

## Defining Polysubstance Use in Adolescents: A Literary Review

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**Abstract :** This research investigated the lack of standardization that exists in the field of polysubstance use. This standardization has to do with a uniform way of defining when and if polysubstance is taking place. This research is important to the field of substance abuse as it makes future researchers aware of this lack of uniformity in a commonly used word in the field. By investigating, we make researchers aware of these discrepancies to encourage a uniform definition to be created and used. The methodology for this research was a literary review. This literature review consisted of four peer-reviewed and published journal articles in four different journals. These articles focused on adolescents and their polysubstance use. The research question asked what time frame was used to determine if a client's substance use can be classified as polysubstance use when they reported using two or more substances. The results identify that there is no uniform working definition of the time frame for polysubstance to take place.

**Keywords :** addiction, adolescence, literary review, polysubstance

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