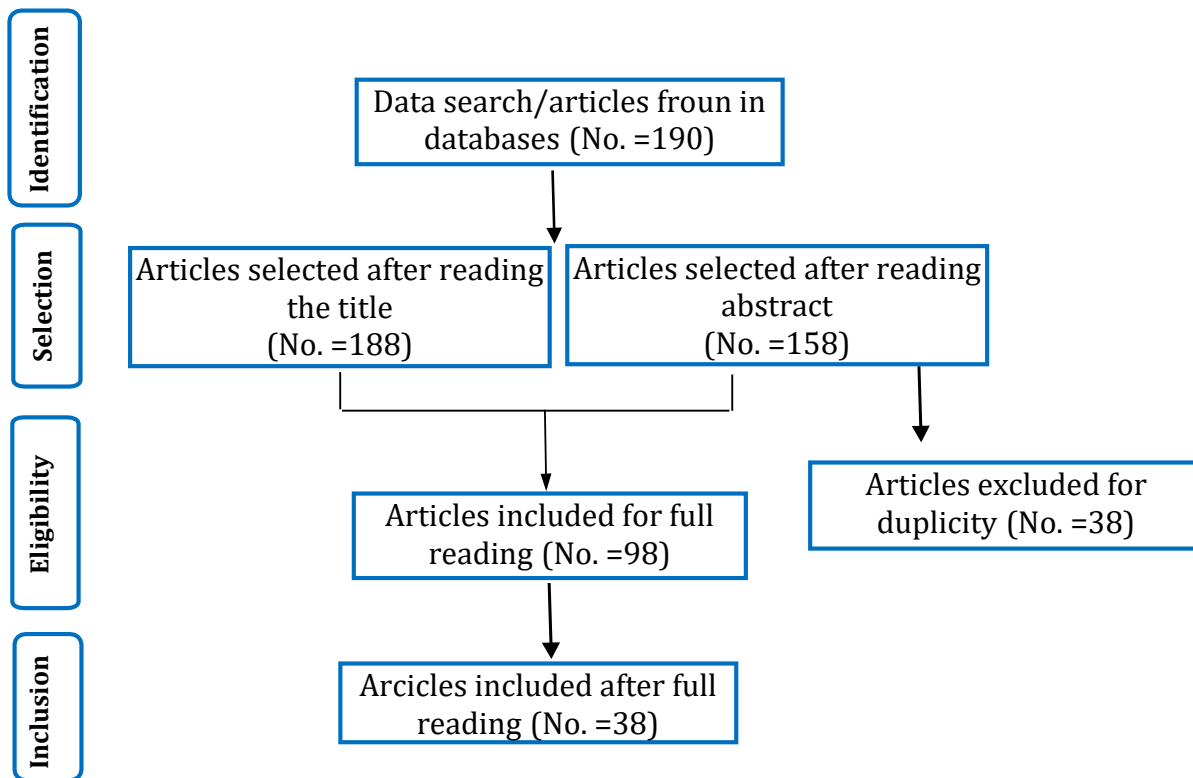
used: Medical Literature Analysis and Retrieval System Online (MEDLINE), Nursing Database (BDENF) and Latin American and Caribbean Health Sciences Literature (LILACS).

The PRISMA<sup>14</sup> checklist was used to organize the articles, and the analysis was based on the literature related to the topic.

## RESULTS

Figure 1 shows the selected articles, from an initial search of 190 articles, 38 were considered for the study.

**Figure 1.** Flowchart of articles considered. Pelotas, RS, Brazil, 2024.



Source: Adapted from fluxogram PRISMA<sup>14</sup>, 2024.

Of the studies, 24 were conducted in Brazil, three in Spain, five in the United States, three in the Republic of Korea, one in the United Kingdom, one in Mexico and one in Paraguay.

Of the selected studies, 25 had a quantitative approach, 9 had a qualitative approach and 4 had an observational approach.

Data collection methods varied across studies: 13 used structured questionnaires, 3 used semi-structured questionnaires, 13 used national censuses, 4 used scales, 2 studies collected data through focus groups, and 3 reviews followed the study selection process

outlined by the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA).

Regarding language, the 38 were available in English and Spanish, and 23 of them were also available in Portuguese. The research participants were adolescent in school. Chart 1 shows the articles selected according to author, year of publication, title and database.

**Chart 1.** Articles included about alcohol use by adolescent in school. Pelotas, RS, Brazil, 2024.

| Author   | Year | Title  | Database |
|--|------|--|----------|
| Purba AK <i>et al.</i> <sup>15</sup>           | 2024 | The Relationship Between Time Spent on Social Media and Adolescent Cigarette, E-cigarette, and Dual Use: A Longitudinal Analysis of the UK Millennium Cohort Study | MEDLINE  |
| Bohm MK, Esser MB <sup>16</sup>                | 2023 | Associations Between Parental Drinking and Alcohol Use Among Their Adolescent Children: Findings From a National Survey of United States Parent-Child Dyads        | MEDLINE  |
| Lee H, Lee BG <sup>17</sup>                    | 2023 | Associations Between Gender-Specific Substance Use Patterns and Mental Health Among Adolescents in the Republic of Korea: A Latent Class Analysis.                 | MEDLINE  |
| Yip SW <i>et al.</i> <sup>8</sup>              | 2023 | Brain Networks and Adolescent Alcohol Use  | MEDLINE  |
| Santos PC <i>et al.</i> <sup>19</sup>          | 2023 | Cross-Sectional Associations of Screen Time Activities With Alcohol and Tobacco Consumption Among Brazilian Adolescents  | MEDLINE  |
| Barker KM <i>et al.</i> <sup>20</sup>          | 2023 | Adolescent alcohol use: use of social network analysis and cross-classified multilevel modeling to examine peer group, school, and neighborhood-level influences   | MEDLINE  |
| Kim EM, Kim H <sup>21</sup>                    | 2023 | Multilevel Factors Associated With Lifetime, Current, and Binge Drinking Among Korean Adolescents Based on the Ecological Model                                    | MEDLINE  |
| Elam KK <i>et al.</i> <sup>2</sup>             | 2023 | Polygenic Effects on Individual Rule Breaking, Peer Rule Breaking, and Alcohol Sips Across Early Adolescence in the ABCD Study                                     | MEDLINE  |
| Mayan CL, Nicodemo C <sup>23</sup>             | 2023 | "If my buddies use drugs, will I?" Peer effects on Substance Consumption Among Teenagers   | MEDLINE  |
| Hoots BE <i>et al.</i> <sup>24</sup>           | 2023 | Alcohol and Other Substance Use Before and During the COVID-19 Pandemic Among High School Students — Youth Risk Behavior Survey, United States, 2021               | MEDLINE  |
| Antarato N <i>et al.</i> <sup>25</sup>         | 2022 | Characterization of adolescent sexual practices  | MEDLINE  |
| Chaves LCMR <i>et al.</i> <sup>26</sup>        | 2022 | Teenagers' knowledge about alcohol and other drugs and their opinion about educational technologies  | LILACS   |
| Mauriño LA <i>et al.</i> <sup>27</sup>         | 2022 | Adolescent behaviors during the preventive and mandatory social isolation in Argentina in 2020   | MEDLINE  |
| Almeida ILL <i>et al.</i> <sup>28</sup>        | 2022 | Social isolation and its impact on child and adolescent development: a systematic review   | LILACS   |
| Soares MAA <i>et al.</i> <sup>29</sup>         | 2022 | Prevalence and Characterization of Tobacco Use Among Adolescents from Montes Claros, Minas Gerais, 2019-2020   | LILACS   |
| Cañete F <i>et al.</i> <sup>30</sup>           | 2021 | Characteristics of tobacco use in young students in Paraguay   | LILACS   |
| Silva RMA <i>et al.</i> <sup>31</sup>          | 2021 | Co-occurrence of health risk behaviors and the family context among Brazilian adolescents, National Survey of School Health (2015)                                 | MEDLINE  |
| Raphaelli CO <i>et al.</i> <sup>32</sup>       | 2020 | Cross-sectional study on work and health risk behaviors among school students in a rural area of Rio Grande do Sul State, Brazil, 2010                             | MEDLINE  |
| Saiz MJS S <i>et al.</i> <sup>33</sup>         | 2020 | Profile of drug use in adolescents. Protective factors   | MEDLINE  |
| Jesus MCP <i>et al.</i> <sup>34</sup>          | 2020 | Factors associated with tobacco experimentation among adolescents students   | BDEF     |
| Guimarães BEB <i>et al.</i> <sup>35</sup>      | 2020 | Excessive alcohol intake and dissatisfaction with body image among adolescents and young adults in a municipality in Bahia State, Brazil                           | MEDLINE  |
| Moraes-Partelli AN <i>et al.</i> <sup>36</sup> | 2019 | Images of alcohol in the adolescents' life of one quilombola community   | LILACS   |
| Ferreira LFO <i>et al.</i> <sup>37</sup>       | 2019 | Perception of adolescents about alcohol consumption  | BDEF     |
| Beserra MA <i>et al.</i> <sup>38</sup>         | 2019 | Prevalence of school violence and use of alcohol and other drugs in adolescents  | BDEF     |
| Teixidó-Compañó E <i>et al.</i> <sup>39</sup>  | 2019 | Individual and contextual factors related to binge drinking among adolescents in Spain: a multilevel approach  | MEDLINE  |
| Sales CCF <i>et al.</i> <sup>40</sup>          | 2019 | Social risk for the family of drug users hospitalized due to physical injury   | LILACS   |

|  |      |   |         |
|--|------|---|---------|
| Malta, DC <i>et al.</i> <sup>41</sup>      | 2019 | Factors associated with family violence against adolescents based on the results of the National School Health Survey (PeNSE)   | MEDLINE |
| Leal MABF <i>et al.</i> <sup>42</sup>      | 2019 | Association between socio-demographic factors and cardiovascular health risk behaviors of Brazilian adolescents aged 13 to 17 years: data from the 2015 National School-Based Health Survey | MEDLINE |
| Malta DC <i>et al.</i> <sup>43</sup>       | 2018 | Use of psychoactive substances among Brazilian adolescents and associated factors: National School-based Health Survey, 2015  | MEDLINE |
| Malta DC <i>et al.</i> <sup>44</sup>       | 2018 | Factors associated with the use of waterpipe and other tobacco products among students, Brazil, 2015  | MEDLINE |
| Horta RL <i>et al.</i> <sup>45</sup>       | 2018 | Prevalence and factors associated with illicit drug use throughout life: National School Health Survey 2015   | LILACS  |
| Mendez-Ruiz MD <i>et al.</i> <sup>46</sup> | 2018 | Risk perception and alcohol consumption in high school adolescents  | BDEF    |
| Santos RM <i>et al.</i> <sup>47</sup>      | 2018 | Association between school disapproval, bullying and illicit drugs in adolescents: a cross-sectional study  | BDEF    |
| Poton WL <i>et al.</i> <sup>48</sup>       | 2018 | Internalizing and externalizing behavior problems and substance use in adolescence  | MEDLINE |
| Zappe JG <i>et al.</i> <sup>49</sup>       | 2018 | Risk taking behavior in adolescence: systematic review of empirical studies   | LILACS  |
| Moura LR <i>et al.</i> <sup>50</sup>       | 2018 | Factors associated with health risk behaviors among Brazilian adolescents: an integrative review  | MEDLINE |
| Malta DC <i>et al.</i> <sup>51</sup>       | 2018 | Characteristics associated to a poor self-rated health in Brazilian adolescents, National Adolescent School-based Health Survey, 2015   | MEDLINE |
| Viana TBP <i>et al.</i> <sup>52</sup>      | 2018 | Factors associated with cigarette smoking among public school adolescents   | BDEF    |

## DISCUSSION

Alcohol is the drug most commonly used by young people, followed by tobacco. This is largely due to the easy availability of alcohol<sup>26</sup>. The consumption of these substances is observed during the transition period from childhood to adolescence, when the first contact with legal drugs is most frequent. This contact likely happens as adolescents seek new experiences, particularly related to adulthood<sup>36</sup>.

Alcohol consumption during adolescence can have harmful effects on health, including depression, suicidal behavior, car accidents, and dependence in adulthood. Adolescents' experiences with alcohol are often tied to masculine attitudes, which they develop as part of the ritual of transitioning into adulthood and constructing their masculinity<sup>18</sup>, which corroborates current research<sup>36,43</sup>.

The results differ in relation to gender and alcohol consumption, so that prevalent use is seen among students of all ages<sup>20</sup>, and, from another perspective, by both sexes in a similar way<sup>17</sup>.

However, there are homogeneous patterns of use of legal substances by gender; differentiation is associated with mental health problems. Given this context, research on gender-based vulnerability should be further investigated, since other studies show that students are the biggest consumers of alcohol<sup>20,44</sup>.

The second most commonly used drug is tobacco. Research shows that consumption was lower among students, but this number increases as age advances and among adolescents who work<sup>17,24</sup>, corroborating another study, in which smoking is affecting adolescents more than tobacco and opioid consumption<sup>52</sup>.

Tobacco use can be done in isolation, without the need for groups or leisure spaces, providing a state of attention and well-being. In view of this, research is needed to analyze tobacco consumption after the period of social isolation caused by the COVID-19 pandemic<sup>23, 28,48</sup>.

Living with friends and family who smoke was identified by most articles as a risk factor for tobacco use by adolescents, being able to increase their consumption<sup>23,28,50</sup>.

Using alcohol and tobacco together increases the harm caused by both, showing that the cultural, social and parental context influences the consumption and experience of such drugs<sup>31-32</sup>. There is a genetic predisposition to factors associated with consumption, which are linked to family acceptance of alcohol use<sup>21,47</sup>.

Alcohol and tobacco consumption affects school performance and proactivity, causes failure and disinterest, which makes adolescents more vulnerable<sup>35-36</sup>. The prevalence of the use of legal drugs (for adults) has been occurring at earlier ages, with the highest concentration of adolescent users in public schools, demonstrating that social contexts are predictors of the consumption of such drugs<sup>29,44</sup>.

Research shows that adolescents who begin using alcohol and tobacco often experience changes in mood, behavior, and self-perception in their relationship with their parents and in the school environment, becoming more susceptible to addiction and dependence, presenting difficulties in abstinence<sup>33,41</sup>.

Domestic violence and family aggression are key predictors of alcohol and tobacco use, as they heighten feelings of insecurity<sup>37,52</sup>. Despite the recognition of its harm, the consumption of these substances is seen as a coping mechanism resulting from psychological problems present in the lives of adolescents<sup>34</sup>.

Access to legal drugs (for adults) is one of the issues discussed in the studies, in which the ease of purchasing alcohol and tobacco in bars appears as a predictor of use. Even with Law 13.106, of March 17, 2015, which prohibits the sale and delivery of alcoholic beverages to minors in Brazil, the alcohol and tobacco industries create an environment in which the consumption of such dangerous products is accessible<sup>38,46</sup>.

For this reason, it is important to educate adolescents about the harms of alcohol and tobacco use. The perception of risk in relation to alcohol consumption is linked to the lower use of this substance<sup>49</sup>, in addition to preventing risky behaviors, such as unprotected sex, early pregnancy and youth inactivity<sup>7</sup>.

In the post-pandemic scenario, it is crucial to analyze the effects of consumption and social isolation on the mental health of adolescents. Adapting to remote learning and the lack

of contact with teachers and peers has affected the psychosocial and emotional development of young people, leading some to seek legal drugs to deal with their feelings. It is essential to understand these vulnerabilities in order to offer the necessary support during this period of transition and readaptation<sup>18-19,27</sup>.

The pandemic's restrictions have increased adolescents' screen time and social media use<sup>15</sup>. Research shows that exposure to marketing content on these platforms can increase the likelihood of tobacco use. Policies should be reformulated to restrict access to advertising content about substances on social media, in order to reduce consumption among young people<sup>28</sup>.

Such adaptations can affect mental health in the long term, highlighting students' curiosity, insecurities and educational losses. They can also activate triggers that encourage students to seek out legal and illegal drugs as an escape valve. Social distancing during the COVID-19 pandemic has negatively affected the cognitive and social development of adolescent in school.

Adolescents subjected to social isolation may be predisposed to post-traumatic stress disorders, leading to depressive behavior and cognitive, physical and mental impairments in the medium and long term. This can negatively affect quality of life and school performance<sup>53</sup>.

Social distancing can cause changes in mood, behavior, self-perception, and relationships in the school environment, making them more susceptible to addiction and dependence, having more difficulty abstaining from smoking, and increasing the risk of suicidal ideation, making them more likely to relapse in adulthood<sup>33</sup>.

It is essential to expand studies on young people and alcohol and tobacco consumption, as well as their risk factors and how they are dealing with the post-pandemic period, since the consequences can intensify in the long term.

Faced with the demand for forms of care and prevention, nurses must develop skills that meet the needs of students, respecting their behavioral particularities. Therapeutic approaches that arouse the interest of students can be used, which is essential in creating bonds between them.

The use of colloquial language facilitates student understanding, as well as active listening, allowing the adolescent to have adequate time to think about their answers, providing appropriate nursing interventions, contributing to the prevention, promotion and protection of adolescent health<sup>15,27,53</sup>. Nurses must be prepared to care for adolescent students, because the side effects of alcohol and tobacco consumption tend to worsen in the medium and long term.



## CONCLUSION

The review found that alcohol and tobacco consumption has affected adolescents' lives, highlighting the importance of considering the context in which they live. The research emphasizes the need to understand the social, cultural, and family factors influencing these behaviors, aiming to prevent cognitive, emotional, and physical harm, as well as mental health issues and school dropout.

Family relationships were also highlighted, with domestic violence identified as a risk factor for drug use and risky behaviors among adolescents. This information is crucial for guiding health and prevention efforts for this vulnerable group.

Given the findings, it is clear that this population may face significant challenges in the post-pandemic period, mainly due to a predisposition to post-traumatic stress disorder, depressive symptoms, use of legal drugs and suicidal ideation.

A limitation of this study is the lack of articles that include adolescents' perspectives on the topic. Thus, analyzing the health of this population in the post-pandemic period presents a challenge, highlighting the need to formulate and expand public policies aimed at adolescents. In addition, it is essential to invest in research on continuing education for health professionals, aiming to serve this population due to the issues that will emerge over time.

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<https://acervomais.com.br/index.php/saude/article/view/10491>

**Associated Publisher:** Vania Del Arco Paschoal

**Conflict of Interests:** the authors declared there is no conflict of interests

**Financing:** none

**Contributions:**

Concept – Borba LS, Coimbra VCC, Oliveira MM, Silva LCM

Investigation – Silva LCM

Writing – first draft – Borba LS, Oliveira MM, Rosa MQC, Silva LCM

Writing – revision and editing – Borba LS, Coimbra VCC, Guedes AC, Oliveira MM, Rosa MQC, Silva LCM

**How to cite this article (Vancouver)**

SILVA LCM, OLIVEIRA MM, BORBA LS, COIMBRA VCC, ROSA MQC, GUEDES AC. Alcohol and tobacco consumption by schoolchildren and their risk factors: an integrative review. Rev Fam, Ciclos Vida Saúde Contexto Soc. [Internet]. 2024 [cited in *insert day, month and year of access*]; 12(4):e7993. DOI: <https://doi.org/10.18554/refacs.v12i4.7993>

**How to cite this article (ABNT)**

SILVA, L.C.M.; OLIVEIRA, M.M.; BORBA, L.S.; COIMBRA, V.C.C.; ROSA, M.Q.C.; GUEDES, A.C. Alcohol and tobacco consumption by schoolchildren and their risk factors: an integrative review. **Revista Família, Ciclos de Vida e Saúde no Contexto Social**, Uberaba, MG, v. 12, n. 4, e7993, 2024. DOI: <https://doi.org/10.18554/refacs.v12i4.7993>. Access in: *insert day, month and year of access*.

**How to cite this article (APA)**

Silva, L. C. M., Oliveira, M. M., Borba, L. S., Coimbra, V. C. C., Rosa, M. Q. C., Guedes, A. C. (2024). Alcohol and tobacco consumption by schoolchildren and their risk factors: an integrative review. Rev. Fam., Ciclos Vida Saúde Contexto Soc., 12(4), e7993. Retrieved in *insert day, month and year of access* from <https://doi.org/10.18554/refacs.v12i4.7993>



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