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Behavioral Changes of Individuals Who Abuse Synthetic Psychostimulants

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Abstract: synthetic psychostimulants are a group of psychoactive substances that affect the central nervous system, increasing mood, strength, activity and self-confidence. Synthetic psychostimulants can have different chemical structures and have different effects on the body. Among the most common, synthetic psychostimulants can be distinguished amphetamines, methamphetamines, cocaine, ecstasy, spices, etc.

Key words: Synthetic psychostimulant, psychoactive substances, central nervous system, Prevention of relapse.

Introduction. According to the World Health Organization (WHO), about 35 million people in the world used synthetic psychostimulants in 2019, representing 0,7% of the population over the age of 15. The use of synthetic psychostimulants is associated with high risk of addiction, mental disorders, somatic complications and death [1-3].

In this article, we will consider the characteristics of the behavior of individuals who abuse synthetic psychostimulants, as well as the factors that influence the formation and maintenance of these behaviors. We describe typical behaviors at different stages of use synthetic psychostimulants: initial, chronic and withdrawal symptoms. We will also consider methods for diagnosing and treating addiction synthetic psychostimulants, as well as the Prevention of relapses [4-7].

In Uzbekistan, as in many other countries, new psychoactive substances are currently circulating, most of which are psychostimulants. In Tashkent, these are mainly derivatives of catinone. We have tried to obtain qualitative data to better understand the effects on the health and behavior of drug users (Luna) by hiring individuals who have recently reported using psychostimulants [8-12].

Currently, the existence of a single physiological and neurochemical mechanism based on the formation and development of various variants of dependent behavior is indisputable [13-15].

It is known that when taking psychoactive substances, problems arise primarily in cognitive activity, which are accompanied by a violation of attention, memory, the process of perception and the formation of addiction syndrome [16-19].

Over the past eight years, the use of cheap synthetic psychoactive substances has increased significantly among adolescents and young people, among which the substance "methylenedioxypirovaleron" (MDPV or "salt") stands out due to its negative impact on the emotional-personal and cognitive spheres of a person [20-25].

The main problem is that the chemical formula of this substance is constantly changing and does not enter the Register of drugs, which allows individuals who use it to avoid criminal punishment [26-29]. A. V. as noted by Antsyborov, new designer drugs are characterized, first of all, not by the creation of new psychoactive substances, but by the already known chemical "processing", thanks to which their properties are preserved or enhanced, but with a different chemical structure, they are distinguished from the "original" and lead to a rapid increase in the social adaptation of patients. Before the appearance of organic damage to the central nervous system [30-34].

Modern psychostimulants usually raise the mood, cause euphoria, abnormal trust in others, excessive speech and physical activity. The substance MDPV belongs to the same category, and it can cause sleep disorders and cause mood swings [35-38].

Numerous clinical observations from domestic and foreign researchers suggest that designer drug users develop more intoxication psychoses than traditional drug use, the clinical manifestations of which are dominated by specific memory disorders, emotional-volitional changes, panic attacks, disorders of the thinking process [39-42].

A relatively new synthetic drug has certain similarities in its clinical manifestations with psychostimulants of other groups. They are probably very close to the effects of cocaine and amphetamine [43-45]. There is very little work devoted to this issue, which can be explained by the recent discovery of this substance. But taking into account the results of the action of this substance, the amount of poisoning, similarity with strong drugs, it will be necessary to take seriously when analyzing its effect on a person.

The purpose of this study our goal is to give the reader a general understanding of the problem of abuse synthetic psychostimulants and possible ways to solve it.

Materials and methods. A study was conducted using qualitative and quantitative methods to study the behavior of synthetic psychostimulants abusers. The qualitative method included semi-structured interviews with 20 synthetic psychostimulant users, as well as 10 experts on addiction and social work. The quantitative method consisted of questioning 100 consumers of synthetic psychostimulants on various aspects of their behavior, motivation, risk of Use, and consequences. Interviews and focus groups also provided information on the social contexts of drug use, including sexual behavior and related medical issues. Secondary data on online drug purchases are obtained from the source of access and analysis of purchases on the dark internet. Qualitative data was first encoded using priori codes developed from an interview guide, and then the data was again inductively encoded based on the results obtained. During the study, it was difficult to determine personality profiles in patients who consume the drug "salt", since any psychoactive substance changes personality characteristics, characteristics and, accordingly, personality in general. All individuals who underwent psychodiagnostic testing on the" Mini-mult " method were before being discharged after undergoing a short-term rehabilitation program that included individual psychological counseling and participation in psychotherapeutic group work for a month.

The choice of this technique is due to the fact that it is easily available to patients of a Narcological profile, not tired, but at the same time provides informative indicators for creating a temporary profile of the individual, and then evaluates the level of intrapsychic conflict as a form of frustration and the possibility of repeated use.

The" Mini-cartoon " methodology has 71 questions and 11 assessment scales, two of which are indicators that measure the sincerity and reliability of the answers.

Eight scales fall into the main category and assess personality traits according to the following indicators: hypochondria (Hs), which determines whether the subject may belong to the astheno-neurotic personality type; hypomania (MA), which determines hypertimal orientation; hysteria (Hg), prone to neurotic reactions, reveals personality traits with possible signs of somatic diseases, using various manipulations in solving difficult life situations. They show such characteristics as infantilism, ambition, egocentrism, lies. In addition, the presence of addiction gives such a person the opportunity to stand out and, most importantly, not be like everyone else.

Often hysteroid individuals prefer stimulants, and MDPV belongs to just such psychoactive substances. Before starting the test, a psychological interview was held with patients in the clinic, in which they learned about the need for a clear and correct answer. Only after the research psychologist made sure that the instruction was correctly understood by the patient, the procedure for responding to the statements presented in the methodology began.

The subjects received explanations for filling out forms with answers so that they had almost one hundred percent confidence. If the subject agrees to the proposed statement, he puts a "plus" sign on the square for the answer, if not — the "minus"sign, respectively. After the form of answers is completed, the research psychologist draws up a personal profile of the subject, taking into account the values of the correction scale on the back of the confirmation sheet, and adds the corresponding values of this scale to the measurements provided.

Research results and discussion. Synthetic psychostimulants are a group of psychoactive substances that act on the central nervous system, enhance its activity and increase excitability, euphoria, strength and efficiency. However, with prolonged and frequent consumption of these substances, serious side effects such as mental and physical dependence, mental disorders, somatic and neurological disorders, as well as overdose and risk of death appear.

Individuals who abuse synthetic psychostimulants have specific behavioral patterns that can be identified by addiction and psychiatric professionals. Such patterns include:

- Hyperactivity and anxiety. Under the influence of stimulants, a person becomes very mobile, talkative, aggressive or impulsive. It can engage in a variety of activities without purpose or logic, such as running, jumping, dancing, yelling, or laughing. His speech can be fast, inconsistent, or meaningless. He can experience paranoia or hallucinations, see or hear things that are not really there.

- Sleep and appetite disorders. Under the influence of stimulants, a person does not feel fatigue and drowsiness. He may not sleep for several days in a row or sleep very little. His appetite also decreases, he may not eat or eat very little. This leads to body fatigue, weight loss, anemia and immunodeficiency.

- Hygiene and deterioration of appearance. Under the influence of stimulants, a person loses interest in his health and appearance. He may not observe his clothes, hair, skin, or teeth. He may appear dirty, careless, or sick. Its skin can be pale, dry, or covered with wounds. Due to tooth decay or enamel erosion, its teeth can be damaged or fall out.

- Isolation and social disruption. Under the influence of stimulants, a person moves away from loved ones, friends or colleagues. He may avoid communication, conflict, or lying. He may lose his job, studies, or hobbies. He may engage in criminal activities such as theft, violence, or drug trafficking.

Thematic analysis of interviews and focus groups revealed clear differences in behavior between older, more experienced months and "new generation" months. Drug use initiation pathways and sexual behaviors associated with drug use varied, but both groups reported high levels of dangerous injection and sexual behavior. By interpreting the texts and purchasing data, we tried to predict how forms of drug use can affect HIV transmission.

The study of drug users was carried out at the exit after treatment and rehabilitation, therefore, an unusual decrease in the psychasthenia scale among drug users can be explained by the fact that after the course the alarming symptoms are constantly flattening, patients are more confident in themselves, and, accordingly, psychasthenia indicators are also different from those on the same scale. the initial stage of rejection of the drug" salt"". This measure shows that in the course of treatment and rehabilitation, patients inside the clinic contain drugs in a place that is safe for them, which often leads to an asthenic state in the form of sleep disorders, sedentary actions and restrictive behavior, and most importantly, there is no doubt that addicts choose the right signal. actions that need the attention of doctors and clinical psychologists. In the survey, this condition can lead to a decrease in scores compared to healthy subjects on this scale.

An increase in scores on this scale in healthy people indicates a tendency to avoid conflict situations, commitment and responsibility, adherence to generally accepted norms and excitement for the life of loved ones. Often, such individuals develop a tendency to form a type of irritating and suspicious personality; in this study, this can be explained by the fact that healthy subjects were studied during the session, when taking exams, and the state of anxiety is associated with the onset of the exam period.

As for the results of a study on the Se ("schizoid") scale, here there is a difference in a high level of confidence between a group of drug patients and healthy individuals (respectively, in healthy patients — 65.55 points, in drug patients — 55.8; t \ u003d 3.03). In drug patients, low thinking, a predisposition to delusions were found, phrases became formulaic, resonant. It should be noted that when using this drug, the orientation of the individual changes rapidly, cognitive, emotional and voluntary processes change. There is a decrease in needs, a violation of the system of value orientations, additions. In addition, a standard approach to events is determined, primitive everyday thinking, up to social neglect, has well-preserved adaptive capabilities. If the active attitude to life remains completely unchanged, then the creative resources of the individual can be realized, but with the constant use of drugs, life activity decreases and creativity decreases, withdrawal to the world of fantasy occurs as a result of the formation of low productivity of human activity. Even social disruption, stiffness in communication can occur.

The study showed that an increase in regulatory indicators on the se scale in healthy people indicates the presence of intelligence, creativity, creativity and a formed responsibility for their life and the immediate environment.

Assessment of results on a given scale reflects the degree of loyalty to its point of view, an individual approach to the choice of actions, statements and actions. The increase in indicators on this scale reveals a specific and non-standard approach to solving any problems. When comparing the results of studies of healthy and drug users on the HS ("hypochondria") scale, a very high level of reliability is obtained: their average scores are 47.3 and 53.55 (t \ u003d 2.06), respectively. The increase in scores in drug patients indicates excessive sensitivity and concerns about their health, frequent fixation on their condition with vegetative reactions. At the same time, they form a stable desire for rest and relaxation.

They often react to stressful situations by "leaving for illness", often complaining of their painful condition. Patients with elevated profiles on the hypochondria scale perceive normal, typical signals as pathological, while they quickly become emotionally exhausted due to the use of "salt".

The study participants in the control group showed an even attitude towards their health: they can be energetic, active and, unlike addicts, do not think about its deterioration.

Drug addicts should treat their health carelessly because they cause irreparable, fatal damage to it every day, but hypochondria scale indicators show the opposite. This fact requires a serious assessment, and it is necessary to increase the number of subjects, as well as analyze the data on the personal characteristics of drug patients before the start of the treatment and rehabilitation process.

Conclusions. Comparison of the results of the study of healthy individuals and a new designer synthetic drug MDPV ("salt") using the multi-factor psychodiagnostic methodology "mini-cartoon" showed reliable differences in the personal sphere, first of all, on the scales: "depression" (D), "psychasthenia" (Pt), "Schizoidy" (Se).

The results of the D ("Depression") Scale show higher rates in substance-dependent" salt " compared to healthy people. The depressive background in drug subjects is shown above, which can be associated with feelings of fear, thoughts about death, low self-esteem, condemnation of addiction and the formation of the personality of the drug addict.

Results on the PT ("psychasthenia") scale show the opposite: drug users ' averages are much lower than those of healthy people. The decrease in numbers on this scale reveals characteristics such as cowardice, suspicion, insecurity, prudence, lies, involuntary manipulation in dependent people, while excessive confidence in their actions may arise.

The results of the Se scale ("schizoid") determined the difference between a group of drug patients and healthy individuals with a high degree of accuracy: drug addicts have low indicators compared to healthy subjects, which is manifested in poor thinking, resonance, predisposition to fantasy, violation of the value orientation system.

The emergence of a new class of psychostimulants presents new threats to the health of drug users and new opportunities to reduce these risks. The data obtained can help HIV / AIDS prevention professionals.

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