



# ISPUP

INSTITUTO DE SAÚDE PÚBLICA  
DA UNIVERSIDADE DO PORTO

## USODROGAS.PT

### Portugal's drug use: a web based survey

André Tadeu ([atppereira@arsnorte.min-saúde.pt](mailto:atppereira@arsnorte.min-saúde.pt))  
EPIUnit – Instituto de Saúde Pública, Universidade do Porto

I have no conflict of interest with any corporate organizations relating to this presentation.

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- ✓ valuable information from hidden populations and stigmatized behaviors
- ✓ selected groups with high prevalence of use
- ✓ detailed information from users
- ✓ In deep characterization
- ✓ ‘trendspotter’ component
- ✓ low cost
- ✓ anonymity, flexibility and convenience
  
- ✗ not possible to draw conclusions for the entire population (drug use prevalence)
- ✗ non-response and volunteer bias

- We aimed to:
  - describe in detail the patterns, modes and circumstances of illicit drug use among a sample of adult drug users in the last 12 months in Portugal

## STUDY DESIGN

- Cross-sectional
- Opt-in anonymous questionnaire
- Self-applied
- Available online from April to August 2018
  
- Eligibility criteria:
  - informed consent
  - 18 or older
  - Used any illicit drug at least once in the last 12 months

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## SURVEY

- [www.usodrogas.pt](http://www.usodrogas.pt)
- data:
  - sociodemographics
  - patterns, modes and circumstances of illicit drug use
  - healthcare access in the last 12 months
  - health status (HIV, hepC, mental health)
  - policy opinions
  - involvement in violence episodes











**UsoDrogas.PT**  
5 de Abril · 🌐

Arrancou oficialmente o projeto UsoDrogas.PT!

Este estudo pretende dar uma visão sobre o uso de #drogas em Portugal, o estado de saúde física e mental de quem usa drogas e a utilização que fazem dos serviços de saúde.

Consumiste drogas nos últimos 12 meses? Queres dar a tua opinião sobre as dificuldades que sentes quando tens um problema de saúde? Então, responde a este breve questionário completamente anónimo!



**UsoDrogas.PT**  
8 de Maio · 🌐

Estamos a fazer um retrato sobre o consumo de drogas ilícitas em Portugal. A falta de dados é muitas vezes usada para justificar a ausência de políticas. Entra nesta viagem!



INQUERITOS.UP.PT  
**UsoDrogas.PT**  
Toggle navigation UsoDrogas.PT Sair e limpar inquérito 0... [Saber Mais](#)



O EMCDDA fornece à União Europeia e aos seus Estados-membros uma visão factual da problemática das #drogas e evidência sólida para apoiar o debate sobre o tema. #Portugal #Porto



**UsoDrogas.PT**  
24 de Julho · 🌐

"World Drug Report" 2017, elaborado pelo Departamento das Nações Unidas para a Droga e Crime.



**UNODC**  
United Nations Office on Drugs and Crime

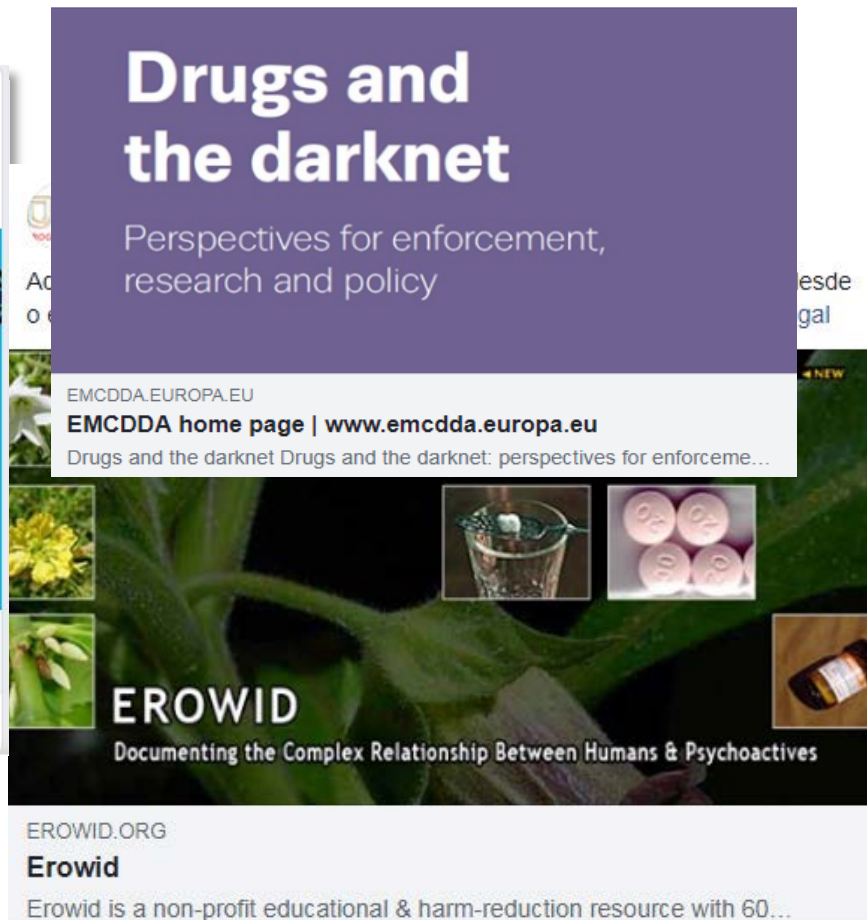


**UNODC Research**

**EXECUTIVE SUMMARY  
CONCLUSIONS AND  
POLICY IMPLICATIONS**

UNODC.ORG  
[www.unodc.org](http://www.unodc.org)

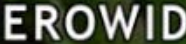
👍 Gosto    💬 Comentar    ➦ Partilhar



**Drugs and the darknet**

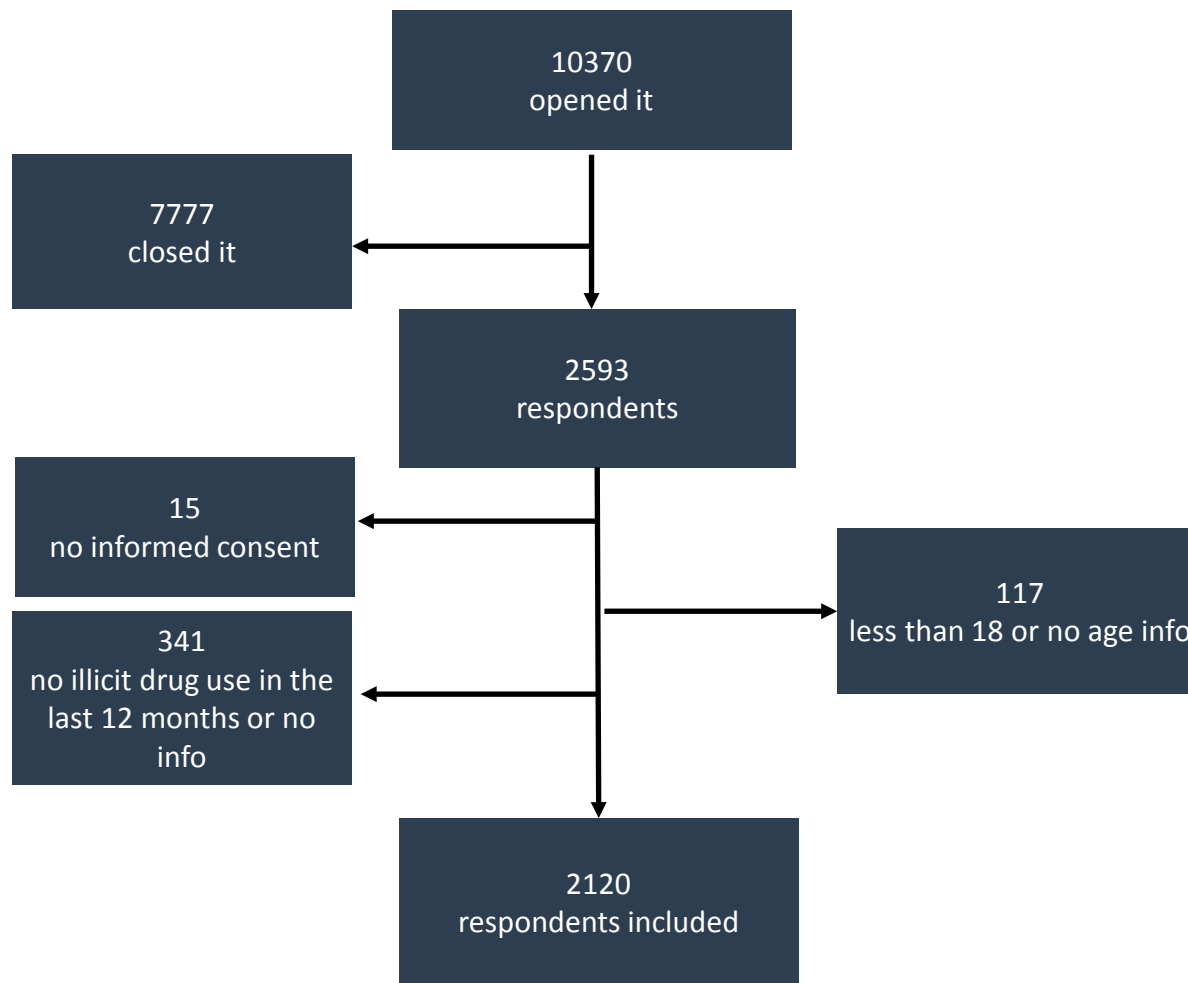
Perspectives for enforcement, research and policy

EMCDDA.EUROPA.EU  
**EMCDDA home page | [www.emcdda.europa.eu](http://www.emcdda.europa.eu)**  
Drugs and the darknet Drugs and the darknet: perspectives for enforceme...

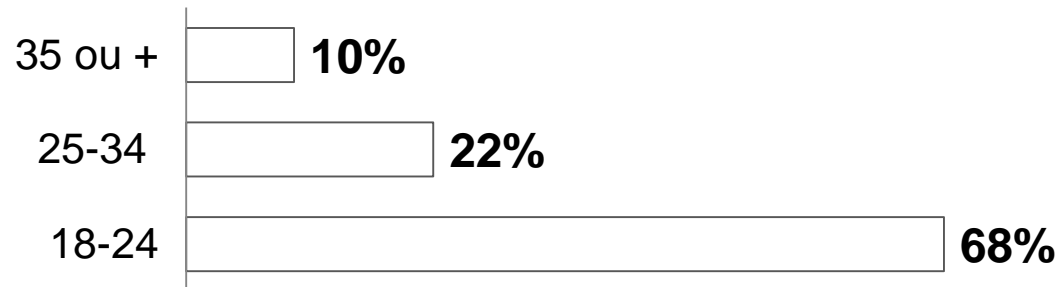


**EROWID**  
Documenting the Complex Relationship Between Humans & Psychoactives

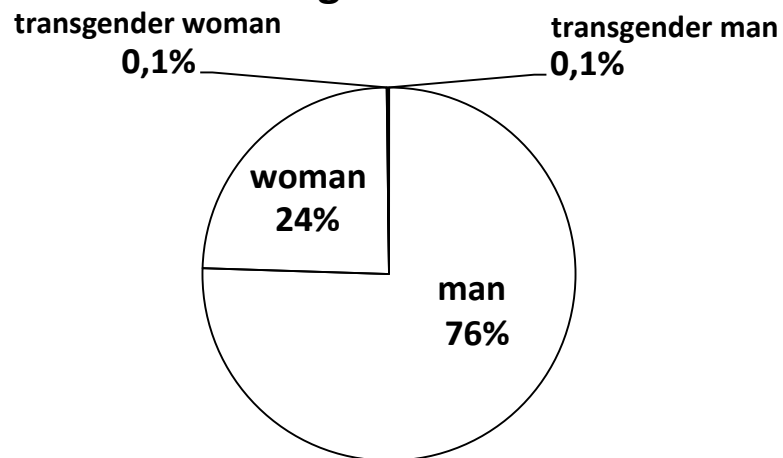
EROWID.ORG  
**Erowid**  
Erowid is a non-profit educational & harm-reduction resource with 60...



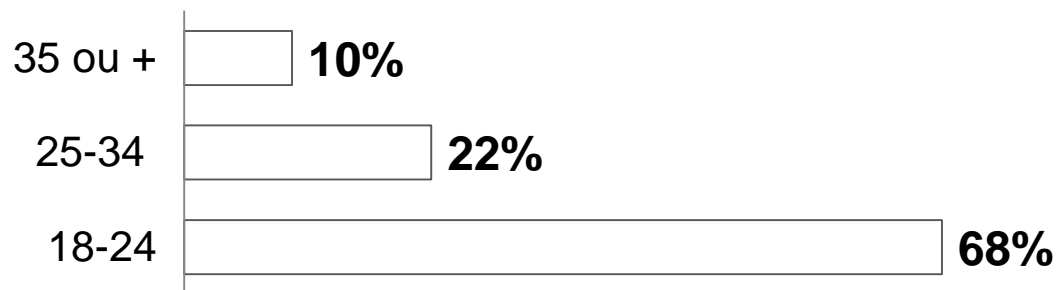
## age



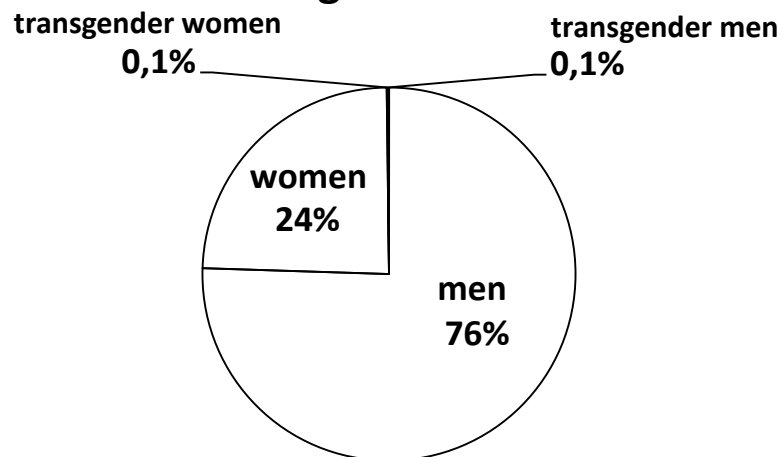
## gender



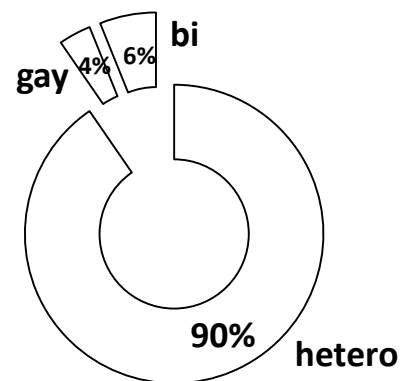
## age



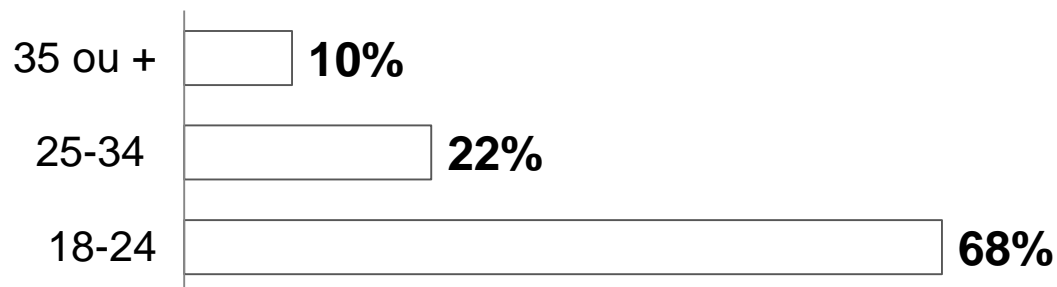
## gender



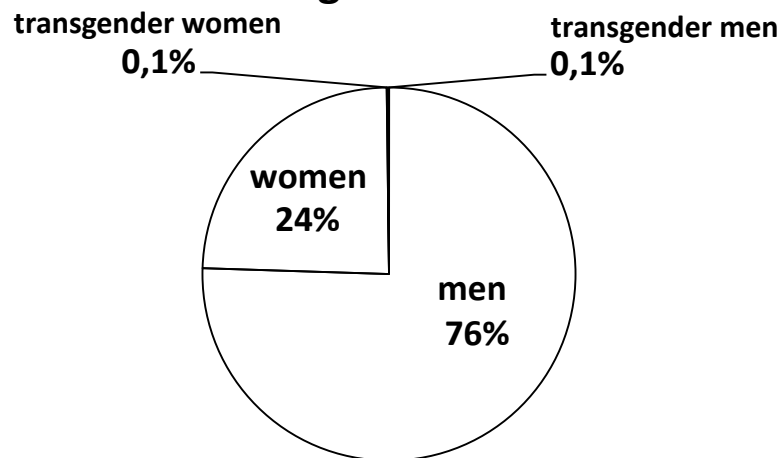
## sexual orientation



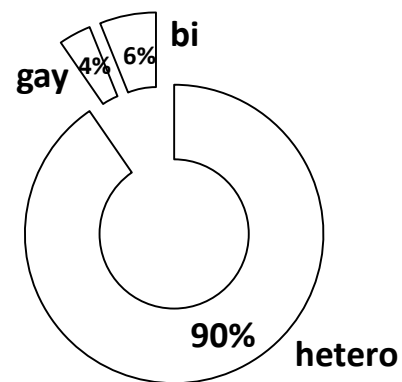
## age



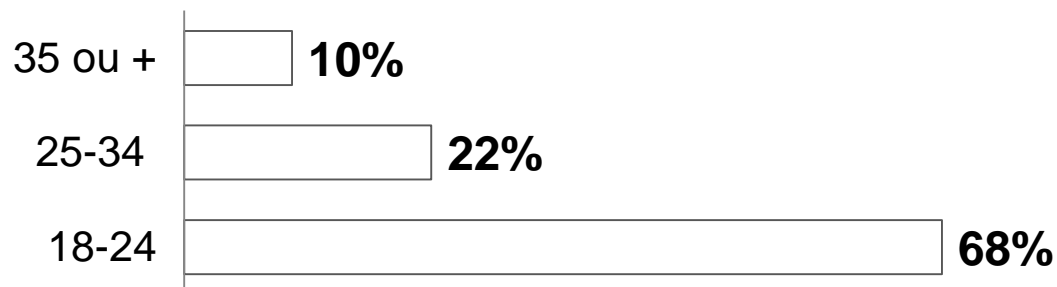
## gender



## sexual orientation

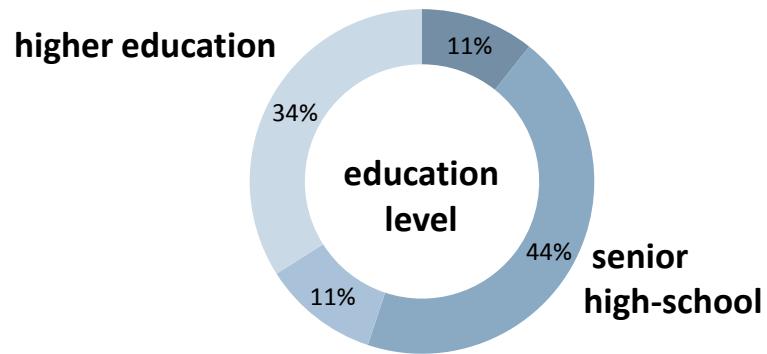


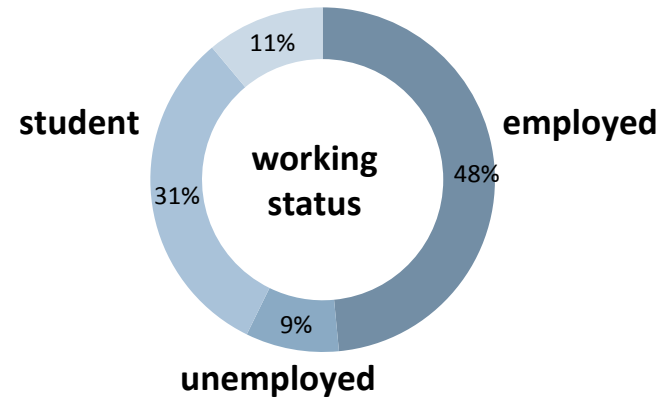
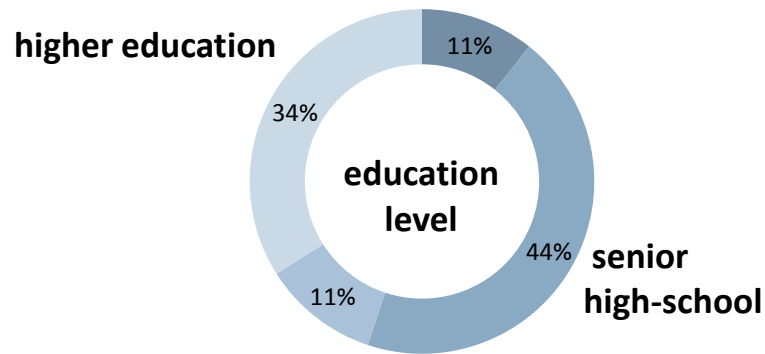
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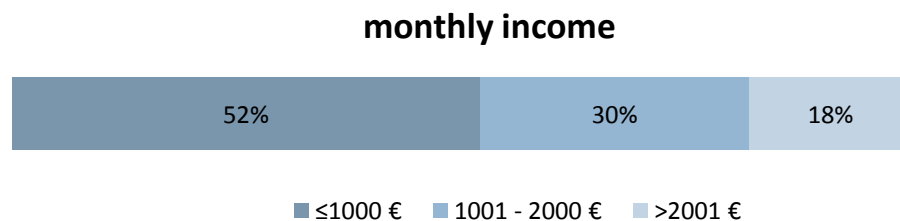
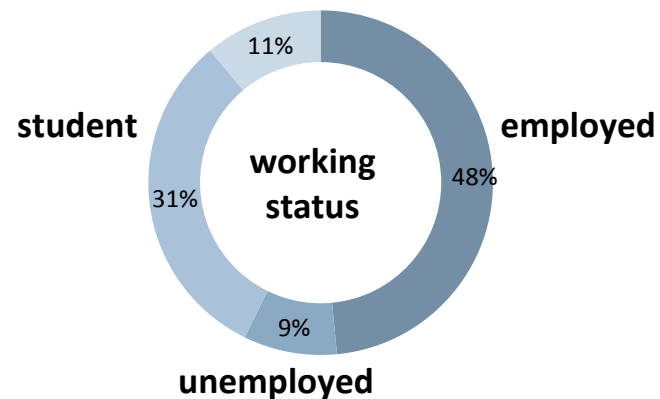
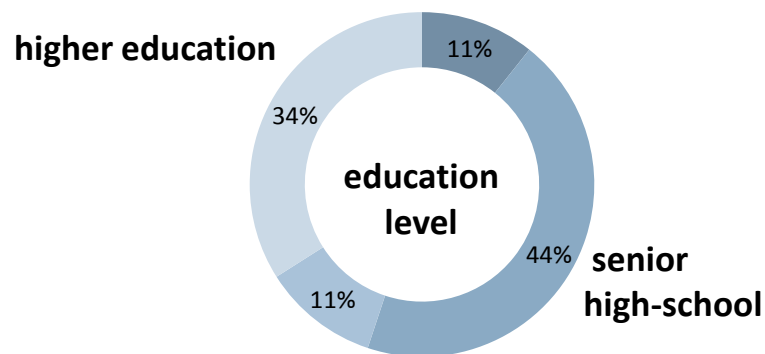




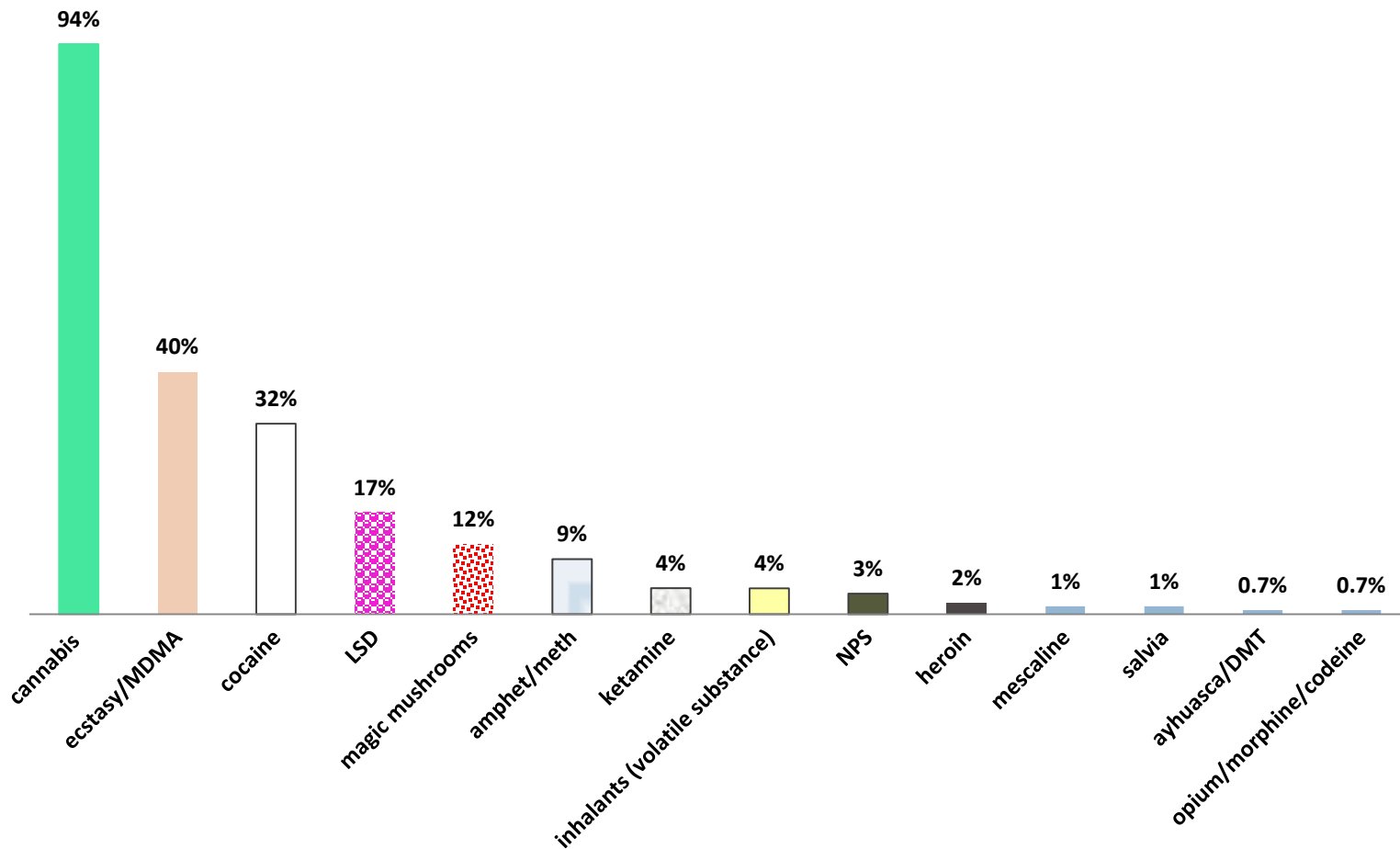




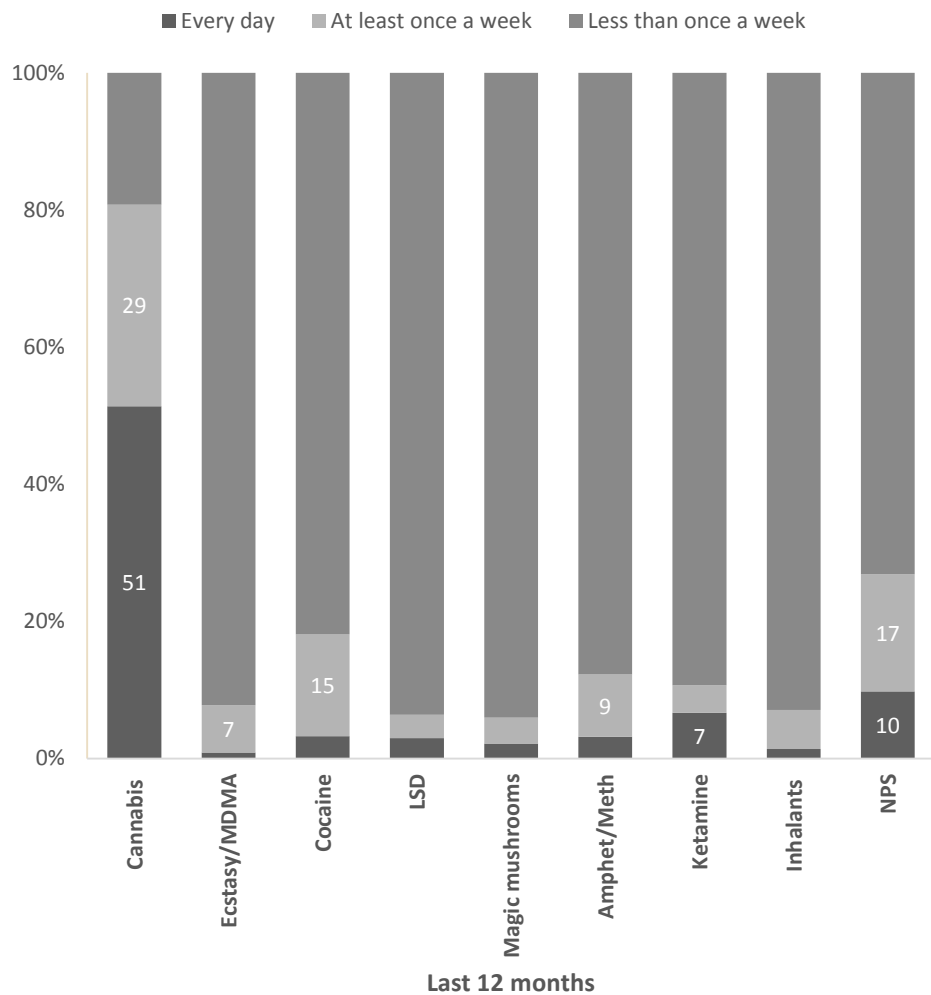




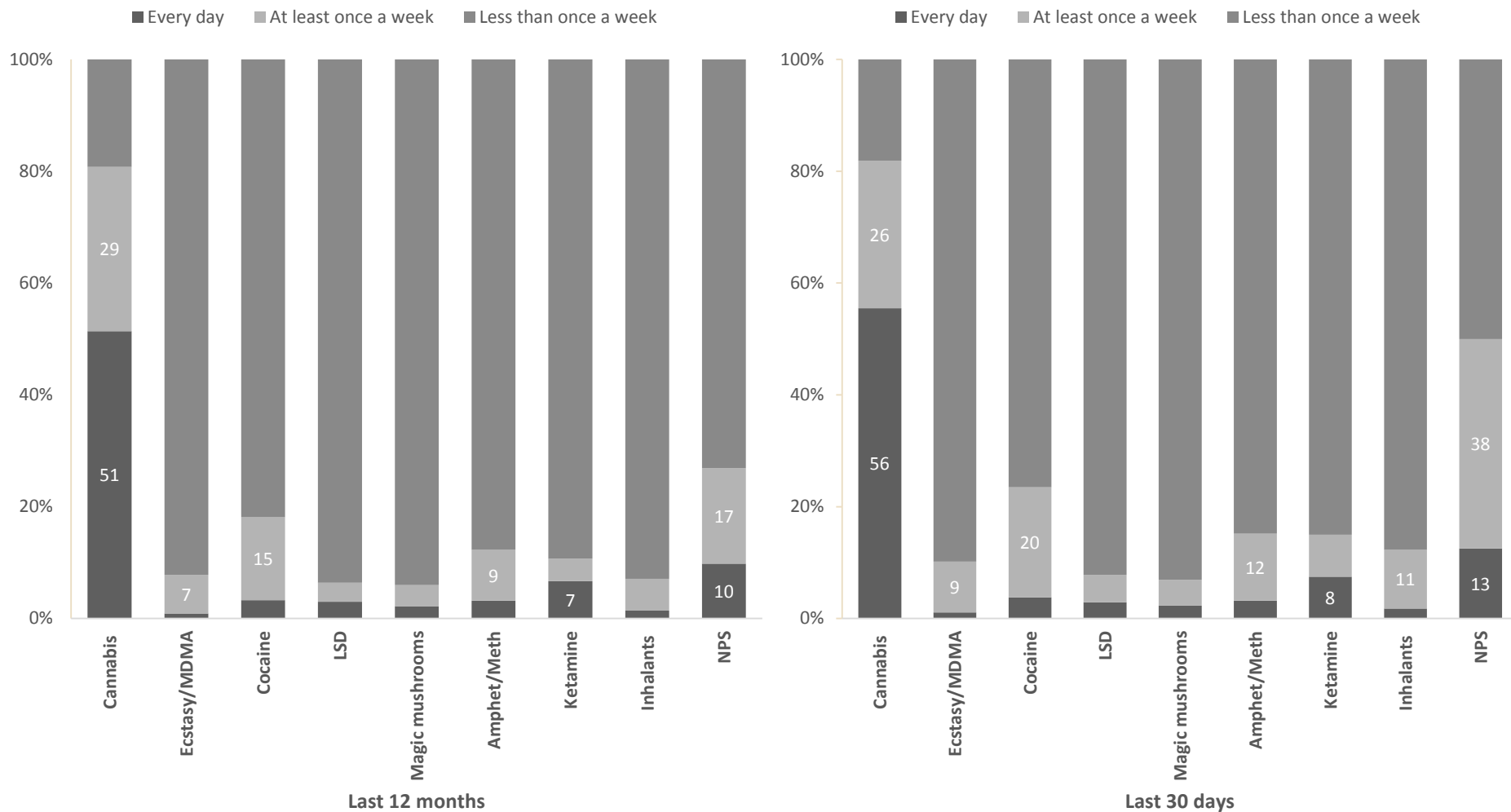
# Drug use patterns – drugs used at least once in the last 12 months



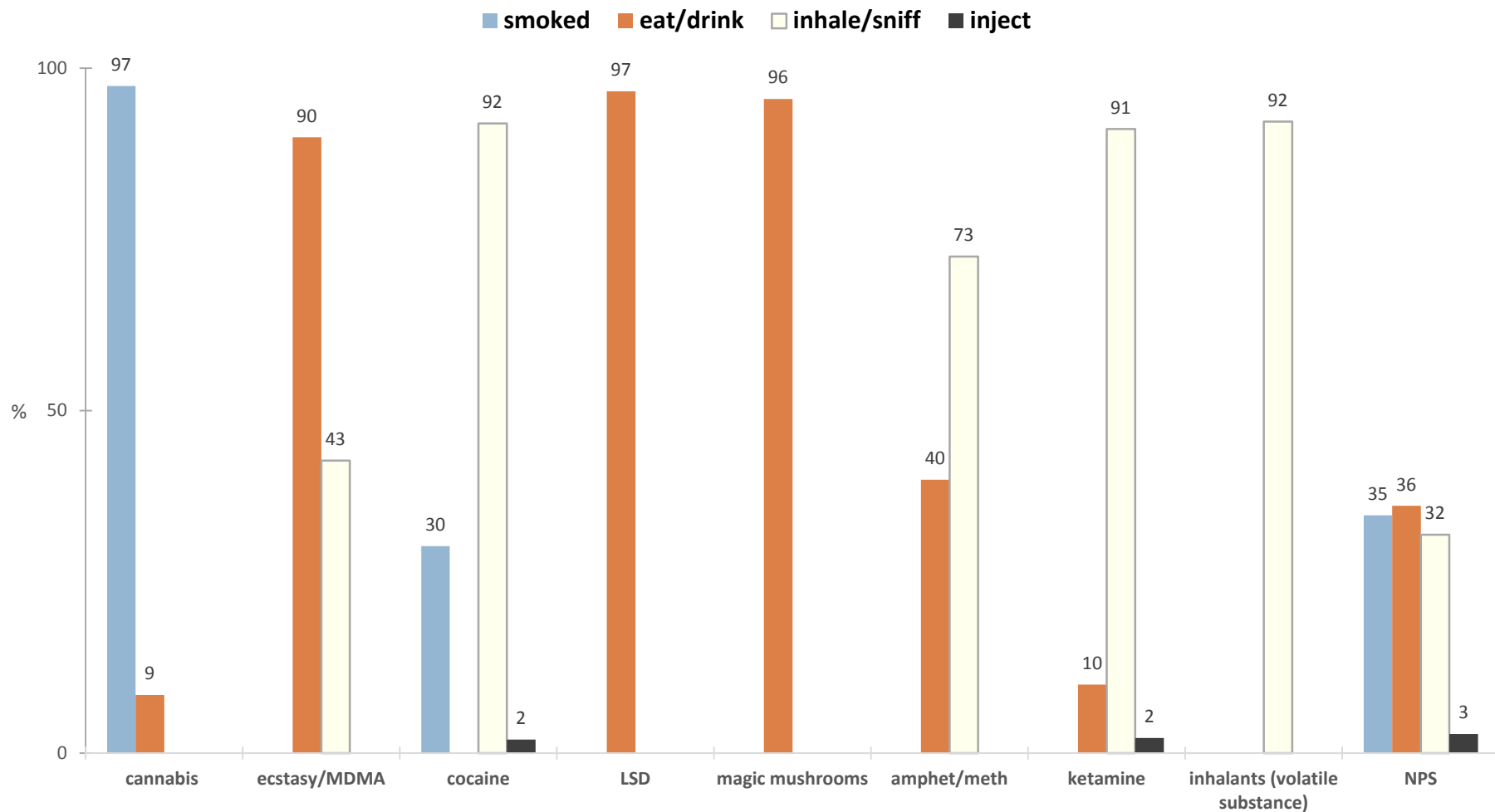
# Drug use patterns – frequency in the last 12 months



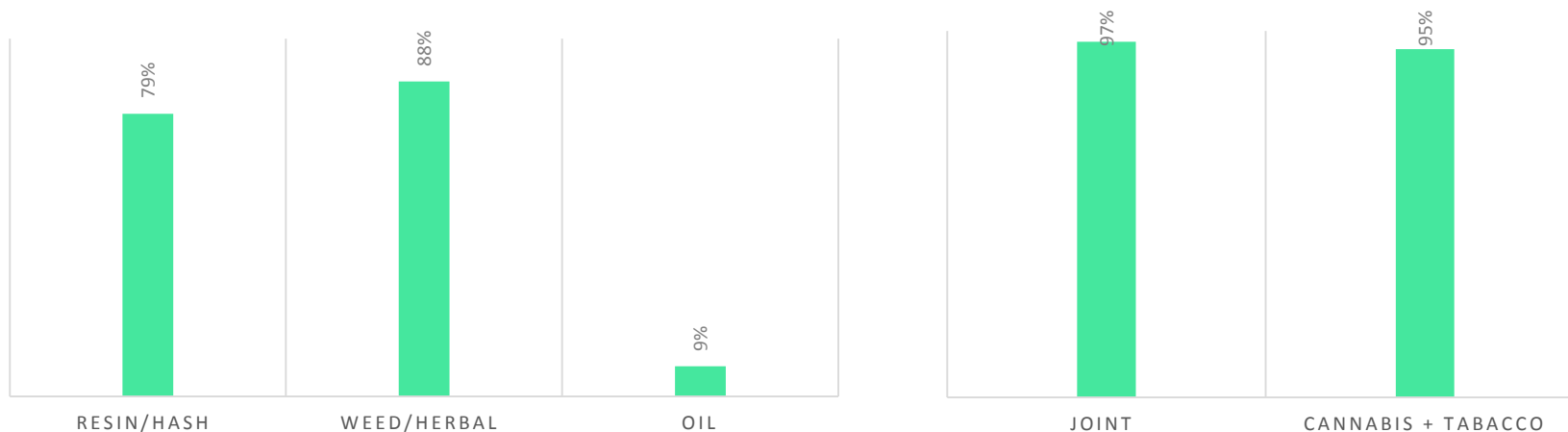
# Drug use patterns – frequency in the last 12 months and last 30 days



# Drug use patterns – main routes of use per drug







**every day they use:**

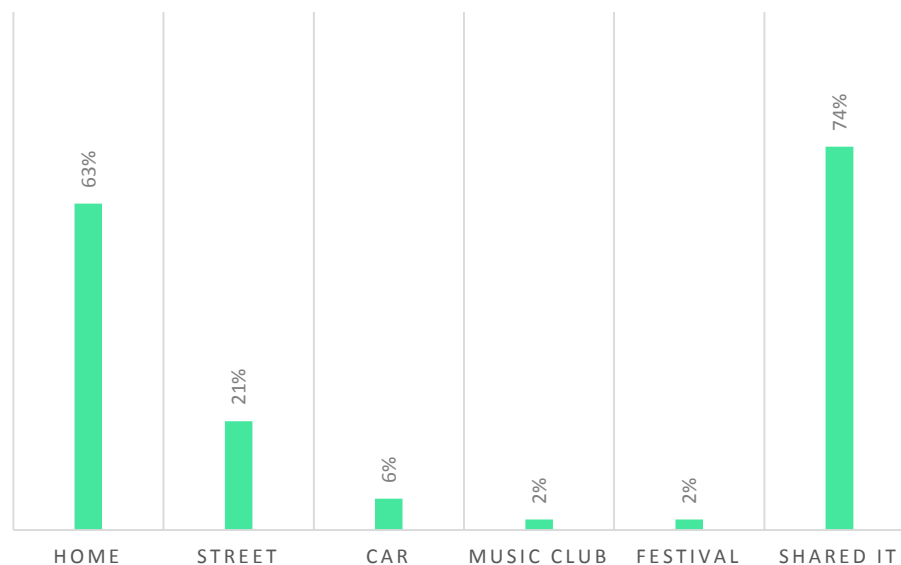
**50% smoke 3 joints**

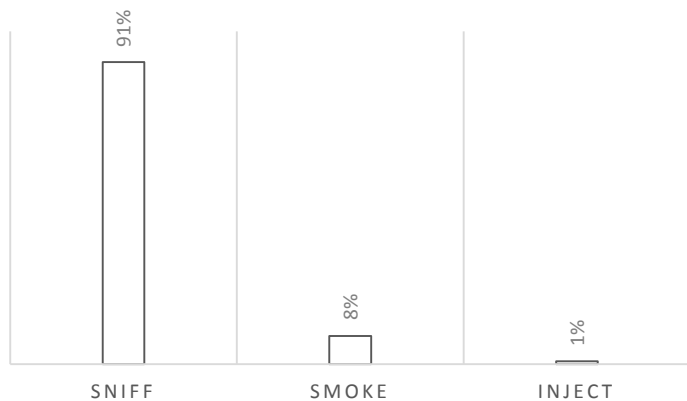
**every time they buy:**

**50% buys 5 grams**

**last 30 days:**

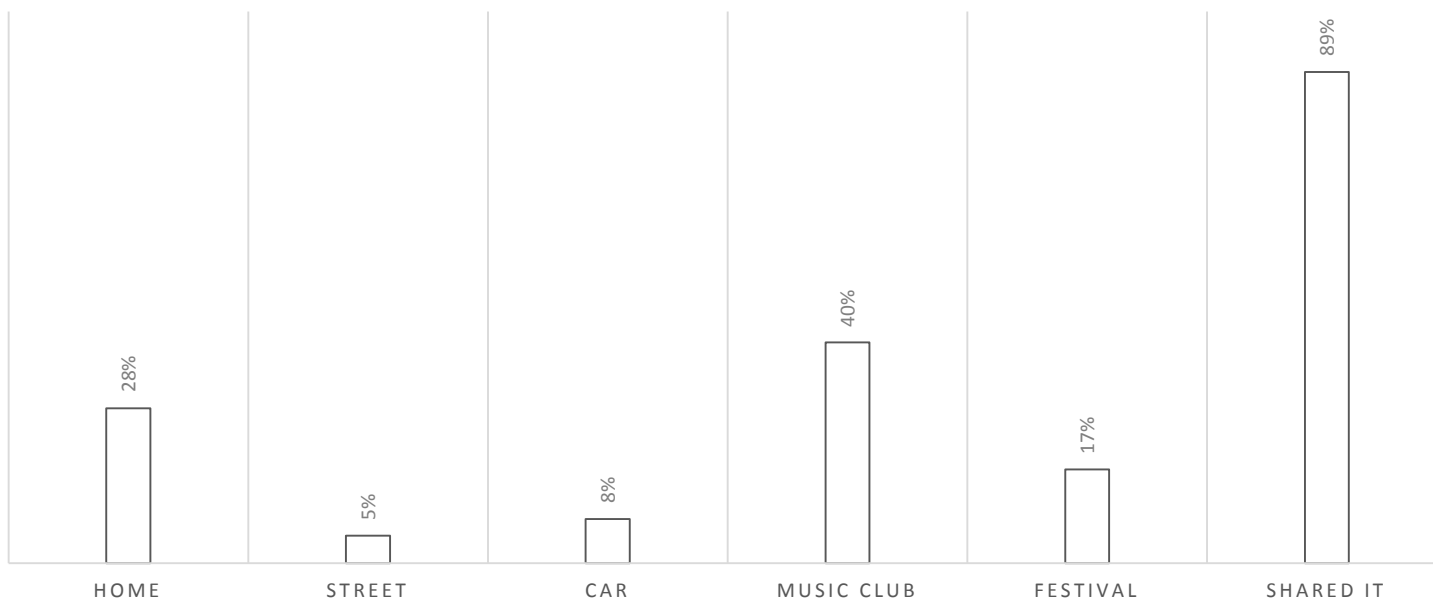
**50% bought cannabis  
twice**

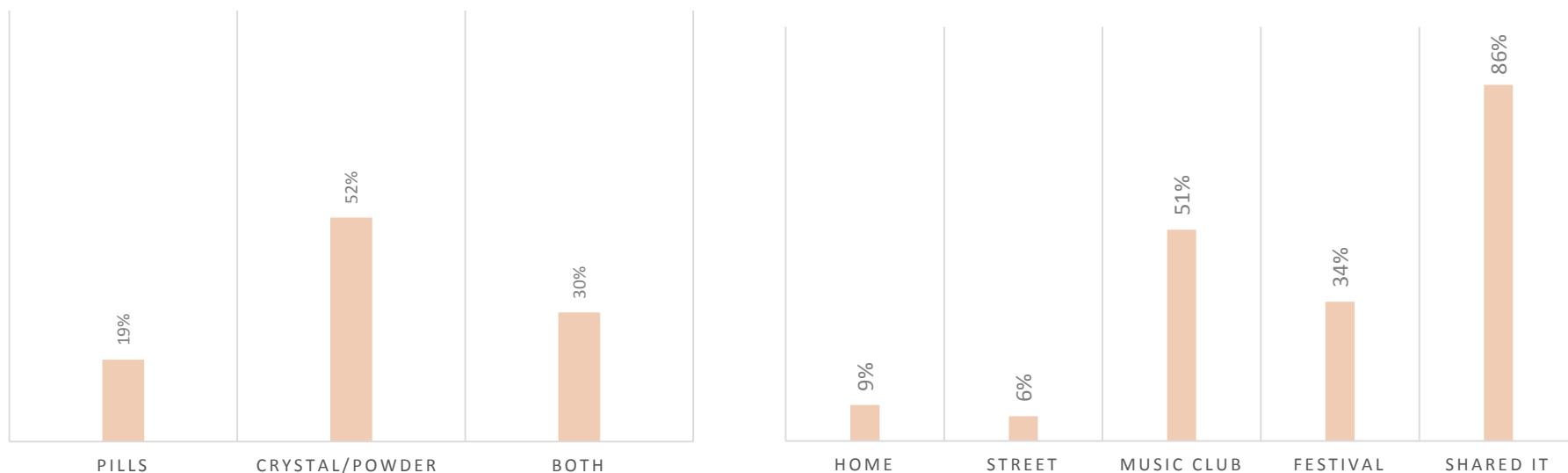




**every day they use: 50% use 1 gram**      **every time they buy: 50% buys 1 gram**

**last 30 days:  
50% bought cocaine  
once**





**every day they use:**

**50% use 1 pill**

**50% use 1 gram crystal/powder**

**every time they buy:**

**50% buys 1 pill**

**50% buys 1 gram crystal/powder**

**last 30 days:**

**50% bought  
Ecstasy/MDMA**

**once**

## cannabis

- male
- less than 25 years old
- portuguese
- not living in Porto's or Lisbon 's metropolitan area
- single
- own or family house/apartment or rented individual room
- student
- family as main source of income
- not know HIV serological status

## cannabis

- male
- less than 25 years old
- portuguese
- not living in Porto's or Lisbon 's metropolitan area
- single
- own or family house/apartment or rented individual room
- student
- family as main source of income
- not know HIV serological status

## cocaine

- 25 years old or more
- gay
- rented house/apartment
- basic education or master/PhD
- employed
- work as main source of income
- income of 2001 or more €
- knows serological status
- persistent mental health symptoms in last 30 days
- violence episode last 12 months

## ecstasy/MDMA

- woman
- gay or bisexual
- non portuguese
- living in Lisbon metropolitan area
- single or divorced
- employed
- knows serological status
- persistent mental health symptoms in last 30 days
- violence episode last 12 months

## ecstasy/MDMA

- woman
- gay or bisexual
- non portuguese
- living in Lisbon 's metropolitan area
- single or divorced
- employed
- knows serological status
- persistent metal health symptoms in last 30 days
- violence episode last 12 months

## NPS

- gay
- severe mental health symptoms (halucinations, dellirium, suicidal thoughts)

- USODROGAS.PT was the largest Portuguese web survey for people using illicit drugs, resulting in a younger and more educated sample than most studies on the topic
- worrisome proportions of **everyday and once a week users** of cannabis, cocaine and amphetamines/meth, but also for **NPS and ketamine**
- in this sample **cocaine and ecstasy/MDMA** are mainly **used in music clubs/bars**, however, recreational drug use harm reduction strategies in Portugal are mainly offered in music festivals
- this information can therefore be used to **tailor interventions**



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for Drugs and Drug Addiction



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Ana Aguiar  
Henrique Barros

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Joana Canedo  
(APDES)  
Rui Coimbra  
(CASO)

All men and women who use drugs, for the generosity, openness and honesty with which they answered



Thank you for your attention!

[www.ispup.up.pt](http://www.ispup.up.pt)

[atppereira@arsnorte.min-saúde.pt](mailto:atppereira@arsnorte.min-saúde.pt)

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