



A Project Study On

**A survey on drug abuse among adolescents and youth: in different
rehabilitation centre in Uttara, Dhaka**

[In partial fulfilment of the requirements for the degree of Bachelor of pharmacy]

Submitted To:

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APPROVAL

The Faculty of Allied Health Sciences at Daffodil International University has accepted this project, **survey on drug abuse among youth : in different rehabilitation centre in Uttara, Dhaka** ,as a partial fulfilment of the requirements for the degree of Bachelor of Pharmacy. The project's style and contents have also been approved.

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By submitting the project report, I affirmed that I had finished all of the criteria for the bachelor of pharmacy degree at Daffodil International University, where I was under the able guidance of Dr. Dr. Mohammed Shafikur Rahman, Associate Professor , Department of Pharmacy, Faculty of Allied Health Sciences .I also affirm that I am the sole author of this project. In addition, I hereby affirm that neither this project nor any of its parts have been submitted to any other university in order to be considered for a bachelor's or other degree.

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DEDICATION

This work is dedicated to my Almighty ALLAH , parents, teachers and friends.

ACKNOWLEDGEMENT

I would want to convey my profound gratitude to the almighty Allah for giving me the abilities I needed to complete my project work and the opportunity to study more about this subject.

I owe a debt of gratitude to Dr.Mohammed Shafikur Rahman, an associate professor in the pharmacy department at Daffodil International University, who oversaw my project, for his excellent guidance, regular oversight, and availability of the information.

I required to finish the study.I sincerely wish Dr. Muniruddin Ahmed, head of the pharmacy department at Daffodil International University, the best.

Last but not least, I would want to express my gratitude to my parents and other family members for their tremendous assistance and support as I worked to complete this project.

Mohona Akter

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ABSTRACT

Background

In Bangladesh, drug addiction affects the majority of the population, particularly the youth. Multiple drug use has worsened the issue, overall impacting our social, economic, and personal lives as well as deteriorating our health status.

Objective

The study's goals were to identify the types of drugs taken by drug users, the factors that contribute to addiction, as well as its warning signals and side effects, the adverse effects of drug addiction towards family, society and nation.

Methods

A descriptive cross-sectional study was undertaken in different rehabilitation centre in Uttara, Dhaka. Face-to-face interviews with the respondents were conducted using a close-ended questionnaire and a purposeful sampling approach. Frequencies and percentages are used in simple statistical calculations to analyse the data.

Result

The study included 100 participants in all. The age group of 20-25 years had the largest percentage of drug addicts (48%). However, close to 33.3% of the respondents used drugs when they were 13-19. Majority of the addicts were male (83.3%) and rest of the respondents were female (16.7%). It is quite alarming that most of the addicts were students and many of them had no knowledge on harmful effect and complication of drug addictions. The most common type of drug used by the addicts were marijuana. Recently Yaba has become most popular among the young. Depression due to different reasons and teenager curiosity were the main reason for involving in drug addictions.

Conclusion

All class of people of our country have been impacted by the hazards of drug addiction. So, action must be made to combat drug addiction and smuggling. To lower the illicit demand for drugs, nationwide concerted action is necessary. Additionally, more drug addiction treatment and rehabilitation facilities are needed to tackle the current condition.

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Chapter 1

Introduction

1.1 INTRODUCTION

Being a developing nation, Bangladesh faces numerous challenges. One of the most contentious issues is "drug addiction" among them.

The cost to a country is quite great, especially when it affects the younger generation. Because young people are the main contribution in this way to a country's development. On the other hand, compared to other demographics, the percentage of youthful manpower is high. which period is ideal for development. But in the current climate, this nation's youth are becoming involved in drug use. which poses serious problems for the country. It is affecting the nation's social and economic facets.[19]

Teenage drug and substance misuse is also a global issue. The usage of drugs and other substances by millions of young people threatens the next generation.[19] It has been established that, for the majority of drugs, younger individuals use drugs at higher rates than older people do.[11]

Teenage addiction and mental health are essentially the same thing since one may be an indicator of the other.[14]

The National Institute on Drug Abuse (NIDA) reports that "over 60 percent of adolescents in community-based drug rehab programs also meet diagnostic criteria for another mental illness." [14]

Teenage drug and alcohol addiction may be a symptom of a deeper mental health issue. Abuse of substances is a behavioral health issue in and of itself. Our kid may be abusing alcohol or drugs to deal with trauma, stress, anxiety, or sadness.[14]

Now let's discuss about what is drug and drug addiction. Any substance that affects a person's physical and mental health is considered a drug. Drugs are often chemicals, whether they are natural or synthetic that affect the central nervous system. There are numerous types of drugs such as

Barbiturates, Marijuana, Yaba, Morphin, Heroin, Hallucinogens, Nicotine, Alcohol, Inhalants, Prescription drugs and so on which is widely used. [12][13]

According to WHO, the term drug refers to any non-nutritional substance that is deliberately introduced into the body and produce a physiological or psychological effect. [7]

When a person can no longer resist the impulse to use alcohol or drugs, no matter what the potential repercussions, they are said to have an addiction, which is a chronic medical disease. Physical dependency occurs when someone uses drugs or alcohol for a prolonged period of time to the point where their body exhibits withdrawal symptoms when they stop. [9]

Drug addiction, which is increasingly prevalent in Bangladesh's homes, workplaces, streets, parks, slums, markets and educational institutions, has significant impact on almost all segments of our population.

The spread of various drug usage by addicts has made things worsen overall, affecting people's health, ability to work, and social behaviour, as well as boosting crime and other violent activities.

There are several short- and long-term health repercussions of substance use disorders. They can differ based on the kind of medication, how much and how frequently it is taken, and the patient's overall health. Overall, substance abuse and dependency can have significant negative impacts. They have the potential to affect practically all bodily organs.[6]

Death is one of the most serious effects of drug use disorder on health. The greatest increase in deaths has been associated with heroin and synthetic opioids. 212,000 adults and children 12 and older used heroin for the first time in the previous 12 months.[6]

According to estimates, up to 6 million people in Bangladesh are drug addicts, with young and adolescents between the ages of 15 and 30

making up the majority (80%). Drug addicts are 22 years old on average.[7]

Drug usage affects students primarily, which eventually diminishes their academic standards and frequency of attendance at schools and universities.

Substance use among adolescents and youth might raise the risk of transmission of sexually transmitted illnesses, vehicular fatalities, juvenile delinquency, and other problems related to physical and mental health.

Teenagers may use drugs for a variety of reasons.

In particular, peer pressure is a major contributor. The usage of it arouses curiosity and excitement, but there are also desperation and frustration caused by repeated failures at job or financial ruin.

Some people develop addictions when they attempt to adopt the drug and lifestyle of the west. Other factors include depression in relationships, easy access to drug, poverty, and emotional stress brought on by family issues.

There are many young people that use drugs. The police report that "in the last two or three years, many more teens have been arrested for using drugs than ever before. Although it is impossible to determine the precise number of drug users in the nation, studies and intelligence reports estimate

that there are more than six million addicts in Bangladesh who spend more than Tk 70 million every day on illegal narcotics.[7]

According to research by the Journal of Health, Population and Nutrition (JHPN), 20.6% of users are women and 79.4% of users in the capital are men. Approximately 85.7% percent start using drugs while being influenced by friends, and 65.8 percent become dependent on different cough syrups containing codeine.[7]

The supply and trade of illegal drugs involves more than 1 lack persons directly. According to the report, drug dealers prefer to carry and sell drugs to women and children since it is simpler for them to elude police enforcement.[7]

According to intelligence sources at the Department of Narcotics Control (DNC), Opium is the deadliest of drugs in Bangladesh. In recent times, Yaba has gained popularity and has become a “fashionable” drug. Cough syrup remains the most popular among the masses because of its low price and easy availability.

Sources at the DNC intelligence wing also said that around 10,000 cases are filed and 9,000 people are arrested every year in connection with drug-related violence and crimes.[7]

The Department of Narcotics Control (DNC)’s intelligence sources claim that heroin is the narcotic with the highest death toll in Bangladesh. Marijuana has grown in acceptance and become most popular medication. Because of its an inexpensive cost and widespread availability, Phensedyl continues to be the most widely used among the general public.[7]

Physicians say weaning someone off drug addiction is difficult, but not impossible. Support from family and friends, professional help from doctors and will power of the patient during inpatient or outpatient drug addiction treatment may help to end dependence on drug. [7]

In order to analyze the pattern of abuse, any changes in the types of substances abused, variations in the availability of these substances, and changes in the profiles of the substance abusers, frequent study on this population is required. With this in mind, the current study was created to evaluate the respondents' patterns of substance use while they were receiving treatment in government-run facilities.[8]

1.2 Causes of drug addiction

Drug addiction can develop for a variety of reasons, much like many other mental health issues.
[1]

The primary elements are:

Environment:

Initial drug use appears to be influenced by environmental factors, such as our family's beliefs and attitudes and exposure to a peer group that supports drug use.[1]

Genetics:

After we begin using drugs, inherited (genetic) traits may have an impact on how quickly our addiction develops, delaying or accelerating the disease's progression.[1]

Age:

This category refers to two items but is often broad. It initially refers to the age at which someone first starts using drugs.

Second, a person's total age can affect not just whether a drug addiction will develop, but also which type of substance is most likely to be misused.[5]

Peer pressure:

Young individuals are commonly affected by this tendency because they are more susceptible to peer pressure. Attending a party with no other goals than to have fun might become a problem for the rest of one's life if friends and peers support poor decisions.[5]

A co-occurring mental health disease:

A person may be predisposed to acquiring a

drug addiction if they have certain mental health conditions, such as depression, anxiety, chronic stress, ADHD, and PTSD.[5]

Life experiences:

Addiction to drugs may also be influenced by circumstances of severe loss, grief, stress, and trauma. Sometimes the effects of a terrible event, ongoing stress, or crippling grief might make someone think that the only comfort is that phony, transient reprieve provided by drugs.[5]

1.3 Symptoms [2]

The signs and symptoms of drug abuse include:

- Once they start using, they lose control of their drug use and go on drug binges.
- Changes in social networks
- Secretive actions
- Drug addiction
- Character changes
- Long durations of "recovering" following drug binges
- Skipping crucial appointments or family obligations
- Reduced academic or professional performance enduring drug cravings
- Using "drug code" when communicating through text or phone
- Disappearing for a very long time
- Finding drugs or paraphernalia on their person, or evidence of drug use
- Experimenting with a wide range of medications
- Combining medications, narcotics, and/or alcohol
- When pressed, becoming defensive, denying, or providing an explanation
- Mixing booze and addictive prescription medicines
- Purchasing illegal narcotics (online or via a street vendor)

1.4 Risk factors [1]

Any age, sex, or socioeconomic group can develop a drug addiction. The probability and rate at which an addiction develops can be influenced by a number of factors:

- **Family history of addiction:**

Drug abuse is more prevalent in some families and is probably associated with a higher risk due to genetics. We run a higher chance of acquiring a drug addiction if we have a blood family who does, such as a parent or sibling.

- **A mental health condition.** You're more prone to develop a drug addiction if you have a mental health condition like depression, attention-deficit/hyperactivity disorder (ADHD), or post-traumatic stress disorder. Drug use can become a coping mechanism for unpleasant emotions like anxiety, despair, and loneliness and can exacerbate these issues.
- **Peer influence.** Peer pressure has a significant role in young individuals beginning to use and abuse drugs.
- **Family participation is lacking.** Addiction risk can be boosted by challenging family dynamics, a lack of connection to your parents or siblings, and a lack of parental monitoring.

- **First usage.** Early drug usage can alter the brain's development and raise the probability that drug addiction will develop later in life.

- **Using a substance that is very addictive:** substances like amphetamine, cocaine, or opiate medicines may cause addiction to develop more quickly than other substances. Addiction risk is increased when narcotics are smoked or injected. So-called "light drugs," which are thought to be less addictive, can set you on the road to drug usage and addiction.

1.5 Complications [1]

Getting an infectious disease: Drug addicts are more likely to engage in unsafe intercourse or share needles with others, which increases their risk of contracting an infectious disease like HIV.

Other health problem: Numerous short- and long-term mental and physical health issues can result from drug addiction. These depend on the medication used.

Accidents: Drug addicts are more prone to drive or engage in other risky behaviors when under the influence.

Suicide: Addicts to drugs are more likely to commit suicide than non-addicts to do so.

Family problems: Changes in behaviour can lead to custody disputes as well as problems in families or relationships.

Troubles at work: Drug usage can result in decreased productivity at work, absenteeism, and ultimately a loss of job.

Difficulties at school: Drug usage can have a detrimental impact on academic achievement and drive to succeed in school.

Legal matters: Drug addicts frequently have legal issues, which can result from purchasing or using illicit substances, from stealing to fund the addiction, from operating a vehicle while under the influence of alcohol or drugs, or from custody battles.

Financial difficulties: Spending money to support drug use diverts resources away from other needs, may result in debt, and may encourage unethical or illegal behaviour.

1.6 Prevention [1]

Preventing drug use among teens and children :

We should take the following actions to aid in preventing drug abuse in our kids and teenagers:

Communicate: Talk to our kids about the dangers of abusing and using drugs.

Listen: Pay attention when our kids discuss peer pressure, and encourage them in their efforts to avoid it.

Lead by example: Avoid abusing alcohol or addictive substances. Parents who abuse drugs are more likely to develop drug addiction in their children.

Strengthen the connection: Focus on improving our bond with our kids. Our child's likelihood of taking or abusing drugs will be lower if we and our child have a solid, loving relationship.

Chapter 2

Methods and materials

2.1 Methods and materials

Conducting a survey is a way of data collection where data should be gathered through the use of questionnaires that are administered in groups and answered while being supervised by a survey leader.

This descriptive cross-sectional study was conducted between February 2023 and April 2023 at five

drug addiction treatment and

rehabilitation centres in Dhaka: Fair life, Amar Home, Uttara Life Care, AMC (Addiction Management Centre), and Greenlife Rehab.

A convenient and purposeful sampling technique

was used to choose 100 frequent drug addicts. The

main information was gathered through

repeated visits to treatment facilities and in-person interviews with addicts using a pre-tested semi-structured questionnaire with both closed and open ended questions.

The survey is divided into two parts, the first of which describes the demographic profile of the respondents. The second section of the survey looks at the respondents potential risk factors for using drug misuse, such as depression, curiosity, peer pressure and other questions.[20]

2.2 Source of the data [19]

In the survey article, both primary and secondary data were employed. These tools are mostly used for primary data collection:

(A) Questionnaire survey

And these technologies have been applied to secondary data.

1. Variety of publications
2. Different Websites
3. Research reports

Chapter 3

Result

3.1 Result

The study identified that 83.3% of the 100 responders were men, while 16.7% were women. Other demographic characteristics of the respondents, such as age, location and educational status, were also identified by the study. According to the study, 44.6% respondents were under matric, 39.6% were under graduate and only 15.8% were graduate. More than half of the respondents were grown up in the urban and rest of the respondents from rural areas and the proportion was 57.8% and 42.2% respectively.[16]

Currently none of the respondents take any kind of drugs as they are under the treatment of various rehabilitation centres.

The study shows the different reasons behind the drug dependency including depression, teenager curiosity, peer pressure, lack of knowledge, family background etc. Now-a-days, periods of transition leads them towards drug addiction because most of the adolescents and youth are introvert in nature, so they do not match with the new environment.

Female respondents are more likely suffered in trauma than male respondents due to early puberty, sexual harassment from close relatives and other persons etc. Women are also more likely than men to receive prescriptions drugs such as stimulants, depressants, opioid drugs namely Vicodin, Oxycontin

etc.[10]

The majority of the medications were purchased from dealers (80%), with the remainder coming from pharmacies (33.3%) and hospitals (19%). Due to drug use, individuals have a variety of health issues, including brain damage, aggression, hallucinations, sleep disorders, etc.

According to the study, drug addicts receiving treatment at different rehabilitation facilities have gone through various treatment processes, including phased programming, physical exercise, yoga etc.

All of the responders from the 100 participants doing various rehabilitation sessions and are not currently using any medications.[21]

Chapter 4

Data and findings

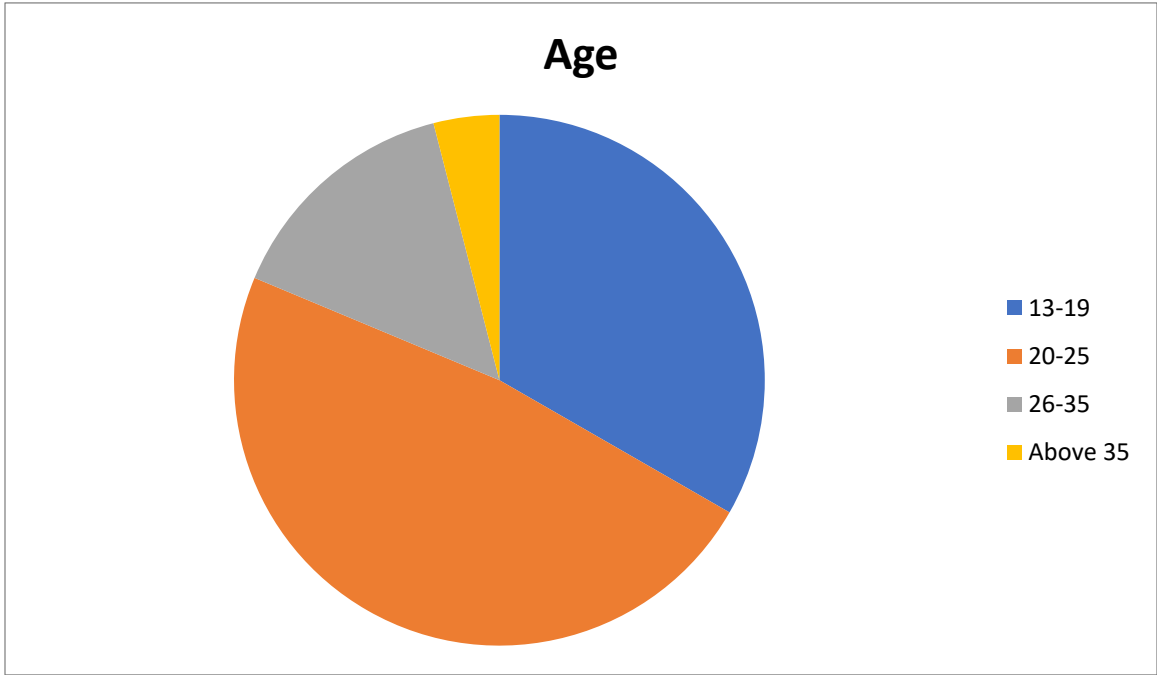
Table 1: Profile of the respondents

Characteristics of the respondents	Total	Percentage
Sex		
Male	83	83.3%
Female	17	16.7%
Educational status		
Under matric	45	44.6%
Under Graduate	40	39.6%
Graduate	15	15.8%
Locality		

Rural areas	42	42.2%
Urban	58	57.8%
Present status of drug addicts	Nobody takes drugs now	100%

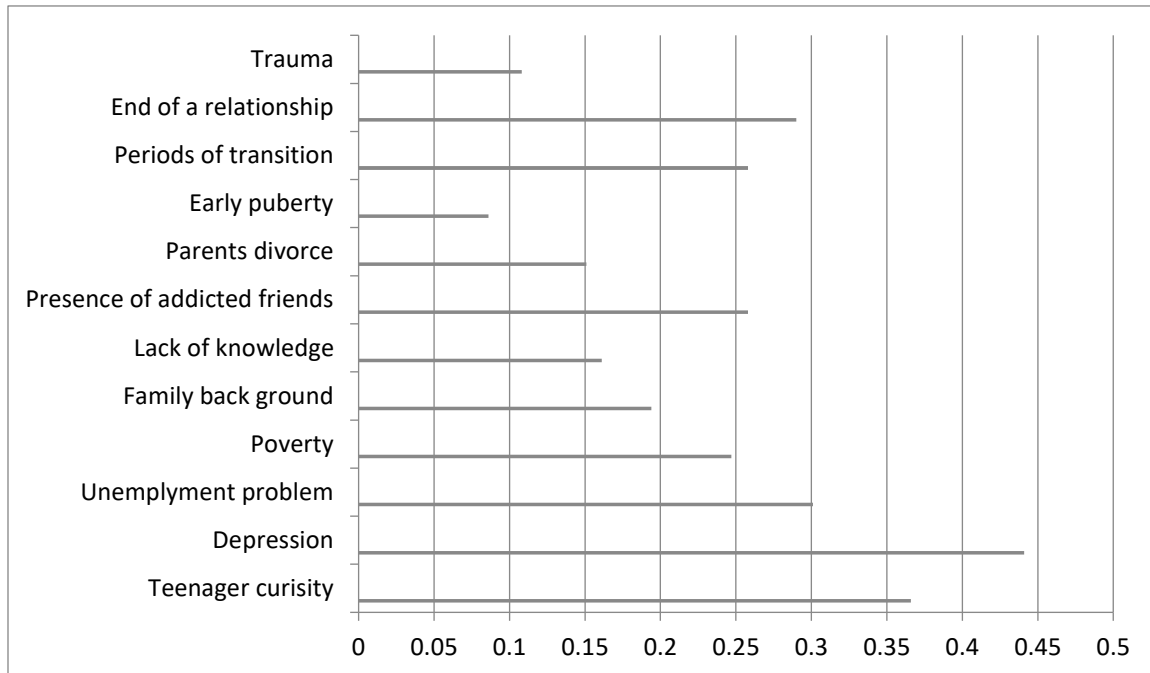
[8]

Chart 1: Age of drug intake for the 1st time



The above graph demonstrates that most of the respondents started taking drugs for the first time, at the age range of 20-25 and the percentage is 48% that means all most half of the respondents were youth. Near about one third of the respondents started abusing drugs at the age of 13-19(adolescents) and the percentage is approximately 33.3%. 14.7% respondents started taking drugs at the age of 26-35. Only 4% people abused drugs who belong to above 35.

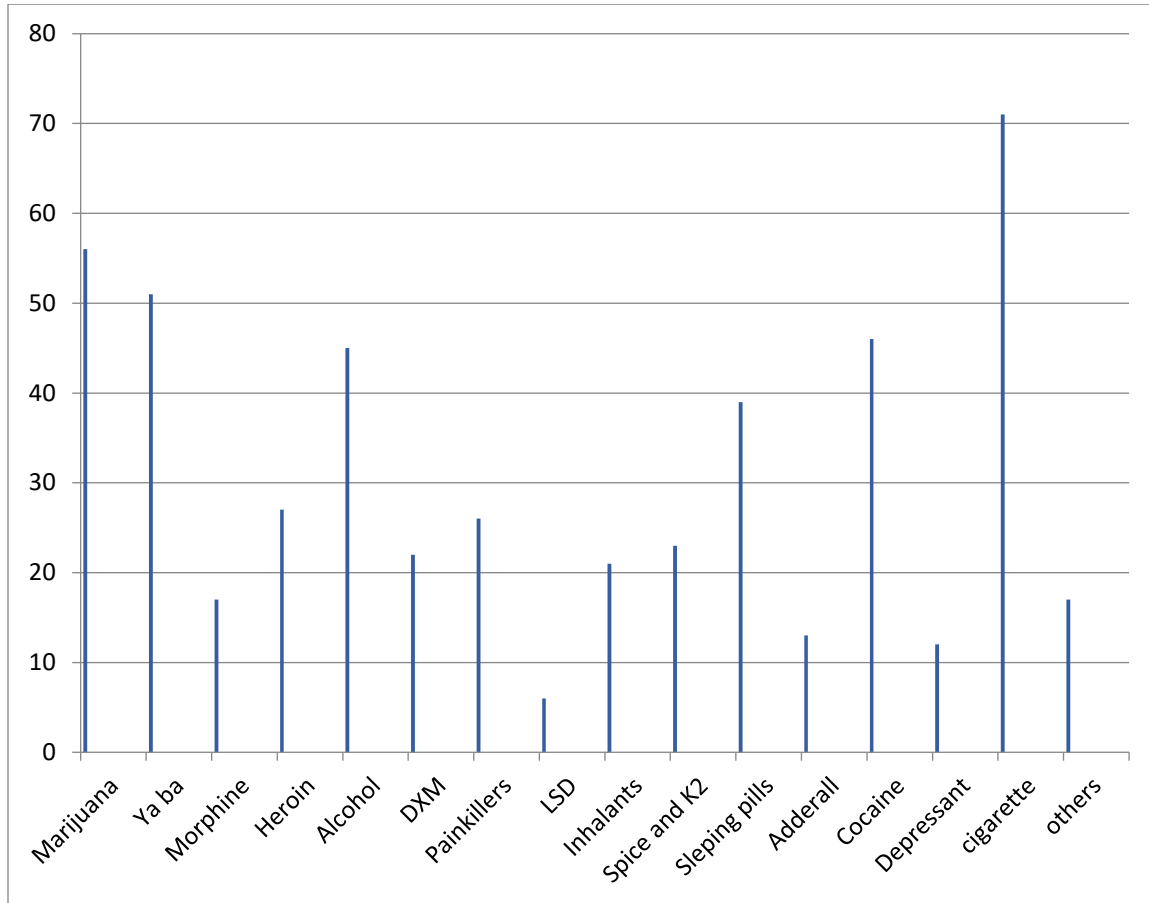
Chart 2: Reasons for using drugs [15]



The

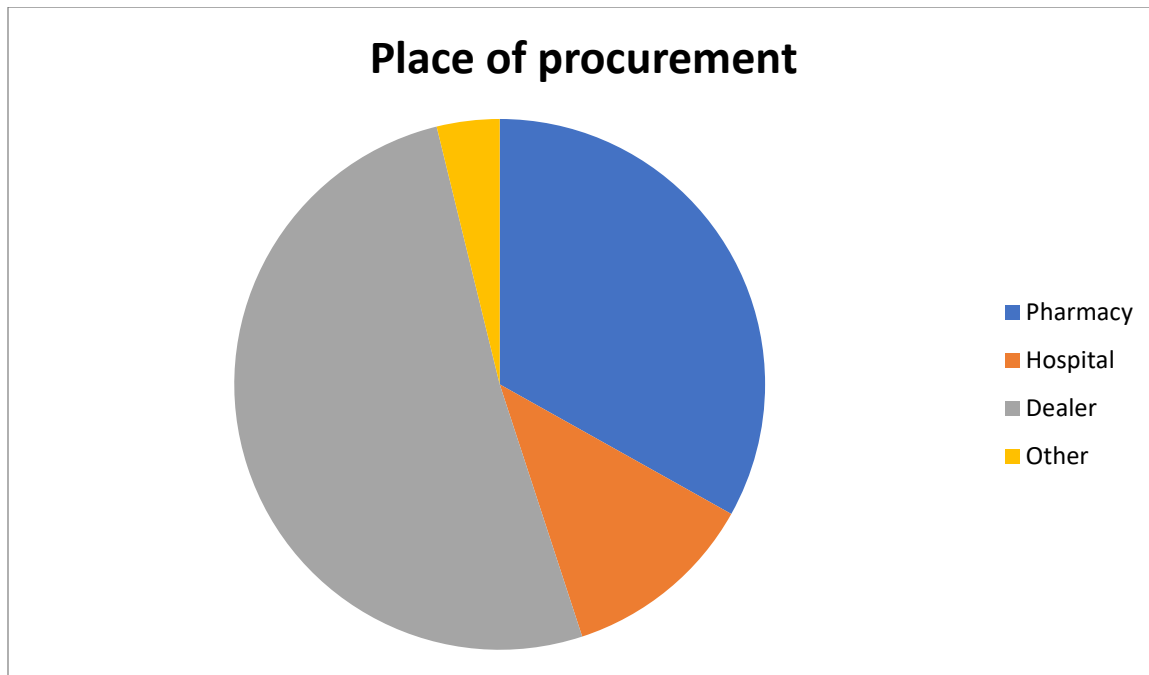
above bar chart shows the different reasons behind taking drugs. Its demonstrates that highest number of drug addicts started using drugs for depression due to different reasons and the proportion is 44.1%. The second most reasons for being addicted is curiosity and percentage is near about 36.6%. Almost one third (30.1%) of the respondents were using drug because of unemployment problem. It is quite alarming that 25.8% of the participants commenced using drugs due to presence of addicted friends or persons. .19.4% of the participants misused drugs due to family background such as parents divorce (15.1%), poverty (24.7%) and family conflicts etc. 16.1 % of the respondents didn't have any knowledge about the adverse effects of drug addiction. End of a relationship for both male and female respondents was another notable reason for consuming drugs which belong to 29% of the participants. Several causes for drug abuse including periods of transition (25.8%) ,early puberty (8.6%) ,trauma (10.8%) were also noteworthy.

Chart 3: List of drugs intake [15]



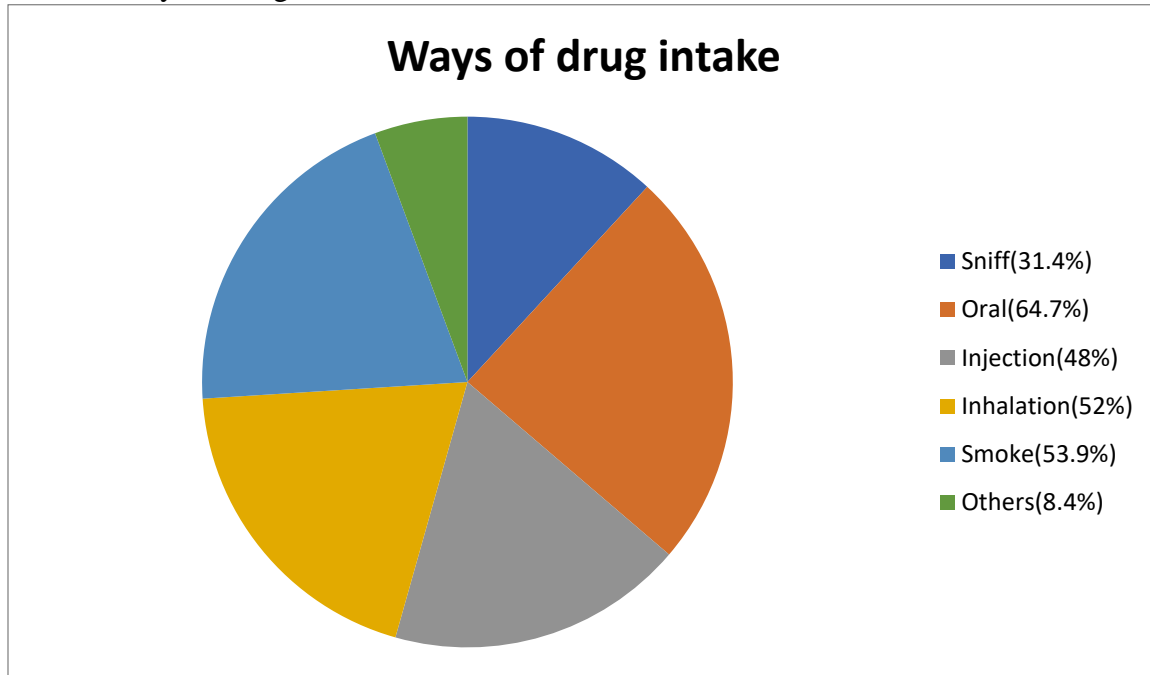
The list of substances used by the addicts is represented by the above graph. It indicates that 71% of the respondents, who made up the biggest percentage, used Cigarette. Marijuana was the second most often used medication, with a use rate of 56% and Yaba was the third most popular drug for the addicts and the rate was 51%. Alcohol and cocaine were utilized by addicts 46% and 45%, respectively. Addicts utilize sleeping pills 39%, heroin 28%, painkillers 26%, morphine 17%, DXM 22%, spice and k2 24%, and inhalants 21%. Adderall (13%), depressants (12%), LSD (a rare substance) 6% and other drugs (18%) were the least often used medications.

Chart 4: Place of procurement of drugs



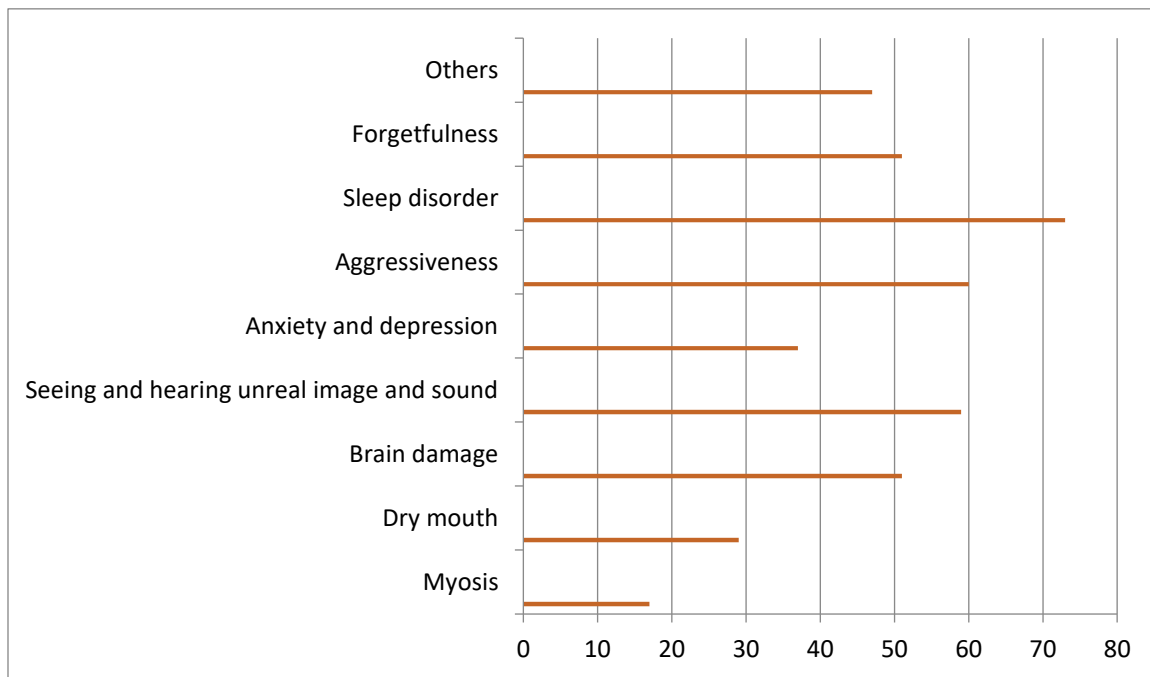
The graph displays the percentage of drug addicts who would purchase their narcotics from that particular source. From the chart we can see that the highest concentration of the respondents, almost 80%, would manage their drugs from drug dealers, near about one third (33.3%) of the addicts would buy from pharmacy, and a few of them from hospital(19%) and others(6%).

Chart 5: Ways of drug intake [15]



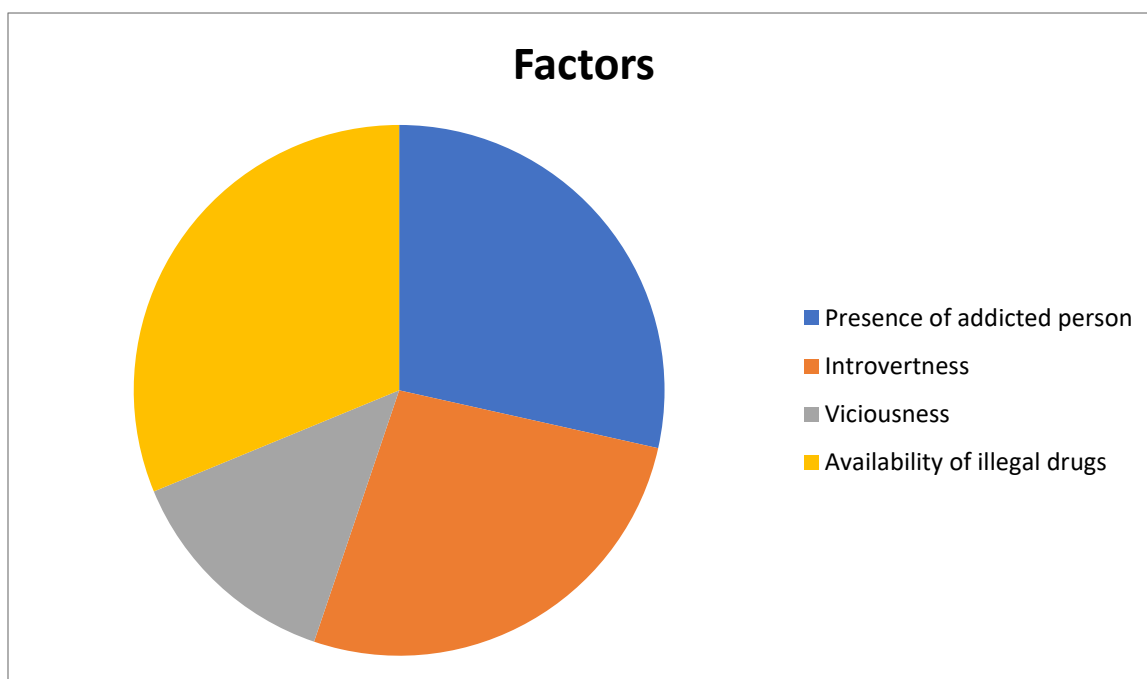
The pie chart illustrates the ways of drug intake by the addicts. It represents that 64.7% drug was taken orally, 52% by inhalation, 48% through injection, 31.4% by sniff and others (8.4%).

Chart 6: Symptoms and complication of drug addicts [15]



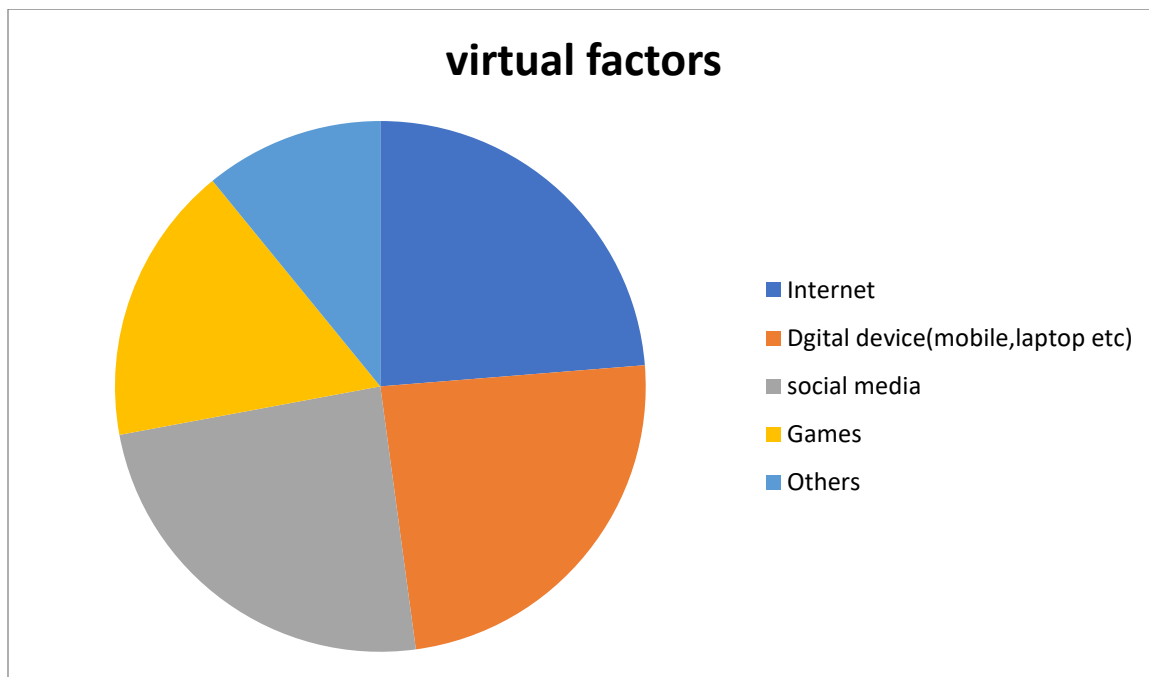
The bar chart represents the signs and complications of drug addicts due to addiction. From the graph we can see that several indications and symptoms of drug abuse have badly affected the users, including sleep disorder(71.6%),aggressiveness(61.7%),seeing and hearing unreal images and sounds(57.8%),forgetfulness(50%),brain damage(51%),dry mouth(28.4%), myosis(16.7%) and others(46%).

Chart 7: Factors involving in drug addiction



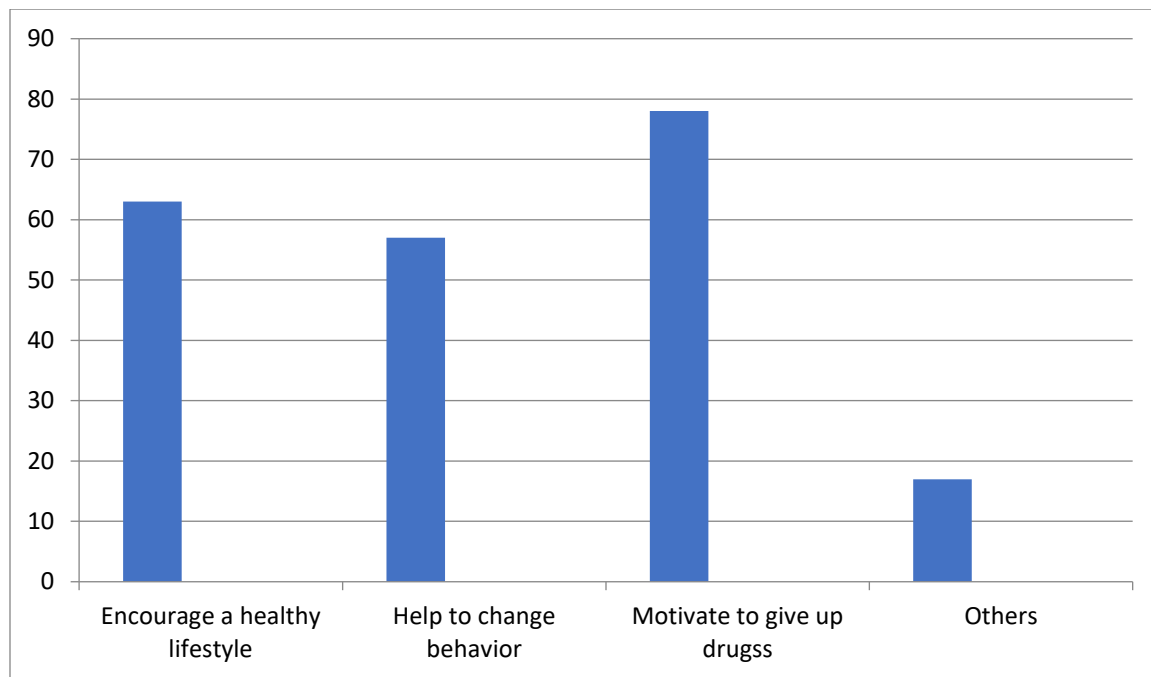
The above pie chart shows various factors which involving in drug addiction including availability of drugs(75%),presence of drug addicted person(68%),introvertness (64%) and viciousness(32%).

Chart 8: Factors of virtual life which may lead towards drug



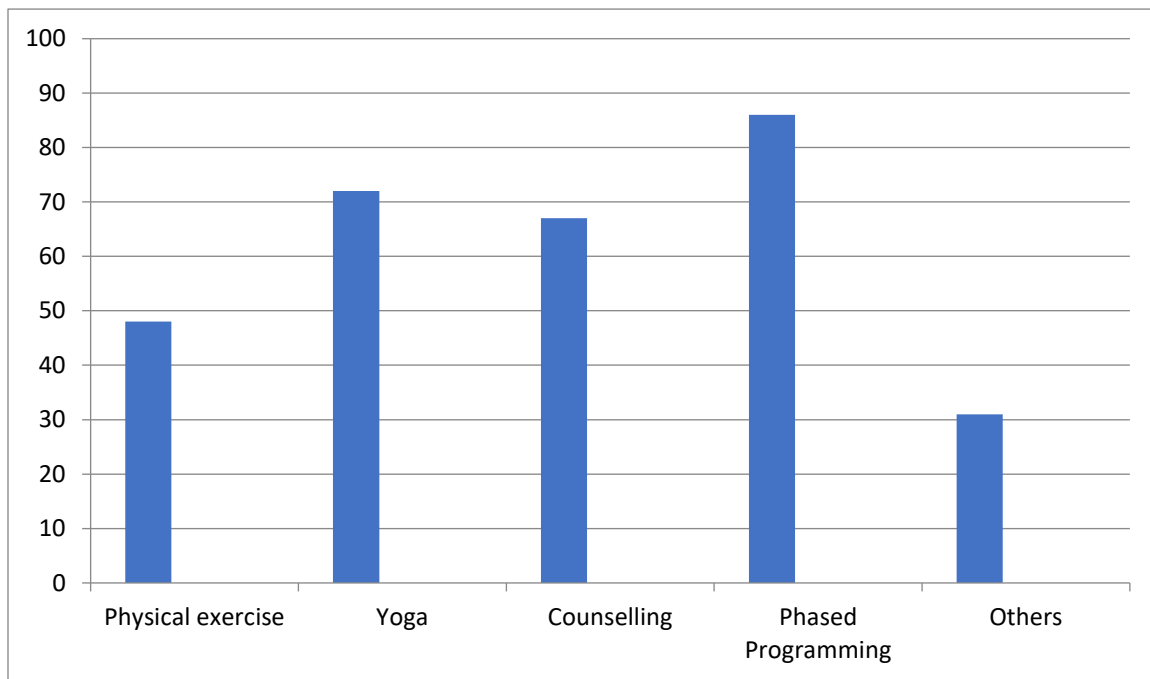
The graph represents the virtual factors which adverse effects lead the current generation towards drug addiction such as internet (58.8%), digital devices like mobile, laptop etc (59.8%), social media (60%), games (42.2%) and others (27%).

Chart 9: How much helpful the rehabilitation centre is?



The graph shows the benefit of going to rehabilitation centre. Almost all of the respondents agreed that rehabilitation centre was very helpful for them to give up drugs (78%), help to change their violent behaviour(55.9%) and encourage them to a healthy life(61.8%) and others(31%).

Chart 10: Data on physical and social activities



The

above chart displays the data on physical and social activities performed by the addicts. From the column chart we can see that highest concentration of the participants involved in phased programming and proportion is near about 86%. The respondents also involved in various physical activities like Yoga (71%), physical exercise (49%). Many of them gone through the counselling (68%) and others activities(31%) like sports, reading different books etc.

Chapter 5

Conclusion

5.1 Conclusion

Youth drug misuse is unquestionably a global problem. Teenagers' drug usage has been impacted by a number of variables. Teenage drug usage is influenced by peer pressure, with those who already take drugs encouraging those who don't. Since the majority of parents have embraced western culture, which causes the social norms that are crucial in forming young people's behaviours to erode, family structure and family behaviour have an impact on drug abuse. This situation has been exacerbated by globalization and migration from rural to urban areas.[18]

Now a days, taking substance become a 'Fashion and trend' to fit in specific ultramodern society.

Drug usage among young people has been affected by socioeconomic variables such as unemployment, with many unemployed people who become involved in drug abuse and human trafficking. [18]

Abuse of drugs has a number of detrimental effects. Among these effects include psychiatric disorders, posttraumatic disorders, elevated HIV/AIDS infection risks, and even a rise in accidents that result in fatalities. If the appropriate authorities do not take strict action to stop the problem, drug usage will likely continue to be the most difficult issue.[18]

Teenage addiction and mental health are essentially the same thing since one may be an indicator of the other.

The National Institute on Drug Abuse (NIDA) reports that "over 60 percent of adolescents in community-based drug rehab programs also meet diagnostic criteria for another mental illness."

Chapter 6

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The End

