

## Prevention of Stimulant Use Disorders among Adults

### 成年人兴奋剂使用障碍的预防

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**Summary:** Stimulant use among adults is a common and serious disorder which can cause injuries, and social and economic problems. Therefore, it is necessary to identify risk factors which can be used to develop effective prevention strategies. One of the important risk factors may be existence of adverse childhood experiences (ACEs). A survey was therefor conducted to determine the prevalence in using amphetamine-type stimulants (ATS), cocaine, or both. Results indicate that, among adults reporting lifetime ATS use, 22.1% had  $\geq 4$  ACEs, 24.9% had 2~3 ACEs, 22.4% had 1 ACE, 30.6% reported no ACEs. Among adults with lifetime ATS use disorder, 29.3% reported  $\geq 4$  ACEs, 28.7% reported 2~3 ACEs, 21.6% reported 1 ACE, and 20.4% reported no ACEs. Multivariable logistic regression analyses of the data indicate a significant relationship between number of ACEs and stimulant use and use disorders. In conclusion, the strong relationship between increasing ACE experience and stimulant use and use disorders indicate that reduction of ACEs is an effective prevention strategy to reduce stimulant use, and its health and social consequences.

**摘要:** 成年人使用兴奋剂障碍是一种常见且严重的疾病,可导致伤害及引发相关的社会经济问题。因此,有必要识别其危险因素并制定有效的预防策略。其中导致其发生的一个重要危险因素是儿童期不良经历(ACEs)。因此本专项调查是为了确定安非他明类兴奋剂(ATS)与可卡因药物分别单独使用及同时使用的情况。结果显示,在报告终生使用ATS的成年人中,22.1%的人经历4次及以上的ACEs,24.9%的人有过2~3次ACEs,22.4%的人有过1次ACE,30.6%的人没有ACEs。在ATS终生使用障碍的成年人中,29.3%报告经历ACEs多于4次,28.7%报告经历过2~3次ACEs,21.6%报告经历过1次ACE,20.4%报告无ACEs经历。多因素logistic回归分析表明,ACEs的数量、兴奋剂使用及使用障碍之间存在显著关系。ACE数量的增加与兴奋剂使用和使用障碍之间的密切关系表明,减少ACEs是减少兴奋剂使用、促进社会健康的有效预防策略。