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REVIEW ARTICLE

Factors related to the association of social anxiety disorder and alcohol use among adolescents: a systematic review[☆]

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KEYWORDS

Phobic disorders;
Adolescent;
Behavior;
Ethanol;
Risk factors

Abstract

Objective: To identify the risk factors related to the association between social anxiety disorder and alcohol use in adolescents.

Source of data: The PICO research strategy was used to perform a systematic review in Medline, LILACS, Pubmed, IBICS and Cochrane Library databases. DeCS/MeSH: Phobic Disorders, Adolescent, Behavior, Ethanol, Risk Factors, and the Boolean operator "AND" were used. Inclusion criteria were: cross-sectional, prospective/retrospective cohort, and case-control studies, carried out in adolescents (10–19 years), original articles on social anxiety disorder and alcohol use published between 2010 and 2015. Studies that did not report the terms "anxiety disorder" and "alcohol use" in the title and abstract were excluded.

Synthesis of data: 409 articles were retrieved; after the exclusion of 277 repeated articles, the following were eligible: 94 in MEDLINE, 68 in Pubmed, 12 in IBICS, and three in LILACS. Titles and abstracts were independently read by two examiners, which resulted in the selection of eight articles for the analysis. Risk factors associated to the two disorders were female gender, age, peer approval and affective problems for alcohol use, confrontation situations and/or compliance reasons, frequency of alcohol use, and secondary comorbidities, such as depression and generalized anxiety.

Conclusions: It is necessary to assess the period of social anxiety disorders first symptom onset, as well as the risks for alcohol use in order to establish corrective intervention guidelines, especially for socially anxious students.

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PALAVRAS-CHAVE

Transtornos Fóbicos;
Adolescente;
Comportamento;
Etanol;
Fatores de risco

Fatores relacionados à associação de transtorno de ansiedade social e uso de álcool entre adolescentes: uma revisão sistemática

Resumo

Objetivo: Identificar os fatores de risco relacionados a associação entre o transtorno de ansiedade social e uso de álcool entre adolescentes.

Fontes dos dados: Utilizou-se a estratégia de pesquisa PICO para realizar a revisão sistemática nas bases Medline, LILACS, Pubmed, IBECs e Biblioteca Cochrane. Foi utilizado os DeCS/MeSH: Transtornos Fóbicos, Adolescente, Comportamento, Etanol, Fatores de Risco e o operador booleano "AND". Os critérios de inclusão foram: estudo transversal, coorte prospectiva/retrospectiva e caso-controle, realizados em adolescentes (10 a 19 anos), artigos originais sobre transtorno de ansiedade social e uso de álcool publicado entre 2010 a 2015. Excluíram-se os estudos que não referiam transtorno de ansiedade e uso de álcool no título e no resumo.

Síntese dos dados: 409 artigos foram identificados e após exclusão repetidos 277 estudos foram elegíveis: 94 no MEDLINE, 68 em Pubmed, 12 IBECs e 3 LILACS. Foi realizada a leitura dos títulos e resumos de forma independente por dois examinadores, que resultou na seleção de 8 artigos para análise. Fatores de riscos associados aos dois transtornos: predominância do gênero feminino, idade, aprovações pelos pares e problemas afetivos para o uso de álcool, situações de enfrentamentos e/ou motivos de conformidades, frequência de uso do álcool e comorbidades secundárias como depressão e ansiedade generalizada.

Conclusões: É necessário avaliar o período de surgimento dos primeiros sintomas de transtorno de ansiedade social e dos riscos para o uso de álcool e instituir normas corretivas de intervenções, principalmente para os alunos socialmente ansiosos.

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Introduction

Social anxiety disorder (SAD) is a condition that starts in childhood/adolescence and is characterized by excessive fear or intense anxiety when the individual is faced with social exposure situations in public or meeting new people. It is estimated that between 5% and 13% of the population have this problem. It is considered as a chronic pathology, capable of incapacitating the individual and promoting the development of high rates of psychiatric comorbidities, such as depression, generalized anxiety disorder, and agoraphobia, being the most common anxiety disorder and the third most frequent psychiatric disorder.¹⁻⁴

These individuals have difficulties in interpersonal relationships (family and social interactions), low self-esteem, low school performance, school dropout, and impairment in memory, perception, and thinking processes. It is noteworthy that SAD usually precedes abuse and dependence of alcohol and other illicit substances, which aggravates symptoms.⁵

Considered a public health problem, alcohol experimentation typically begins in adolescence, between the ages of 12 and 15 years, regardless of social context; individuals with early onset of SAD are at risk for developing depression or alcoholism.^{2,6,7} This diagnosis occurs shortly before or concurrently with the onset of substance use, which suggests an association between these two health problems and that, even in the face of this evidence, this type of disorder in adolescence has shown a conflicting association with the use of alcohol.

The present systematic review aimed to identify the risk factors related to the association between SAD and alcohol use among adolescents.

Method

A systematic review of the literature was carried out based on a search in the Medical Literature Analyses and Retrieval Online (Medline), Latin American and Caribbean Literature in Health Sciences (LILACS), PubMed, Índice Bibliográfico Español de Ciencias de la Salud (IBECs), and the Cochrane Library databases.

For each research portal, a specific strategy was developed for crossing Descriptors in Health Sciences (DeCS, a Brazilian database of medical keywords) or Medical Subject Headings (MeSH). The keywords used for the study selection were: Phobic Disorders, Adolescents, Behavior, Ethanol, Risk Factors, and the corresponding terms in Portuguese. The Boolean operator "AND" was used to combine keywords and terms for searches. The selection was limited to studies published in Portuguese, English, or Spanish between 2010 and 2015.

After the articles were identified, eligibility, selection, and exclusion criteria were applied. Original articles that had alcohol use as a risk factor for SADs were considered eligible. The Population, Intervention, Comparison, Outcome, Study Design (PICO) research strategy was used to construct the research question, in order to carry out the search for clinical evidence of the association between social phobia and alcohol use.^{8,9} The following

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