

# An exploration of factors influencing cannabis use among Andalusian adolescents

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# Propositions

Belonging to PhD dissertation

## **An Exploration of Factors Influencing Cannabis Use Among Andalusian Adolescents.**

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1. Having a social environment where peers show favorable norms toward cannabis use, and where both family and peers engage in cannabis consumption, significantly contributes to the increased prevalence of cannabis consumption among adolescents. (This thesis).
2. It is important to understand the different trajectories of cannabis use that adolescents follow to be able to develop targeted prevention efforts to these risk profiles. (This thesis).
3. It is useful to examine beliefs about cannabis use stratified by sex, in order to identify whether specific items should be receiving special attention of a particular gender in prevention. (This thesis).
4. In the social network approach to understanding cannabis use, it is crucial to incorporate a broader range of peer influence effects within a well-designed longitudinal study. (This thesis).
5. An official definition of cannabis use is essential to draw clear conclusions regarding how to prevent cannabis use.
6. The measurement of adolescent scales should be enhanced by incorporating qualitative validation of items by adolescents, rather than relying solely on validation by academic/scientific experts.
7. There is often a strong focus on evaluating the effectiveness of prevention interventions, without having data of a preceding rigorous longitudinal study that examines the factors associated with problematic behaviour.
8. A theoretical grounding for cannabis prevention in Andalusia can enhance the understanding of the complexity of multiple factors contributing to cannabis use in order to develop effective prevention strategies. (Impact paragraph).
9. "It cannot be changed without changing our thinking." - Albert Einstein.
10. "How very little can be done under the spirit of fear". - Florence Nightingale
11. "To win, one must know how to let go". - @ares\_psicóloga