



UNIDAD EDUCATIVA PARTICULAR JAVIER

MONOGRAPH

“Alcoholism”

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THIRD OF BACCALAUREATE - COURSE C

2017 – 2018

GRATITUDE

First, I would like to thank God and the Holy Mary to blessed me and let me be part of a beloved family and of my prestigious school, “Unidad Educativa Javier”. I want to thanks my parents to always take care of me, for rising me this way, for giving me the life I deserve although has not been so easy, and for teaching me the problems that real life give to us. Finally I want to thanks my English teacher, my adviser, and my classmates that have shared a path of learning and the enrichment of my spiritual life through these four years that we have been together in this school.

SUMMARY

Alcoholism is a serious risk for our health that entails a chance to die. It is a worldwide problem. Alcohol is considered a legal drug that it has become something cultural. The excessive and prolonged consumption of this substance is forcing the body to require increasing amounts to feel the same effects that is called “increased tolerance” and triggers an adaptive mechanism of the body until it reaches a limit in which it reverses the supposed resistance and then assimilates less.

So, tolerating more alcohol is in itself a risk of alcoholism. Deaths from alcohol related accidents like car crashes, road killing and suicide, rank first among the causes of death in many ways and in a lot of countries. It is considered that in one country, ethanol consumption causes more than one hundred thousand deaths per year, between intoxications due to drunkenness and traffic accidents.

In this investigation we are going to learn about the causes and consequences that entail the alcohol, how to prevent this mortal substance, how to get rid about it, and how alcoholism people can get out of these vice.

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INTRODUCTION

Alcoholism is considered a disease because it causes disorders in the normal functioning of the organism, affecting directly the family and social relationships.

We often find false beliefs about alcohol consumption; among them we have the following:

- "Alcohol is a stimulant." Not so, it is a depressant. What confuses some people is that the initial effect improves mood, but then inevitably leads to depression.

- "Alcohol improves sexual activity". Alcoholics often have impotence and lack of orgasm, despite the apparent sexual excitement brought by excessive consumption of alcoholic beverages.

The consumption of alcohol has been considered beneficial throughout history, mainly in our country, wine and with many cultural traditions revolving around wine. Epidemiological data from national health surveys from 1993 to 2007 indicate that more

than 60% of the population regularly consumes alcohol, with a 4-7% prevalence of risk drinkers (more than 40 g / day in men and 25 grams / day in women).

In the 1980s there were important changes in drinking habits; the consumption of beer and distilled beverages, intermittent (weekends), of both sexes and adolescents, went from a wine consumption, daily, masculine and after the age of twenty years.

During the last decades has been developed the study of the damages that produces the consumption of alcohol. The relationship between alcohol consumption and its consequences depends on the amount of alcohol consumed and the pattern of consumption. Biochemical effects, depending on the amount of alcohol and the pattern of consumption, are mainly related to chronic effects at the individual level.

Poisoning is more related to acute effects such as accidents, violence and social conflicts. The dependence, derived from a sustained consumption of alcohol, has important consequences both acute and chronic, associating with more than 60 physical and mental illnesses, as well as with numerous social problems, that affect people outside the own drinker and have in violence a clear impact. Many of these effects occur even in very low doses, so there is currently no safe intake or a net beneficial effect on health at the population level.

It is a chronic disease that damages the body, family and social functioning and can be a cause of violence, antisocial behavior, family disagreements, accidents and even homicides.

Chapter I

Alcoholism

1. General

Alcohol, also called ethyl alcohol or ethanol, is a colorless, transparent and flammable liquid with a characteristic odor. Its chemical formula is C_2H_6O , and most of what is used is still obtained by fermentation processes of sugars, already used in antiquity.

Ethanol, intended for human consumption, is presented in beverages with different concentrations, so we can find:

- Fermented beverages: such as beer, wine, cider or cava, where the ethanol concentration ranges from 4° to 15°. This means that from the amount we ingest that percentage (from 4% to 15%) is pure alcohol.

These beverages are obtained by the fermentation of fruit sugars or cereals.

- Distilled drinks: they are produced when distilled drinks are already fermented, reason why the concentration of alcohol in these form increases a lot of considerable form. Liquors, vodka, whiskey, rum or gin belong to this type of drinks and their graduation oscillates around 40° -50. (Marshall, 2001)

Alcoholism refers to the excessive consumption of alcohol, in a prolonged way and continues over time, thus generating a dependence on that substance. (Gifford, 2009)

Alcoholism is seen as a chronic disease, in which the patient is not able to control the intake of alcoholic beverages. This addiction affects the person in both his physical and psychological health, damaging his social and / or family relationships.

1.1 Causes that leads to the development of alcoholism

The reasons for alcohol consumption are varied depending on the purpose of consumption, but most people who consume alcoholic beverages do so by:

- Feel accepted by a group.
- Looking for welfare effects.
- To have fun.
- As a facilitator of social relationships, to overcome shyness.
- As an escape route to problems. (Vaillant, 2009)

There are additional factors that can encourage people to develop an additional addiction to alcohol. It is necessary to understand that these factors are not a determination to develop another disease, but that influence can increase the possibility of abusing or relying on another substance. They stand out as more important:

- Inheritance: There is a relationship between the risk of alcohol problems and family history of alcoholism, this is based on learning theories or education. (OPS, 2007)

- Age of beginning: The risk of developing tolerance and an addiction to alcohol in adulthood increases when the age at the onset of consumption is lower.

- Psychological: The risk is greater in people, who regularly use alcohol to escape negative emotions such as anxiety, loneliness, or people with low self-esteem. They find in alcohol pleasant effects that could maintain this unhealthy behavior, making it worse in time. Maintain this behavior aggravating it with the time.

- Social: social problems such as unemployment, conflicts in the couple or family, pressure among friends, ease of access to alcohol, can favor and maintain patterns of consumption that precipitate dependency. On the other hand, both the use of alcohol in celebration events and social tolerance against alcohol abuse reinforce and serve as support for the maintenance of consumption. (Comercio, 2014)

1.2 Short and long terms health consequences

As we have explained the alcohol is absorbed by the digestive system, and is distributed through the bloodstream to the rest of the body. It is eliminated through the liver which is responsible for metabolizing it for expulsion from the body. Throughout this process, its intake affects the Central Nervous System. Alcohol is a drug with depressant effects, this means that slowly slows down brain functions. (Vaillant, 2009)

The effects on the body will vary according to sex, age and health status, as well as the amounts ingested and the time in which it is ingested. (Marshall, 2001)

We can describe the effects of their consumption in order of appearance taking into account that they will vary according to the factors previously described:

- Disinhibition.

- Excitement or euphoria, loss of self-control.
- Feeling of relaxation.
- Sociability or false sense of improvement in relationship skills.
- Difficulty in speech.
- It becomes more difficult to associate ideas, makes thinking capacity worse, mental confusion.
- Motor discoordination, balance difficulty and motor control.
- Possibility of acute intoxication, when it reaches and exceeds 3 gr. blood alcohol appears apathy, drowsiness, loss of consciousness, coma or death, due to the paralysis of the respiratory and vasomotor centers. (World Health Organization, 2000)

Chapter II

Influence of alcohol and alternative solutions

2.1 Problems that are generated by influence of alcohol

Alcoholism as an addiction to the consumption of alcoholic beverages has serious consequences on the health and behavior of people. This is due to the fact that alcohol affects our health, both physically and psychologically, in a secondary way, generating many social and family problems.

Social and family consequences of alcoholism on this sense, one of the symptoms of alcoholism are the increase in hostility and aggression. The alcoholic person is increasingly less tolerant and less patient in the face of external stimuli reacting in a hostile way in situations that he cannot control. The risk of being a violent person increases a lot due to these factors, generating that the social and family life of the sick person or the patient is reduced and becomes a person toxic for interpersonal relationships.

2.1.1 Affection to the family

Each time there is a case of alcoholism within a family, whether it is treated or not, it is affected in different ways, both individually and globally and, above all, their quality of life.

The effects can be noticed even though the parents try to hide it from the rest of the family members. However, the signs are obvious.

- Neglect of the children: the problem can attract both the attention of the spouses, or of the affected ones, which leads to neglecting the needs of the children who stop receiving affection.

- Lawsuits and aggressions between the members of the family: the tension of the problem is translated in violence, generally unchained between the faced ones and against the children or other members.

- Concerns and doubts about how to face the problem: an atmosphere of concern is created in the face of the impotence of not knowing how to resolve such a delicate issue.

- Changes in feelings towards the alcoholic: the generator of the problem becomes the subject of the various mood changes of those who live with him. You can go from compassion to rejection.

- Feeling alone: the previous point generates sadness in the alcoholic, feels little supported.

- Economic problems: there is no medical or social problem that does not generate an economic expense in the family.

- Health problems created by stress: family members and those around you can see how their health wears due to the stress that is generated by the problem.

The most important thing, after identifying the problem and seeing how it begins to affect the family, is to seek help immediately.

2.1.2 Affection to social life

In the workplace it is reflected in the decrease of daily work activities, the lack of concentration can cause risks to the worker, the cognitive part is deteriorated, the increase in the failures to work are increasing each time more leaving aside their labor obligations either by absence or illness and leading to the loss of employment thus affecting their economy, attracting problems in the domestic environment.

In the state of psychomotor excitement can lead to behavior that threatens the physical and moral integrity of other people. As it can also cause more serious injuries leading them to commit acts that imply murder, violence or acts of sexual violence.

One of the causes of the increase in traffic accidents and violence is alcohol because it affects the behavior of the person altering all the senses depending on the degree of alcohol in your body.

There are usually no good relations with neighbors if alcohol is involved because no member of the family can interact with the community for fear of being criticized or rejected.

Alcoholism also affects car accidents because driving in a drunken state can cause multiple accidents and injure people, as well as being drunk and being a pedestrian and causing an accident due to imprudence that can hurt the person or others. This entails not only having health problems but also legal problems because the life of other people is the same as their own.

The consequences of having legal problems can go so far as to have to go through lawsuits, leaving prison as a consequence.

2.1.3 Consequences at socio-economic level

Now, the US Centers for Disease Control and Prevention (CDC for its acronym in English), official agency under the Department of Health, has calculated the costs to the economy: 249,000 million dollars.

This figure would include health expenses and the economic cost of lost productivity, car accidents, crime and deaths associated with excessive alcohol consumption. Of those, the greatest economic damage of drunks manifests itself in the workplace. Thus, alcohol had a negative impact of 77,000 million dollars for productivity lost in 2010, according to the CDC published in the American Journal of Preventive Health.

If you add absenteeism and other factors, the total toll in productivity derived from alcohol is close to 90,000 million dollars, and that's not counting deaths related to drinking, which according to previous studies by the public agency itself involve around 10% of the total deaths of people of working age.

In addition, the number is growing, since the last time the CDC made a similar calculation for the year 2006, the excess with alcohol caused a loss of 224,000 million, representing an increase of 2.7% year-on-year, above of inflation. Most of the costs are attributable to the so-called binge drinking, acute poisoning in a short time, and 40% of the total cost is for the Government.

2.2 Solution to the problem of alcoholism

Until the primary causes of alcoholism are discovered, the problem cannot be solved. In any case, educational programs on alcohol, aimed at adolescents and their families can be very useful. The correct social habits are fundamental for the prevention of their abuse.

The detoxification

Detoxification is a viable alternative. Alcohol is hidden under control. Supervision is established. Tranquilizers and sedatives are prescribed to relieve and control the effects of abstinence.

The detoxification can last from 5 to 7 days. Medical examination of other problems is necessary. Liver problems and other problems in the blood are common. It is very important to follow a diet with vitamin supplements. Complications associated with acute physical symptoms may appear, such as depression and other problems that must be treated.

2.2.1 Rehabilitations center

Rehabilitation programs are to help people affected, after detoxification, to stay in abstinence from alcohol. These programs include various tips, psychological support, nursing care and medical care. Education about the disease of alcoholism and its effects is part of the therapy. Many of the professionals involved in these rehabilitation programs have to follow recycling programs.

Aversion / disgust therapies

There are also aversion / disgust therapies in which drugs are used that interfere with the metabolism of alcohol and produce very unpleasant effects, even when a small amount of alcohol is swallowed within 2 weeks after treatment. This therapy is not used in pregnant women or people with other diseases. This type of therapy must be used with support advice and its effectiveness varies in each case.

Alcoholics Anonymous

Alcoholics Anonymous is a group of help in the reconversion of alcoholics that offers emotional and affective help, under a model of abstinence, to people who are rehabilitating themselves from alcohol dependence. There are more than one million members around the world, and small groups are found in small cities throughout Ecuador.

2.2.2 Familiar help

Family help can be stated as the stages that the family have to go through when they have a member suffering from alcoholism.

The first stage would correspond with the denial of the problem of alcohol. It is a period in which the mode of drinking of the person begins to cause problems; he or she or his family members are not aware of this. The fact that we live in a society where many people drink alcohol makes denial easier.

The person with alcohol problems can say, "Okay, I drank a lot last night but I drank just like the other people who were at the party. I drank the normal. " Friends and neighbors try to downplay the possibility that there is a drinking problem. How many times have you heard, "do not be silly, everyone drank a lot", or "If you were an alcoholic, what would I be then?".

The social concept that troubled drinkers are ragged people does not make the denial even easier. It would be difficult for a person who has his own house, car and a good job to define himself as a problematic drinker or an alcoholic when the people considered as such

look like vagabonds. The children of people with alcohol problems are often very responsible and with good academic achievement.

Family members often say, "How are you going to have alcohol problems when it does not matter to him or her?" If a person drinks excessively, family members can justify it by saying that he does so because something unpleasant has happened to him such as: "an argument with his boss or a co-worker, etc."

This may be true in the sense that crises can trigger the possibility of drinking, but there is a point from which drinking increases the problems even more by creating new ones. A person with alcohol problems should be responsible for their drinking regardless of the circumstances that lead to it.

Many times family members try to cover up and protect the person with alcohol problems so they do not have to feel the negative effects of their drinking. This is usually done to try to save the person's reputation, do not lose their job, etc., but in the long term what allows the problem of alcohol to continue for longer.

The next stage would be Recognition and it happens when the family defines the behavior of the person with alcohol problems as a behavior that is not normal. In some way, the family is recognizing that the person is drinking differently from other people.

He or she may start drinking more often and pay less attention to family, work and general activities. They start drinking not only during a party but before and after it too. They may also gobble the drinks more than drink. That they have memory gaps, that they miss work days, etc. Whatever is happening, the family is aware that he or she is having problems with alcohol.

Confrontation. At this time, family members may treat the effects of excess consumption with the family member who has alcohol problems in an attempt to make him aware of the complications he has with and for the drink, and the need for a change . It is important to do this in the most calm and natural way possible and remembering the following warnings:

You should talk to the person at the time you are sober or have the least amount of alcohol in your body, for example early in the morning. Highlight your concern and desire for help for the person with alcohol problems, putting the emphasis on the good things that you enjoyed when that person was sober.

Carefully mention some of the negative consequences of the drink you have seen that have happened to you, for example, losing work days, leaving the family, being more irritable, not remembering facts (memory gaps), etc. Mention that you will support him if he decides to attend treatment. Finally remember that the decision to abstain from drinking only depends on the person with drinking problems.

The control would be the next phase, where it would try to control or take responsibility for the drinking problem. At the beginning the answers are very varied and the members of the family try all kinds of "homemade recipes" as a method to control or stop the abuse of alcohol. Little by little, the family feels more fear and frustration. It is possible that family members begin to belittle themselves, to feel guilty and to fear a possible divorce.

Survivability refers to the attempts the family makes to recover despite the problem. When the family realizes that their attempts to cope with alcohol problems have failed, disorganization of the family unit occurs, producing the following changes: The main objective of the family is to survive. The goals of the family begin to change and tired, they no longer try to change the behavior of the drinker.

The roles or roles of each member of the family unit begin to change. They must assume the responsibilities of alcoholic patients. For example: the wife must be the one who manages to support the family and also the children assume certain household responsibilities.

Acting like this reinforces and supports the drinker in different ways: It allows you to avoid unpleasant responsibilities thanks to drinking. Responsibilities and pressure from family members increase, thereby increasing anger and resentment towards the PPB (Person with drinking problems). Also the feelings towards the person with alcohol problems begin to change.

Family members lose concern and respect for this person. The final stage would be Acceptance, common in all families with alcohol problems. It is when the alcoholic accepts that there is a problem and that he needs to go to treatment. As the family is not only changing roles, but also the feelings towards him or her, the drinker is faced with the possibility of total isolation and rejection. It may also be that they have received warnings from their bosses or begin to feel physically ill.

Chapter III

Analysis about how many people drinks alcohol in the society among the students in Unidad Educativa Javier

3.1. Survey application in Unidad Educativa Javier

This survey application has by objective to recognize the approximate percentage of students within the institution who are conscious about how in days alcohol affect people in life.

The survey has been taken to a sample from the total of students of third of baccalaureate determinate by the following formula.

$$n = \frac{PQ N}{(N - 1) \frac{E^2}{K^2} + PQ}$$

Where:

n: The sample

PQ: Constant of population variance: 0, 25

N: Total population: It can vary depending on a total of students from each course:
120

E: Maximum permissible error: 0, 05

K: Error correction coefficient: 2

Table1. Population

No.	Individuals	Quantity
1	Third baccalaureate	120

Author: Ivan Andrade

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

$$n = \frac{PQ N}{(N - 1) \frac{E^2}{K^2} + PQ}$$

$$n = \frac{0,25 \times 120}{(120 - 1) \frac{(0,05)^2}{2^2} + 0,25}$$

$$n = \frac{30}{(119) \frac{0,0025}{4} + 0,25}$$

$$n = \frac{30}{(119) (0,000625) + 0,25}$$

$$n = \frac{30}{0,324375}$$

$$\mathbf{n = 92,48}$$

Table 2. The sample

No.	Individuals	Quantity
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1	Third baccalaureate	92
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Author: Ivan Andrade

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

3.2 Survey results

These are the results per question with each table that shows the quantity and the percentage of the results in order to understand the conclusions.

Have you ever consumed alcohol?

Table 3

Consumption

Category	Amount	Percentage
Yes	85	92,4%
No	7	7,6%

Author: Ivan Andrade

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

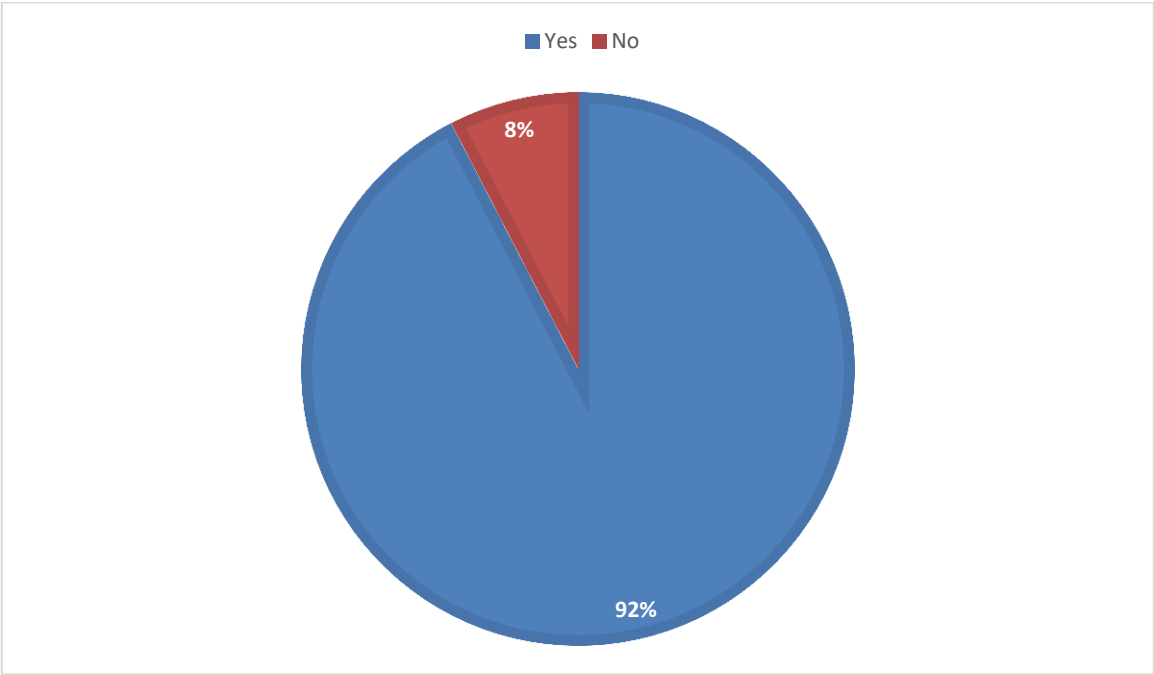


Figure 1: Consumption

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

Author: Ivan Andrade

Have you ingest alcohol recently?

Table 4

Ingest Recently

Category	Amount	Percentage
Yes	70	76,1%
No	22	23,9%

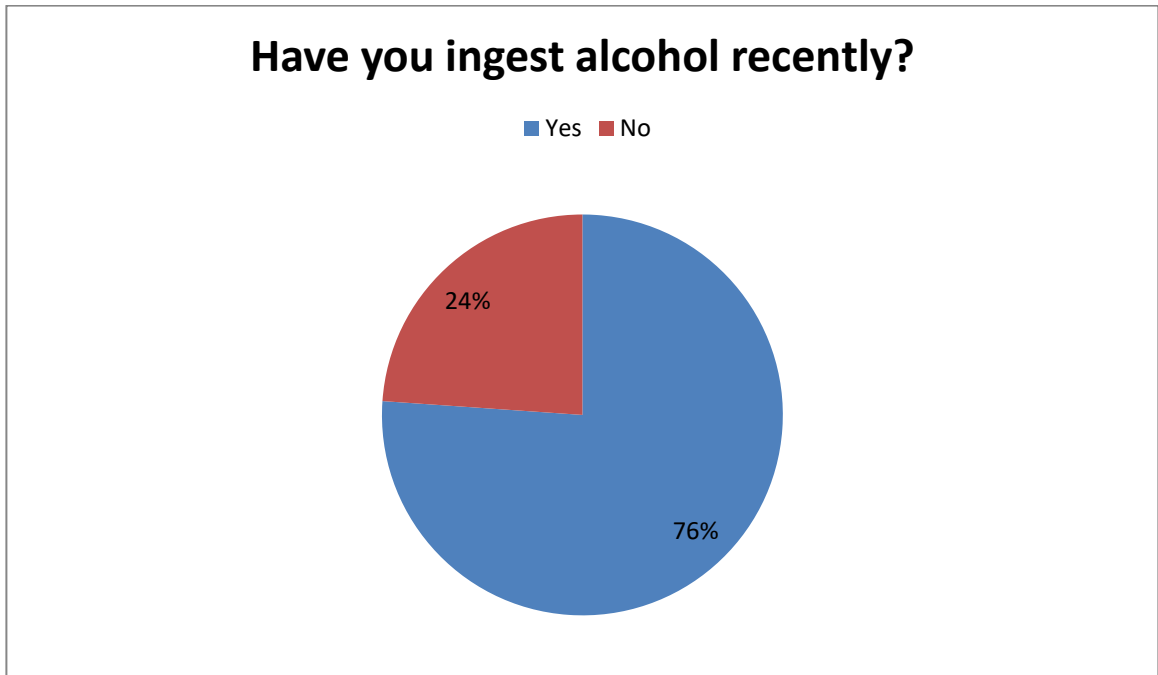


Figure 2: Ingest recently

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

Author: Ivan Andrade

Have you ever been drunk?

Table 5

Been Drunk

No.	Amount	Percentage
Yes	73	79,3%
No	19	20,7%

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

Author: Ivan Andrade

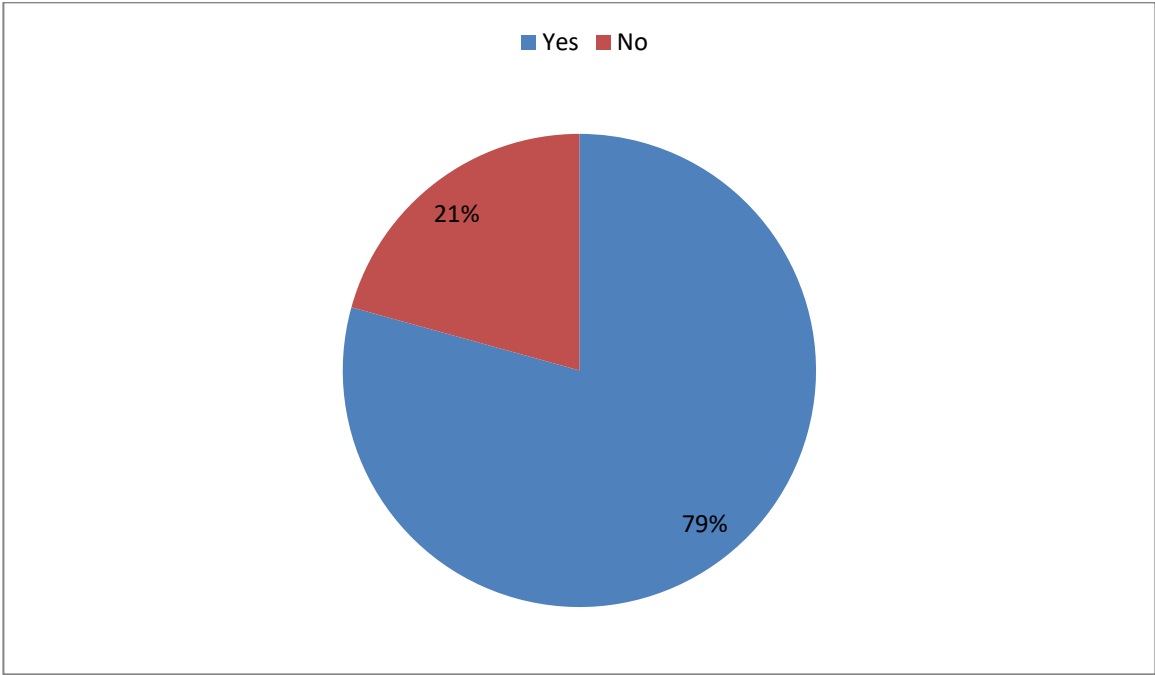


Figure 3: Been drunk

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

Author: Ivan Andrade

In case you have drink alcohol, at what age did you first take it?

Table 6

Age

No.	Amount	Percentage
10-13	10	11%
14-17	76	83,5%
+18	5	5,5%

Author: Ivan Andrade

Source: Survey applied to Third bacallaureate of the Unidad Educativa Javier

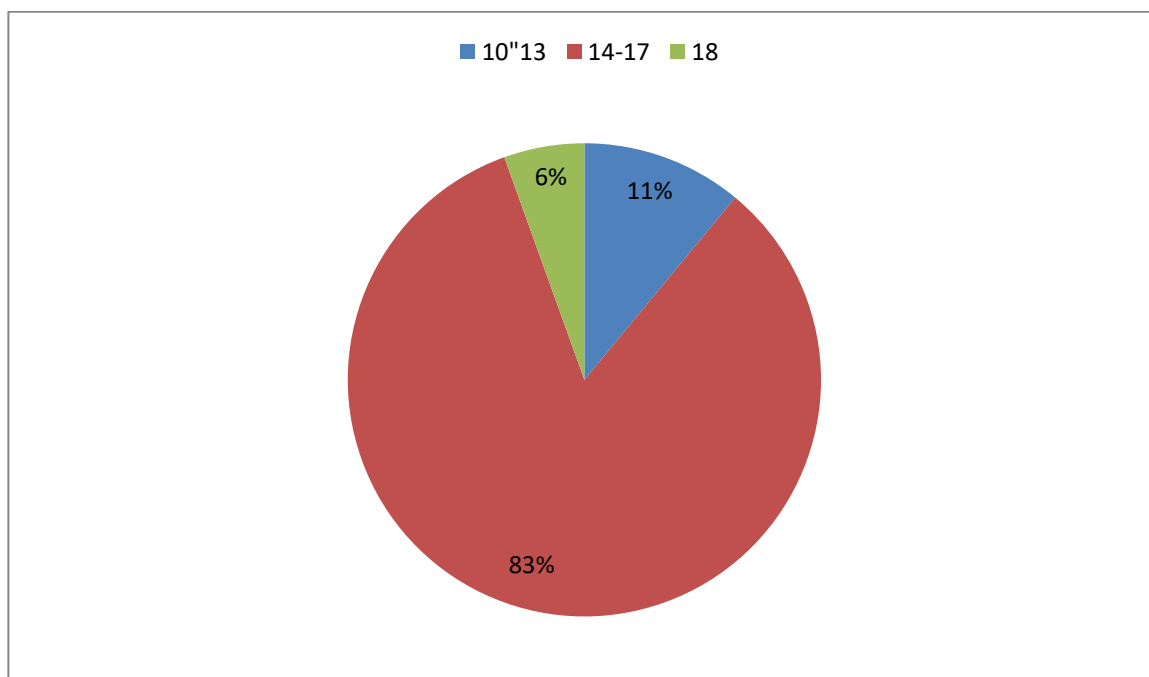


Figure 4

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

Author: Ivan Andrade

If you have ingest alcohol, what is thr principal cause of drink?

Table 7

Cause

No.	Amount	Percentage
To forget	7	7,7%
To relax	10	11%
Because all do it	5	5,5%
For fun	66	72,5%
Feel popular	0	0%
Other	3	3,3%

Author: Ivan Andrade

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

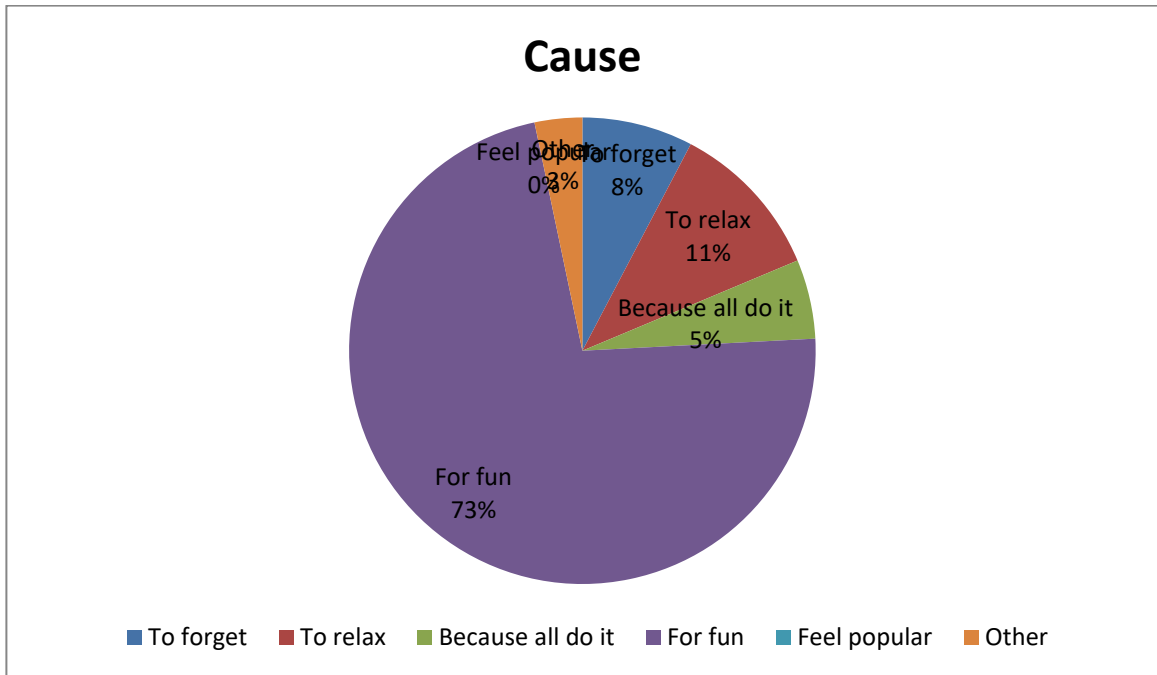


Figure 5: Cause

Author: Ivan Andrade

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

If you haven't drink alcohol, why don't you ingest it?

Table 8

Why don't do it

No.	Amount	Percentage

For health	26	47,3%
My parents	12	21,8%
Consequences	9	16,4%
Other	8	14,4%

Author: Ivan Andrade

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

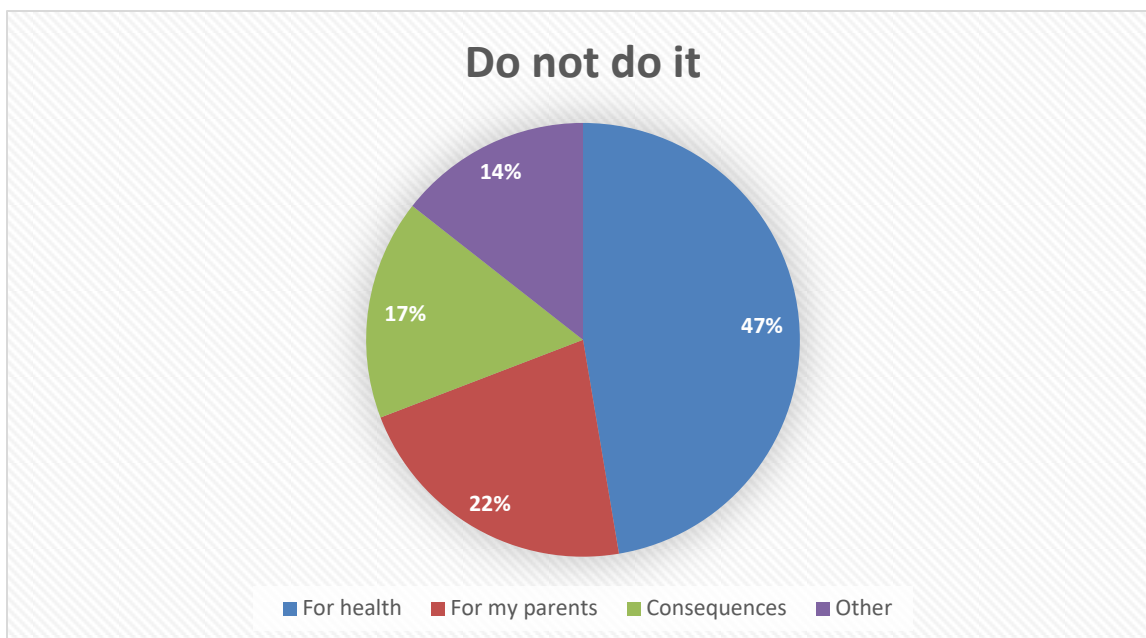


Figure 6: Do not do it

Author: Ivan Andrade

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

Do you considered alcohol drug?

Table 9

Considered drug

No.	Amount	Percentage
Yes	34	37%
No	33	35,9%
Maybe	25	27,2%

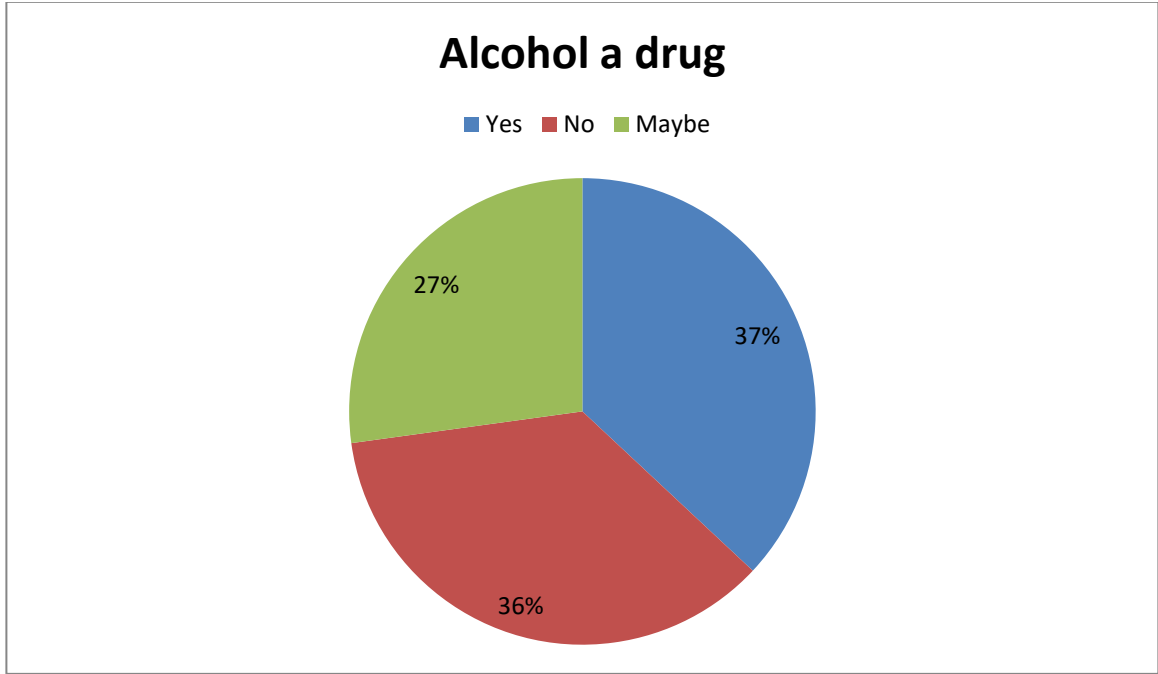


Figure 7: Alcohol a drug

Author: Ivan Andrade

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

Do you think alcohol sales need to be banned even for adults?

Table 10

Sale Banned

No.	Amount	Percentage
Yes	23	25%
No	69	75%

Author: Ivan Andrade

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

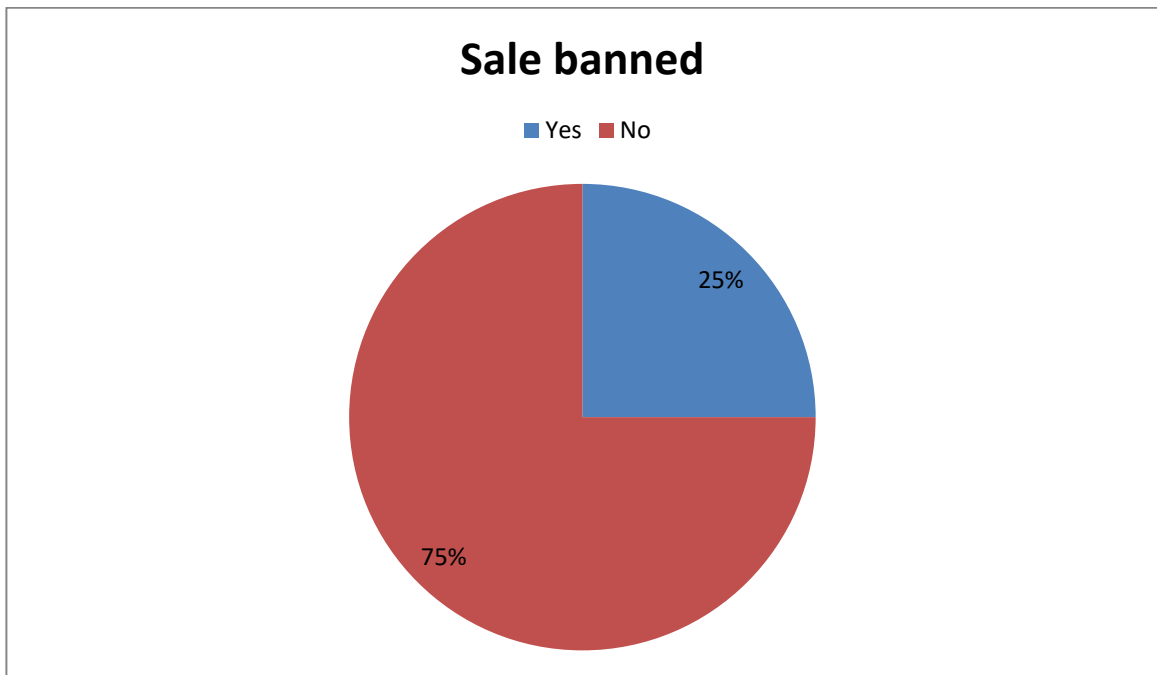


Figure 8

Author: Ivan Andrade

Source: Survey applied to Third baccalaureate of the Unidad Educativa Javier

3.2 Conclusions

At the end of this monographic work it is concluded that: It has been found that almost the totality of the population studied have tried alcohol at least once, and it is intriguing to know that only 66% of the population consider alcohol a drug. That is a concept that needs to be worked on because teenagers specially, need to know that it is labeled as a drug due to all problems that in can cause to the person and its environment. Almost the totality of the population considers it fine to drink alcohol at a social event, and they state that it is not correct to drink alcohol when being alone. While there is a good amount of people that state that their families have talked to them about alcoholism, and there is an alarming 21% that stated that their families have not talked to them about alcoholism; what becomes a source of inquiries because it is considered an issue to be mainly familiar.

RECOMMENDATIONS

Alcoholism can surprise you if you don't take care of it; this is a very serious problem that can ruin your life. Getting out of this addiction is possible with help and volition.

Here are some recommendation and advice to prevent this problem:

1. Keep alcohol out of your house or places you more visit frequently, because it is easier if alcohol is at your reach.
2. Don't drink alcohol if you are in a bad mood, it can cause an alcohol dependence, and if you consume it is better to drink it when there are parties, everyone is having a good time and when you are in a really good mood, but of course with a limit.
3. Make activities without involve alcohol. Instead of going to bars, parties, etc. I recommended to do sport, go to movies; go out with friends to the park or somewhere else without the necessity of drinking alcohol.
4. Recognize that if you are in this vice, ask for help. There are so many ways like talk to a really close friend, to family or go to alcoholism problems like alcoholics anonymous.
5. Drinking water every day is vital, it will not only keep you hydrated, it will help you to drink less alcohol because you will be drinking water instead.
6. Alcoholism is a real and serious problem and it is not an obligation to drink it. Avoid it completely of your life or reduce the amount of alcohol when you are going to ingest it.

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