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Original article

Alcohol, smoking and illicit drug use in pediatric systemic lupus erythematosus patients



Marlon van Weelden^{a,b}, Lígia B. Queiroz^c, Daniela M.R. Lourenço^a, Katia Kozu^a, Benito Lourenço^c, Clovis A. Silva^{a,c,*}

^a Pediatric Rheumatology Unit, School of Medicine, Universidade de São Paulo, São Paulo, SP, Brazil

^b Medical Faculty, VU University, Amsterdam, Netherlands

^c Adolescent Unit, School of Medicine, Universidade de São Paulo, São Paulo, SP, Brazil

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ABSTRACT

Objective: To evaluate alcohol, smoking and/or illicit drug use, and history of bullying in adolescent childhood-onset systemic lupus erythematosus and healthy controls.

Methods: 174 adolescents with pediatric rheumatic diseases were selected. All of the 34 childhood-onset systemic lupus erythematosus patients and 35 healthy controls participated in this study. A cross-sectional study included demographic/anthropometric data and puberty markers assessments; structured questionnaire and CRAFFT screening interview.

Results: McNemar tests indicated an excellent test-retest reliability of the structured questionnaire ($p = 1.0$). The median current age was similar between childhood-onset systemic lupus erythematosus patients and controls [15 (12–18) vs. 15 (12–18) years, $p = 0.563$]. The median of menarche age was significantly higher in childhood-onset systemic lupus erythematosus patients compared to controls [12 (10–15) vs. 11.5 (9–15) years, $p = 0.041$], particularly in those that lupus had occurred before first menstruation [13 (12–15) vs. 11.5 (9–15) years, $p = 0.007$]. The other puberty marker and sexual function parameters were similar in both groups ($p > 0.05$). Alcohol use was similar in both childhood-onset systemic lupus erythematosus patients and controls (38% vs. 46%, $p = 0.628$). A trend of lower frequency of CRAFFT score ≥ 2 (high risk for substance abuse/dependence) was evidenced in childhood-onset systemic lupus erythematosus patients compared to controls (0% vs. 15%, $p = 0.053$). Bullying was reported similarly for the two groups (43% vs. 44%, $p = 0.950$). Further analysis in lupus patients regarding alcohol/smoking/illicit drug use showed no differences in demographic data, puberty markers, history of bullying, sexual function, contraceptive use, disease activity/damage scores, clinical/laboratorial features and treatments ($p > 0.05$).

* Corresponding author.

E-mail: clovisaasilva@gmail.com (C.A. Silva).

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Conclusion: This study showed high frequencies of early alcohol use in lupus adolescents and healthy controls, despite of a possible low risk for substance abuse/dependence in childhood-onset systemic lupus erythematosus patients.

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Uso de álcool, tabaco e drogas ilícitas por pacientes com lúpus eritematoso sistêmico pediátrico

R E S U M O

Palavras-chave:

Álcool

Tabagismo

Bullying

Puberdade

Lúpus eritematoso sistêmico de início na infância

Objetivo: Avaliar o uso de álcool, tabaco e/ou drogas ilícitas e a história de bullying entre adolescentes com lúpus eritematoso sistêmico pediátrico (LES-p) e controles saudáveis.

Métodos: Selecionaram-se 174 adolescentes com doenças reumatológicas pediátricas. Todos os 34 pacientes com LES-i e 35 controles saudáveis participaram deste estudo. Um estudo transversal incluiu avaliações de dados demográficos/antropométricos e marcadores da puberdade, um questionário estruturado e a entrevista de triagem Crafft.

Resultados: Testes de McNemar indicaram uma excelente confiabilidade teste-reteste do questionário estruturado ($p = 1,0$). A mediana da idade atual foi semelhante entre pacientes com LES-i e controles [15 (12 a 18) vs. 15 (12 a 18) anos, $p = 0,563$]. A mediana da idade na menarca foi significativamente maior em pacientes com LES-i em comparação com os controles [12 (10 a 15) vs. 11,5 (9 a 15) anos, $p = 0,041$], particularmente naquelas em quem o lúpus ocorreu antes da primeira menstruação [13 (12 a 15) vs. 11,5 (9 a 15) anos, $p = 0,007$]. Os outros marcadores da puberdade e parâmetros de função sexual foram similares nos dois grupos ($p > 0,05$). O uso de álcool foi semelhante entre pacientes com LES-i e controles (38% vs. 46%, $p = 0,628$). Evidenciou-se uma tendência de menor frequência de pontuação ≥ 2 no Crafft (alto risco para uso abusivo/dependência de substâncias) em pacientes com LES-i em comparação com os controles (0% vs. 15%, $p = 0,053$). O bullying foi relatado em frequência semelhante nos dois grupos (43% vs. 44%, $p = 0,950$). Uma análise mais aprofundada em relação ao uso de álcool/tabaco/drogas ilícitas em pacientes com lúpus não mostrou diferenças nos dados demográficos, marcadores da puberdade, história de bullying, função sexual, uso de anticoncepcionais, escores de atividade/danos da doença, características clínicas/laboratoriais e tratamentos ($p > 0,05$).

Conclusão: Este estudo mostrou uma alta frequência de uso precoce de álcool em adolescentes com lúpus e controles saudáveis, apesar de um possível baixo risco para uso abusivo/dependência de substâncias em pacientes com LES-i.

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Introduction

Childhood-onset systemic lupus erythematosus (c-SLE) is a rare disease that occurs mainly in adolescents. Adolescence is a transitional period of physical and psychological development that may be associated with high-risk behaviors.¹

In this regard, alcohol, smoking and illicit drug use is a relevant public health issue in healthy adolescents with high risk for substance abuse/dependence² and sexual dysfunction.³ Furthermore, adolescents may suffer from bullying victimization with poorer health status and psychological distress.⁴ However, the concomitant assessment of these adolescent health problems was not performed in c-SLE population.

Therefore, the objective of our study was to assess alcohol, smoking and/or illicit drug use in adolescent c-SLE patients

and healthy controls. We also evaluated the possible associations between alcohol, smoking and/or illicit drug use and: demographic data, bullying, clinical features, puberty markers, sexual function, contraceptive use, disease parameters and treatments in lupus population.

Materials and methods

Patients and controls

From February to June 2014, 174 adolescents (current age varying from 10 to 19 years according to World Health Organization criteria for adolescents) with pediatric rheumatic diseases were followed at the Pediatric Rheumatology Unit of Hospital das Clínicas da Faculdade de Medicina da Universidade de São Paulo, Brazil. Out of them, 34 adolescents had c-SLE. The exclusion criteria were current psychiatric disorders or unwilling

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