

INTRODUCTION

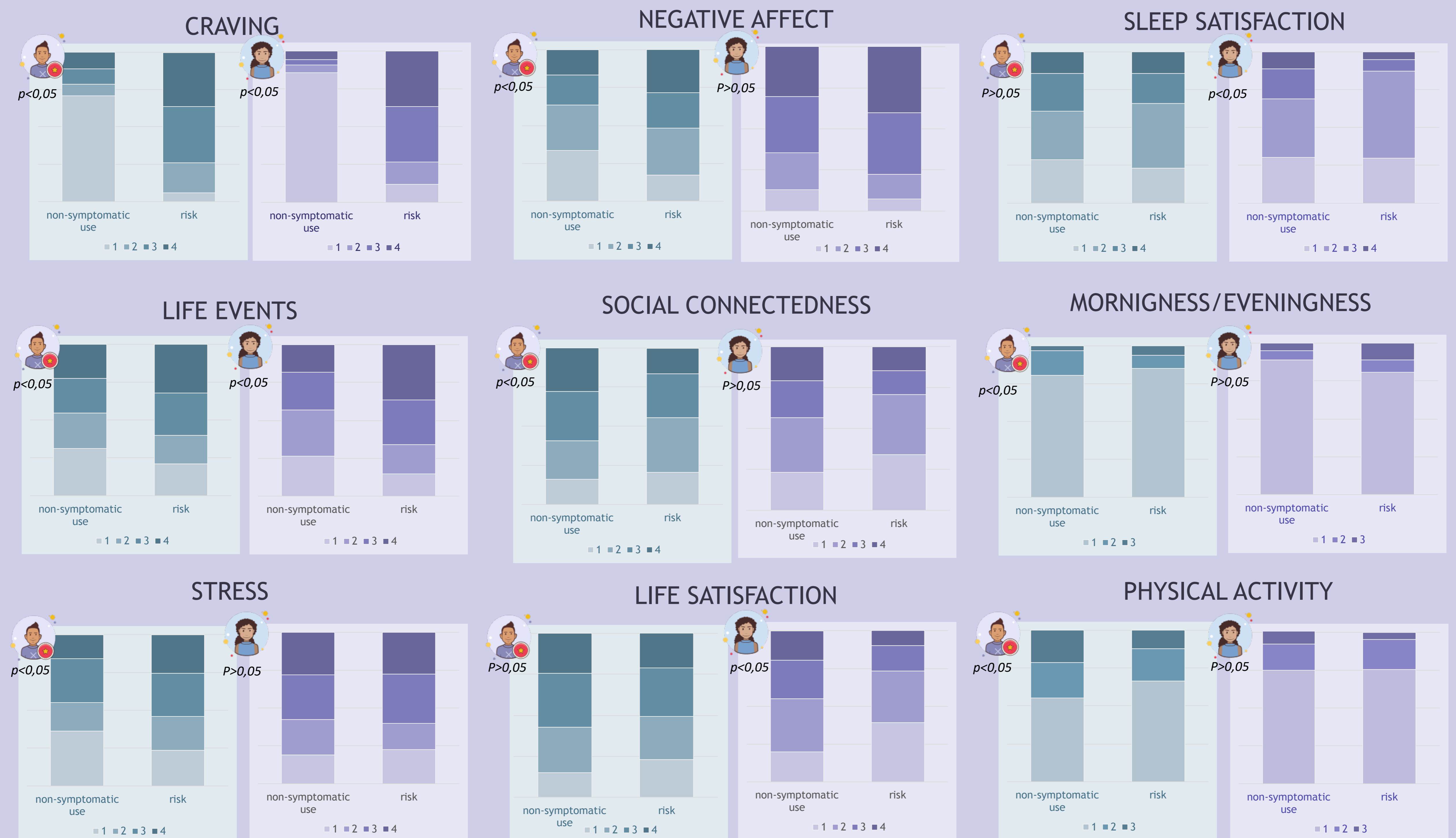
Lifestyles and psychosocial factors influence adolescent health in the short and long term. Lifestyles can be materialized in innumerable variables, such as healthy eating, physical exercise, drug use, age of onset of sexual intercourse, quality and quantity of sleep, hobbies. However other dimensions such as the perception of quality of life, psychic well-being, relationship with family, school and peer group, social support are also related to healthy lifestyles. Hypothetically, and given lack of studies, some this variables may increase the risk of a young person becoming a risk consumer's of cannabis.

The aim of this study is verify which factors related to lifestyle and psychosocial factors have an association with the consumption of cannabis risk in young people in risk living in residencial care and therapeutic in the North Region of Portugal. The sample is composed of 528 young people aged between 12 and 24 years living in 19 residencial care and therapeutic of the Portugal.

METHODOLOGY

A questionnaire of closed answers was used with scales that allow the identification of the cannabis abuse, the craving, negative affect, perceived stress, life events, social connectedness, life satisfaction, sleep satisfaction, morningness and eveningness and physical activity. To assess the cannabis abuse was applied Cannabis Abuse Screening Test (CAST). We used chi square test to evaluate if this determinants powerful the cannabis abuse by sex.

RESULTS



DISCUSSION

We found different health determinants for each sex in cannabis abuse. We see a significant association for boys and girls to the craving and life events. The stress, social connectedness, negative affect, morningness and eveningness and physical activity have a significantly association for the cannabis abuse by boys. The life satisfaction and sleep satisfaction it's significantly associated for a cannabis abuse in girls. These results allow the development of different prevention actions targeted by cannabis use, according to the characteristics of each gender.

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