# RESEARCH ARTICLE

## ANXIOLYTICS USE OF ASSOCIATION AND ALCOHOL WITH BECK ANXIETY DIAGNOSIS

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## ARTICLE INFO

## ABSTRACT

**Background:** Anxiety disorders are considered a major health problem and economic. About 10% of the world population suffer from this disorder. In Brazil it is estimated that 9.3% of its population. **Objective**: This study aimed to evaluate association between anxiety, consumed drugs and alcohol among university and non-university in a cityfrom Bahia. **Methodology:** The survey was conducted with 462 adult's university and non-university, to obtain the data, we opted for the questionnaire BECK and ABUEL anxiety. **Results:** The university index that suffered from anxiety was 2.4%, and 2.4% did not make use of anxiolytics and 2.2% consume alcohol, found significant association between alcohol consumption and anxiolytics, with $p<0.04$ and $p<0.00$, respectively. **Conclusion:** It can be observed that university students are exposed to a variety of stressors that contribute to the development of anxiety. Women are more exposed to alcohol, using it in the anxiety against.

## INTRODUCTION

The anxiety disorder is a mental disorder in which one perceives an emotional caring condition involving cognitive and physiological responses (Falcone, 2016), with high prevalence and is considered a major health problem (Chisholm *et al.*,2016; Karanikola *et al.*, 2016). It is estimated that 700 million people suffering from mental disorders and neurological diseases, i.e. 13% of the world population.

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Brazil represents the largest index of people in the world have some form of this disorder in the proportion 9.3% of its population (Brasil, 2017). Anxiety is not necessarily a bad phenomenon because it leads to knowledge of self, allows the body is on alert, preparing for an unexpected moment, prompting the individual to achieve their goals (Chaves *et al.*, 2015). It is a disabling disease, when very intense, because it can compromise all the physiological part of the body systems, excess adrenergic downloads with exacerbation of the release of adrenaline and also cortisol, which can affect the quality of life, accompanied by feelings of restlessness, fear, irritability, emission behaviors of escape and avoidance (Serra *et al.*, 2015). Contemporary young lives constantly with uncertainties

and insecurities inherent in their psychosocial development condition, which includes the important transition phase which is the output from high school to the top and to the choice of profession and the consequent professional practice (Semenoff *et al*., 2015). Entry into the academic life is preciput factor in student life, full of adjustments and marked by challenging and stressful situations, feeling anxious (Fernani *et al*.,2017). In this phase there changes in your routine and adapt to the social environment which it operates, the student begins to take responsibility for themselves as result of the family environment clearance, sees himself as inefficient to manage tasks, besides the formation of new groups and pressures in the academic (Rovida *et al*., 2015). The lifestyle change creates fear, doubt and vulnerability being a member assiduous to the development of anxiety (Cardozo *et al*., 2016). Studies show that the first signs of anxiety are manifested especially in early adulthood and is more common among women, which shows higher levels than men (Benitez, 2018). The negative influence of anxiety affects the quality of life of the individual, both professional and personal and social, resulting in decreased empathy, performance deterioration and physical and mental illness (Tabalipa *et al*.,2015). Psychoactive substances such as alcohol and anxiolytics (Bártolo *et al*., 2017; Picheth *et al*.,2015), are Central Nervous System modulating drugs (CNS), acting at different neurotransmitter, as well as in the stimulation of acid $\gamma$-aminobutyric(GABA) and inhibition of glutamate, an excitatory neurotransmitter (Munhoz *et al*., 2013). Benzodiazepines join the ranks of the substances used in large scale. According Estimates 5.2% of the world population use benzodiazepines, even if, in many cases, do not have prescription (Albuquerque *et al*., 2016). Among the psychoactive substances, alcohol acts on GABA receptors enhance its inhibitory action in a manner analogous to anxiolytics including effects such as sedation, decreased response to stimuli, loss of balance and attention (Costardi *et al*., 2015). Another hand, alcohol directly stimulates the secretion of neurotransmitters such as endorphins and dopamine, resulting in reward pathways with well-being and mood elevation generating pleasure to the individual as well as depression of the warning system, decreased anxiety (Nentwig *et al*.,2018). Infacewhat was found, the study aims to assess the association between the consumption of tranquilizers and alcohol among university and non-university with or without anxiety a city southwest of Bahia.

## METHODOLOGY

The study encompasses an exploratory, quantitative, cross-sectional type field of research conducted in Bahia, located between the geographical coordinates 14 51 '58 "S and 40 ° 50' 22" W. The same is subproject entitled "epidemiological profile of Chronic Diseases in Vitória da Conquista / BA." This research aims to analyze a specific practice in which the investigations took place through questionnaires.

The selection of the members who joined the study population was given by sample probability by chance. Sampling consisted of 462 volunteers, 196 students and 266 non-university, with 318 females and 144 males, aged between 20 to 44 years. Selected age group due to hormonal stability so that there is no interference in results. to obtain the data, it was decided by Beck anxiety questionnaire which is composed of 21 Questions those that characterize the symptoms of anxiety that the individual presented in recent weeks, the alternatives are variations according to the intensity of the symptoms (8,20). Another questionnaire which was made use is Elder Abuse:

*A multinational Prevalence Survey* - ABUEL on pre-existing conditions, analyzing the use and frequency of antianxiety medications by the study population. In favor of the investigation about the use and frequency of use of alcohol adopted the questionnaire ABUEL alcoholism. Carried out the collection of the period from January to July 2017 for statistical analysis performed the multivariate linear regression, the adjusted variables were estimated using step by step logistic regression to allow the imbalance potential of the genre, a significance level p <0.05, statistical analysis performed using the SPSS*(Statistical Package for Social Sciences)* version 25.0. According to Resolution 466/12 (National Health Council), based on international documents of research on human beings, participants were instructed about the methods used in the course of collection. The project had the approval of the Ethics Committee of the Faculty Northeast Independent (Opinion No. 1,859,545).

## RESULTS

Were evaluated 462 individuals, 144 males and 318 females, in which 196 were students and 266 no university. According to the data reported it was found that the rate university suffering from anxiety is 2.4% and 2.4% do not make use of anxiolytics and 2.2% consume alcohol, while women who have no anxiety totaling 27 3% of college compared to 37.4% of non-university. In men, most were not considered anxious, 12.8% and 17.5% of university and non-university, respectively. In Table 1 are described greater characteristics of the sample. Among women 3.7% do not have this diagnosis and anxiolytic use daily. 61% of respondents said they had never made use of anxiolytics, since they consider not to fall into such categorical. Among men, the number is below. Only 0.2% of eager make daily use of this drug class, in contrast to the 0.6% that never used. 1.9% of men were diagnosed as not eager, yet every turn to drugs. 28.4% of them not eager never earned. Therefore, it was found that women who have diagnosis of anxiety-bolster more on drugs than men. It was noted that both women men use more alcohol to the anxiolytic to contain the anxiety attacks. Considering the significance level p <0.05, it was observed that for the use of anxiolytic was obtained p <0.000 whereas for alcohol p <0.044.

**Table 1. Evaluation of the use of alcohol and anxiolytics among adults**

| Variables | | Gender | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | | **Female Anxiety** | | | | | **Male Anxiety** | | | | |
| | | Yes | (%) | No | (%) | p | Yes | (%) | No | (%) | p |
| Education | University | 11 | 2,4 | 126 | 27,3 | 0,179 | 0 | 0 | 59 | 12,8 | 0,091 |
| | No University | 8 | 1,7 | 173 | 34,7 | | 4 | 0,9 | 81 | 17,5 | |
| Ethanol | Consumes | 10 | 2,2 | 221 | 47,9 | 0,044 | 4 | 0,9 | 115 | 24,9 | 0,353 |
| | Not consume | 9 | 1,9 | 78 | 16,9 | | 0 | 0 | 25 | 5,4 | |
| Anxiolytics | Never | 11 | 2,4 | 282 | 61 | 0,000 | 3 | 0,6 | 131 | 28,4 | 0,150 |
| | Daily | 8 | 1,7 | 17 | 3,7 | | 1 | 0,2 | 9 | 1,9 | |

Source: NEPEdc research, 2017.

Therefore, the consumption of anxiolytic was more significant in relation to alcohol between forward. Table 1 shows details about the characteristics of the sample.

## DISCUSSION

The findings of this study showed that the level of education is a factor for the development of anxiety, college being a higher percentage. Instudy by Nogueira (2013) (Nogueira, 2013), also using the Beck scale, it found that academics had percentages of moderate to severe referring to suffering, psychological distress and concerns related to anxiety, corroborating results finding in another study (Arrieta *et al.*, 2014). With the entry in the academic world, students are subject to increased levels of anxiety due to study demands, mental wear, seizure, distress and personal demands and teachers and family (Amarante *et al.*, 2018). The autonomy introduced in the life of many university may be an originator of the factors of uncertainty and greater instability to the top support and the use of psychoactive substances (Soares *et al.*, 2015). The research data revealed higher prevalence of anxiety in females (2.4%) with statistically significant differences for males. Corroborating results achieved in other studies (Tabalipa *et al.*,2015; Angelucci *et al.*, 2017; Moutinho *et al.*, 2017). The highest levels of anxiety in women, can be explained by reasons of the psychosocial dimension, such as: cultural and parental, social roles, psychological demands that are produced by stereotypes, physiological state of sensitivity and affection which feminine features are considered (Prado, 2017; Chaves *et al.*, 2015; Benitez, 2018). Among the more psychoactive substances consumed by the forward can observe the predominance of alcohol. Especially, among the females which corresponds to 2.4%, similar to other findings (Bártolo, 2017; Mestrado, 2014). It showed also that the university index that make use of alcohol is superior to non-university due to greater exposure to alcohol consumption by students in higher education in relation to the general public (Soares *et al.*, 2015). According to other Household Survey on Drug Alcohol (AGES, 2013/2014), the most used drugs are alcohol (78.3%) and thirdly the hypnotic-sedative anxiolytic (12.2%) (Rubio González, 2009). This can be attributed because they are legal substances, arising under the easy access, the lack of control of sales and advertising support, as anxiolytics fall into drugs that are under controlled sale and under prescription (Auerbach *et al.*, 2017). Anxiety disorders can be cause or consequence of alcohol and etiological factors. Although one study showed that 40% of patients have reported that symptoms of anxiety decreased with its use (Yoshimi *et al.*, 2016). Alcohol intake has given relief from negative emotional states, using a strategy of "self-medication" to relieve symptoms of anxiety and improve sociability (Galvão *et al.*, 2017). According the data, 3.7% of women who do not have anxiety make use of some anti-anxiety daily. Corroborating the study by Fiorelli and Assini (2016) (Fiorelle, 2016), the consumption of drugs such as benzodiazepines, in Brazil, is two to three times higher among women and are more likely to develop insomnia.

### Conclusion

Through the results achieved in this study, it can be observed that university students are exposed to a variety of stress factors that help in the development of anxiety. They are caused by vulnerability to intense charges that burden during the period of college. Women are more exposed to alcohol to combat the symptoms of anxiety, with flexibility index greater the problem. Also, on them to demand accountability is higher, since it must converge their attention to several factors facing quite often, the difficulty of acceptance.

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