STUDY OF SUBSTANCE ABUSE ON STUDENTS OF VOCATIONAL SCIENCES AND FACULTIES IN ISTANBUL AYDIN UNIVERSITY

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ABSTRACT

Objective: This research intends to establish and compare the substance use levels of the students attending the vocational college and the faculties of Istanbul Aydın University. The research uses numerous parameters related to the substance use. These parameters are intended to explain the substance use relations of the students who heard of, know, tried, and use substance. The research investigates the age and place of the first encounter, the socioeconomic conditions of the students, the substance they prefer, and the frequency and amount of use. Evaluations of all such parameters have been compared with the data acquired from the youth who have no concern with substance. Thus, it will be tried to determine the possible risk factors using these comparisons.

Method: The research survey methodology was scale which developed by the United Nations Office on Drug and Crime (UNODC).

Results: Among the students, the smoking rate is 45.6%, whereas drinking rate is 62.9%, and the substance use rate 5.9%. The sample is composed of 172 college and 159 faculty students. Of the students who use substances, 61.1% are the college students and 38.9% faculty students. Among the substance-user students, the age group of 19-20 is the age group using substance at the highest level with 72.2%. The substance-user students group is composed of 44.4% female and 55.6% male students.

Conclusion: The sample group is composed of female 65% and male 35% college students 52% and faculty students 48%. Of the sample group, 5.9% use substance, 45.6% smoke, and 62.9% drink.

Keywords: University Students, Smoking, Alcohol and Substance Abuse.

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İSTANBUL AYDIN ÜNİVERSİTESİNDE MESLEK YÜKSEK OKULU ÖĞRENCİLERİ İLE FAKÜLTE ÖĞRENCİLERİNİN MADDE KULLANIMLARININ ARAŞTIRILMASI

Giriş ve Amaç

Bu çalışma İstanbul Aydın üniversitesinde okuyan meslek yüksek okuluna ve fakültelere devam eden öğrencilerin madde kullanımlarının araştırılması ve karşılaştırılması amacı ile yapılmıştır. Dünyada olduğu gibi, Türkiye'de de madde kullanımının genç nüfusta yoğunlaştığı görülmektedir. Çalışmada maddeyi duyan, tanıyan, deneyen ve bağımlı olan öğrencilerin madde ile karşı karşıya getiren sosyal ve ekonomik şartlar, madde ile ilk kez karşılaştığı yer, tercih edilen madde, kullanım sıklığı ve miktarı gibi parametreler değerlendirilerek ve madde ile ilgisi bulunmayan çocuklardan elde edilen sonuçlarla karşılaştırılarak olası risk faktörleri belirlenmeye çalışılacaktır.

Yöntem: Bu amaç doğrultusunda Birleşmiş Milletler Uyuşturucu ve Suç ile Mücadele Dairesi (UNODC) tarafından geliştirilmiş bir ölçek kullanılmıştır. Örneklem büyüklüğü 300 kişi olarak belirlenmiştir. Bu örneklem büyüklüğüyle araştırma %1'den %50'ye olan sıklıklar kabul edilebilir kesinlik sınırları içinde olmaktadır (power %90), tahmin edilen kesinlik sınırı %1'den %50'ye ±5. Uygulama sırasında güvenilirliği arttırmak için sınıf öğretmenlerinin bulunmamasına özen gösterilmiştir. Anketler isim verilmeden doldurulmuş ve karışık olarak, kapalı bir zarf içinde toplanmıştır. İstatistik işlemler SPSS paket programı ile yapılacaktır.

Bulgular: Araştırmaya katılan öğrencilerin 45.6% sigara kullanıcısı, 62.9% alkol kullanıcısı ve 5.9% hayatları boyunca birkez herhangi bir uyuşturucu ve uyarıcı maddeyi denediklerini söylemişlerdir. Örneklemin 172'si yüksekokul ve 159'u fakülte öğrencisidir. Madde kullanan grubun % 61.1'ini yüksekokul ve %38.9'unu fakülte öğrenciler oluşturmaktadır. 19-20 yaş grubu arasında bulunan grup madde kullanımı açısından en riskli gruptur. Bu grubun madde kullanım yüzdesi 72.2'dir. madde kullanan grubun % 44.4'ünü kızlar ve % 55.6'sını erkekler oluşturmaktadır.

Tartışma: Örneklem büyüklüğünün %65'in kız, %35'I erkektir.%52'si yüksekokul ve %48'i fakülte öğrencisidir. Örneklemin %5.9'u madde kullanmakta, %45.6'sı sigara içkemekte ve %62.9'u alkol kullanmaktadır.

Anahtar Kelimeler: Madde Kullanımı, Üniversite Öğrencileri; Fakülte, Meslek Yüksek Okulu

INTRODUCTION

Although the absolute results in Turkey is unknown, it is thought that extensity of the substance use is on the rise. Since the substance use harms not only the individuals but also the whole society, it is a problem that has different variables threatening the community health. It is seen that the smoking, drinking, and the substance use levels are increasing in many segments of the society, including the university students.

The risky behaviors are observed more frequently particularly in the adolescence and young adulthood stages. Drinking, smoking, and the substance use top the list of risky behaviors possible to encounter in those stages [1, 2]. The university years coinciding with the first steps of young adulthood are the years when such uncertainties such the confusion experienced during adolescence, leaving the home and family, adaptation to a new environment, becoming a candidate for an occupation, and finding a job. It is considered that the stress stemming from such uncertainties may increase smoking, drinking, and the substance use among the university students [3, 4, 5, 6].

The data on the prevalence of smoking, drinking, and the substance use among the general population, especially the university students, in Turkey are limited. The most comprehensive study in Turkey on this subject was made by UNODC (United Nations Office on Drug and Crime) in 2003. This study was carried out by a team established by UNODC in six big cities. According to this study, within the general population between the ages of 15 and 64, the rate of cocaine use is 0.04, ecstasy 0.3, and opium 1.9 [7, 8].

The substance use tendencies change from region to region and country to country. According to the Year 2008 World Substance Use Report published by UNODC (United Nations Office on Drug and Crime), globally 180 million people in total use substances. With 141 million people, opium ranks first among the most-used substances. This figure corresponds to 2.25% of the total world population. According to the World Report 2008, 1 out of every 20 persons has used an illegal drug at least for once during the last 12 months [9].

This study is a ring of the due diligence studies. It intends to research the prevalence of smoking, drinking, and the substance use among the university students within the age group of 18-41, attending different departments of the college and the faculties of a university in Istanbul as well as the variables to which it is related. The students within age group of

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18-41, attending different departments of the college and the faculties of a university in Istanbul, have been selected as the sample group.

METHOD

The research intends to establish smoking, drinking, and the substance use of the college and faculty students attending Aydın University. The sample size was set to 350 persons. The scales including insufficient information are excluded from the statistical evaluation. Therefore, the statistical studies have been carried out over 331 scales.

The scale used in the study is composed of two parts. This first part is composed of 14 questions determining the demographics. The second part is composed of 27 questions on smoking, drinking, and the substance use. All of the scale questions are 5-point likert scale. The questions on cigarette, alcohol, and the other psychoactive substances are based on the substance use research scales prepared by UNODC and ESPAD. The sampling is random. The age range of the scaled group has not required any special permission.

The total number of the scales used in the statistical processes is 331. With this sample size, the frequencies from 1% to 50% are within the acceptable accuracy limits (power 90, estimated accuracy limit is from 1% to 50% ±5). The field survey was completed in February 2009. At the analyses stage, the answers have been dichotomized to facilitate the evaluation. The statistical processes have been carried out using the SPSS 13.0 program. In the evaluation, frequency chi-square, and Wald have been used. A bait item called relaktin has been used in the scale.

RESULTS

The sample group of the research is composed of 331 persons, i.e. female 65% and male 35% male students (see Table 1).

Table 1: Gender

Gender	General		Substance	
	N	%	User (%)	Not User (%)
Female	215	65	3.9	96.1
Male	116	35	10	90

$(X^2: 4.59$ sd: 1, p: 0.032 $)$

The average age of 28.4% of the group is 20. In the substance-user group, the age group of 23 has the biggest share 22.2% (see Table 2).

4

Table 2: Age

Age	General		Substance	
	N	%	User (%)	Not User(%)
18	31	9.4	3.3	96.7
19	96	29	6.7	93.3
20	94	28.4	7.8	92.2
21	54	16.3	4.5	95.5
22	22	6.6	0	100
23	9	2.7	22.2	77.8
24	7	2.1	0	100
26	5	1.5	0	100
27	2	0.6	0	100
28	6	1.8	0	100
29	1	0.3	0	100
32	1	0.3	0	100
33	1	0.3	0	100
41	1	0.3	0	100

$(X^2: 8.37, sd: 13, p: 0.081)$

Table 3: Birth Place (Region)

Birth Place (Region)	General		Substance	
	N	%	User (%)	Not User (%)
Marmora	202	61	5.3	94.7
Aegean	21	6.3	5.3	94.7
Black Sea	27	8.2	4	96
Mediterranean	12	3.6	0	100
East Anatolia	22	6.6	5.3	94.7
Southeast Anatolia	18	5.4	12.5	87.5
Center Anatolia	19	5.7	10.5	89.5
Foreign Countries	10	3	10	90

$(X^2: 3.30, sd: 7, p: 0.856)$

When we look at the students' birthplaces, the Marmara region ranks number one 61%. When we look at the birthplaces of the substance-user group members, the Southeastern Anatolia Region ranks number one 12.5%. 52% are college students (n: 172) and 48% faculty students (n: 159). It is observed that 7% of the college students and 4.7% of the faculty students use substances. The substance-user students constitute 5.9% of the whole group (X^2: 0.71, sd: 1, p: 0.399).

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Within the substance-user group, those whose families have average monthly income between TL 401 and 2000 constitute 14.5% of the group, while those whose families have average monthly income between TL 401 and 2000 constitute 10.6% of the general sample. Within the substance-user group, those who live in the house with 4 and 5 persons constitute 13.2% of the group, while those who live in the house with 4 and 5 persons constitute 71.9% of the general sample. Within the substance-user group, those who live in a rented house constitute 14.6% of the group, while those who live in a rented house constitute 14.2% of the general sample. Within the substance-user group, those who live in an apartment constitute 6.2% of the group. Within the general sample, those who live in the apartment constitute 82.8% of the general sample. Within the substance-user group, those whose fathers are illiterate constitute 20% and those whose mothers are illiterate 9.1% of the group, whereas those whose fathers are illiterate constitute 1.5% and those whose mothers are illiterate 3.6% of the general sample. Within the substance-user group, those whose mothers are retired constitute 7.1% and those whose fathers are retired 7.6% of the group, whereas those whose mothers are retired constitute 9.4% and those whose fathers are retired 20.8% of the general sample.

In the sample, 54.5% of the college students who said that they used substances are female and 45.5% male, whereas 28.6% of the faculty students are female and 71.4% male. In the sample, 63.7% of the college students who said that they smoked are female and 36.3% male, whereas 28.6% of the faculty students who gave the same answer are female and 71.4% male. In the sample, 66.4% of the vocational college students who said that they drink are female and 33.6% male; whereas 59.6% of the faculty students who gave the same answer are female and 40.4% male.

The sample group has been asked whether they got any trouble with the law due to substance use. It is seen that 42.9% of the substance user group have gotten trouble with the law for more than 5 times throughout their lives. When we look at being taken into custody, another leg of trouble with the law, it is seen that 22.2% of the substance-user group have been taken into custody for at least once in their lives (see Table 4-5).

Table 4: Trouble with the Law

Law	General		Substance	
	N	%	User (%)	Not User (%)
Never	291	87.9	3.6	96.4
Once	15	4.5	25	75
2-3 times	15	4.5	18.2	81.8
4-5 times	1	0.3	0	100
More than	9	2.7	42.9	57.1

$(X^2: 30.91,\ sd: 4,\ p: 0.000)$

Table 5: Custody

Custody	General		Substance	
	N	%	User (%)	Not User (%)
Never Been in Custody	315	95.2	5.1	94.9
Once	10	3	22.2	77.8
2-3 times	1	0.3	100	0
4-5 times	1	0.3	0	100
More than 5	4	1.2	0	100

$(X^2: 20.96, sd: 4, p: 0.000)$

The following have been evaluated: gender, age, school type, household number, family income level, parents' education level, parents' employment states, getting trouble with the law and being taken into custody. It is seen that getting trouble with the laws, gender, and the father's education level have apparent impacts on substance addiction (see Table 6).

Table 6: Comparison of Sociodemographic Factor and Substance Abuse

	B	S.E.	Wald	df	Sig.	Exp(B)
Gender	1,061	,504	4,433	1	*,035*	2,891
Age	-,166	,150	1,224	1	,269	,847
Birth Place(Region)	,189	,116	2,665	1	,103	1,208
School Type	-,910	,570	2,547	1	,110	,403
Family Income Level	,007	,259	,001	1	,977	1,007
Household Number	-,391	,266	2,158	1	,142	,676
Owner of House	-,091	,349	,067	1	,795	,913
Type of the House	-,473	,721	,431	1	,512	,623
Father's Education	-,404	,245	2,721	1	*,099*	,668
Mother's Education	,262	,294	,795	1	,373	1,300
Mothers Occupation	-,182	,265	,471	1	,493	,834
Fathers Occupation	,100	,418	,057	1	,811	1,105
Law	,807	,238	11,526	1	*,001*	2,241
Custody.	-,402	,516	,606	1	,436	,669

Of the sample size, 45.6% smoke and 62.9% drink. Of the smokers, 58.9% are female and 41.1% male. Those who began to smoke between the ages of 15 and 18 constitute 30.5% of the population. Within the smoker population, the age group 19-20 are the heaviest smokers 59.8%. Of the smokers, 9.1% said that they have never quitted smoking.

Of the drinkers, 63.4% are female and 36.6% male. Those who began to drink between the ages of 15 and 18 constitute 34.4% of the population. Within the drinker population, the age group 19-20 are the heaviest drinkers 60.5%. The percentage of those who drink in their own homes is 22.7%, and of those drink in bars, discos, cafes, etc. is 29.9%. Of the drinkers,

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32.9% said that they get drunk after drinking. Of the drinkers, 5.6% said that they come to school being under the influence of alcohol.

Of the sample size, 2.5% use opium, 3.4% ecstasy, and 1.9% cocaine. Those who have used opium in the last one month constitute 1.5% of the group, ecstasy 0.9%, and cocaine 0.6%.

Those who said that they used substance constitute 5.9% of the sample group. Of those who said that they used substance, 44.4% are female and 55.6% male. Within the substance-user population, the age group 19-20 are the heaviest substance users 72.2%. Of the substance-user group, 61.1% are the college students and 38.9% faculty students.

In order to check that the students who participated in the research gave correct answers, four control questions are included in the survey. These questions are related to a nonexistent substance called "relaktin". When the students were asked "have you ever used relaktin?" 98.8% of the group said that they have never used it. When the students were asked "for how many times have you used relaktin in the last one year?" 99.1% of the group said that they have never used it in the last one year. When the students were asked "for how many times have you used relaktin in the last one month?" 99.4% of the group said that they never used it in the last one month. When the students were asked "if you have used relaktin, how old were you when you had tried it for the first time?" 99.4% said that they have never used it.

DISCUSSION AND CONCLUSION

There are many studies on the use of alcohol and substances. The use of different prevalence criteria makes it difficult to compare the results. It becomes more difficult to monitor especially in the communities composed of university students.

In the research, the size of the participant group is 331 persons. The group is composed of female 65% and male 35% students. The average age of 28.4% of the group is 20. In 2002 Kaya and Çilli the group size is 323 persons. The group is composed of 168 male 52% and 155 female 48% students. The average age of the group is 20.5±2.5. It is expected that the average age in similar groups be close to each other. In our research, the number of female students seems higher. It is considered that this has impacts on the features of the group [6].

When we look at the students' birthplaces in this study, the Marmora region ranks number one 61%. The birthplaces are important as they give information on the economic and cultural levels of the students. However, we did not see any study to discuss this finding.
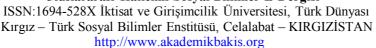
In our study It is seen that getting trouble with the laws, gender, and the father's education level have apparent impacts on substance addiction, Akfert et al. had a survey the sample of the study comprised a total of 192 students from the Near East University Psychology Department in the Turkish Republic of Northern Cyprus about smoking and alcohol addiction and found that family problems had an impact on addiction especially Incompatibility relations with parents (p=0.003) our finding are slightly different but fathers are the important dynamics in families and their educational level are determinative for addiction [10].

In the research executed between 1989 and 1990 on 1382 students studying at four different universities in Ankara, it has been found out that the rate of those who have smoked at least for once throughout their lives was 60%. In our study we found that the percentage of those who have smoked at least for once throughout their lives is 45.6%. It is thought that the criteria such as easy access to cigarette, relative cheapness, and legality of its sale to those who are above 18 increase the rate of smoking and percentage of the 63.7% college students who said that they smoked are female and 36.3% male, whereas 28.6% of the faculty students who gave the same answer are female and 71.4% male [11].

A survey has been applied to 515 students studying in the School of Medicine, Trakya University on smoking. It has been seen that 30.5% of the participant students smoke minimum one cigarette a day, 1.7% smoke less than one a day and minimum one a week, 7.6% have quitted smoking, 8.5% have tried smoking, and 51.7% have never smoked. The survey results reveals that the male students are approximately 2 times more daily smokers than female students. The daily smoking is clearly higher among those who live in bachelor flats 37.5% compared with those who live in dormitory 13.4% or together with their families. In the academic year of 1999–2000, the smoking prevalence among 121 second semester students of the School of Medicine, Dokuz Eylül University was found as 27.3%. In the research made on 323 students at the central campus of Selçuk University in 2002, CIDI (Composite International Diagnostic Interview) was used and 27.5% of the students said that they have smoked everyday for one month or longer in the last one year. It has been observed that 35.3% of the students of Faculty of Science, Ankara University smoke and that the rate of smoking is higher for the male students compared to female students. In a research made on the Boğaziçi University students, the smoking rate has been found as 60.2%. In our study, those who said that they smoke constitute 45.6% of the sample. Among them, 63.7% of those

who are college students are females and 36.3% males; and 28.6% of those who are faculty students are females and 71.4% males. In our findings 45.6% percent of the sample size smoke and of the smokers, 58.9% are female and 41.1% male. Those who began to smoke between the ages of 15 and 18 constitute 30.5% of the population. Within the smoker population, the age group 19-20 are the heaviest smokers 59.8%. Of the smokers, 9.1% said that they have never quitted smoking [11, 12, 13, 14, 15, 16].

In a research made with 901 students selected from the Mersin University students, 35% of the students 13% female, 21% male have given the answer "yes" to the question "Are you smoking?" Although the sample sizes are different, that it reaches the similar rates gives information on the prevalence of smoking [14].

Caldeira et al. has evaluated 946 university students from the point of substance use and drinking. It has been seen that 46.8% of the students have used alcohol and opium at least for once throughout their lives. In our study, the rate of drinking is 62.9% and opium use 2.5%. It is thought that the reason why the rate of drinking is higher the use of opium is the easiness of accessing alcohol [17]. Horowitz et al. found that 11.8% of the medical students have used ecstasy and 16.8% cocaine. In our study, 3.4% of the students use ecstasy and 1.9% cocaine [18].

In our study, the rate of male students smoking is 1.6 times, drinking 1.2 times, using opium 2.1 times, ecstasy 9.2, and cocaine 9.8 times higher than female students. A literature examination shows that the males are at more risk than the females depending on gender. When we compare the faculty and college students from the point of risk, we have no statistically significant result. It is thought that the factors like gender and age are more evident than school type in smoking, drinking, and the use of substance.

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