

# Behaviour Patterns and Other Related Aspects of Family Environment

Dear readers,

we have prepared for you another issue of the Addictology Journal that brings a lot of interesting information from the field of addictions as well as research findings. In our journal, we often draw attention through the publications not only to the consequences of the use of addictive substances, but also to the environment, which either directly or indirectly activates addiction at different ages of an individual's development and her or his life. For this reason, the two papers on the topic of the family environment and its influence on the individual's addiction open this issue of the journal and at the same time, we close the given issue of the journal with this topic.

The authors of the first study clearly defined the trajectory of the emotional health for their research investigation, which they emphasise within that a close relationship between a parent and a child altogether with parental acceptance can mediate the appropriate self-acceptance of an adolescent. An extensive research sample of the Czech adolescents aged 15 to 19 in the system of higher secondary education gives the assumption of obtaining relevant results with the possibility of their generalisation to the entire population of the country. This can support a creation of the relevant prevention programmes and thus, to initiate a development of the active policies in this area. Insufficient acceptance of adolescents by their parents, an insufficiently strong relationship between them and other negative social ties between parents and their adolescents can construct the conditions for the search for new and risky contacts and communities, which the adolescent can encounter addiction for the first time in, or even develop it. The role of the family has never been questioned in this field, but it is important to examine in a more detailed way all the determinants that can improve or limit its role in the process of the emergence and development of an adolescent addiction. This will also help to clearly define the adolescent behaviour patterns at different ages of their development and to examine their changes over time as well as changes within the altered socio-economic conditions of the family.

In the second study, the authors appeal to the need to investigate the determinants influencing the behaviour patterns of adults too, while their attention was focused on the heated tobacco product use. The authors conducted an online survey among the Czech adult population in the year 2020 and they

obtained the interesting results. It is clear from their findings that the individual's lifestyle will be the main initiator of the use of current as well as innovative tobacco products, while users often have insufficient information about new products and thus, they influence the public. The motive for their use is, for instance, the elimination of smell of cigarette smoke, availability of use of heated tobacco in restaurants, and so forth. It will be important to systematically investigate the determinants influencing the transformation in the products involving the addictive substances and, according to them, also to create the concept of innovative prevention programmes reflecting the current trends in the field of addictions.

Within the system of the prevention programmes, the cost-effectiveness analysis also plays a very important role that can help to quickly and to qualitatively evaluate the effectiveness of the prevention programmes and the interventions. The quantification of the outcome of these processes can also support a construction of the important benchmarking indicators in this area that are also necessary for the implementation of the comparative analyses for health policy. The authors of the third study also point to these aspects, according to which screening and brief interventions might serve as a very effective tool in order to reduce alcohol consumption and the associated negative consequences. However, as they state, the rate of SBI provided by healthcare professionals is relatively low in the Czech Republic. The aim of the authors was to perform a quantified economic evaluation of SBI in the Czech Republic and thus, to point out its high importance in the field of alcohol policy. The results of the study initiate the implementation of follow-up research in the process of the addictive behaviour regulation of Czech alcohol consumers.

As already mentioned in the first study, the role and the contribution of the family in designing a supportive environment or eliminating the emergence and development of adolescent addiction is very significant. To a certain extent, the initiation and the development of free time use also possesses an influence on the emergence and the advance of adolescent addiction. And, it was the meaning and the impact of the structured leisure time on adolescent alcohol addiction that the authors of the next paper investigated. On the one hand, they clearly declare that free time can support the positive development

of adolescents, but on the other hand, it can also support the involvement of adolescents in risky behaviour. The authors emphasise that sex and age are the other important determinants when examining the influence of the leisure activities on adolescent addiction. They appeal again for the necessity of implementation of their research findings in the creation of the prevention programmes for adolescents.

In the next study, the author focuses on electronic nicotine delivery systems. In his study, he investigates the chemical and physical properties of propylene glycol, vegetable glycerine, and the other ingredients. According to the author, the chemical and physical properties of these components have a significant effect on aerosol formation and they have to be identified in order to improve product attractiveness and to assess the degree of the health risks. The author brings the interesting findings from her analyses stimulating subsequent research with the aim of improving electronic nicotine delivery systems as this can reduce level of toxicants.

In the framework of the creation of the stop smoking programmes, it is important to explore the research trends and experiences from the experts from the other regions, the research and professional health teams and hence, to actively share them. The proof of this is another study and its interesting messages. The authors focus on the process of smoking cessation, while in the study they present the general principles of contingency management for smoking cessation. According to the authors, contingency management is a psychological treatment based on operant conditioning. In the study, the authors describe the general principles of CM, the most recent evidences of its effectiveness for achieving tobacco abstinence, peculiarities of tobacco use assessment, limitations relative to its implementation, as well as possible solutions for these challenges.

We close this issue of the journal with the last study aimed again at investigating the role of the family in the treatment of the diseases associated with the addictive behaviour. The authors of the last study focused on an investigation of the research problems within the three countries – Ukraine, Kazakhstan, and Pakistan. They state that the role of families and family members can be crucial. They can create a supportive environment and thus, they are to play a protective role in the recovery process. An extensive research sample from three countries, including respondents as well as their family members, also provides a wide space for comparative analyses and profiling of new determinants that have not been investigated in the studies so far. In the conclusion, the authors declare that the family should be viewed as a major contributing factor towards the positive treatment outcome and the recovery support. In this way, the family prevention and treatment programmes come into focus too, whose role and importance will continue to grow in the future.

We believe that all the topics in the research studies will be very interesting and motivating for you in further research work or in for sharing of knowledge and its dissemination among the professional and scientific community. We believe that they will stimulate many research teams to present their significant research findings with the strong messages and to support the creation of active systems, processes and policies aimed at elimination of the population addiction in many countries.

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