

**Alcohol Addiction**

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1. In the United States, teenage alcohol addiction is a significant public healthcare concern. Despite being restricted to people over the age of 21, alcohol is the most abused drug among adolescents in the United States, with an estimated 11% of the total alcohol in the US being consumed by underage drinkers (Centers for Disease Control and Prevention [2020], 2020). This phenomenon of prevalent underage drinking maps into New York City (NYC), with adolescents reporting high figures of alcohol abuse and addiction. In NYC, about 27% of adolescents between 12 and 20 years consume alcohol, with 7.4% of this population developing alcohol use disorders (City of New York, 2018). In this regard, many adolescents in NYC engage in compulsive alcohol consumption that exposes them to adverse health implications. Teenage alcohol addiction is correlated with physical and sexual violence, poor educational outcomes, alcohol poisoning, alcohol-related accidents, legal problems, and death (CDC, 2021). Therefore, it is vital to enact various interventions to address teenage alcohol addiction in NYC. In my proposed health promotion program, I will specifically focus on drug rehabilitation therapy to relieve existing alcohol addiction symptoms and prevent further alcohol abuse within six months.

2. In this research, the population predisposed to alcohol addiction is adolescents aged 12 and 19. Teenagers are more prone to alcohol abuse and addiction due to various factors, among them the susceptibility to peer pressure. Henneberger et al. (2020) assert that peer pressure is one of the most significant risk factors that expose most teenagers to risk behaviors such as drug abuse. In this regard, the primary factor in peer influence is conformity, where group members who do not conform to peer behaviors are stigmatized and termed as outcasts. In a quantitative study, Loke & Mak (2013) found that about 43.3% of all teenagers engaging in substance abuse were introduced into drug use by their friends. Therefore, adolescents are prone to abusing alcohol due

to peer influence, thus at high risks of developing alcohol use disorders. Besides that, teenagers are more prone to risk-taking behavior, which exposes them to increased chances of developing alcohol addiction. Risk-taking behavior increases in adolescence due to changes in the brain's social-emotional system, consequently enhancing the brain's rewarding system (Peeters et al., 2017). Therefore, driven by the remodeling of the body's brain's dopaminergic system, teenagers are predisposed to heavy consumption of alcohol, which leads to addiction and alcohol use disorders.

3. In a systematic review, Zamboni et al. (2021) found that cognitive-behavioral therapy (CBT) has high efficacy in addressing substance abuse disorders among all populations. In this study, Zamboni et al. (2021) attributed the effectiveness of CBT in reducing substance use disorders to enabling individuals addicted to various drugs to effectively cope with the associated implications, develop resilience stress management and improve their self-perception. In this regard, CBP is a potent intervention that can be employed in addressing alcohol addiction among adolescents.

Besides CBT, motivational interviewing is an evidence-based intervention employed to address alcohol addiction. In a quantitative study, Ingersoll (2019) found that motivational interviewing effectively reduces substance use disorders among people with DSM-IV substance abuse or dependence. In this regard, motivational interviewing helps individuals with substance addiction to change their problematic behaviors by enhancing their intrinsic motivation, leading to positive behavioral outcomes.

The used sources had their strengths and weaknesses. First, the sources are scholarly. In this regard, these sources have undergone a strict peer-review process that validates their research methodology and findings, thus highly authoritative. Besides that, the two studies are current,

having been published in 2021 and 2019. By being current, these studies contain interventions that are still relevant to addressing substance use disorders. The effectiveness of various healthcare interventions can quickly change; thus, having current sources is pivotal to avoiding relying on outdated interventions. However, through a systematic review, Zamboni et al. (2021) study used few resources to make its conclusions. In this regard, only 43 articles in the systematic review met the inclusion criteria, with three of the 43 articles being pilot studies. Thus, employing a large number of past studies would have been pivotal in realizing a more conclusive review.

4. Health promotion models provide critical guidance to enable professionals to render effective services that allow clients to realize positive behavioral changes. This paper shall employ Pender's health promotion model as its guiding framework. Pender's health promotion model notes that each individual has unique characteristics that impact their actions (Khodaveisi et al., 2017). Besides that, the model states that people deliberately seek to regulate their behaviors, and self-initiated reconfiguration of their environment is vital to realizing positive behavioral changes (Nursing Theory, n.d.). Therefore, Pender's health promotion theory emphasizes patient-centered care that considers each person as a unique being with unique characteristics and experiences, rather than a generalization, leading to effective care. Besides that, the model promotes the inclusion of the patient in designing treatment goals, a collaborative care approach associated with positive treatment outcomes.

## References

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