A review of literature relevant to the study is undertaken by the researcher to develop deeper insight into the problem and gain the information on what has been done in past.

A literature review provides readers with a background for understanding current knowledge on a topic and illuminates the significance of new study. Review of literature is an essential step in the development of a research project. It involves the systemic identification, location scrutinizing and summary of written materials that contains information on the research project. Literature reviewed for this study is presented under the following subsections:

1] Review of literature related to alcohol, tobacco abuse and quality of life.
2] Review of literature related to chemical, drug abuse and quality of life
3] Review of literature related to effectiveness of educational/preventive program on behavioural outcome on substance abuse and quality of life

**Review of literature related to alcohol, tobacco abuse and quality of life**

1] **Sinha DN et al (2003)** in their article titled, Tobacco use among students in the eight North-eastern states of India revealed that baseline information has obtained on prevalence of tobacco use among school children in eight states in the North-eastern part of India. The study concludes that, Tobacco use including smoking was very high, even among girls, in all eight states in the North-eastern part of India. Signs of tobacco dependency were already visible in these students, more among those who smoked. In general schools did not educate students about the hazards of tobacco use.

2] **Carolyn L et al (2006)** in their article titled, Alcohol use and health outcomes in the oldest old concluded that the study offers no evidence of negative health outcomes for drinking moderately and confirms the U-shaped curve often found in studies of alcohol and health. Nonetheless, cessation of drinking was associated with poor health suggesting the health benefits of moderate drinking may result from selection of a healthy group of people capable of sustained moderate drinking. Public health recommendations for moderate drinking must take this phenomenon into account
3] Mukherjee A et al (2012) in their article titled, Tobacco abuse among school going adolescents in a rural area of West Bengal, India revealed that tobacco abuse is raising in this age group in India. A cross sectional survey was carried out in two coeducational high schools of Anandanagar village of Singur block, Hooghly district, West Bengal among 276 students of VIII-IX standard to study the knowledge and abuse of tobacco, students from nuclear families, and those with literate parents. and to find out influencing socio-demographic factors. Knowledge score was higher in females.

4] Rada C and Ispas AT (2016) in their article titled, Alcohol consumption and accentuated personality traits among young adults in Romania: a cross-sectional study aimed to identify the frequency, quantity, occasions, reasons, type of AC, and correlation with accentuated personality traits among young adults in Romania. Alcohol consumption (AC) has negative social and economic consequences, affects health, and can create dependence. The study concluded that, AC was relatively high, especially among young men, peer groups, and young adults who had problems socializing. AC also correlated with some accentuated personality traits. Therefore, public health education programs should be targeted for these categories.

5] Andrade ME (2017) in his article titled, Experimentation with psychoactive substances by public school students revealed that with an objective to analyze the prevalence of exposure to psychoactive substances in public students of basic education and its association with socio-demographic characteristics. The study concludes that, the psychoactive substance most experienced by students was alcohol, followed by cigarettes, and chance for experimentation increases after the age of 15. Religious practice, in turn, acts as a protective factor for experimentation with alcohol.

6] Scalici F and Schulz PJ (2017) in their article titled, Parents’ and peers’ normative influence on adolescents’ smoking: results from a Swiss-Italian sample of middle schools students. The Findings of the study, support the different influence of parents’ and peers’ norms on adolescents’ smoking, and highlight the importance of peers’ model behavior as the most important factor influencing smoking during adolescence. Such results have implications for programs that aim to prevent or reduce smoking in early adolescence when friendship choice starts to become crucial.
7] Assanangkornchai S et al (2018) in their article titled, Clusters of alcohol and drug use and other health-risk behaviors among Thai secondary school students: a latent class analysis revealed that, alcohol, tobacco and drug use, as well as other health-risk behaviors such as fighting, are clustered in Thai secondary school students. This result highlights the importance of comprehensive prevention and education strategies, particularly for moderate to high-risk groups.

8] Gabriels CM et al (2018) in their article titled, Psychiatric comorbidity and quality of life in South African alcohol use disorder patients. The results confirm the well-known high rate of psychiatric comorbidity in patients with AUD and the negative impact it has on QoL. The results should alert clinicians managing AUD patients to screen for comorbid psychopathology and include findings into their treatment plan as this may impact on the patient's QoL.

9] Dematteis M and Pennel L (2018) in their article titled, Alcohol and neurology the nervous system is a particular target tissue for alcohol due to desired effects and numerous acute and chronic consequences. Acute consequences are due to episodes of overconsumption, withdrawal syndromes, or decompensation of nutritional deficiencies. Chronic consequences are dominated by sleep disorders, chronic pain and cognitive-behavioral disorders, stroke, and impairments of balance, peripheral nerves and muscles, resulting from direct toxicity and/or nutritional deficiencies.

10] Teixeira L et al (2018) in their article titled, Oral Health-Related Quality of Life among a Portuguese Sample of Institutionalized Alcoholic Patients under Rehabilitation Therapy. This analytical cross-sectional study using the Oral Health Impact Profile-49 (OHIP-49) was carried out in 300 individuals institutionalized for alcohol detoxification in withdrawal units. The study concluded that, this population of alcohol-dependent patients undergoing an addiction rehabilitation programme presented a high prevalence of negative oral health impacts, but not a high extent or severity.

Review of literature related to chemical, drug abuse and quality of life

11] Pokhrel P et al (2007) in their article titled, Prospective associations of social self-control with drug use among youth from regular and alternative high schools concluded that, Lack of social self-control in adolescents seems to result in increased drug use, which in turn is likely to further decrease social self-control. Thus, it seems that social self-control is an alterable
cognitive-behavioral attribute which can be improved through skill-based interventions in order to prevent drug use among adolescents.

12) Looby A and Earleywine M (2007) in their article titled, Negative consequences associated with dependence in daily cannabis users stated that Cannabis is the most widely consumed illicit substance in America, with increasing rates of use. Some theorists tend to link frequency of use with cannabis dependence. The study concludes that, Although all of our subjects reported daily use, only those meeting proxy criteria for cannabis dependence reported significant associated problems.

13) Luty J and Arokiadass SMR (2008) in their article titled, Satisfaction with life and opioid dependence concluded it has used a validated instrument and objective reports to confirm significantly higher rates of dissatisfaction with life among opioid dependent people in treatment when compared to members of the general population.

14) Chakravarthy B et al (2013) in their article titled, Adolescent drug abuse - Awareness & prevention concluded that, abuse of alcohol and drugs has resulted in significant morbidity and mortality among adolescents worldwide. Many of these youth will lose their lives to drugs and alcohol and a significant number are likely to grow up to become problem drug users. Although, the substance abuse problem is complex and large in magnitude, there is a substantial amount of evidence-based research available to physicians, community leaders and schools to implement interventions that can decrease adolescent substance abuse rates.

15) Matejovicova B et al (2015) in their article titled, Illegal drug use among female university students in Slovakia revealed that study is focused on the issue of illegal drug use among female university students preparing to become teachers. The main aim was to determine the frequency of drug abuse in a group of young women (n=215, mean age 20.44 years). Using survey methods, we determined that 33.48% of female university students in Slovakia use illegal drugs and 66.51% of students have never used illegal drugs study summed up with, the first contact with drugs occurs most frequently at high school age. The most consumed "soft" drug in our group of female university students is marijuana.

16) Datta D et al (2015) in their article titled, Descriptive epidemiology and high risk behavior of male prescription opioid abusers: Cross-sectional study from Sikkim, North East India concluded that, both the rural and urban areas of Sikkim show increasing rates of prescription opioid abuse
among males. It is more prevalent among school dropouts and unemployed youth. Trends of injection drug use, unsafe injection, and high risk behavior have also been observed.

17] Chen VC et al (2017) in their article titled, Sleep disturbance and its associations with severity of dependence, depression and quality of life among heroin-dependent patients: a cross-sectional descriptive study concluded that, Heroin-dependent patients had a high 1-month prevalence of sleep disturbance, and this was associated with greater severity of dependence, greater severity of depression, and poorer physical health-related quality of life. Early assessments and interventions for sleep disturbance among patients with heroin dependence are recommended.

18] Singh S et al (2018) in their titled, Quality of Life and its Relationship with Perceived Stigma among Opioid Use Disorder Patients: An Exploratory Study. This study aimed to assess the overall QoL and examine its relationship with perceived stigma among them. This article concludes that OUD similarly affects all the four domains of QoL, with a higher level of perceived stigma associated with significantly poorer QoL in the physical, psychological and environment domains.

19] Kelly PJ et al (2018) in their article titled, Quality of life of individuals seeking treatment at specialist non-government alcohol and other drug treatment services. The current study aimed to determine if there are distinct subclasses of QOL among a broad range of people attending specialist non-government alcohol and other drug treatment services, and how QOL might be associated with substance use, mental health, treatment and demographic characteristics of these individuals. The sample included 9958 individuals attending specialist non-government treatment for alcohol or other substance use in New South Wales, Australia. The study concluded that, greater substance use and higher distress was evident in the lowest quality of life class.

20] Briand M L et al (2018) in their article titled, Factors associated with perceived loss of libido in people who inject opioids: Results from a community-based survey in France. Regular consumption of opioids exposes individuals to several side effects. One of these is a loss of libido, which has a negative impact on quality of life. We used a cross-sectional community-based survey of people who inject opioids to study factors associated with loss of libido, and more particularly the impact of the type of opioid injected. In the conclusion, Our findings showed that full-opioid agonists could have a negative impact on libido when injected regularly.
Libido can improve quality of life and should be routinely discussed through counseling in prevention services with people who inject drugs.

21] Gazibara T et al (2018) in their article titled, Illicit drug use and academia in North Kosovo: Prevalence, patterns, predictors and health-related quality of life. The purpose of this study were to estimate the prevalence and patterns of illicit drug use in a sample of University students from North Kosovo, to assess factors associated with illicit drug use and to assess health-related quality of life (HRQoL) among students according to illicit drug use. The study concludes that, Factors associated with ever illicit drug use were: being smoker and alcohol user, having chronic diseases and having higher depressive symptoms score. Ever illicit drug users reported all domains of HRQoL as worse.

Review of literature related to effectiveness of educational/preventive program on behavioural outcome on substance abuse and quality of life

22] Chou CP et al (1998) in their article titled, Effects of a community-based prevention program on decreasing drug use in high-risk adolescents investigated the secondary prevention effects of a substance abuse primary prevention program. The results showed that, significant reductions in cigarette use at the initial follow-up (6 months) and alcohol use at the first 2 follow-ups (up to 1.5 years). Models considering repeated measures also showed effects on all 3 substances.

23] Dishion TJ and Kavanagh K (2000) in their article titled, A multilevel approach to family-centered prevention in schools: process and outcome. The Adolescent Transitions Program (ATP) is a multilevel approach to family-based interventions within a middle-school setting. The ATP model includes a universal, selected, and indicated strategy for serving families with young adolescents. The model is designed to address the needs of families of young adolescents that present with a range of problem behavior and diverse developmental histories. The three interventions levels are described, and outcome data are presented, that support the effectiveness of the ATP model. The effective implementation of family interventions within a school context suggests that these interventions can make a significant contribution to reducing problem behavior and substance use from a public health perspective.
24] Botvin GJ (2000) in his article titled, Preventing drug abuse in schools: social and competence enhancement approaches targeting individual-level etiologic factors. The most promising prevention approaches target individuals during the beginning of adolescence and teach drug resistance skills and norm setting either alone or in combination with general personal and social skills, the study concludes that, The current paper provides a brief review of school-based prevention approaches targeting individual-level etiologic factors, evidence supporting their effectiveness, and a discussion of potential mediating mechanisms.

25] Nation M et al (2003) in their article titled, What works in prevention. Principles of effective prevention programs concluded that, the high prevalence of drug abuse, delinquency, youth violence, and other youth problems creates a need to identify and disseminate effective prevention strategies. General principles gleaned from effective interventions may help prevention practitioners select, modify, or create more effective programs. Using a review-of-reviews approach across 4 areas (substance abuse, risky sexual behavior, school failure, and juvenile delinquency and violence), the authors identified 9 characteristics that were consistently associated with effective prevention programs: Programs were comprehensive, included varied teaching methods, provided sufficient dosage, were theory driven, provided opportunities for positive relationships, were appropriately timed, were socio-culturally relevant, included outcome evaluation, and involved well-trained staff.

26] Aileen BSH et al (2007) in their article titled, Drama-based education to motivate participation in substance abuse prevention elaborated that the education effort intended to increase awareness and understanding of the risk and protective factors associated with alcohol and other drug use, and to promote pro-active behaviors in substance abuse prevention within the adult community. This study demonstrates the efficacy of drama as a mechanism to educate and motivate. Support for this mechanism is warranted at the level of state, local community, school district, and faith-based and community organizations.

27] Foxcroft DR and Tsertsvadze A (2011) in their article titled, Universal school-based prevention programs for alcohol misuse in young people the study was conducted to find out the effectiveness of universal school-based prevention programs in preventing alcohol misuse in school-aged children up to 18 years of age. The study concludes that, Current evidence suggests that certain generic psychosocial and developmental prevention programs can be effective and
could be considered as policy and practice options. These include the Life Skills Training Program, the unplugged program, and the Good Behaviour Game.

28] Kanicka M et al (2013) in their article titled, Effect of an anti-tobacco programme of health education on changes in health behaviours among junior high school adolescents in Białystok, Poland. The sample was selected by means of two-stage stratified sampling with consideration of two groups: an intervention group covered with educational actions (417 schoolchildren), and a control group (442 schoolchildren), where anti-tobacco education was not carried out. The result shows After two years, in the group of adolescents covered by the educational programme a significant increase was observed - by 11.6% - in the percentage of schoolchildren who were familiar with the negative effects of tobacco smoking, and an increase by 4.4% of those who were convinced that smoking is harmful.

29] Strom HK et al (2015) in their article titled, Preventing alcohol use with a universal school-based intervention: results from an effectiveness study summarized that, this study offers adequate data on the effectiveness of a school-based alcohol prevention program widely implemented in Norway. Under its current method of implementation, use of the program cannot be supported over the use of standard alcohol curriculum within schools.

30] Goswami YP et al (2015) in their article titled, A Study to Assess the Effectiveness of Structured Teaching Programme on Knowledge regarding Substance Abuse among Adolescents at Selected Nursing Colleges of Udaipur District, Rajasthan, India shows that pre test knowledge level of students was significantly (P<0.05) less towards substance abuse. Study reveals that proper education (STP) enhance post test knowledge among students regarding substance abuse.

31] Newton NC et al (2016) in their article titled, The long-term effectiveness of a selective, personality-targeted prevention program in reducing alcohol use and related harms: a cluster randomized controlled trial revealed that, the study investigated the long-term effectiveness of Preventure, a selective personality-targeted prevention program, in reducing the uptake of alcohol, harmful use of alcohol, and alcohol-related harms over a 3-year period. Findings from this study support the use of selective personality-targeted preventive interventions in reducing the uptake of alcohol, alcohol misuse, and related harms over the long term. This trial is the first to demonstrate the effects of a selective alcohol prevention program over a 3-year period and the first to demonstrate the effects of a selective preventive intervention in Australia.
32] Veronneau MH et al (2016) in their article titled, A randomized, controlled trial of the family check-up model in public secondary schools: Examining links between parent engagement and substance use progressions from early adolescence to adulthood. Their research started with an objective of, Substance use in adulthood compromises work, relationships, and health. Prevention strategies in early adolescence are designed to reduce substance use and progressions to problematic use by adulthood. This report examines the long-term effects of offering Family Check-up (FCU) at multiple time points in secondary education on the progression of substance use from age 11 to 23 years and the study concludes that, Family interventions that are embedded within public school systems can reach high-risk students and families and prevent progressions from exploration to problematic substance use through early adulthood.

33] Moniek CM de G et al (2017) in their article titled, Stronger declines in youth alcohol consumption thanks to stronger integrated alcohol policies? A qualitative comparison of ten Dutch municipalities summed up with, reductions in youth alcohol consumption in Noord-Brabant were stronger when municipalities started to develop integrated policies. Results suggest that integrated policies framing a health problem as a broader societal problem could positively influence population health.

34] Mckay M etal (2018) in their article titled, To assess the effectiveness of a combined classroom curriculum and parental intervention (the Steps Towards Alcohol Misuse Prevention Programme (STAMPP)), compared with alcohol education as normal (EAN), in reducing self-reported heavy episodic drinking (HED) and alcohol-related harms (ARHs) in adolescents. Studies conclude that, Results suggest that STAMPP could be an effective programme to reduce HED prevalence. While there was no significant reduction in ARH, it is plausible that effects on harms would manifest later.

35] Park E and Jang BG (2018) in their article titled, Youth Substance Use Prevention Using Disciplinary Literacy Strategies: A Pilot Study. The purpose of this study was to develop and implement a community-based program aiming for smoking, alcohol, and substance use prevention based on multiple disciplinary literacy strategies the study concluded that, the participants were satisfied with the program and reported significant growth in their knowledge, skills, assets, and perceptions of benefits.