

# Sedronar

Secretaría de Políticas Integrales  
sobre Drogas de la Nación Argentina

# **3rd COPOLAD II ANNUAL CONFERENCE**

Non-prescribed use of psychotropics by  
women of general population:  
**a hidden problem**

Gender Perspective as one of the guiding principles of the National Demand Reduction Plan 2016

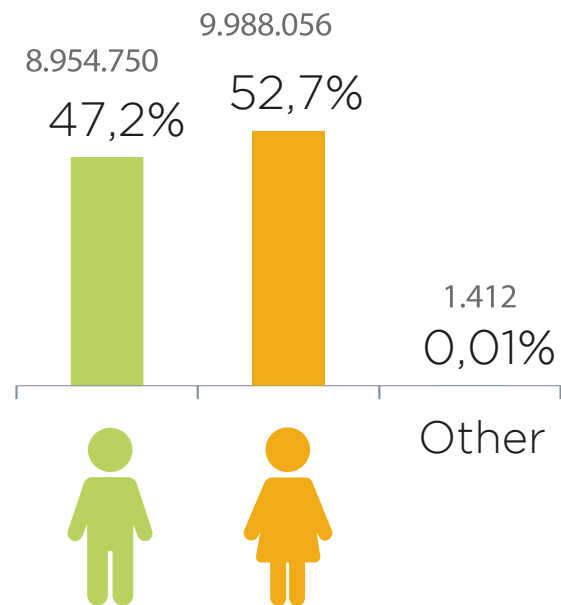


**Gender Perspective**

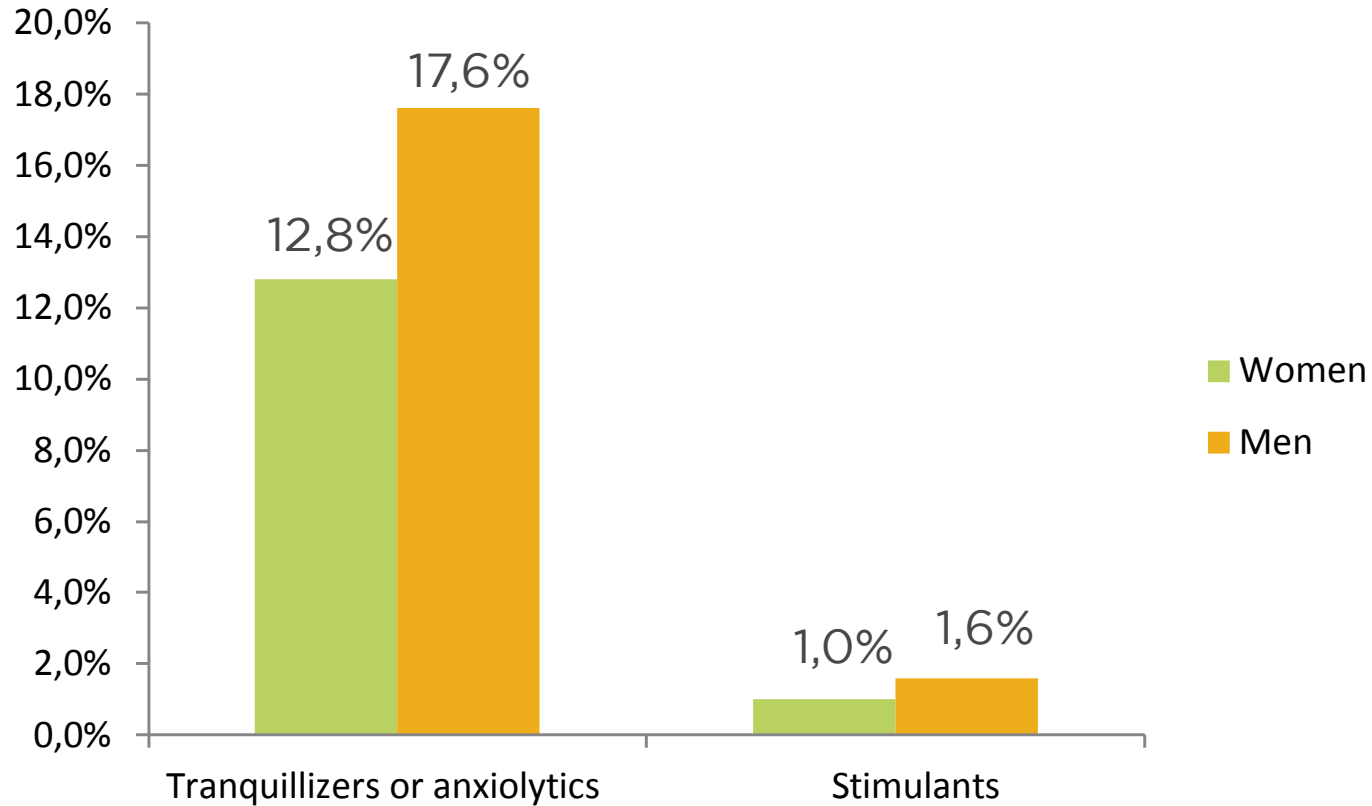
# National Study on Consumption of Psychoactive Substances (12 - 65 years). Argentina. 2017

## Total Sample

19.000.000



# Psychotropic consumption



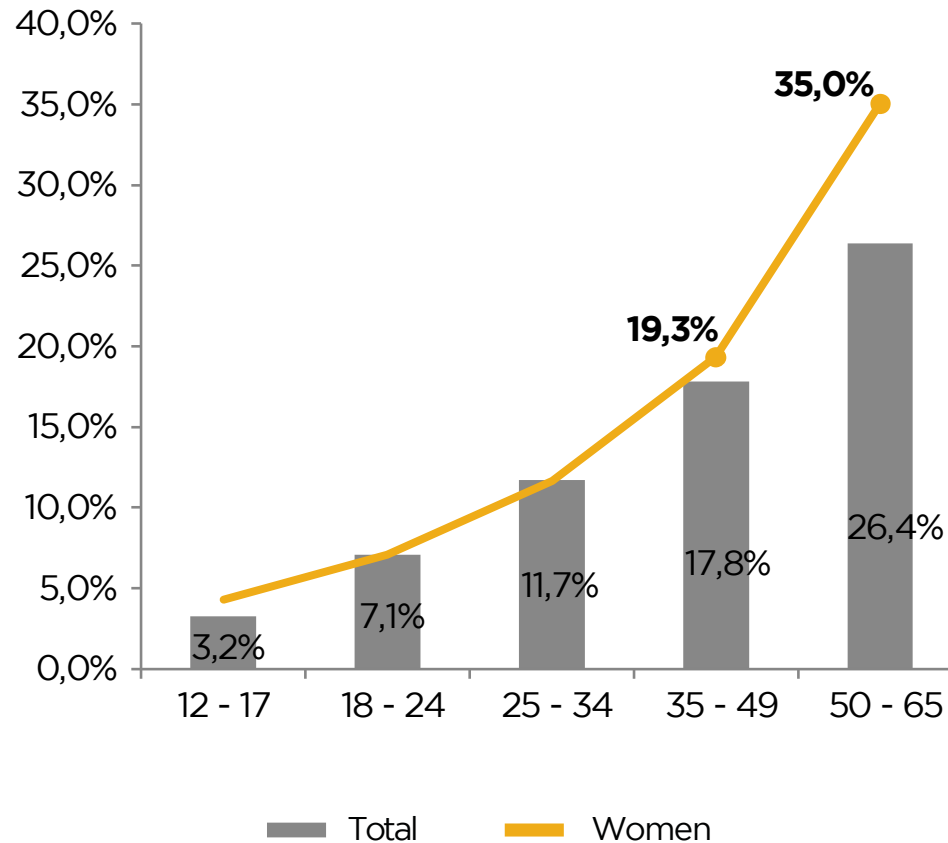
# Life prevalence consumption of tranquillizers or anxiolytics

Women

1.700.000

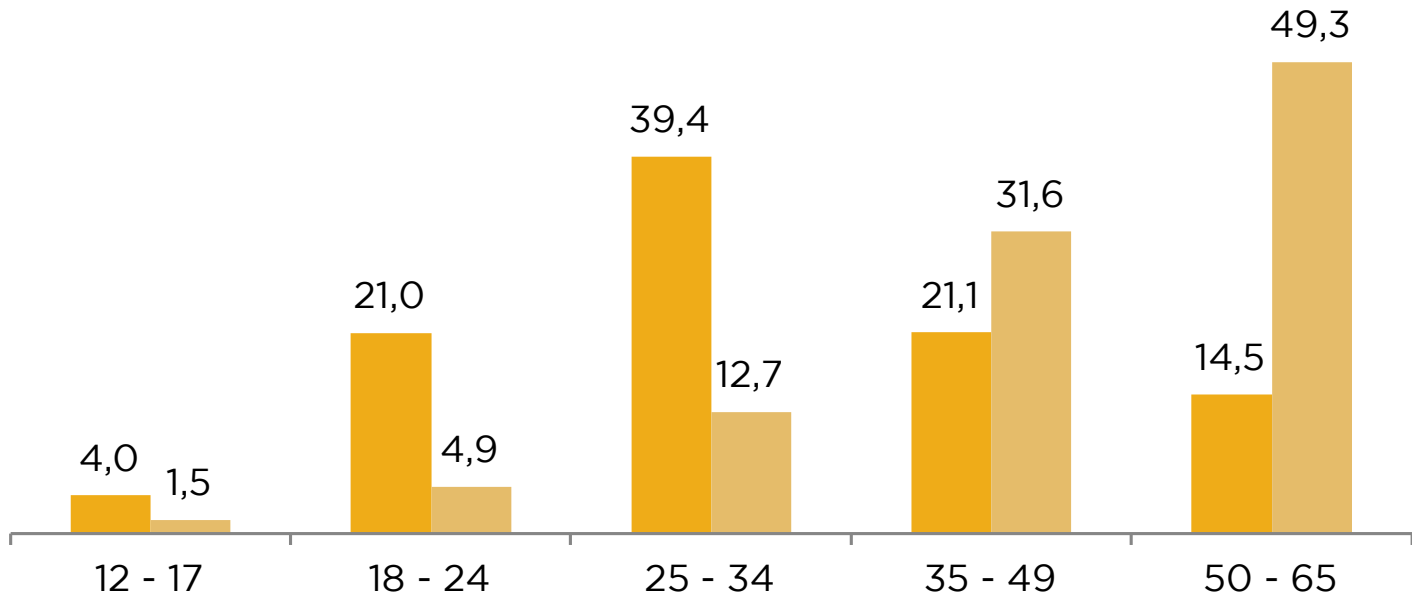


# Life prevalence consumption of tranquilizers or anxiolytics with and without prescription





# Women with tranquilizers or anxiolytics consumption



- Life prevalence of women who used psychotropic drugs WITHOUT a prescription
- Life prevalence of women who used psychotropic drugs WITH a prescription

# Trend in consumption

18 - 34 years



**WITHOUT PRESCRIPTION**

- Nocturnal euphoria
- Mood stability

35 - 65 years



**WITH PRESCRIPTION**

- Social obligations
- Laboral obligations
- Family obligations
- Empty-nest syndrome

# Four problems focus

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- Psychotropic drugs are easily accessible.
- The consultation for problematic use of psychoactive drugs is usually delayed because the symptomatology is 'synthetic ego'.
- The main prescribers of psychotropic drugs are general clinical physicians followed by gynecologists and cardiologists.
- The medicalization of discomfort in women is an invisible problem.

# Ongoing programs

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## Training of technical teams that care for the female population:

- Territorial approach (62 DIAT - 141 CAACS).
- Denaturation of the consumption of psychotropic drugs
- Integrating artistic and cultural activities, with a gender focus

# Ongoing programs

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## Preventive approach focused on prescribers:

- Training for primary health care professionals
- Links with organizations that group cardiologists, gynecologists and general practitioners
- Promotion of healthy habits and self-care regarding prescription
- Coordination with social works and organisms of the provincial and municipal health sectors

# Ongoing programs

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## Preventive work in nightlife space:

- Presence of the secretariat in nightlife activities with awareness activities (hydration, information, rest areas, professionals)
- Advertising spots that promote peer care at night
- Training in the educational system reaching the 60,000 schools in the country
- Training for sports and artistic models

## Treatment Strategy

**We created the first device for  
women with problematic  
consumption and their children**

# Challenges

**Mainstreaming of the gender perspective in all the programs oriented to the comprehensive approach of problematic consumption from an comprehensive public health approach.**



**Thank you very much**