

# “Students in public and private schools—which are at higher risk of drug abuse?”: A survey from Iran

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## Research

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# Abstract

## Background

Recent evidence from Western countries suggests that private school students are more prone to drug use. Such an evidence is lacking in Muslim countries. The aim of this study was to examine whether the risk of drug use is higher in private schools than public schools.

## Methods

This cross sectional study was conducted on 630 randomly selected 10th grade students of Kerman city, the center of largest province of Iran. Well-validated questionnaires regarding current, lifetime substance use, and perceived use by classmates were utilized. Substances included in the questionnaire were waterpipe, cigarette, alcohol, marijuana, opium, methamphetamine, and Naas. Drug Abuse Tendency Scale was used to measure the attitudes of students towards drug use.

## Results

More than 82% of sample were public school students ( $n = 504$ ). Ever use of cigarette, alcohol and marijuana was higher in private schools (27.6%, 39.0%, and 5.7%, respectively) than public schools (15.3%, 25.8%, 2.2%, respectively) ( $P < 0.05$ ). The drug abuse tendency score was nearly higher in public school students ( $10.4 \pm 9.4$ ) than private schools ( $12.1 \pm 9.9$ ) ( $P = 0.090$ ). Perceived prevalence of cigarette and marijuana use by classmates was higher among private school students.

## Conclusion

Despite the popular belief that private schools are better than public schools regarding the risk of substance use, students who attend private schools are at a higher risk of turning to some drugs comparing to public schools in Iran.

## Background

Drug abuse is a major threat to public health worldwide. According to the United Nations Office on Drugs and Crime (UNODC) World Drug Report 2018, prevalence of drug use among older population remains lower than among young individuals [1]. The most susceptible group to initiation of drug use are adolescents. A variety of biological, psychological, and environmental factors contribute to the vulnerability of this age group, such as maturing brain, peer influence and decreased harm avoidance [2]. Worldwide tobacco, alcohol, and marijuana are the three most commonly used drugs by adolescents [1]. The pattern of drug use amongst high school students varies from country to country. According to the Youth Risk Behavior Surveillance System (YRBSS) 8.8% of US high school students are current smokers

and 29.8% current alcohol users [3]. The 2011 European School Survey Project on Alcohol and Other Drugs (ESPAD) report showed that 28% of the students in the 36 participating countries were current cigarette smokers and 57% of them have used alcohol the 30 days before the survey (i.e., current alcohol use) [4]. The prevalence of current cigarette and current alcohol use among Iranian high school students was 5.6% and 9.9%, respectively [5]. Prevalence of regular waterpipe smoking among Iranian adolescents was highest in the world according to a recent review [6].

Studies emphasize the role of the classmates and school environment in initiating drug use by high school students [7]. While no specific influential factor alone is sufficient to lead to drug abuse, one of the most important environmental factors that may exacerbate or reduce the likelihood of drug abuse amongst youth is the school culture [8]. School culture consists of shared values, behaviors and norms [8]. In Iran as in many other countries, it is widely accepted that private schools are superior to public schools. Parents believe that sending their child to private schools might better prepare them for the future [9]. They think that pupils who go to private schools are less likely to suffer from drug use since privileged students are better educated about anti-drug life skills programs and the private schools' environment is less risky. There are very few studies comparing private and public schools regarding the prevalence of drug use and other risky behaviors [10]. Moreover, the paucity of studies that have assessed the issue are from Western countries [11, 12]. A research conducted on upper middle-class youth in affluent communities of United States (US) revealed that those who go to private schools are at higher likelihood of drug and alcohol abuse [11]. Another US study pointed that attending schools with a high proportion of affluent schoolmates increased the risk of drug abuse [12].

We conducted this survey to answer the popular question, "Are private schools better than public schools regarding vulnerability to drug use?". We assessed three domains to compare the school climate regarding likelihood of drug use between public and private schools in Iran; frequency of drug use by students, the drug use tendency of students, and perception of students regarding prevalence of drug use in classmates (i.e., perceived prevalence). To the best of our knowledge, this is the first study, which compares the risk of drug use between public and private schools in a non-Western culture.

## Methods

### Setting

This cross sectional study was conducted on the 10th grade high school students of Kerman city, the center of Kerman province, Iran. Twelve schools were selected using systematic random sampling method. In each school, all 10th grade students were invited to take part in the study. Grade 10 students were selected because it has been shown that this grade is a transition-linked turning point between middle school and high school and provides opportunities for new risky behaviors [13]. A sealed ballot box was placed at the center of classroom. The seats were spaced far apart enough to warrant privacy.

# Measurements

We used three questionnaires to collect the data. The first tool was the Drug Abuse Tendency Scale which consists of twelve items using five point Likert scale from 0 to 4 (strongly disagree to strongly agree). A higher score denoted more tendency toward drug abuse [14]. Sample items were such as “I go to parties where drugs are consumed” or “Smoking a hookah relaxes me”. The second part measured current (past 30 days) and ever (lifetime) drug use among students [5]. We included the seven most prevalent drugs among Iranian students (i.e., waterpipe, alcohol, cigarette, marijuana, opium, methamphetamine, and Naas) [5]. Naas or Naswar as a type of smokeless tobacco product is a green powder tobacco stuffed in the floor of the mouth or between the oral mucosa and gingival cavity [15]. The third part queried about perceived use of the above-mentioned drugs by classmates [16]. To ensure untraceability of respondents minimum demographic items (i.e., age, sex, and type of school) were included in the survey.

# Ethical considerations

Ethics Committee approved the research protocol. All questionnaires were anonymous and unlinked. The respondents were assured about the privacy of data. Informed consent was obtained from both students and their parents.

# Results

From 650 students invited to participate in the study 609 subjects completed the questionnaires (i.e., a response rate of 93.7%).

Boys constituted 58.3% of participants (n = 355). More than two-thirds of them were 16 years old and the remaining were 15 years old (23%). More than 82% of sample were from public schools (n = 504). The drug abuse tendency score in public schools and private schools was (10.4 ± 9.4) and (12.1 ± 9.9), respectively (P = 0.090).

In both public and private schools, the most common substances used over lifetime were waterpipe (46.8%) and alcohol (28.1%). Prevalence of current and ever use of various drugs according to school type is shown in Table 1.

Table 1

Frequency (%) of current and ever drug use among 10th grade high school students based on school type

Drug	Ever use			Current use		
	Public school	Private school	<i>P</i> value	Public school	Private school	<i>P</i> value
Cigarette	77(15.3)	29(27.6)	0.002	23(4.6)	14(13.3)	0.001
Waterpipe	237(47.0)	48(45.7)	0.807	104(20.6)	17(16.2)	0.299
Alcohol	130(25.8)	41(39.0)	0.006	63(12.5)	11(10.5)	0.564
Opium	14(5.2)	1(1.0)	0.272	4(0.8)	1(1.0)	0.870
Naas	7(1.4)	0(0.0)	0.225	2(0.4)	0(0)	0.518
Marijuana	11(2.2)	6(5.7)	0.046	3(0.6)	4(3.8)	0.019
Methamphetamine	1(0.2)	1(1.0)	0.219	1(0.2)	1(1.0)	0.219
At least one drug	372(73.8)	77(73.3)	0.920	244(48.4)	44(41.9)	0.224

Perceived prevalence of drug use by classmates is shown in Table 2. Cigarette smoking and waterpipe smoking were the two most prevalent drugs used by classmates according to the report of students in both public and private schools. Alcohol and methamphetamine use were reported less than other drugs.

Table 2

Perceived prevalence of drug use among 10th grade high school students based on school type

Drug	Public school (%)	Private school (%)	<i>P</i> value
Cigarette	326(64.7)	87(82.9)	< 0.001
Waterpipe	438(86.9)	91(86.7)	0.948
Alcohol	40(7.9)	12(11.4)	0.244
Opium	117(23.2)	13(12.4)	0.014
Naas	159(31.5)	24(22.9)	0.077
Marijuana	174(34.5)	48(45.7)	0.030
Methamphetamine	52(10.3)	11(10.5)	0.961
At least one drug	446(88.5)	93(88.6)	0.981

## Discussion

The role of family and peers on the risk of youth substance use have been widely highlighted in the literature, but in comparison, the role of school has not received as much attention. Results from this

study suggest that the lifetime prevalence of cigarette, alcohol, and marijuana is higher in private schools than public schools. Current (past 30 day) cigarette and marijuana smoking was significantly more prevalent in private schools than public schools.

As a whole, waterpipe, alcohol, and cigarette were the three most frequently used drug during the past 30 days by students. In urban schools of the United States (US) alcohol (17.4%), marijuana (12.3%) and smoking tobacco (8.2%) were the three most frequently drugs in the past 30-day among the 10th Grade students [17]. According to ESPAD report past 30-day use of cigarette, alcohol, and marijuana by European students was 28%, 57%, and 7%, respectively [4]. Comparing to US and European high school students it seems that the prevalence of past month use of the abovementioned drugs is lower in our sample except for cigarette smoking in private schools.

Of the seven drugs studied, three drugs (i.e., cigarette, alcohol, and marijuana) showed higher lifetime use and two drugs (i.e., cigarette and marijuana) showed higher current use by students of private schools comparing to students of public schools. No drugs showed a higher prevalence in public schools than private schools. Luthar and Barkin showed higher rates of drinking to the point of intoxication among wealthier US students [18]. Other relevant studies has shown that affluent 10th-graders reported higher use of alcohol, marijuana and cigarettes than their inner-city counterparts [19]. An US nationally-representative study clarified elevated rates of drug abuse among affluent youth compared to national norms [20]. Similar findings has been shown among Brazilian high school students [21]. Meanwhile, our study revealed that private school students scored higher on drug abuse tendency than public school students to a degree that was nearly significant.

The Perceived prevalence of drug use by classmates showed roughly a similar trend. Perceived prevalence is an indicator of descriptive norm, which confers to a person's perception of how widespread a behavior occurs by his/her referent others [22]. The higher the perceived prevalence of drug use by classmates, the higher the likelihood of engagement of high school students in drug use [23]. Overall, it seems that the high school students overestimated the prevalence of all drugs, which is in line with relevant studies [24].

The question we have to answer is why students of private high schools showed higher prevalence of some drugs and why they regarded drug use more normatively comparing to students of public schools? Studies conducted to compare risk of substance use between economically advantaged youth and teenagers in the lower socioeconomic classes pointed to several possible reasons. First, affordability and accessibility of drugs is a well-established risk factor for drug abuse in adolescents [25]. Second, parents from high-income families may have more laissez-faire attitudes toward alcohol and drug use [11]. Third, considering negative correlation between religiosity and socioeconomic status, which is ubiquitous among various religions including Islam [26], the protective role of Islamic beliefs against alcohol use would be less prominent among affluent students than more deprived students. Fourth, with the prevailing culture of individualism, which is more prominent among affluent families the youth from such families "can experience as much isolation from parents as do those at the lowest extreme" [19]. Fifth,

parents with youth in private schools has higher expectations for studying hard [9]. In such a stressful atmosphere, the likelihood of engagement in drug abuse is higher than normal situations [12].

Parents enroll their children in private schools, hoping to study in a healthy environment. This study showed that there is no guarantee against drug use in private school space. Therefore, "it is simplistic to think of "good" schools and "bad" schools in terms of drug use" [27]. In the New Millennium, affluent youths are identified as an emerging at-risk group for substance use [28].

## **Conclusion**

This study showed that in Iranian community students in private schools are at higher risk for use of cigarette, marijuana, and alcohol. Parents need to get rid of the misconception that private schools protect youth from drug use. They should focus on their own role, instead of relying on schools to tackle the problem of drug use by teens.

## **Abbreviations**

EC Ethics Committee

ESPAD European School Survey Project on Alcohol and Other Drugs

UNODC United Nations Office on Drugs and Crime

US United States

YRBSS Youth Risk Behavior Surveillance System

## **Declarations**

### **Ethics approval and consent to participate:**

The study protocol was approved by the Ethics committee (EC) of the Kerman University of Medical Sciences "approval no: EC/96 – 34/knrc". At the beginning of the questionnaire distribution session, the purpose of the study was explained for the students and they were assured about the anonymity and confidentiality of their responses. Based on EC permission, verbal consent was obtained from participants and their parents, and the students were reassured that their participation would be voluntary.

### **Consent for publication:**

Not applicable.

### **Availability of data and materials:**

The data supporting the findings are available from the corresponding author on reasonable request.

### **Competing interests:**

The authors declare that they have no competing interests.

## **Authors` contributions**

AB contributed to data acquisition, data analysis and manuscript drafting. AI provided assistance in the conception of the study and participated in manuscript preparation. NN contributed to the study design and drafting the manuscript and he was the principle investigator.

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