

6th World Congress on

Addiction Disorder & Addiction Therapy

August 29-31, 2017 | Prague, Czech Republic

Relaxation and reducing stress by cannabinoids use among medical students in Bulgaria

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In our study included 300 randomly selected students at the Medical University in age between 18 – 20 years. Circulated Drug Use Disorders Identification Test – DUDIT during the lecture and asked students if desired to participate in the study to record their telephone numbers. All 300 students were screened with– DUDIT. The study included men with ≥ 6 points DUIT and women ≥ 2 points DUDIT. These limits on both scales are methodologically consistent with our designs and other similar studies. Then included students were asked to provide urine test for use of cannabinoids. In the group of students 83 (27,7%) have used cannabis – 26 (31,3%) women and 57 (68,7%) men. We have designed a questionnaire containing six closed questions. All 83 participants completed self-administered questionnaire. Among the group of medical students 67 (80,7%) use cannabis for relax, to forget problems or to alleviate stress, gender distribution was as follows 14 (53,8%) of women and 53 (93%) of men. Our research finds that the first years of medical education are related to a lot of new knowledge. Medical students looking for cannabinoids effect of relaxation and reducing stress.

Biography

Valentin I Valtchev was born in 1981 in Bulgaria. He studied Medicine at Medical University, Sofia. Become a specialist in Dermatology and Venereology in 2012. From 2016 he had PhD degree "Assessment of risk factors and etiologic agents for onychomycosis". From 2013 to present he is an Assistant professor of Department Physiology at The National Sports Academy. He has published more than 25 papers in reputed journals.

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