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Impact of childhood traumas and early substance abuse in deviant behaviors

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Introduction: Youth violence, particularly among men, is a significant global issue. The primary causes leading to detention orders are drug-related crimes, armed robberies, and terrorism. In addition to social and environmental factors, early attachment experiences and stressors can significantly affect lifelong development, especially during adolescence, impacting learning, behavior, emotions, and health. Thus, identifying underlying traits of chronic deviant behavior, such as attention-deficit/hyperactivity disorder (ADHD) and drug, may help clarify the mechanisms driving different problem behavioral disorders throughout life and be crucial in structuring effective prevention programs for these people.
Objectives: This study aimed to examine clinical and psychopathological features in imprisoned young adults with comorbid substance use disorder (SUD).
Methods: The study was conducted in Colombia at a detention center for young adults who committed serious crimes during adolescence. Forty participants with SUD were included and assessed using six questionnaires and clinical interviews, aiming to examine their clinical and psychopathological characteristics.
Results: The mean age of initial drug contact was 12 years, and the most consumed drugs were cannabis, alcohol and cocaine/amphetamines. Significant positive correlations were found between emotional dysregulation and hyperactivity (p=0.010), inattention (p=0.003), executive dysfunction (domains of inhibition (p=0.001) and initiative (0.001), mood swings (p=0.027) and childhood trauma. Individuals with psychostimulant substances disorder showed a significant positive correlation with the "Authority" domain (p=0.043), and those using sedative substances also with the "Resentment/Self-Sufficiency" and "Violent Childhood" domains.
Conclusions: Our findings suggest that greater impulsivity during childhood exposure to violence represents a predictor of emotional dysregulation, with a large impact later. Impulsivity and difficulty accepting negative emotions are positively associated with executive dysfunctions, especially in inhibitory control, emotional regulation, and initiative. A permissive childhood, characterized by a lack of guidance and boundaries, can be a predictor of committing murder later in life. Taken together, these findings highlight the

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Association between work-related stress and lifestyle behaviors

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Introduction: Work-related stress significantly impacts employees' overall health and can lead to unhealthy lifestyle behaviors, such as poor diet, lack of physical activity, and inadequate sleep.
Objectives: This study aimed to explore the potential link between occupational stress and different lifestyle behaviors among workers in different companies in Sousse, Tunisia.
Methods: A cross-sectional study was conducted over a three-year period in Sousse, Tunisia, involving employees from various workplace settings. Data were collected using a pre-established questionnaire that assessed sociodemographic characteristics, health-related behaviors—including sleep quantity and quality, cigarette smoking, alcohol consumption, physical activity (measured with the Global Physical Activity Questionnaire), and eating habits—as well as occupational characteristics. Occupational stress was evaluated using a validated Arabic version of the Karasek scale. Binary logistic regression was employed to calculate adjusted odds ratios with 95% confidence intervals.
Results: The study included 154 participants, predominantly female (56.5%), with a mean age of 39.99 ± 9.91 years. Approximately 34.6% had 11 to 20 years of seniority. Job strain and iso-strain were reported by 31.8% and 25.5% of workers, respectively. Job strain prevalence was observed in 32% of smokers, 41% of alcohol users, 40 % among those who do not meet the recommended levels of physical activity. In terms of sleep quality, 29.9% indicated poor sleep. Notably, our study revealed a significant association between job strain and good sleep quality (aOR=6.14; CI95%:1.72-21.95, p=0.005).
Conclusions: These findings highlight a concerning prevalence of unhealthy lifestyle behaviors among workers in Sousse, Tunisia, with significant associations between occupational stress and sleep quality. Addressing these issues through workplace wellness programs may enhance employee health and overall job satisfaction.

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Nature- based interventions. The key role of variables: nature connectedness and social connectedness

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Introduction: The nature-based therapeutic perspective includes: green therapy, blue therapy, animal-assisted therapy, and natural landscape therapy. Until now researchers haven't clearly recognized underlying mechanisms of nature-related mental health well-being.