

Council of Europe International Cooperation Group on
Drugs and Addictions



Results of the Second Mediterranean School Survey Project on Alcohol and other Drugs (MedSPAD) EGYPT 2020-2021



Focus on Addictive behaviors

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Acknowledgements



- **Prof. Menan Rabie, Secretary General of Mental Health and Addiction Treatment**, for her continuous support and for facilitating the project procedures all through the duration of the study.
- **Dr. Mostafa Abulmagd, Consultant Psychiatrist**, for supplying the team with the street names of illicit drugs, participating in translation and back translation of the questionnaire, and revising the report.
- **MedSPAD Scientific Advisors Pompidou Group, Council of Europe Italian National Research Council (CNR)**
- **Central Agency of the Census, Mobilization and Statistics**
- **Ministry of Education including** psychologists, social workers, and supervisors who accomplished the data collection.
- Students and families and care givers who participated in the MedSPAD Egypt Study.

Hypothesis and Rational of The Study



- The previous research 2016 age of onset of most of drugs was **below 10 years of age**.
- Therefore, decided to detect prevalence of Tobacco, Alcohol, other drugs use and addictive behaviors in lower secondary (preparatory) as well as upper secondary schools in a nationally representative sample.

Design and Methods

Students population: Adolescents aged 12 to 17 (birth cohort 2008-2003).

Students school grade: Lower secondary - upper secondary schools.

Random Cluster Sampling: 988 Schools.

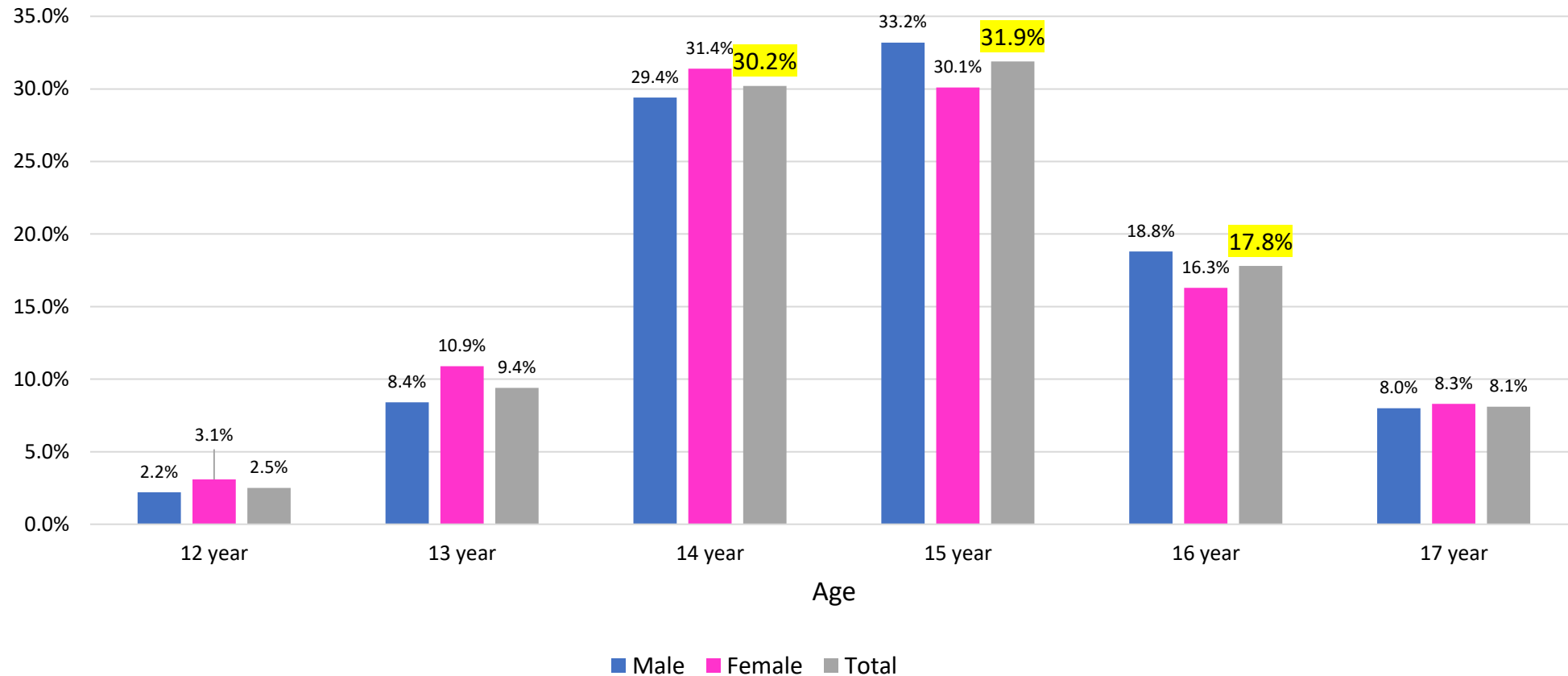
Data Collection Time: November-December 2020.

Data Collection Mode: Paper & Pencil and Computer Based.

Sample Size: 29,175 students from 981 schools/classes.



Age and gender distribution of students

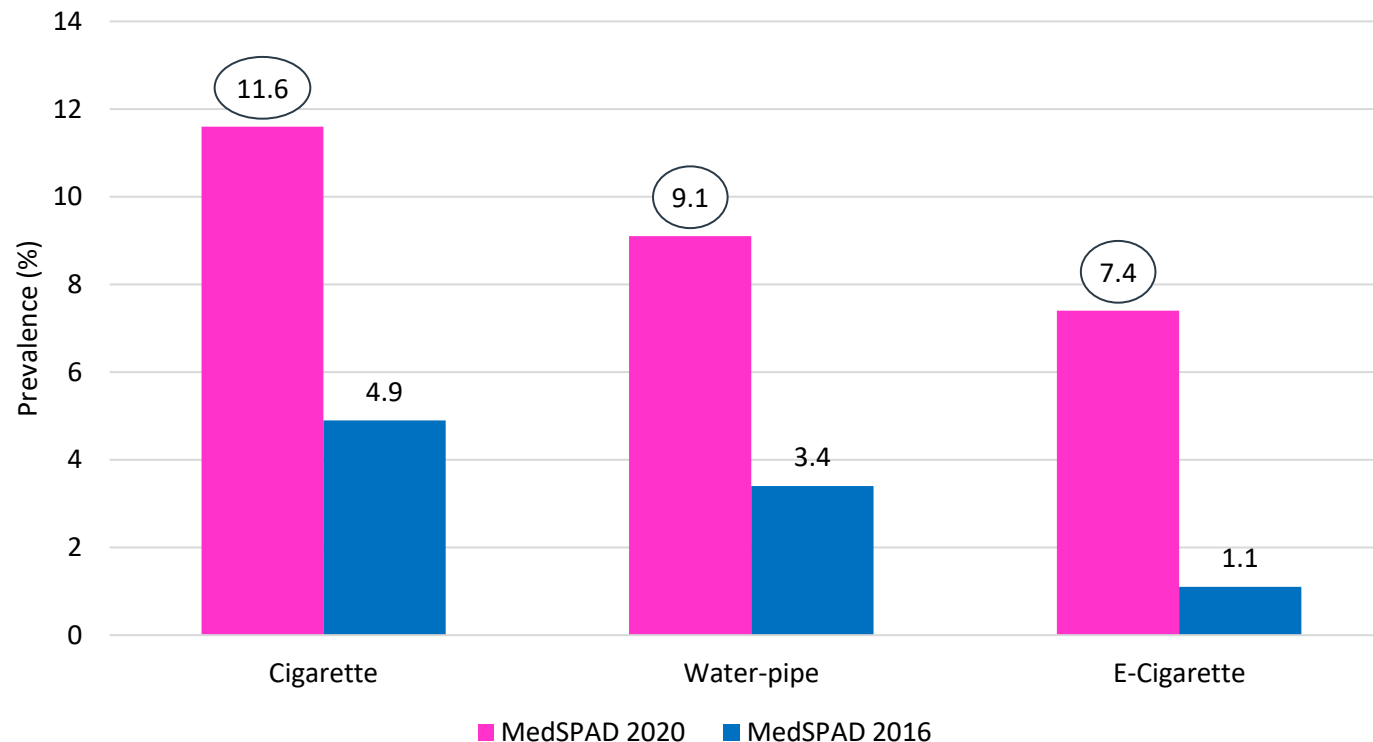


Males = 58.6% of the sample

Females = 41.4%

MedSPAD 2016 and 2020: what changes in nicotine intake?

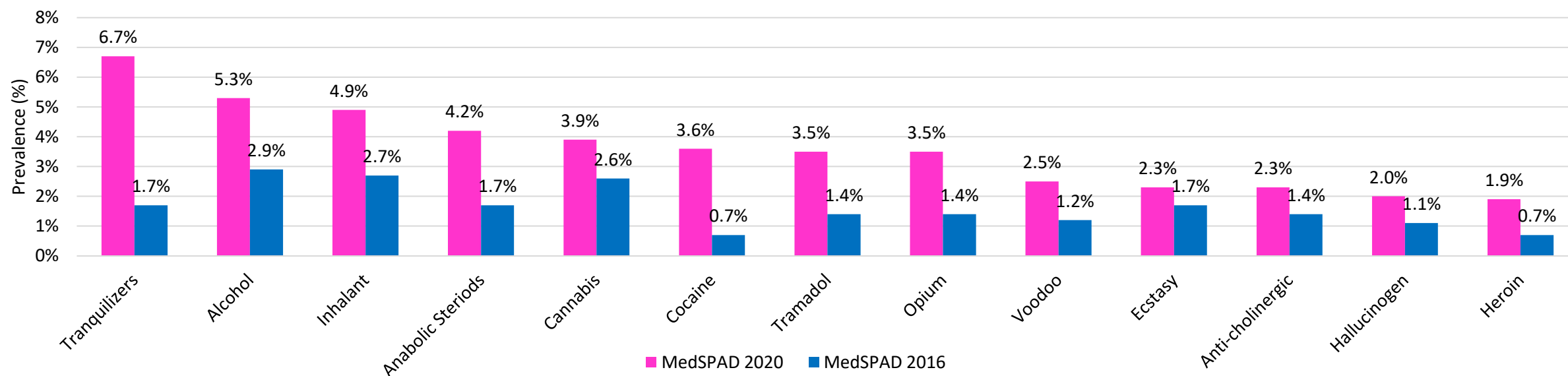
Last-year prevalence of nicotine-based products (%)



- Lifetime, **last year** and last month prevalence of nicotine intake increased for all the time frames, particularly more among boys than girls
- Cigarette and Water-pipe smoking were nearly increased by two and half folds.
- E-Cigarette use was increased 7 times.

MedSPAD 2016 and 2020: what changes in substance use?

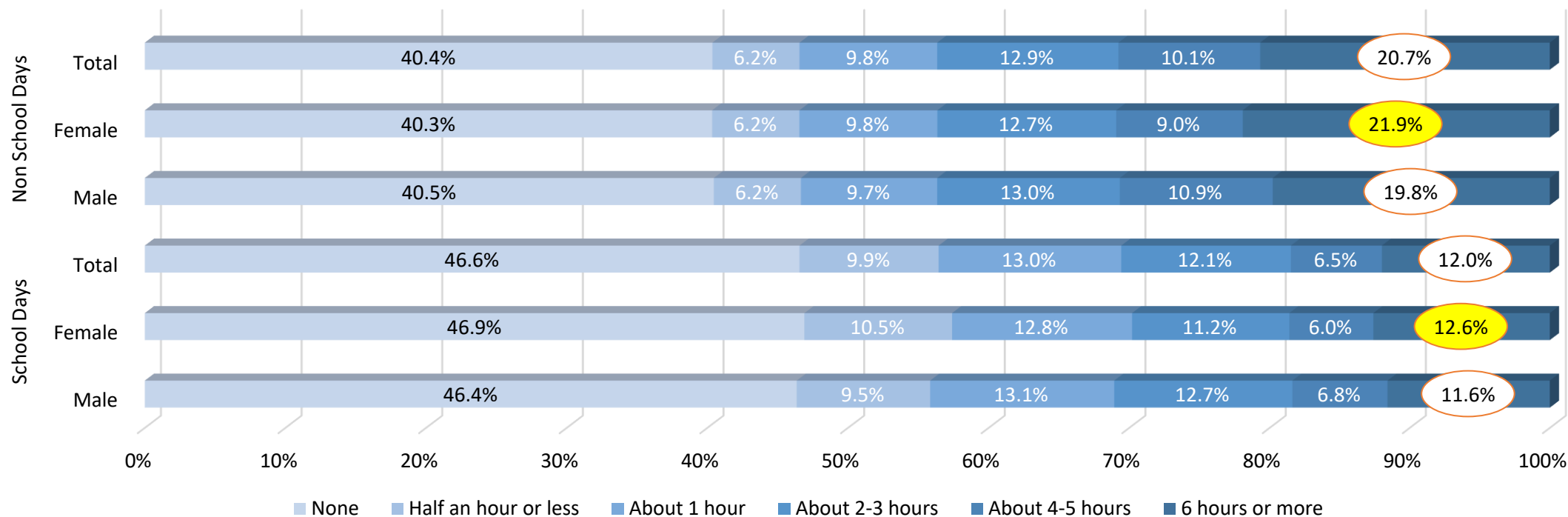
Last-year prevalence of different psychoactive substance



- The most prevalent substances were Non-prescribed Tranquilizers, Alcohol, and Inhalants.
- Use of Tranquilizers increased 4 times.
- There was marked increase in use of Anabolic steroids and Cocaine around 3 folds.
- The prevalence of other substances increased by one and half to 2 folds.
- Seven new substances were detected: Synthetic Cannabinoids (Strox, Spice), Crack, Gabapentin, Pregabalin (Lyrica), Amphetamine and Methamphetamine.

What new in 2020: Social Network Use (1/3)

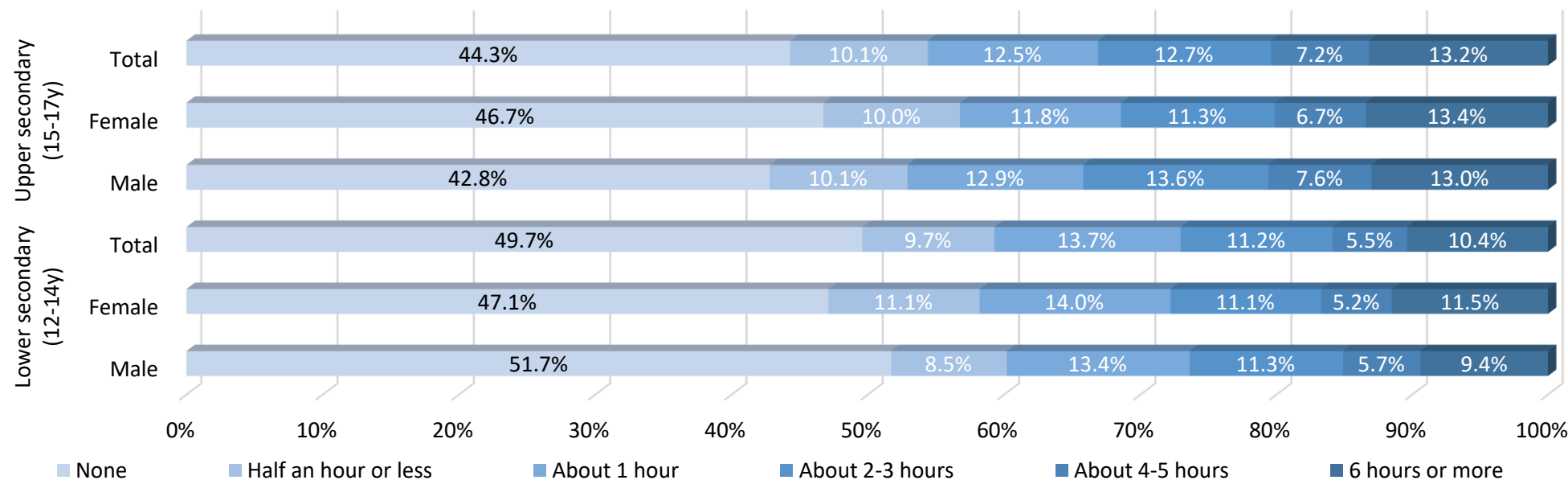
Time Spent on Social Networks in the last 7 Days, by gender



- 59.6% of students spent time on social networks during non-school days, 53.4% on school days.
- 20.7% spend ≥ 6 hours/day with **higher rate among girls**, especially in non-school days.

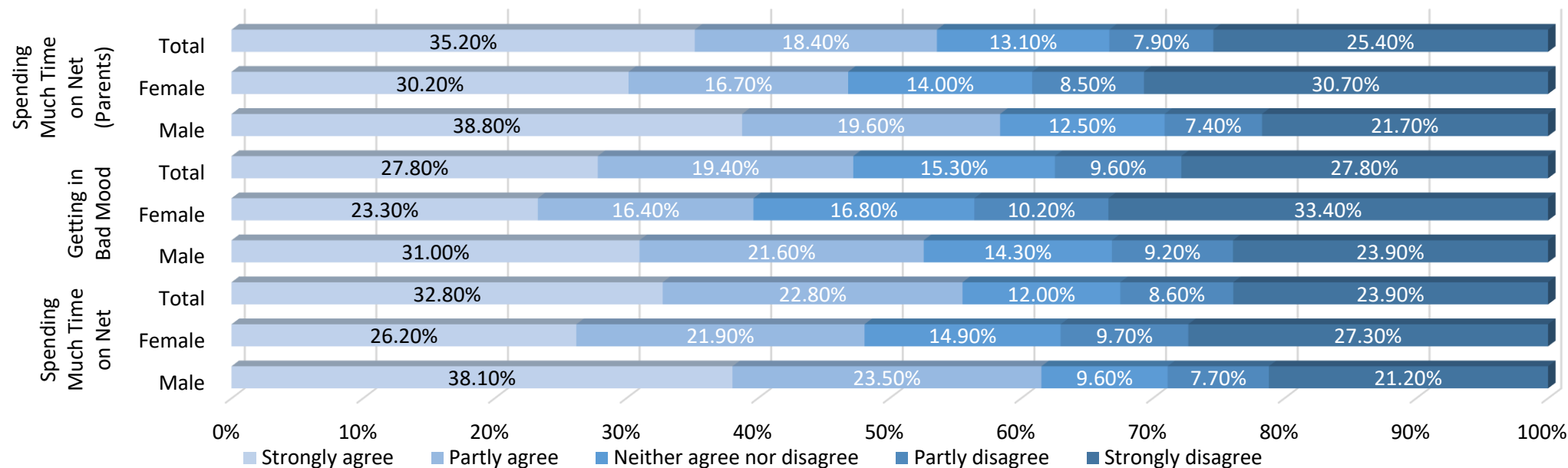
What new in 2020: Social Network Use (2/3)

Time Spent on Social Networks in the last 7 Days, by age group



- Higher percentage of older students spent time on social network during school days (55.7%) and non-school days (60.9%) than younger age group (50.3%, 57.9%).
- Boys aged 15-17 years spent more time on social network than girls, while girls aged 12-14 years spent more time on social networks than boys.

Self-perception of problems with Social Networks Use, by gender



- 53.2% of students using the social networks self-perceived the problem as high risk and their parents too.
- 47.2% agreed that they feel in a bad mood if they cannot spend time on social networks.
- **Girls were less agreeing than boys about these statements.** There were no differences in agreement about these statements between both age groups.

What new in 2020: Social Network Use (3/4)

Comparison to other countries in the regional report

Figure 4.2.1. Social media on a typical school day: average number of hours spent in the past 7 days

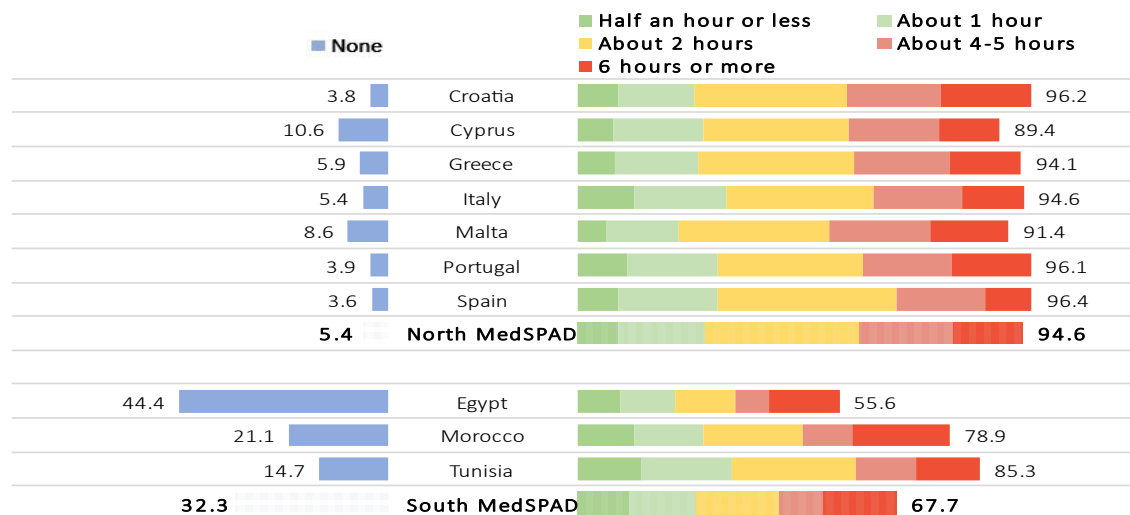


Figure 4.2.2. Social media on a typical non-school day: average number of hours spent in the past 7 days

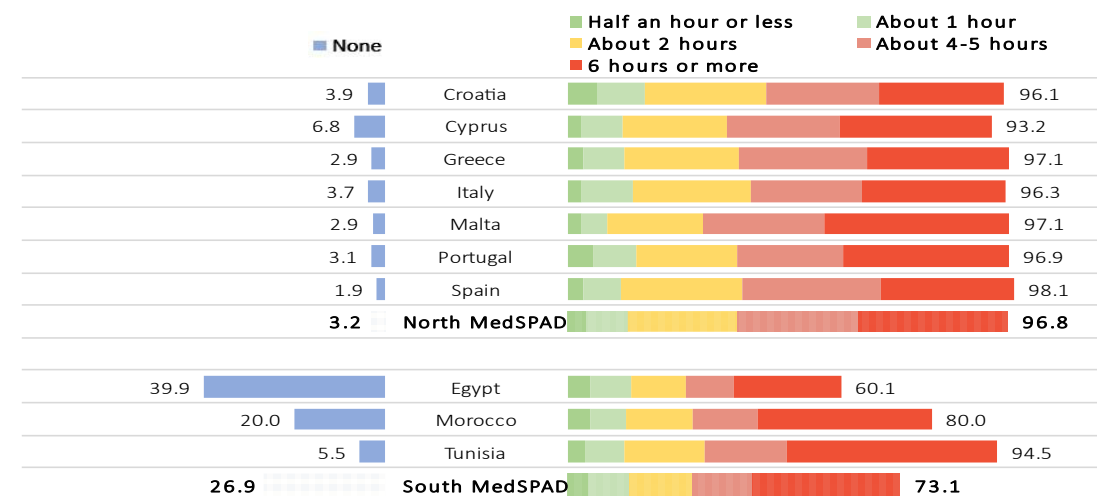
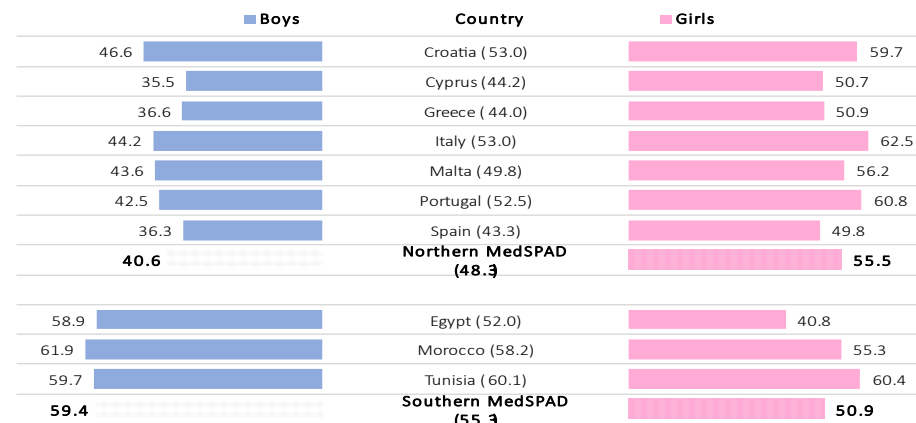
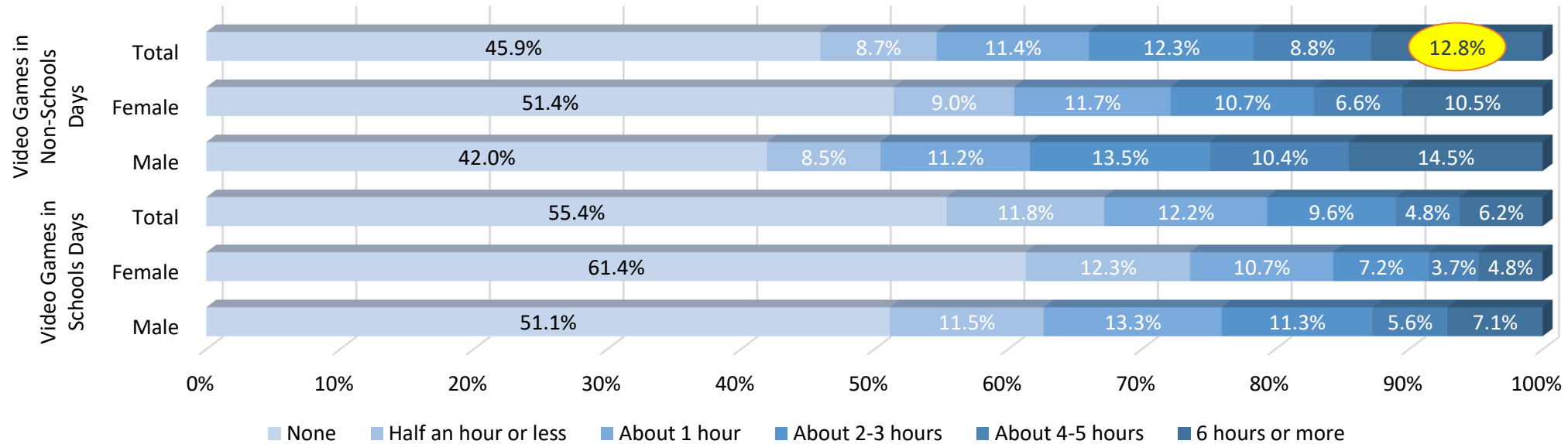


Figure 4.4.1. Social media: self-perceived high risk of problems with social media use



Time Spent on Video Games in the last 30 Days, by gender

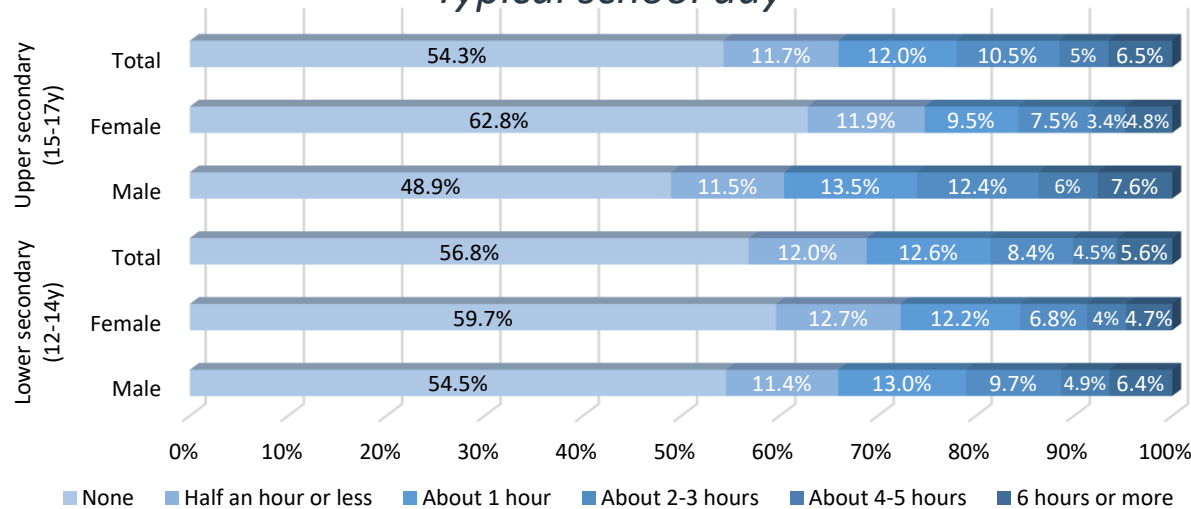


- 54.1% of students played video games during non-school days, 44.6% reported playing during school days.
- 12.8% played ≥ 6 hours/day during non-school days.
- Boys reported higher frequency and played more hours than girls.

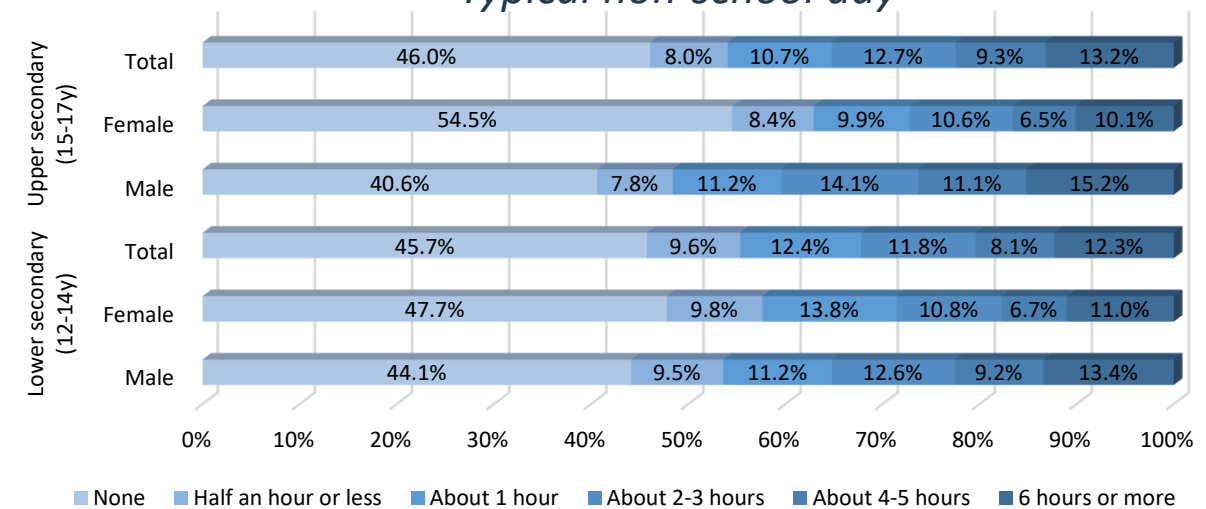
What new in 2020: Gaming (2/3)

Time Spent on Video Games in the last 30 Days, by age group

Typical school day

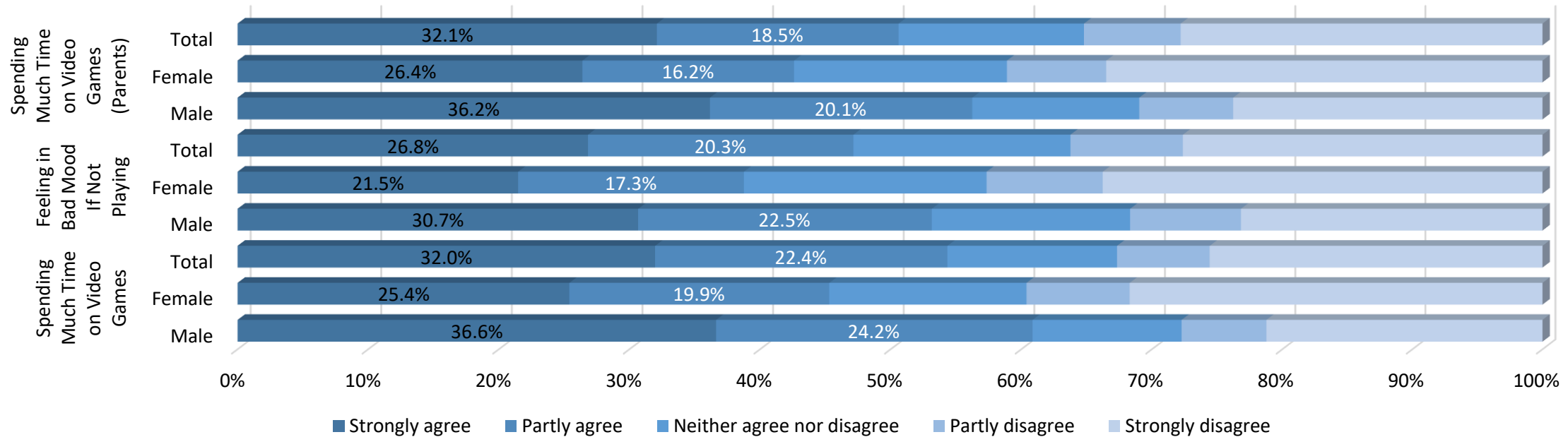


Typical non-school day



- Higher percentage of older students played video games during school days (45.7%) than younger students (43.2%),
- During non-school days **younger students reported slightly higher frequency** (54.0%; 54.3%).
- Older Students spent more time playing video games, particularly boys.

Self-perception of problems with Gaming, by gender



- 51.4% of students playing video games self-perceived the problem as high risk their parents too.
- 47.1% agreed that they feel in a bad mood if they cannot play video games.
- Girls were less agreeing than boys about these statements.
- There were no differences in agreement about these statements between both age groups.

What new in 2020: Gaming (3/4)

Comparison to other countries in the regional report

Figure 4.3.1. Gaming on a typical school day: average number of hours spent in the past 7 days

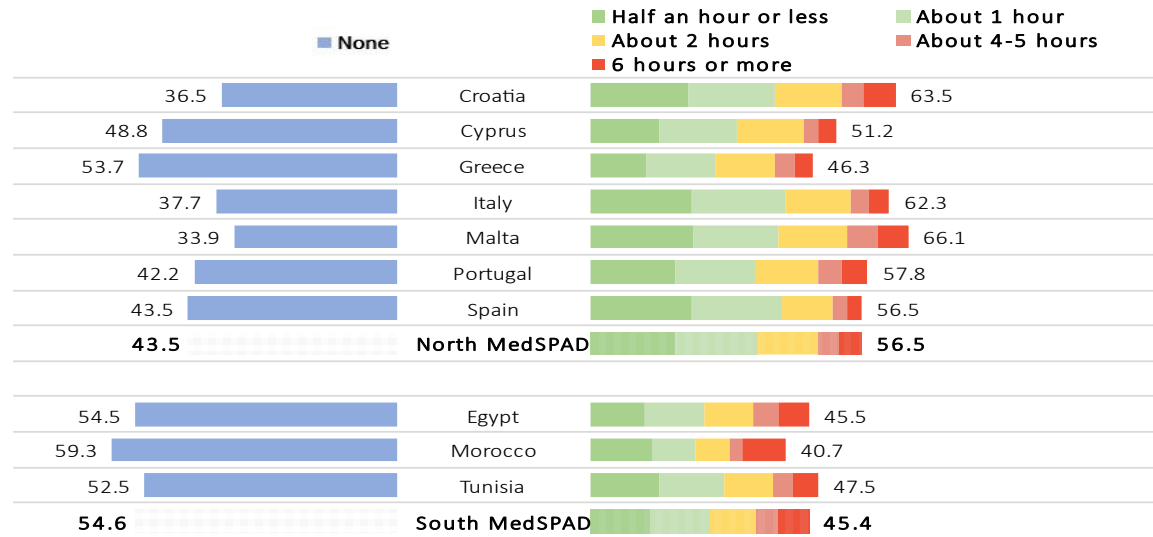


Figure 4.3.2. Gaming on a typical non-school day: average number of hours spent in the past 7 days

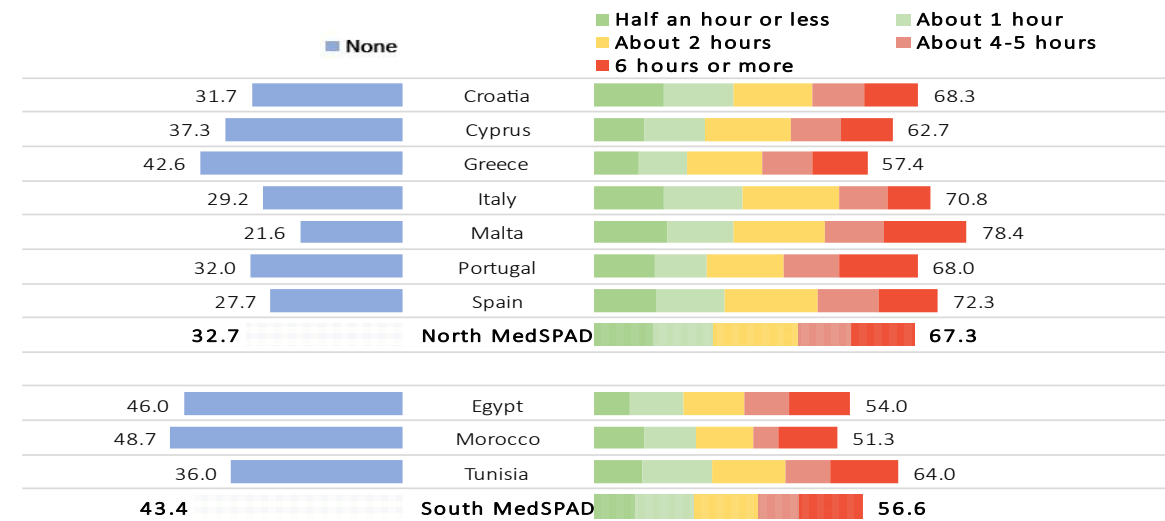
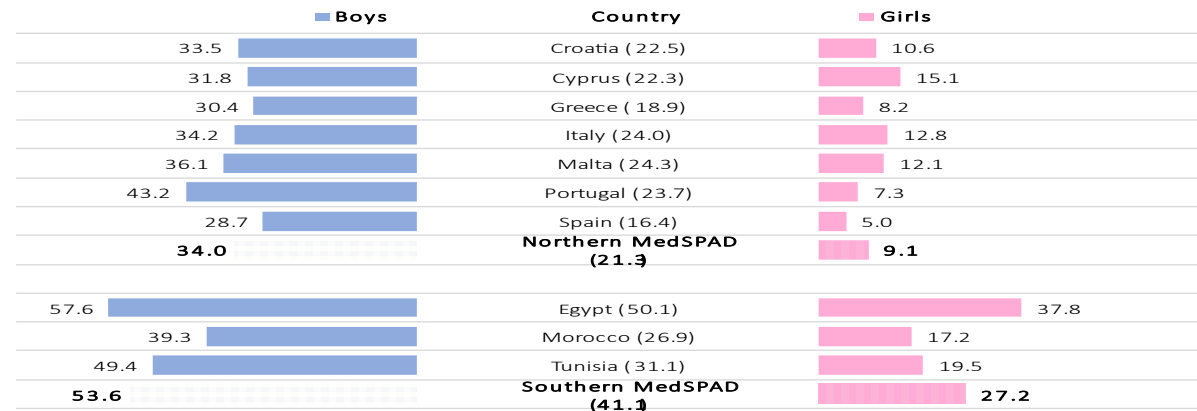
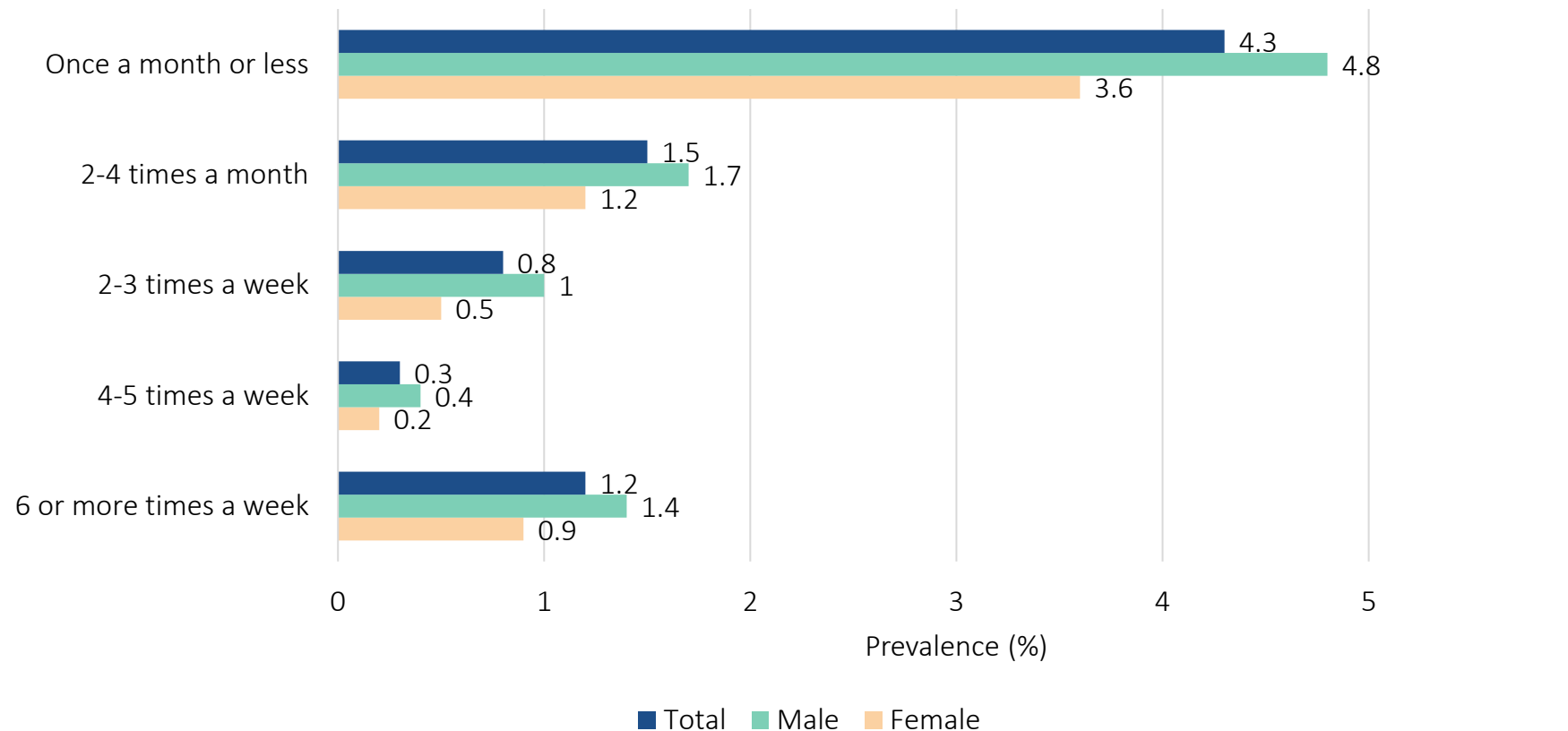


Figure 4.4.2. Gaming: self-perceived high risk of problems with gaming



What new in 2020: Gambling (1/5)

Last-year prevalence of gambling for money, by gender (%)

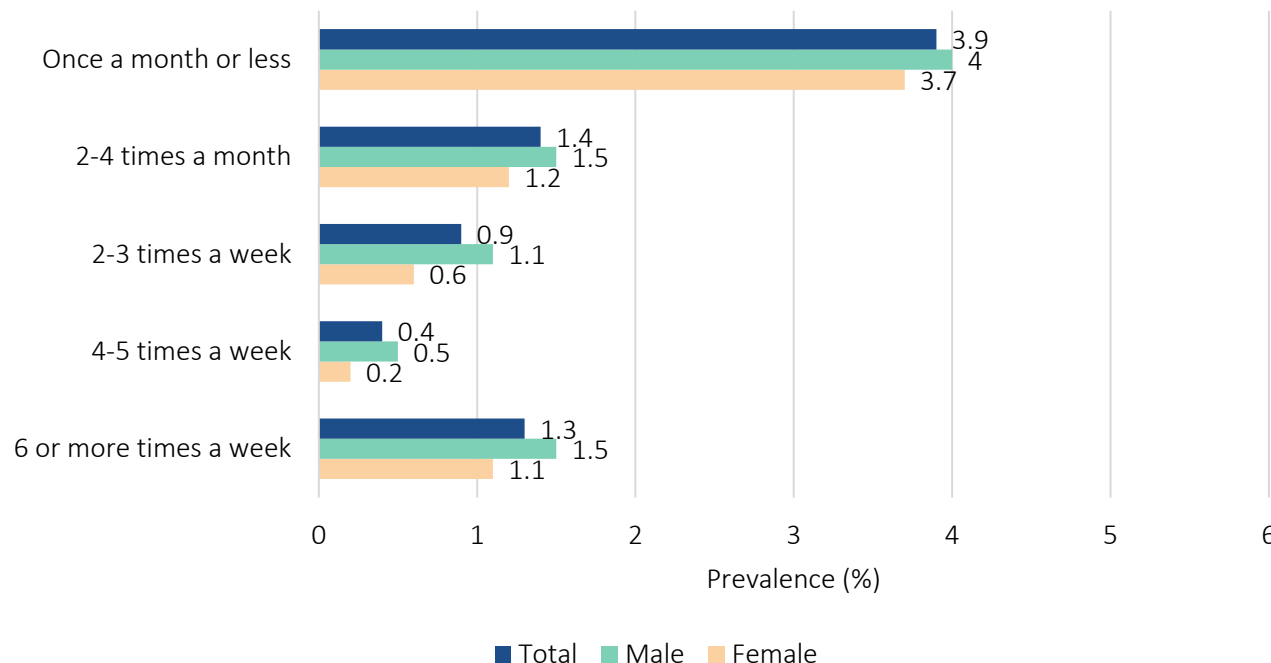


- 8.1% of students of the sample practiced gambling in the past year with higher frequency among boys (9.3%).
- 1.2% reported gambling ≥ 6 times/week, with higher frequency among boys (1.4%).

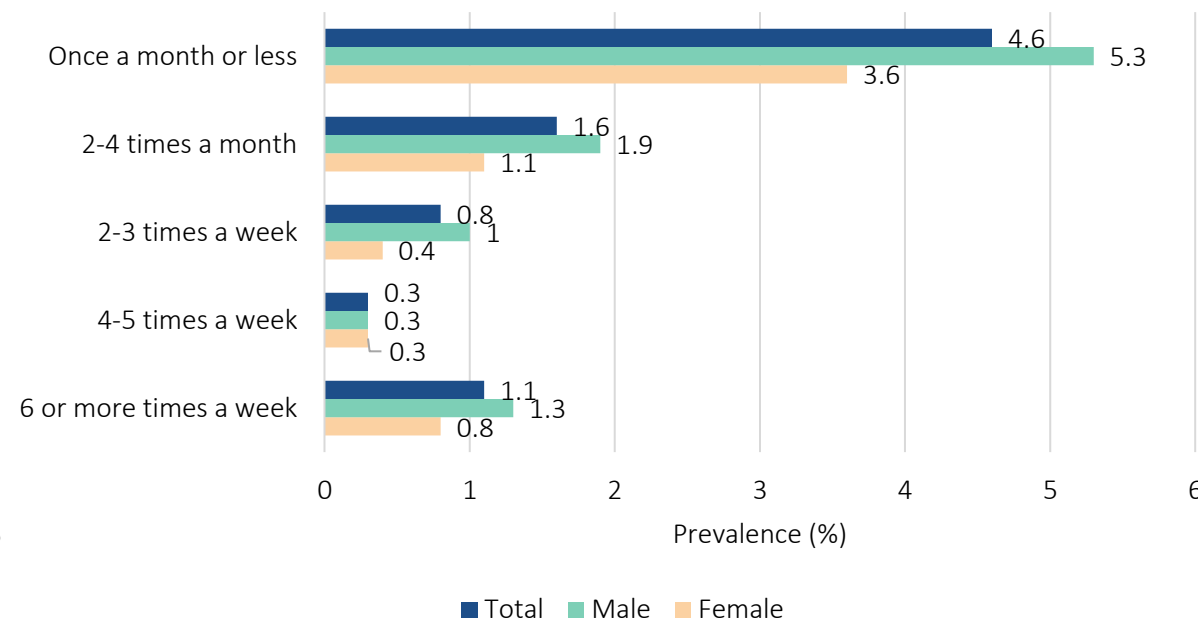
What new in 2020: Gambling (2/5)

Last-year prevalence of gambling for money, by gender and age group (%)

Lower secondary (12-14 years)



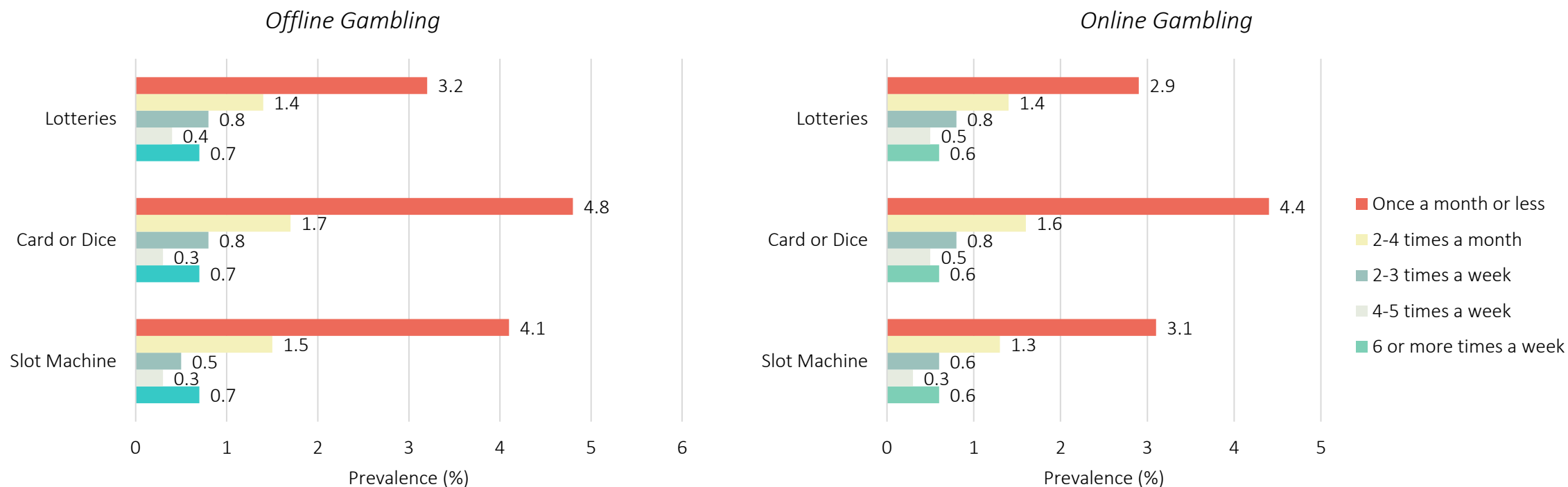
Upper secondary (15-17 years)



- Students aged 15-17 reported higher rate (8.3%) than younger students (7.9%)
- Higher percentage of students aged 12-14 years reported gambling ≥ 6 times/week (1.3%) compared to older students (1.1%).

What new in 2020: Gambling (3/5)

Last-year prevalence of gambling for money offline and online, by type of game (%)

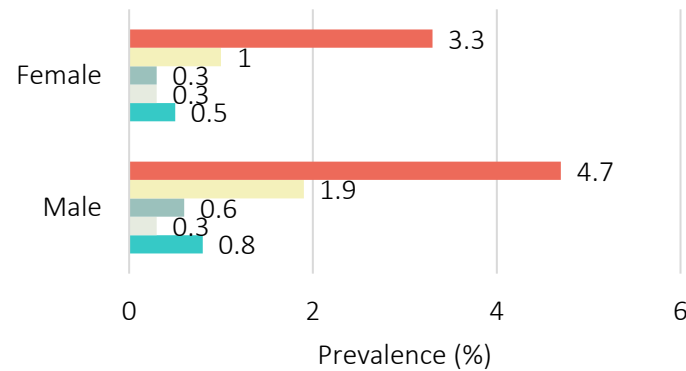


- Among the offline and online gambling, cards or dice was reported at highest rate. Slot machines was the second most reported offline gambling while the lotteries were the second most reported online.
- Most of the students who gamble reported gambling once or twice a month, 2-3/month less frequently both offline and online.

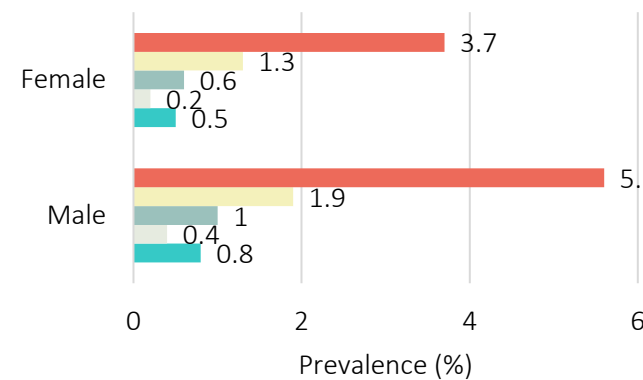
What new in 2020: Gambling (4/5)

Last-year prevalence of gambling for money offline and online by type of game and gender (%)

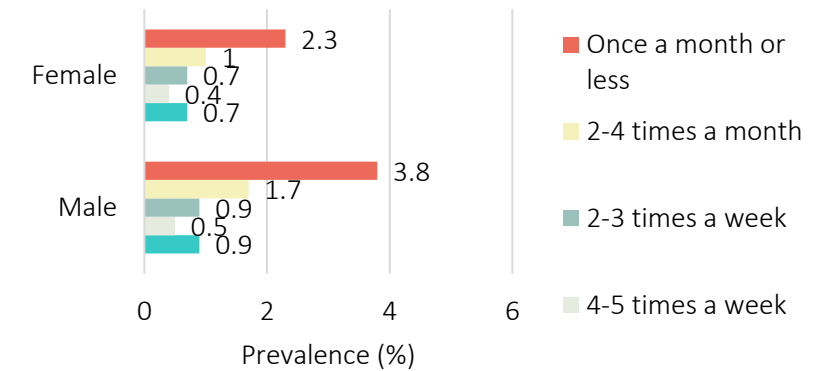
Offline Slot Machine



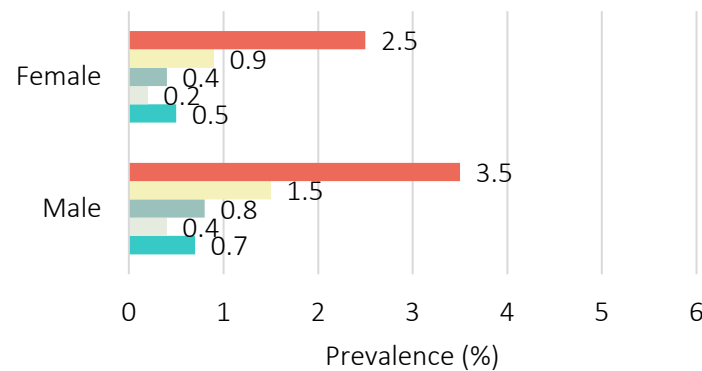
Offline Card or Dice



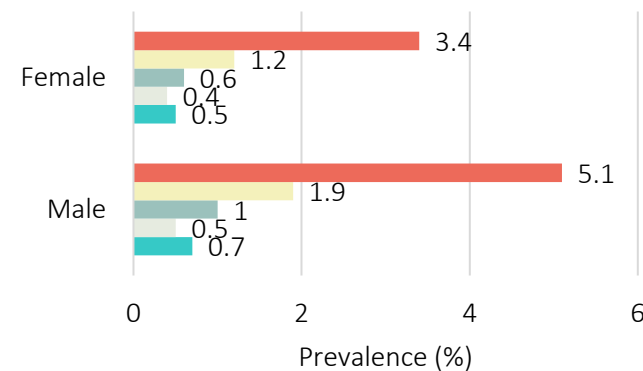
Offline Lotteries



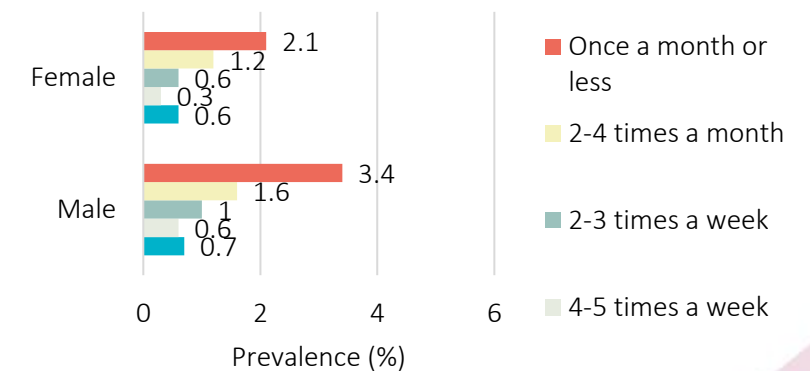
Online Slot Machine



Online Card or Dice

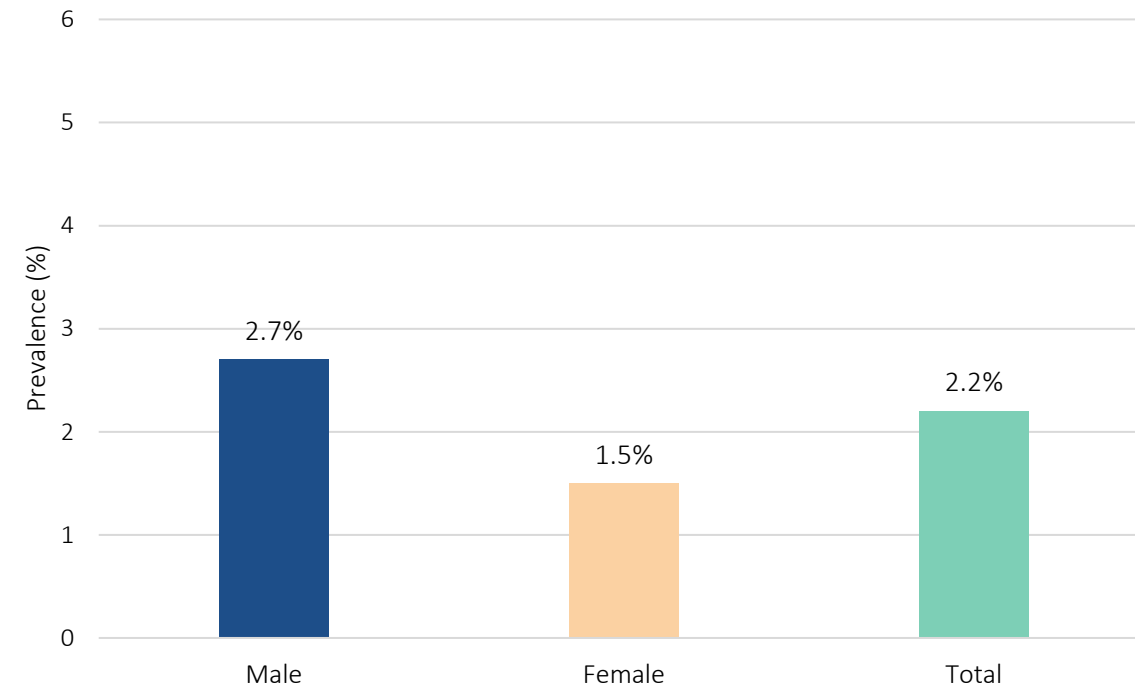
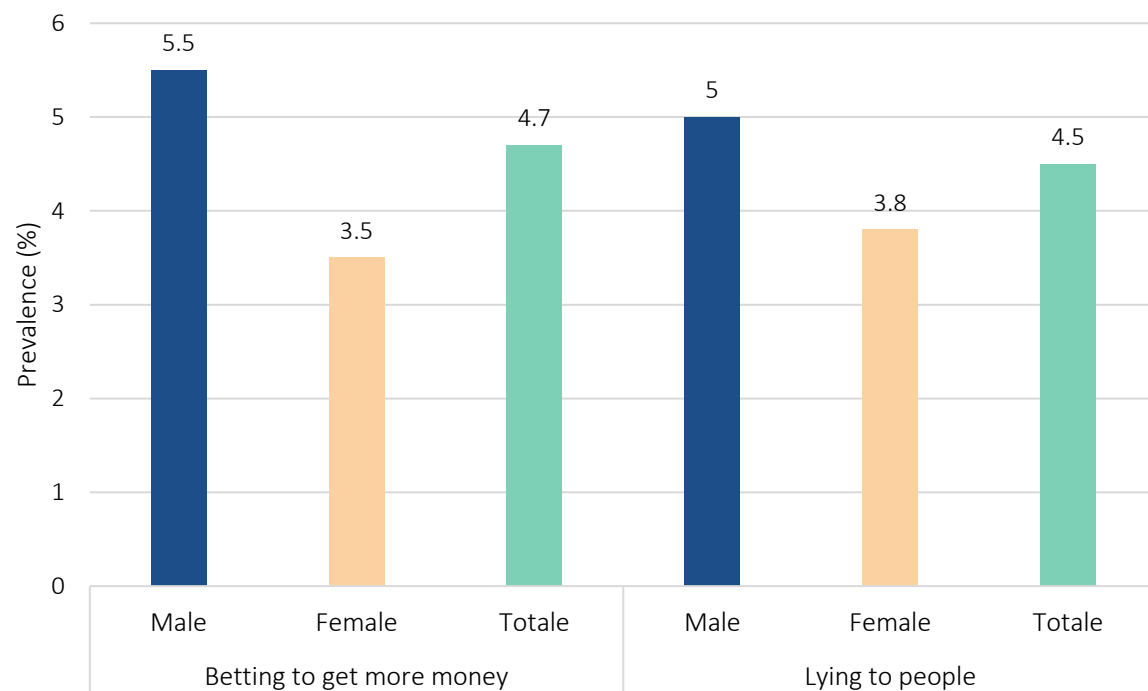


Online Lotteries



What new in 2020: Gambling (5/5)

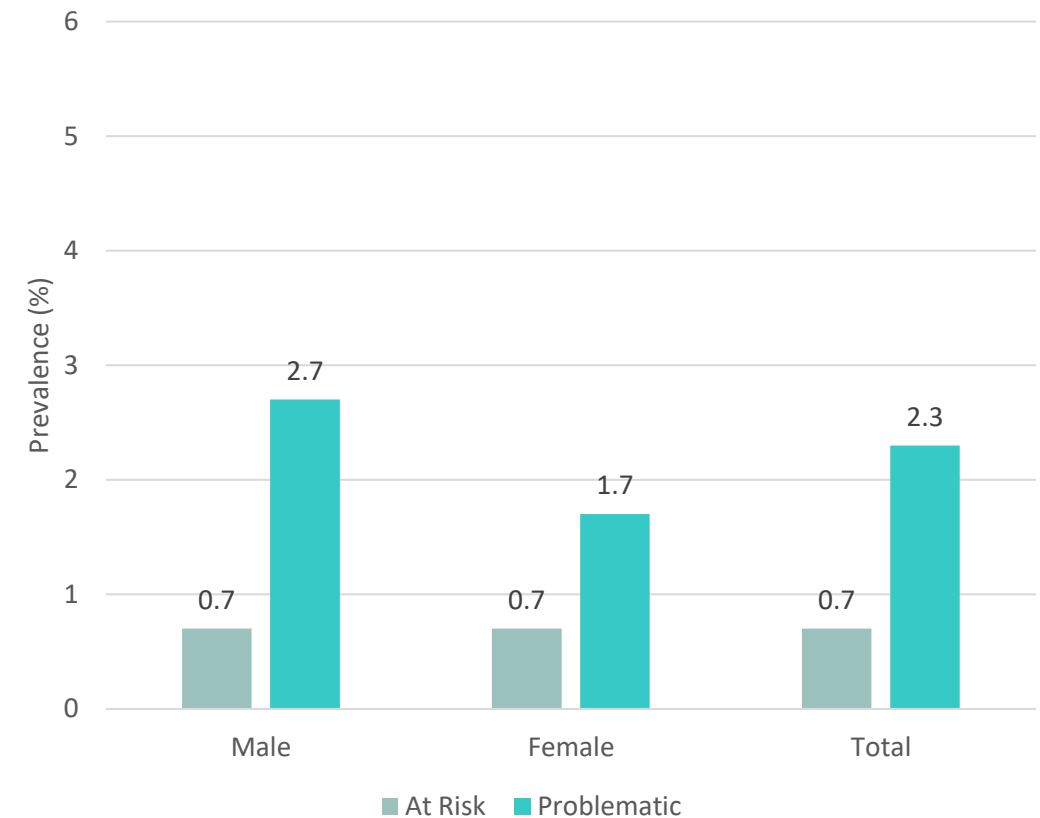
Problematic gambling (Lie-Bet test), by gender



- 4.7% of gamblers betted for money and around 4.5% engaged in problem behaviors like lying and stealing.

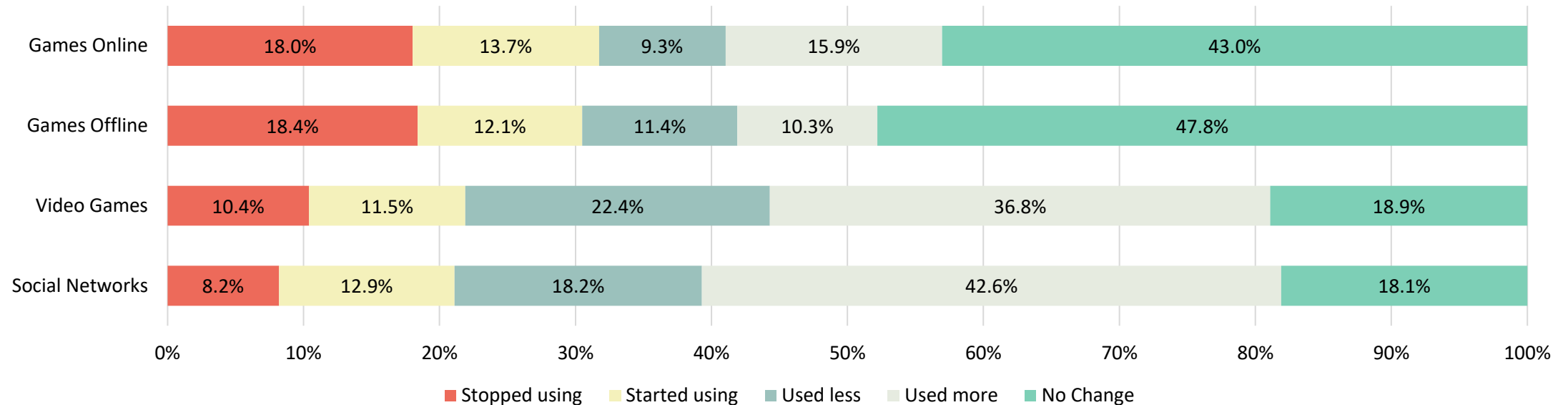
What new in 2020: Gambling (5/5)

Problematic gambling (SOGS-RA test), by gender



Effect of COVID-19 Pandemic on Addictive Behaviours

During the period of COVID-19 restrictions, did you change your habits compared to before the restrictions?



- 42.6% of students using social networks reported increasing its use, while 36.8% of those playing video gaming reported spending more time in playing.
- Offline and online gambling were less affected by the lockdown as around 45% of those who gamble did not report any change in frequency of gambling.
- Higher percentage of students stopped gambling than social networks and video gaming use during the lockdown.

To conclude

- Girls use social media at higher rate, **girls aged 12-14 years** spent more time on social networks, less self-perceived the problem as high risk.
- Boys reported higher frequency of gaming and played more hours. **younger students** reported slightly higher frequency.
- Boys reported higher frequency of gambling, **younger students** reported gambling ≥ 6 times/week.

Next steps



- Targeting younger age groups for early detection and intervention.
- Expanding the awareness campaigns in **lower secondary as well as upper secondary** schools and clubs to raise awareness of the dangers of smoking and addiction as well as **addictive behaviors** among students.
- Applying the **school health program** in all schools for **early detection** of smoking students who use narcotic substances and alcohol and practice addictive behaviors and their treatment to reduce the phenomenon.
- Expanding the services provided through the General Secretariat for Mental Health and Addiction Treatment by **establishing departments and clinics for the treatment of adolescent addiction** in the rest of the hospitals affiliated to the Secretariat.

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Thank you for your attention

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