


Use of licit substances among Speech Therapy undergraduate students of a public university*

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Objective: analyze the consumption of alcohol and tobacco among speech therapy undergraduate students of a public university. **Method:** this is a cross-sectional study, based on the completion of an instrument proposed by the National Secretariat for Drug Policy. The study analyzed a sample of 130 students enrolled in the Speech Therapy course, which corresponds to 79.06% of students enrolled in 2018. **Results:** alcohol is one of the most commonly used legal substances among university students; alcohol consumption rates in life, in the year, and in the last 30 days were: 79.2%, 56.2% and 45.4%, respectively. Regarding tobacco, 21.5% reported using tobacco at some point in life; 8.5% in the year, and 7.7% in the last 30 days. In the multivariate analysis, the significant predictor variables for alcohol consumption were age (in the month) and religious practice (year and month). For tobacco use, the significant predictor variables were: sex (throughout life), religious practice (throughout life and in the year) and ethnic group (in the year). **Conclusion:** the findings of this study indicate that the consumption of licit substances prevails among university students, highlighting the importance of adopting actions to prevent inadequate use of these substances and promote health among this population.

Descriptors: Alcoholic Beverages; Use of Tobacco; Students; Speech Therapy; Prevention.

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Uso de substâncias lícitas entre os estudantes de Fonoaudiologia de uma universidade pública

Objetivo: analisar o consumo de álcool e tabaco entre os estudantes do curso de Fonoaudiologia de uma universidade pública. **Método:** trata-se de um estudo transversal; a investigação foi fundamentada no preenchimento do instrumento proposto pela Secretaria Nacional de Políticas sobre Drogas. O estudo possui uma amostra de 130 estudantes matriculados no curso de Fonoaudiologia, o que corresponde a 79,06% dos alunos matriculados em 2018. **Resultados:** o álcool apresenta-se como uma das substâncias lícitas mais consumidas entre os universitários, o uso na vida, no ano e nos últimos 30 dias foram de 79,2%, 56,2% e 45,4%, respectivamente. Quanto ao tabaco, 21,5% relataram que realizaram o consumo de tabaco em algum momento da vida; no ano, 8,5% e, nos últimos 30 dias, 7,7%. Na análise multivariada, as variáveis preditoras significativas para o uso de álcool foram idade (no mês) e prática religiosa (no ano e no mês). Já para o uso do tabaco foram: sexo (ao longo da vida), prática religiosa (ao longo da vida e no ano) e grupo étnico (no ano). **Conclusão:** os achados deste estudo apontam que prevalece o consumo das substâncias lícitas entre os universitários, tornando-se importante maior abordagem do tema e ações de prevenção ao uso indevido dessas substâncias e de promoção de saúde nesta população.

Descritores: Bebidas Alcoólicas; Uso de Tabaco; Estudantes; Fonoaudiologia; Prevenção.

Uso de sustancias lícitas entre los estudiantes de Fonoaudiología de una universidad pública

Objetivo: analizar el consumo de alcohol y tabaco entre estudiantes de Fonoaudiología de una universidad pública. **Método:** estudio transversal; investigación fundamentada en el completado del instrumento propuesto por la Secretaría Nacional de Políticas sobre Drogas. Estudio sobre muestra de 130 estudiantes matriculados en la carrera de Fonoaudiología, equivalentes al 79,06% del alumnado matriculado en 2018. **Resultados:** el alcohol se presenta como una de las sustancias lícitas más consumidas entre los estudiantes. Fue consumido en la vida, en el año y en los últimos 30 días por el 79,2%, 56,2% y 45,4%, respectivamente. Acerca del tabaco, el 21,5% informó haberlo consumido en algún momento de la vida; 8,5% en el año; y 7,7% en los últimos 30 días. En el análisis multivariado, las variables predictivas significativas para consumo de alcohol fueron: edad (para el mes) y práctica religiosa (para el año y el mes). Con el tabaco, fueron: sexo (a lo largo de la vida), práctica religiosa (a lo largo de la vida y para el año) y grupo étnico (para el año). **Conclusión:** los hallazgos muestran prevalencia del consumo de sustancias lícitas entre los universitarios, haciendo que abordaje mayor del tema y acciones de prevención del uso indebido de sustancias y de promoción de salud resulten importantes para esta población.

Descriptor: Bebidas Alcohólicas; Uso del Tabaco; Estudiantes; Terapia del Lenguaje; Prevención.

Introduction

Consumption of licit substances has been widely discussed in public health scenarios worldwide. Use of these substances has negative effects on physical, mental, individual and collective health⁽¹⁾. Thus, an increase has been observed in important impact on society, such as expenses with hospitalization and hospital issues, social problems, reduced academic performance, developmental and cognitive deficits, and increase in traffic accident, violence and murder rates⁽²⁻⁴⁾.

Use of licit substances has become the cause of several diseases and health-related issues worldwide. Studies show that extended use of alcohol and tobacco leads to vocal pathologies such as polyps, nodules, acute laryngitis, and laryngeal carcinoma. The exposure to tobacco may cause edema and benign diseases in the larynx and exposure to alcohol may cause increased risk for laryngeal neoplasms⁽⁴⁻⁵⁾.

Growth in alcohol and tobacco consumption among young people and their first use at an increasingly early age are causes for concern, as they are likely to become drinkers and/or smokers in adulthood⁽⁵⁾. In this context, national studies have identified that the consumption of these substances prevails in the scenario of university students⁽⁶⁻⁸⁾. Evidence shows alcohol consumption is higher among university students when compared to the general population⁽⁵⁾.

Studying at a university represents a new period in a student's life, promoting curiosity and autonomy, with social gatherings that favor the consumption of alcohol and tobacco⁽⁷⁾.

University students in the health field, particularly students in a speech therapy course, will be professionals taking basic health concepts to the community. Using these substances is aggressive to the vocal mechanism. It is extremely important that speech therapists are aware of possible changes resulting from the use of licit substances. Considering the complexity of this topic, studies conducted with drug users from the field of speech therapy are still limited and scarce⁽⁹⁾. This study aimed to analyze the consumption of alcohol and tobacco among Speech Therapy undergraduate students of a public university.

Method

This is a cross-sectional study conducted between February and July of 2018 with 136 students enrolled in all periods of the Speech Therapy course of a public university. The inclusion criteria were students aged 18 years or older, and who were properly enrolled in 2018. However, six questionnaires were excluded due to inadequate completion of the study instrument, resulting in a sample of 130 questionnaires.

The instrument used in this study was the questionnaire proposed by the National Secretariat for Drug Policy (SENAD) for the 1st National Survey on the Use of Alcohol and Other Drugs among university students from all 27 Brazilian capitals, held in 2009⁽¹⁰⁾. This instrument has different sections to collect socioeconomic and demographic data, academic information, general activities, academic satisfaction and performance, general consumption of drugs, consumption of tobacco and tobacco products, consumption of alcohol, detailed consumption of other drugs, and general behaviors⁽¹⁰⁾.

An adequate statistical program was used for data analysis. First, a univariate analysis was performed to describe the qualitative variables, represented by absolute frequency (N) and relative frequency (%). Then, a bivariate analysis was performed to assess an association of outcome variables: "Use of alcohol in life", "Use of alcohol in the year", "Use of alcohol in the month", and "Use of tobacco in life", "Use of tobacco in the year", "Use of tobacco in the month", using the Chi-square test for small sample or Fisher's exact test when 80% of the expected values are less than 5, with statistically significant difference when $p < 0.05$. Finally, a multivariate analysis was performed using multiple logistic regression, with calculations of respective odds ratios (OR) and confidence intervals (CI). Only outcome variables with a level of significance of $p < 0.100$ in the bivariate analysis were selected.

This study (registration nº 1.566.208) was approved by the Research Ethics Committee of the Center of Health Sciences at the Federal University of Espírito Santo (UFES), and was conducted according to Resolution 466/2012 of the National Health Council⁽¹¹⁾. All individuals involved signed an informed consent form.

Results

From the sample of 172 students enrolled in the Speech Therapy course of the studied university, 36 (20.93%) were excluded because they were under 18 years old and 6 (3.48%) due to inadequate completion of the study instrument. Thus, 130 students participated in the study, corresponding to 79.06% of total students enrolled in the course.

The mean age of students was 21.54 years (SD = 3.47), ranging from 18 to 38 years. The group had a predominance of female students (93.8%), single (96.2%), who lived with their parents/a spouse/boy/girlfriend/children (73.8%), had a religion (86.2%), followed religious practices (77.7%), with no children (97.7%), and no paid activity (82.3%). Also, 71 (54.6%) of the students reported being black/mulatto or brown and 76 (58.5%) were from the socioeconomic class C/D (Table 1).

Table 1 - Socioeconomic and demographic profile of students enrolled in the Speech Therapy course of a public university. Vitória, ES, Brazil, 2019

Variables	n	%
Sex		
Male	8	6.2
Female	122	93.8
Marital status		
Single / separated / divorced	125	96.2
Married / lives with someone	5	3.8
Ethnic group		
White	59	45.4
Black / mulatto / brown	71	54.6
Religion		
No religion	18	13.8
I have a religion	112	86.2
Religious practice		
Yes	101	77.7
No	29	22.3
Children		
Yes	3	2.3
No	127	97.7
Who do you live with?		
Alone / with friend(s) / student(s) / other	34	26.2
Parents / spouse / boy/girlfriend / children	96	73.8
Has a paid activity?		
Yes	23	17.7
No	107	82.3
Economic class		
Class A/B	54	41.5
Class C/D	76	58.5
Total	130	100.0

Regarding the patterns of alcohol and tobacco use presented by the university students, 103 (79.2%) of them reported having used alcohol in their lives, 73 (56.2%) used it in the year and 59 (45.4 %) used in the period of 30 days before the study. Regarding the consumption of tobacco and tobacco products, 28 (21.5%) reported having used it once in their lives, 11 (8.5%) in the year, and 10 (7.7%) used it in the month (Table 2).

Table 2 - Patterns of alcohol and tobacco use (in life, year and month) of students enrolled in the Speech Therapy course of a public university. Vitória, ES, Brazil, 2019

Patterns	Alcohol		Tobacco	
	n	%	n	%
Use in life				
Yes	103	79.2	28	21.5
No	27	20.8	102	78.5
Use in the year				
Yes	73	56.2	11	8.5
No	57	43.8	119	91.5
Use in the month				
Yes	59	45.4	10	7.7
No	71	54.6	120	92.3
Total	130	100.0	130	100.0

In the bivariate analysis, a statistically significant relationship was found between outcome variables of "Use of alcohol in life, year and month", and "Use of tobacco and tobacco products in life, year and month", only in "religious practice" (Tables 3 and 4).

Table 3 - Factors associated with alcohol use among students enrolled in the Speech Therapy course of a public university, according to use in life, month and year. Vitória, ES, Brazil, 2019

Variables	In life			In year			In month		
	Yes		p-value	Yes		p-value	Yes		p-value
	n	%		n	%		n	%	
Sex									
Male	5	4.9	0.362 [†]	4	5.5	0.729 [*]	2	3.4	0.291 [*]
Female	98	95.1		69	94.5		57	96.6	
Marital status									
Single / separated / divorced	99	96.1	1.000 [†]	71	97.3	0.653 [†]	57	96.6	1.000 [*]

(to be continued...)

Variables	In life			In year			In month		
	Yes		p-value	Yes		p-value	Yes		p-value
	n	%		n	%		n	%	
Married / lives with someone	4	3.9		2	2.7		2	3.4	
Ethnic group									
White	45	43.7	0.448 [†]	29	39.7	0.143 [†]	24	40.7	0.326 [†]
Black / mulatto / brown	58	56.3		44	60.3		35	59.3	
Religion									
No religion	17	16.5	0.119 [†]	14	19.2	0.046 [†]	13	22.0	0.014 [†]
I have a religion	86	83.5		59	80.8		46	78.0	
Religious practice									
Yes	76	73.8	0.037 [†]	52	71.2	0.045 [†]	41	69.5	0.041 [†]
No	27	26.2		21	28.8		18	30.5	
Children									
Yes	2	1.9	0.506 [†]	1	1.4	0.581 [*]	1	1.7	1.000 [*]
No	101	98.1		72	98.6		58	98.3	
Who do you live with?									
Alone / with friend(s) / student(s) / other	27	26.2	0.976 [†]	19	26.0	0.970 [†]	18	30.5	0.303 [†]
Parents / spouse / boy/ girlfriend / children	76	73.8		54	74.0		41	69.5	
Has a paid activity?									
Yes	20	19.4	0.405 [†]	11	15.1	0.375 [†]	10	16.9	0.840 [†]
No	83	80.6		62	84.9		49	83.1	
Economic class									
Class A/B	46	44.7	0.158 [†]	34	46.6	0.187 [†]	29	49.2	0.108 [†]
Class C/D	57	55.3		39	53.4		30	50.8	
Total	103	100.0	-	73	100.0	-	59	100.0	-

[†]Fisher's Exact Test; ^{*}Chi-Square Test

Table 4 - Factors associated with tobacco use among students enrolled in the Speech Therapy course of a public university, according to use in life, month and year. Vitória, ES, Brazil, 2019

Variables	In life			In year			In month		
	Yes		p-value	Yes		p-value	Yes		p-value
	n	%		n	%		n	%	
Sex									
Male	4	14.3	0.065 [†]	1	9.1	0.517 [†]	1	10.0	0.483 [†]
Female	24	85.7		10	90.9		9	90.0	
Marital status									
Single / separated / divorced	28	100.0	0.584 [†]	11	100.0	1.000 [†]	10	100.0	1.000 [†]
Married / lives with someone	-	-		-	-		-	-	
Ethnic group									
White	11	39.3	0.464 [†]	8	72.7	0.066 [†]	6	60.0	0.511 [†]
Black / mulatto / brown	17	60.7		3	27.3		4	40.0	
Religion									
No religion	7	25.0	0.067 [†]	3	27.3	0.180 [†]	3	30.0	0.143 [†]
I have a religion	21	75.0		8	72.7		7	70.0	
Religious practice									
Yes	17	60.7	0.015[†]	5	45.5	0.015[†]	4	40.0	0.008[†]
No	11	39.3		6	54.5		6	60.0	
Children									
Yes	1	3.6	0.520 [†]	-	-	1.000 [†]	-	-	1.000 [†]

(to be continued...)

Variables	In life			In year			In month		
	Yes		p-value	Yes		p-value	Yes		p-value
	n	%		n	%		n	%	
No	27	96.4		11	100.0		10	100.0	
Who do you live with?									
Alone / with friend(s) / student(s) / other	7	25.0	0.875 [†]	3	27.3	1.000 [†]	2	20.0	1.000 [†]
Parents / spouse / boy/ girlfriend / children	21	75.0		8	72.7		8	80.0	
Has a paid activity?									
Yes	7	25.0	0.270 [†]	2	18.2	1.000 [†]	2	20.0	1.000 [†]
No	21	75.0		9	81.8		8	80.0	
Economic class									
Class A/B	11	39.3	0.785 [†]	5	45.5	1.000 [†]	5	50.0	0.740 [†]
Class C/D	17	60.7		6	54.5		5	50.0	
Total	28	100.0	-	11	100.0	-	10	100.0	-

[†]Fisher's Exact Test; [†]Chi-Square Test

The multivariate analysis used binomial logistic regression, with the reference category of "Use of alcohol in life, year and month" and "Use of tobacco and tobacco products in life, year and month", including all associated variables with $p < 0.100$ in the univariate analysis. The results of multivariate analyses (Table 5) showed that, for socioeconomic and demographic variables, "age" was associated with "Use of alcohol in the month" after inclusion in the multivariate analysis ($OR_{gross} = 0.096$ and $OR_{adjusted} = 0.044$).

According to Table 5, religious practice was associated with outcome variable of "Alcohol use in the month"

($OR_{gross} = 0.044$ and $OR_{adjusted} = 0.020$), "sex" and "age" showed a significant association with "Use of tobacco and tobacco products" in the bivariate analysis. However, this association was not seen after the multivariate analysis.

Religious practice was also associated with "Use of tobacco and tobacco products in the year" in the bivariate analysis, an association that also remained after the multivariate analysis, and with "Use of tobacco in life" ($OR_{gross} = 0.018$ and $OR_{adjusted} = 0.026$), and "Use of tobacco use in the year" ($OR_{gross} = 0.013$ and $OR_{adjusted} = 0.018$) (Table 5).

Table 5 - Factors associated with tobacco and alcohol use (in life, in month, in year) among students enrolled in the Speech Therapy course of a public university. Vitória, ES, Brazil, 2019

Variables*	Use of alcohol											
	In life				In year				In month			
	OR_{gross} (95% CI)	p-value	$OR_{adjusted}$ (95% CI)	p-value	OR_{gross} (95% CI)	p-value	$OR_{adjusted}$ (95% CI)	p-value	OR_{gross} (95% CI)	p-value	$OR_{adjusted}$ (95% CI)	p-value
Age	†	†	†	†	†	†	†	†	0.904 (0.802-1.018)	0.096	0.875 (0.768-0.996)	0.044
Religious practice	†	†	†	†			†	†				
Yes	†	†	†	†	0.404 (0.164-0.997)	0.049	†	†	0.418 (0.179-0.976)	0.044	0.341 (0.138-0.842)	0.020
No	†	†	†	†			†	†				
Variables	Use of tobacco											
	In life				In year				In month			
	OR_{gross} (95% CI)	p-value	$OR_{adjusted}$ (95% CI)	p-value	OR_{gross} (95% CI)	p-value	$OR_{adjusted}$ (95% CI)	p-value	OR_{gross} (95% CI)	p-value	$OR_{adjusted}$ (95% CI)	p-value
Sex					†	†	†	†	†	†	†	†
Male	4.083 (0.952-17.513)	0.058	3.662 (0.815-16.444)	0.090	†	†	†	†	†	†	†	†
Female					†	†	†	†	†	†	†	†

(to be continued...)

Variables	Use of tobacco											
	In life				In year				In month			
	OR _{gross} (95% CI)	p-value	OR _{adjusted} (95% CI)	p-value	OR _{gross} (95% CI)	p-value	OR _{adjusted} (95% CI)	p-value	OR _{gross} (95% CI)	p-value	OR _{adjusted} (95% CI)	p-value
Ethnic group	†	†	†	†					†	†	†	†
White	†	†	†	†					†	†	†	†
Black / mulatto / brown	†	†	†	†	0.281 (0.071-1.113)	0.071	0.296 (0.073-1.209)	0.090	†	†	†	†
Religious practice									†	†	†	†
Yes	0.331 (0.133-0.826)	0.018	0.348 (0.137-0.882)	0.026	0.200 (0.056-0.712)	0.013	0.209 (0.057-0.760)	0.018	†	†	†	†
No									†	†	†	†

*Only variables showing an association less than or equal to 10% in the logistic regression model; †Variables not included in the logistic regression model or that did not maintain a significant association with the corresponding outcome variable in the logistic regression model.

Discussion

Providing health care does not only involve taking care of people, it also refers to one's own health. Health is linked with factors such as quality of life. Recognizing that alcohol and tobacco cause harmful impacts has been defined as a worldwide public health issue⁽¹²⁾.

Recent studies have reported evidence of increased consumption of alcohol and tobacco among young people^(5,6-8). A Brazilian epidemiological study reported high prevalence of alcohol consumption, ranging from 66.3% to 91.9%⁽¹²⁾. According to the Brazilian Center for Information on Psychotropic Drugs (Centro Brasileiro de Informações sobre Drogas Psicotrópicas - CEBRID), 73.2% of people aged 18 to 24 years have used alcohol at any moment in their lives and 15.5% of them present symptoms of alcohol dependence^(7-8,13).

The main results showed that 69% of university students used alcohol while 51.1% of non-university students consumed alcohol in the last 30 days. The use of alcohol by university students also exceeded the consumption among non-university students for use in life in the last 12 months⁽¹⁴⁾.

Data from the 1st National Survey on the Use of Alcohol and Other Drugs among university students from all 27 Brazilian capitals showed 86.2% of university students had used alcohol once in their lives and 72% in the year. Regarding the use of tobacco, 46.7% had used in their lives and 27.8% in the year. The prevalence of alcohol and tobacco use in the period of 30 days before this study was 60.5% and 21.6%, respectively⁽¹⁰⁾.

Regarding sex, the 2nd National Survey on the Use of Alcohol and Other Drugs compared results of alcohol consumption between men and women in two periods, 2006 and 2012. In 2006, 27% women had regular use of alcohol (one or more times a week) versus 38% in 2012, while men increased from 54% to 63%; the study

concluded that women, especially younger ones, are more vulnerable to risks, since they presented higher indexes of binge drinking⁽¹⁵⁾.

The 3rd National Survey on the Use of Drugs by the Brazilian population was conducted in 2015 with individuals aged 12 to 65 years to estimate and assess the epidemiological parameters of drug use. The results revealed that more than one million adolescents and young people, aged between 18 and 34 years, consumed alcohol and tobacco in the twelve months prior to the survey⁽⁶⁾.

In our study, alcohol consumption was high among university students, as 79.2% of them reported alcohol consumption, and 21.5% reported tobacco consumption at some moment in life. Similar results were observed in a study with university students enrolled in a health-related course which showed 79.7% of students with alcohol consumption at least once in their lives⁽¹³⁾.

Regarding the patterns of alcohol use by the study population, data found in our study are in agreement with those from other studies⁽¹⁶⁻¹⁷⁾. The prevalence of alcohol use in the period of 30 days before the study corroborates a study also conducted with university students from the Occupational Therapy course of a public university⁽¹⁶⁾.

Studies conducted at the Federal University of Maranhão report 64.5% of students with alcohol use; in a medical school in southern Minas Gerais, 99% of students had already consumed alcohol once in their lives; and a study with students enrolled in a health-related course at the State University of Montes Claros reported 74.9% of students had used alcohol in the previous year^(1,18).

In a study with students from the nutrition course of a university in Curitiba, 78.1% of students reported they had used alcohol in their lives, a result that agrees with data found in our study⁽¹⁹⁾. The results of a study with students from the nursing course of University of Passo Fundo showed 93.6% of students reporting alcohol use in life, 89.8% in the year and 78.9% in the month⁽²⁰⁾.

In a study conducted at the Federal University of Espírito Santo (UFES) with students from the Pharmacy, Dentistry and Psychology courses observed a higher prevalence of alcohol and tobacco use in life, with the following indexes found for the three courses: 86.5%, 87.9% and 85.07% for alcohol use in life and 28.4%, 27% and 33.03% for tobacco use in life, respectively⁽²¹⁻²³⁾.

The chances of experiencing these problems are higher among young people, since early exposure to these substances was identified⁽⁷⁾. Increased alcohol use may be related to lifestyle, anxiety, stress, depression, and low self-esteem. Young people have assumed the habit of getting drunk. Alcohol dependence is a factor of concern, which can be enhanced when associated with tobacco⁽⁵⁾.

Alcohol consumption may trigger the use of other drugs such as tobacco, which is the second most common drug among students⁽¹⁾. Some factors that may be associated with tobacco use among university students, especially those enrolled in health-related courses, are: curiosity, mimicking, and social acceptance. The prevalence of tobacco use among health students was between 15% and 22%; however, it should be noted that some risk factors for smoking may be present, such as another smoker in the family, living alone, poor academic performance, and previous alcohol use⁽¹⁾.

Habits acquired in the university life can be taken to professional life⁽⁵⁾. These facts and data require special attention, as today's students will be tomorrow's professionals who will transfer healthcare knowledge and many will be examples of conduct. Although the consumption of alcohol and tobacco in the month, year and in life by Speech Therapy students is lower than those found in most studies cited^(2,21-23), consumption itself is a theme of concern.

In our study, an association was observed between religious practice and alcohol and tobacco use, with data showing that university students with religious practice are likely to avoid inadequate use of alcohol and tobacco. Non-religious practice can increase problematic alcohol consumption⁽²⁴⁻²⁶⁾. Similar results were also found in other studies⁽²⁵⁻²⁶⁾. According to a survey conducted in all 27 Brazilian capitals, 48% of university students without a religion had already used some drug versus 33.2% of students with a religion⁽¹⁰⁾.

In a study conducted with patients seen at the Clínica Saúde da Família, in Rio de Janeiro, the presence of religion seemed to have a protective effect for the consumption of alcohol and tobacco, reinforcing the idea that attending church or religious meetings would keep individuals away from the harmful consumption of alcohol and tobacco⁽²⁷⁾. The fact that some religions demand abstinence from alcohol may be associated with lower alcohol consumption⁽²⁸⁾.

Considering the relevance of alcohol and tobacco use among university students, prior identification of such consumption may favor the formulation of strategies to prevent problems caused by these substances and prioritize actions of health promotion, with an emphasis on reducing consumption of alcohol and tobacco in the most vulnerable groups to avoid the maintenance of this pattern and evolution to addiction.

Dissemination of these substances encourages young people to consume them and create habits towards them. It is important to recognize the risks of early and problematic exposure, since alcohol and tobacco are associated with several harmful effects that may impair the health and life of these university students, and favor the development of measures to promote health and prevent use⁽²⁹⁾.

Study limitations include its cross-sectional design, as it does not allow correlations between the consumption of alcohol and tobacco and the variables associated with them, and the results cannot be generalized to the entire population. With questionnaires, information is easily omitted; however, as respondents were anonymous, they had more freedom to answer personal questions. In addition, studies related to the use of licit substances among students from a Speech Therapy course are rare and limited. Therefore, the findings about associations obtained in this study may support the development of further studies.

Conclusion

Data of our study show a high consumption of licit substances among speech therapy undergraduate students of a public university. Studies related to alcohol and tobacco consumption among Speech Therapy undergraduate students are scarce, requiring further investigation to clearly understand the results and associations found in our study.

The results found in this study are similar to those from other studies with university students, so this topic can be addressed in the academic curriculum and contribute to the training of health professionals who will assist patients with problems resulting from alcohol and tobacco consumption.

These findings support the development of actions, policies and programs to prevent inadequate use of alcohol and tobacco among university students. The inclusion and/or expansion of this theme in the curriculum matrix would help prevent such use, besides the creation of policies and programs.

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Author's Contribution


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