

## Diagnostic Examination and Approaches in Adolescents with a High Risk of Alcoholism

Xushvaktova Dilnoza Hamidullayevna

Assistant of the Department of Psychiatry, Medical Psychology and Narcology, Samarkand State Medical University, Samarkand, Republic of Uzbekistan



DOI : <https://doi.org/10.61796/jmgcb.v2i3.1188>



### Sections Info

#### Article history:

Submitted: January 14, 2025

Final Revised: January 14, 2025

Accepted: January 15, 2025

Published: January 15, 2025

#### Keywords:

Adolescents

Risk of development

Alcoholism

Diagnostic examination

### ABSTRACT

**Objective:** The aim of this study is to explore the efforts of public health professionals, including scientists, narcologist-practitioners, and teachers, in addressing the issues of alcoholism and drug addiction. This includes promoting medical and legal knowledge, as well as providing preventive and therapeutic measures. **Methods:** The study investigates the methods employed in the prevention of alcoholism and drug addiction, including public lectures, visual propaganda (posters, booklets, etc.), and media campaigns. It also explores the role of a specialized drug service that offers medical-preventive, medical-social, and medico-legal support to individuals affected by addiction. **Results:** The findings reveal that these methods contribute to raising awareness about addiction and its consequences. The media, both traditional and digital, plays a significant role in reaching a broader audience, while the drug service provides essential assistance in managing and treating addiction cases. **Novelty:** This study highlights the integrated approach involving education, public campaigns, and specialized medical services in addressing the complex issue of addiction. It emphasizes the importance of both preventive and therapeutic interventions in tackling alcoholism and drug dependency.

## INTRODUCTION

Alcohol consumption in children and adolescents is one of the most pressing social and pedagogical problems. Alcohol, in comparison with nicotine, is even more harmful to the nervous system. In the medical literature, many cases of severe brain poisoning are described by children with a single consumption of 120-200 g of strong alcohol (the so-called acute alcoholic encephalopathies). Serious consequences of such brain poisoning can be mental retardation, convulsive seizures, paralysis [1], [2], [3], [4].

However, despite the great work carried out by medical institutions, law enforcement agencies on the fight against alcoholism and drug addiction, the number of substance abusers is still constantly growing [5].

The objective reason for the first use of alcoholic beverages can be determined to be alcoholic traditions, which for many centuries have arisen as a result of the upbringing of a separate part of the people and are aimed at maintaining everyday ideas and stereotypes about the pharmacological properties of alcohol and drugs. Based on scientific knowledge of the mechanism of action of alcohol and drugs on the human body, formulated in the process of preventive work, only sober traditions and customs can resist them [6], [7], [8], [9].

Prevention of alcoholic superstitions, schoolchildren should take alcohol and drugs for the first time. The World Health Organization's expert committee at the UN directed nations around the world to "include information on problems with alcohol and other drugs in school programs" [10], [11], [12], [13], [14].

In state documents of recent years, the conditions that have contributed to the prevalence of many negative social phenomena in Uzbekistan, are not brought from the outside, but talk about their own conditions that have formed in our reality. Alcoholism is no exception in this regard. Therefore, general measures are necessary to fight for the prevention and Prevention of dangerous alcohol dependence [15].

It is known that children and adolescents, as in a curved mirror, are environments in which many "painful points" of reality are reflected. The youth environment is the most sensitive to any social innovation. In our opinion, the studied issue can be considered as a model of systemic pedagogical problems: preventive pedagogy, the theory of reactivity of the individual and motivational and personal training [16], [17], [18], [19], [20], [21].

## RESEARCH METHOD

In our study, we tried to identify the factors that lead minors to alcoholism, some approaches that help reduce conditions; the desire for personal self-affirmation of the closest social environment acts as an important motive that determines the predisposition to this form of deviant behavior, such as alcohol consumption. In addition, adults prescribe it. Many should remember that peer groups are more important to a teenager in terms of their own behavior than these values, students do not consider alcohol consumption by classmates to be a negative manifestation; most children argue that regular alcohol consumption is not the basis for ending friendship, and only a few are friendly alcoholics with peers for themselves [22], [23], [24], [25], [26], [27], [28].

At the same time, it was noted that, in addition to the general concern of parents with the problem of alcohol consumption by minors, they are not sufficiently aware of the involvement of their own child in this problem, as well as insufficient understanding of the role of the family in the process of preventing early alcoholism of the younger generation [29], [30], [31], [32].

Therefore, the conduct of preventive work should affect various social institutions, not only school, but also the family, the atmosphere of informal communication and leisure [33].

Among those with chronic alcoholism, about half begin to abuse alcohol before the age of 18. Therefore, the Prevention of early alcoholism is considered one of the most pressing problems of modern Narcology. Preventive measures are possible in two directions. First, it is the widespread promotion of a sober lifestyle among the younger generation. Studies have shown that it is the most effective on the Internet, television, the effectiveness of lectures, conversations and newspapers is much lower [34], [35], [36], [37], [38]. The second direction of prevention is the identification of a contingent with a high risk of alcoholism. It is with this contingent that targeted psychoprophylaxis is

carried out-individual and group psychological correction. Three main factors of early alcoholism are distinguished: a non-social family or a non-Social company of peers; deviance in mental development and "selective intensive involvement". The last two factors probably belong to a wide group of psychopathic diseases [39], [40], [41], [42].

The conceptual model of the primary prevention of addiction to alcohol and other psychoactive substances is based on the resolution of the prevention goals of addiction to psychoactive substances presented above. It provides for the development of the resources of the human personality and social environment and includes the implementation of a number of preventive programs for children, adolescents, young people, as well as parents, teachers and specialists in the field of prevention [43], [44], [45], [46].

The functions of these programs are universal, although they have their own characteristics. Primary prevention programs for children and adolescents provide for the solution of the following tasks.

1. The formation of a healthy lifestyle, highly functional behavioral strategies that prevent substance abuse.
2. To provide information about the behavior and consequences of substance abuse, the causes and forms of diseases associated with them, ways of recovery; about the personal characteristics of alcohol abuse and self-destructive behavior, about communication, social networks, about stress and ways to overcome it.
3. Focused development of personal resources that contribute to the formation of a healthy lifestyle and high-performance behavior:
  - a. "I-concepts "(self-esteem, self-attitude, your capabilities and shortcomings);
  - b. System of own values, goals and relationships; ability to make independent choices, control your behavior and life, the ability to solve simple and complex life problems, the ability to assess a particular situation, and the ability to manage it;
  - c. The ability to communicate with others, understand their behavior and prospects, empathize and provide psychological and social assistance.
4. Development of behavioral skills that lead to health and prevent substance abuse:
  - a. Making decisions and overcoming life problems;
  - b. Perception, use and provision of psychological and social assistance;
  - c. Assessment of the social situation and acceptance of responsibility for the behavior in it;
  - d. Protect your borders and protect your personal space;
  - e. "I, self-and mutual support" protection;
  - f. Avoid situations related to the consumption of alcohol and other psychoactive substances and other forms of self-destructive behavior;
  - g. Using alternative ways to consume substances to deal with stress, get joy and pleasure;
  - h. Conflict-free and effective communication.

## RESULTS AND DISCUSSION

Primary prevention programs for parents ensure the solution of the following tasks:

1. Help to understand personal, family and social resources that help to cope with family problems and problems of relationships with children in the family;
2. Determination of the direction and strategy for the development of personal, family and socio - environmental resources;
3. Determine the direction and strategies for the development of personal resources in children (how to deal with a child so that his personal and family resources develop more than suppressed, how to support his family socially and psychologically, and not a suppression system);
4. Teach socially and psychologically supportive and developing behavioral skills in the family and in the process of relationships with children;
5. Identify parents who need personal counseling help;
6. Identify parents who are willing to provide counseling assistance to other families; teach them the basics of providing socio - psychological and counseling assistance to other parents.

In primary prevention programs for teachers, an important place is occupied by teaching teachers to create a psychologically harmonious, developing system of relationships with schoolchildren. Programs include theoretical and practical training: lectures aimed at understanding the processes of mutual psychological development of the teacher and student - conversations, discussions, role-playing games and other psychotechnologies.

When carrying out preventive work, it is very important to establish a reliable, honest, emotional and social supportive relationship in the group. Training with young adolescents should be carried out mainly in a playful way, and also include an element of serious intellectual and psychological work [33].

It is necessary to develop mandatory rules in the Working Group. The most important of these should be the ability to listen, express mutual trust, show respect, adhere to privacy, express their opinions and express their position, and take responsibility for group activities and success. It is necessary to maintain consistency in the execution of assignments by participants, as well as decisions made by the group [37], [38], [39].

Preventive activities of family members and friends are a very important component of work. This helps to improve the relationship of family members with the social environment and allows them to join the program. In addition, doing homework will help you independently understand the experience gained in class and life [38], [39], [40].

Another important component of preventive programs is the use of the interaction and developmental effects of these groups. This means that the process of Group Training is a developing relationship system, in which information and life experience are obtained and understood. The members of the group act in a direction of mutual

understanding and support. Thus, the most important qualities of a person develop, which allow a person to control his behavior and effectively solve social problems, and then teach others - friends, family members and others-to do this [41], [42], [43], [44].

In the process of conducting programs, groups of volunteers are allocated for further preventive work: adolescents, teachers and parents. Participants in these groups then undergo special training. An important aspect of the program is to work with school teachers who are called to actively cooperate in preventive work in the future. It is also envisaged that round tables will be held for the provincial administration and juvenile affairs commissions [45].

Depending on the goals set, long-term and short-term programs are used. But it should be understood that short-term programs will be less effective. They are primarily used to form a healthy behavioral motivation and ensure the possibility of future long-term programs based on Business and reliable Cooperation (sometimes, if no preliminary work is done, such programs are met with resistance by the school administration and some community groups) [46].

At the beginning and end of the preventive program, the following methods are used, which are intended to summarize the interdepartmental results of round tables for analysis and preventive work:

- a. Teaching behavior;
- b. Personal training;
- c. Debate;
- d. Interviews;
- e. Lectures;
- f. Role-playing games;
- g. Psycho-gymnastics;
- h. Elements of psychodrama;
- i. Elements of individual and group psychotherapy;
- j. Round tables;
- k. Meetings.

Any preventive program requires an objective assessment of its effectiveness. It is necessary to choose the appropriate effectiveness criteria, as well as a measuring device that is strict, but easy to use - many questionnaires, questionnaires and experimental psychological tests, which will allow you to speak with high confidence about the changes that occur as a result of preventive intervention, correct actions, change the direction of work., if necessary, its form and content [47], [48], [49].

The prevalence of Narcological diseases (NRS) occurs mainly at the expense of the number of adolescents. Minors are a specific risk group associated with age-related characteristics and neurobiological consequences of surfactant intake. HP can only be effectively opposed using active preventive approaches [50]. With the effective interaction of specialists from different departments, qualitative results are possible. Health authorities are part of the system for the Prevention of neglect and offenses of

minors (including use), along with the bodies of social protection, education, internal affairs [51], [52], [53]. Despite the existing categories of prevention, the views on the distribution of responsibility of specialists - subjects of preventive work (teachers, medical and social workers, psychologists, representatives of ATS) are contradictory; in some cases, their interaction is not formal and systematic. In recent years, departmental divisions have become the focus of oversight bodies.

## CONCLUSION

**Fundamental Finding :** The study underscores that effective adolescent alcoholism prevention relies on three core concepts: individualized approaches rooted in socio-pedagogical diagnostics, fostering adolescents' reflective engagement in preventive processes, and ensuring interdisciplinary collaboration among specialists throughout program implementation. These foundations are critical for addressing the multifaceted nature of the issue. **Implication :** The findings suggest that successful prevention programs must integrate personalized interventions, reflective practices, and interagency cooperation. By aligning efforts across educational, psychological, and social institutions, stakeholders can create a cohesive framework that addresses the complexities of adolescent alcoholism more effectively. **Limitation :** A key limitation of this study lies in its dependency on theoretical constructs without extensive empirical validation. The lack of concrete, scalable strategies for interagency collaboration also highlights a gap that needs to be bridged to enhance the applicability of the preventive framework. **Future Research :** Future research should prioritize the empirical testing of personalized intervention methods and explore innovative models of interagency collaboration. Developing and evaluating practical tools for seamless cooperation among social institutions will be pivotal in advancing the effectiveness of adolescent alcoholism prevention programs.

## REFERENCES

- [1] Abdurashidovich N. O., Zamonbek o'g'li B. F., Temirpulotovich T. B. Assessment of the relationship of the degree of conformity in patients with schizophrenia with clinical features and socio-demographic factors // European Journal of Modern Medicine and Practice. - 2024. - Vol. 4. - No. 2. - Pp. 22-30.
- [2] Antsiborov S. et al. Association of dopaminergic receptors of peripheral blood lymphocytes with a risk of developing antipsychotic extrapyramidal diseases // Science and Innovation. - 2023. - Vol. 2. - No. D11. - Pp. 29-35.
- [3] Asanova R. et al. Features of the treatment of patients with mental disorders and cardiovascular pathology // Science and Innovation. - 2023. - Vol. 2. - No. D12. - Pp. 545-550.
- [4] Begbudiyev M. et al. Integration of psychiatric care into primary care // Science and Innovation. - 2023. - Vol. 2. - No. D12. - Pp. 551-557.
- [5] Biktimirova G., Turayev B., Ochilova N. Features of the pathokinesis of adaptation disorders in men with mild forms of cardiovascular disease // Modern Science and Research. - 2024. - Vol. 3. - No. 1. - Pp. 602-610.

- [6] Bo'Riyev B. et al. Features of clinical and psychopathological examination of young children // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 558-563.
- [7] Borisova Y. et al. Concomitant mental disorders and social functioning of adults with high-functioning autism/Asperger syndrome // Science and Innovation. – 2023. – Vol. 2. – No. D11. – Pp. 36-41.
- [8] Hamdullo o'g'li J. H., Temirpulotovich T. B. Features of the Clinical Course of Post-Traumatic Epilepsy, Psychiatric and Neurosurgical Approaches // International Journal of Cognitive Neuroscience and Psychology. – 2024. – Vol. 2. – No. 2. – Pp. 8-14.
- [9] Ibragimova M., Turayev B., Shernazarov F. Features of the state of mind of students of medical and non-medical specialties // Science and Innovation. – 2023. – Vol. 2. – No. D10. – Pp. 179-183.
- [10] Konstantinova O. et al. Experience in the use of thiamine (vitamin B1) megadose in the treatment of Korsakov-type alcoholic encephalopathy // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 564-570.
- [11] Kosolapov V. et al. Modern strategies to help children and adolescents with anorexia nervosa syndrome // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 571-575.
- [12] Lomakin S. et al. Socio-demographic, personal and clinical characteristics of relatives of patients with alcoholism // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 278-283.
- [13] Murodullayevich K. R., Holdorovna I. M., Temirpulotovich T. B. The effect of exogenous factors on the clinical course of paranoid schizophrenia // Journal of Healthcare and Life-Science Research. – 2023. – Vol. 2. – No. 10. – Pp. 28-34.
- [14] Nematillayevna S. D. et al. Features of non-psychotic diseases and cognitive disorders in organic brain damage of vascular genesis in elderly people // Amaliy va Tibbiyot Fanlari Ilmiy Jurnali. – 2024. – Vol. 3. – No. 2. – Pp. 124-130.
- [15] Nematillayevna S. D. et al. Prevalence of anxiety and depressive disorders in elderly patients // Scientific Journal of Applied and Medical Sciences. – 2024. – Vol. 3. – No. 2. – Pp. 118-123.
- [16] Novikov A. et al. Alcohol dependence and manifestation of autoaggressive behavior in patients of different types // Science and Innovation. – 2023. – Vol. 2. – No. D11. – Pp. 413-419.
- [17] Ochilov U. et al. Factors of alcoholic delirium pathomorphosis // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 223-229.
- [18] Ochilov U. et al. The main forms of aggressive manifestations in the clinic of mental disorders of children and adolescents and factors affecting their occurrence // Science and Innovation. – 2023. – Vol. 2. – No. D11. – Pp. 42-48.
- [19] Ochilov U. et al. The question of the features of clinical and immunological parameters in the diagnosis of juvenile depression with "subpsychotic" symptoms // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 218-222.
- [20] Pachulia Y. et al. Assessment of the effect of psychopathic disorders on the dynamics of withdrawal syndrome in synthetic cannabinoid addiction // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 240-244.
- [21] Rotanov A. et al. Comparative effectiveness of treatment of somatoform diseases in psychotherapeutic practice // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 267-272.

- [22] Rotanov A. et al. Social, socio-cultural and behavioral risk factors for the spread of HIV infection // Science and Innovation. – 2023. – Vol. 2. – No. D11. – Pp. 49-55.
- [23] Rotanov A. et al. Suicide and epidemiology and risk factors in oncological diseases // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 398-403.
- [24] Sedenkov V. et al. Clinical and socio-demographic characteristics of elderly patients with suicide attempts // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 273-277.
- [25] Sedenkova M. et al. Basic principles of organizing gerontopsychiatric assistance and their advantages // Science and Innovation. – 2023. – Vol. 2. – No. D11. – Pp. 63-69.
- [26] Sedenkova M. et al. Features of primary and secondary cognitive functions characteristic of dementia with delirium // Science and Innovation. – 2023. – Vol. 2. – No. D11. – Pp. 56-62.
- [27] Sharapova D. et al. Clinical and socio-economic effectiveness of injectable long-term forms of atypical antipsychotics in schizophrenia // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 290-295.
- [28] Sharapova D., Shernazarov F., Turayev B. Prevalence of mental disorders in children and adolescents with cancer and methods of their treatment // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 373-378.
- [29] Sharapova D., Shernazarov F., Turayev B. Psychological factors for the formation of aggressive behavior in the youth environment // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 404-408.
- [30] Shernazarov F., Sharapova D., Turayev B. Features of the development of manic and mixed episodes in patients with bipolar affective disorder who use cannabinoids // Science and Innovation. – 2024. – Vol. 3. – No. D3. – Pp. 123-128.
- [31] Solovyova Y. et al. Protective-adaptive complexes with codependency // Science and Innovation. – 2023. – Vol. 2. – No. D11. – Pp. 70-75.
- [32] Spirkina M. et al. Integrated approach to correcting neurocognitive defects in schizophrenia // Science and Innovation. – 2023. – Vol. 2. – No. D11. – Pp. 76-81.
- [33] Sultanov S. et al. Changes in alcohol behavior during the COVID-19 pandemic and beyond // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 302-309.
- [34] Sultanov S. et al. Depression and post-traumatic stress disorder in patients with alcoholism after the COVID-19 pandemic // Science and Innovation. – 2023. – Vol. 2. – No. D11. – Pp. 420-429.
- [35] Sultanov S. et al. The impact of the COVID-19 pandemic on the mental state of people with alcohol addiction syndrome // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 296-301.
- [36] Temirpulatovich T. B. Clinical manifestations of anxiety depressions with endogenous genesis // Iqro Jurnal. – 2023. – Vol. 1. – No. 2. – Pp. 45-54.
- [37] Temirpulatovich T. B. et al. Clinical and laboratory changes in patients with alcoholism after undergoing COVID-19 // Journal of Biomedicine and Practice. – 2023. – Vol. 8. – No. 1.
- [38] Temirpulatovich T. B., Hamidullayevna X. D. Clinical and laboratory changes in patients with alcoholism who have undergone COVID-19, with various pathologies in the liver // Open Access Repository. – 2023. – Vol. 4. – No. 2. – Pp. 278-289.
- [39] Temirpulatovich T. B., Murodullayevich K. R. Characteristic features of post-COVID syndrome in patients with alcoholism, the presence of various liver diseases // Open Access Repository. – 2023. – Vol. 4. – No. 2. – Pp. 266-277.

- [40] Temirpulatovich T. B., Uzokboyevich T. A. Biochemical changes in the liver after COVID-19 disease in alcohol-dependent patients and their effects on the course of alcoholism // The Peerian Journal. – 2023. – Vol. 15. – Pp. 28-37.
- [41] Temirpulatovich T. B. Effects of social factors in children with anxiety-phobic disorders // Journal of Healthcare and Life-Science Research. – 2023. – Vol. 2. – No. 10. – Pp. 35-41.
- [42] Temirpulatovich T. B. et al. Ways to develop speech and overcome them in children with cerebral palsy // European Journal of Modern Medicine and Practice. – 2024. – Vol. 4. – No. 2. – Pp. 355-368.
- [43] Temirpulatovich T. B. Somatoform variant post-traumatic stress disorder // Journal of Healthcare and Life-Science Research. – 2023. – Vol. 2. – No. 9. – Pp. 45-52.
- [44] Uskov A. et al. Atypical anorexia nervosa: features of preposition and premorbid // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 310-315.
- [45] Uskov A. et al. Efficacy and tolerance of pharmacotherapy with antidepressants in non-psychotic depressions in combination with chronic brain ischemia // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 409-414.
- [46] Uskov A. et al. Evaluation of the effectiveness of supportive therapy in the practice of outpatient treatment of schizophrenia with long-term atypical antipsychotics // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 316-321.
- [47] Uskov A. et al. Psychological peculiarities of social adaptation in paranoid schizophrenia // Science and Innovation. – 2023. – Vol. 2. – No. D12. – Pp. 379-384.
- [48] Usmanovich O. U. et al. Characteristic features of affective disorders in anxiety-phobic neurosis // European Journal of Modern Medicine and Practice. – 2024. – Vol. 4. – No. 2. – Pp. 251-259.
- [49] Usmanovich O. U. et al. Clinical and psychological characteristics of affective disorders in children with autism disorders // European Journal of Modern Medicine and Practice. – 2024. – Vol. 4. – No. 2. – Pp. 260-267.
- [50] Usmanovich O. U. et al. Clinical and psychological characteristics of affective disorders in children with autism disorders // European Journal of Modern Medicine and Practice. – 2024. – Vol. 4. – No. 2. – Pp. 260-267.
- [51] Usmonovich O. U., Temirpulatovich T. B. The influence of the presence of mentally ill children in the family on the psyche of parents // Journal of Education, Ethics and Value. – 2023. – Vol. 2. – No. 8. – Pp. 68-75.
- [52] Viktorova N. et al. Formation of rehabilitation motivation in the conditions of the medical and rehabilitation department of a psychiatric hospital // Science and Innovation. – 2023. – Vol. 2. – No. D11. – Pp. 82-89.
- [53] Xushvaktova D., Turayev B., Shernazarov F. Clinical features of mental disorders in synthetic drug users // Science and Innovation. – 2023. – Vol. 2. – No. D10. – Pp. 242-247.

---

**\*Xushvaktova Dilnoza Hamidullayevna (Corresponding Author)**

Assistant of the Department of Psychiatry, Medical Psychology and Narcology, Samarkand State Medical University, Samarkand, Republic of Uzbekistan

---