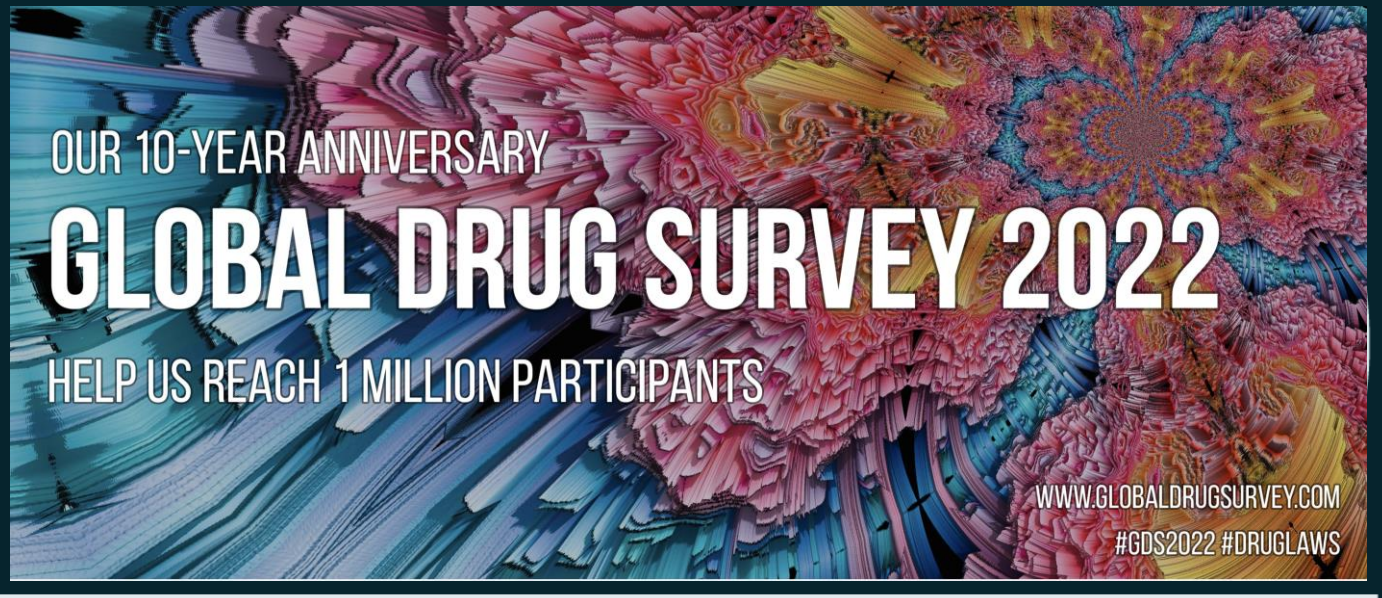
What would it take to get people to stop smoking cannabis with tobacco?

GLOBAL DRUG SURVEY



LISBON ADDICTIONS NOV 2022

Professor Adam R Winstock Consultant Psychiatrist, Addiction Medicine Specialist

UCL & Global Drug Survey

Co-authors: Mr Tom Strating, Prof Jason Ferris, Dr Monica Barratt, Dr Cheneal Puljevic

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a.winstock@ucl.ac.uk

Conflict of interest

I am founder and CEO of GDS

GLOBAL DRUG SURVEY

2017

Global Drug Survey GDS2017 © Not to be reproduced without authors permission

Acknowledgements

Multi-country partner orgs

CRT support team

Media partners

Core research team

? CRT funders

People who use drugs

Wider research network

Dr Emma Davies

GLOBAL DRUG SURVEY

> 950,000 participants since GDS2012, data on > 400K people who use cannabis

Our surveys have been translated into 20 languages, with partners in over 30 countries

GDS has published over 70 peer reviewed data-based publications with over 100 co-authors from over 20 countries

WE ARE HAVING A YEAR OFF

ADDICTION | SSA Society for the Study of Addiction

ADDICTION OPINION AND DEBATE | Open Access

The International Cannabis Toolkit (iCannToolkit): a multidisciplinary expert consensus on minimum standards for measuring cannabis use

Valentina Lorenzetti, Chandni Hindocha, Kat Petrilli, Paul Griffiths, Jamie Brown, Álvaro Castillo-Carniglia, Jonathan P. Caulkins, Amir Englund, Mahmoud A. ElSohly, Suzanne H. Gage, Teodora Groshkova, Antoni Gual, David Hammond, Will Lawn, Hugo López-Pelayo, Jakob Manthey, Claire Mokrysz, Rosalie Liccardo Pacula, Margriet van Laar, Ryan Vandrey, Elle Wadsworth, Adam Winstock, Wayne Hall, H. Valerie Curran, Tom P. Freeman ... See fewer authors

First published: 29 September 2021 | https://doi.org/10.1111/add.15702 | Citations: 10

Psychopharmacology (2022) 239:1349–1357
https://doi.org/10.1007/s00213-021-05945-1

ORIGINAL INVESTIGATION

Check for updates

Clinical withdrawal symptom profile of synthetic cannabinoid receptor agonists and comparison of effects with high potency cannabis

Sam Craft[1,2] · Jason A. Ferris[3] · Monica J. Barratt[4,5] · Larissa J. Maier[6] · Michael T. Lynskey[2] · Adam R. Winstock[7,8] · Tom P. Freeman[1,2]

ELSEVIER

International Journal of Drug Policy
Volume 91, May 2021, 102789

Research Paper

Perceptions of cannabis health information labels among people who use cannabis in the U.S. and Canada

Adam R. Winstock [a], Michael T. Lynskey [b], Larissa J. Maier [c, d], Jason A. Ferris [e], Emma L. Davies [f]

Characterising heterogeneity in the use of different cannabis products: latent class analysis with 55 000 people who use cannabis and associations with severity of cannabis dependence

Published online by Cambridge University Press: 13 October 2019

Sam Craft, Adam Winstock, Jason Ferris, Clare Mackie, Michael T. Lynskey and Tom P. Freeman Show author details

Translational Psychiatry

www.nature.com/tp

ARTICLE OPEN

Check for updates

Rates and correlates of cannabis-associated psychotic symptoms in over 230,000 people who use cannabis

Tabea Schoeler[1,2✉], Jason Ferris[3] and Adam R. Winstock[4,5]

Psychological Medicine (2015), **45**, 3181–3189. © Cambridge University Press 2015
doi:10.1017/S0033291715001178

ORIGINAL ARTICLE

Examining the profile of high-potency cannabis and its association with severity of cannabis dependence

T. P. Freeman[1]* and A. R. Winstock[2]

[1] *Clinical Psychopharmacology Unit, University College London, London, UK*
[2] *Institute of Psychiatry, King's College London, Camberwell, UK*

Cannabis regulation: the need to develop guidelines on use

BMJ 2014 ; 348 doi: https://doi.org/10.1136/bmj.g3940 (Published 18 June 2014
Cite this as: *BMJ* 2014;348:g3940

Article | Related content | Metrics | Responses

Adam Winstock, consultant addiction psychiatrist and founder1

ELSEVIER

Drug and Alcohol Dependence
Volume 131, Issues 1–2, 1 July 2013, Pages 106-111

Synthetic cannabis: A comparison of patterns of use and effect profile with natural cannabis in a large global sample

Adam R. Winstock [a, b], Monica J. Barratt [c]

frontiers in Psychiatry

ORIGINAL RESEARCH
published: 05 July 2016
doi: 10.3389/fpsyt.2016.00104

CrossMark

No Smoke without Tobacco: A Global Overview of Cannabis and Tobacco Routes of Administration and Their Association with Intention to Quit

Chandni Hindocha[1], Tom P. Freeman[1], Jason A. Ferris[2], Michael T. Lynskey[3] and Adam R. Winstock[3,4,5]*

thebmj Research Education News & Views Campaigns Jobs

Head To Head

Would decriminalising personal use of cannabis lead to higher rates of mental illness?

BMJ 2020 ; 368 doi: https://doi.org/10.1136/bmj.l6975 (Published 15 January 2020)
Cite this as: *BMJ* 2020;368:l6975

Article | Related content | Metrics | Responses

Bobby P Smyth, clinical senior lecturer, Department of Public Health and Primary Care1,
Mary Cannon, professor, Department of Psychiatry2,
Andrew Molodynski, honorary senior clinical lecturer, Department of Psychiatry3,
H Valerie Curran, director, Clinical Psychopharmacology Unit and professor of psychopharmacology4,
Niamh Eastwood, executive director, Release5,
Adam R Winstock, founder and chief executive officer, Global Drug Survey, honorary clinical professor, Department of Epidemiology, and consultant addiction psychiatrist6

Journal of Psychopharmacology

BAP British Association for Psychopharmacology

Impact Factor: 4.562 / 5-Year Impact Factor: 5.415

Restricted access | Other | First published online May 30, 2008

Lithium carbonate in the management of cannabis withdrawal in humans: an open-label study

AR Winstock, T. Lea, and J. Copeland View all authors and affiliations

Volume 23, Issue 1 | https://doi.org/10.1177/0269881108089584

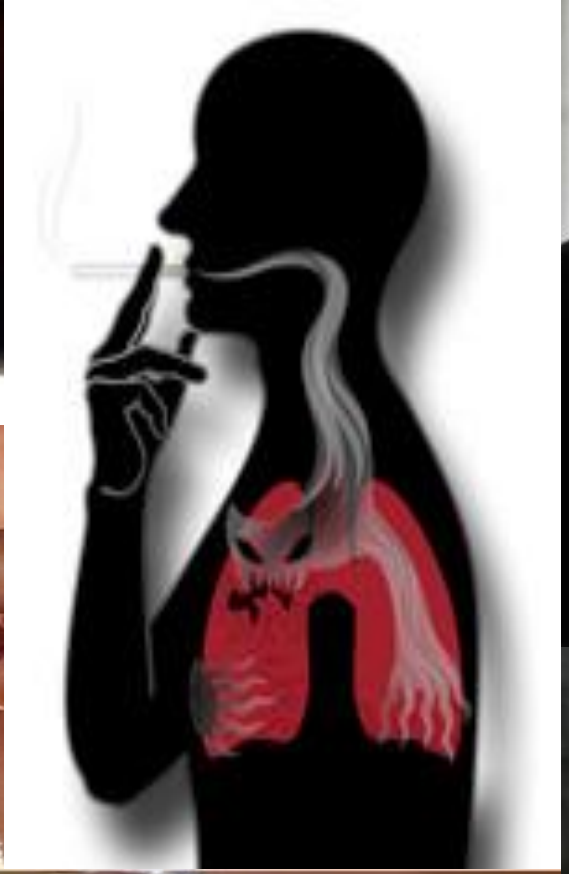
ADDICTION | SSA Society for the Study of Addiction

Letter to the Editor | Free Access

Vaping cannabis (marijuana) has the potential to reduce tobacco smoking in cannabis users

Chandni Hindocha, Tom P. Freeman, Adam R. Winstock, Michael T. Lynskey

First published: 20 November 2015 | https://doi.org/10.1111/add.13190 | Citations: 10



Professor Adam R Winstock 2022

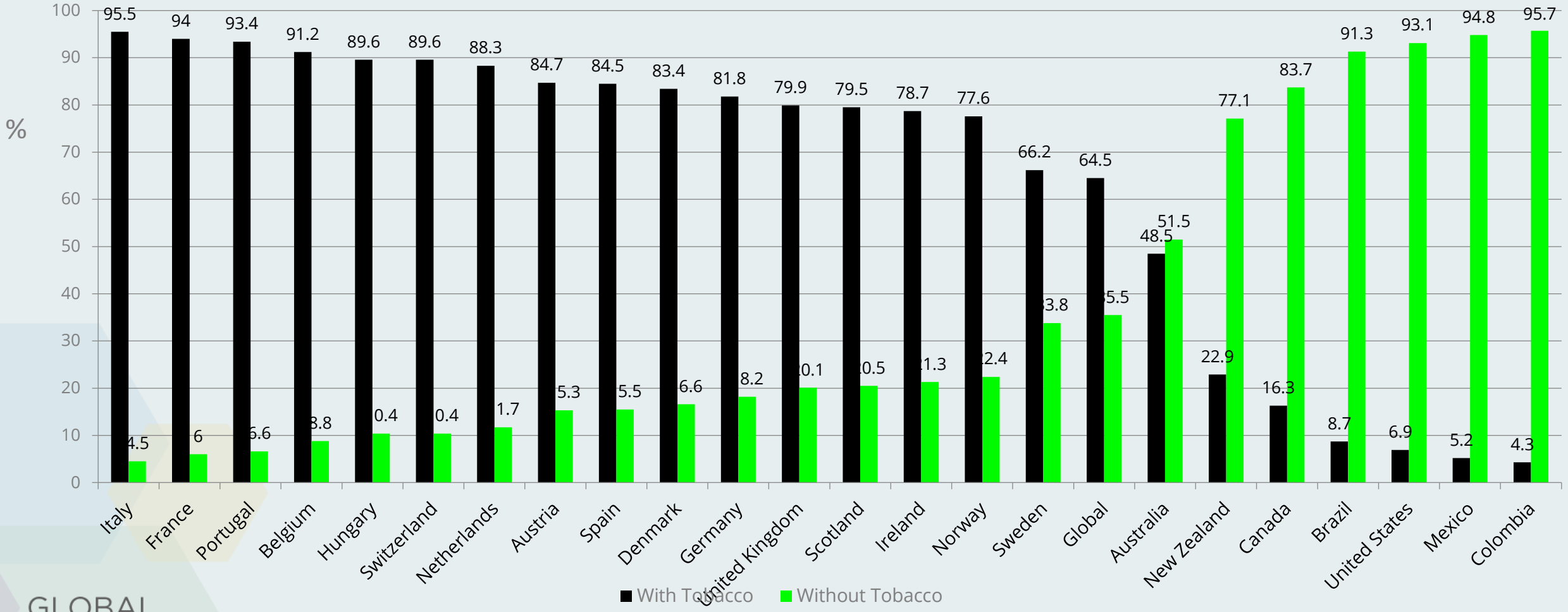
65%

GLOBAL DRUG SURVEY 2016

Early results of the headline findings from GDS2016

Cannabis – global findings from > 61,000 last year users

Rates of tobacco associated routes of cannabis v non around the world



GLOBAL CANNABIS – WITH TOBACCO VS WITHOUT TOBACCO

GLOBAL DRUG SURVEY

2016

Global Drug Survey GDS2016 © Not to be reproduced without authors permission

65%

GLOBAL DRUG SURVEY 2017

Cannabis – global findings from > 69,000 last year users

CANNABIS

GLOBAL GDS2018 SAMPLE

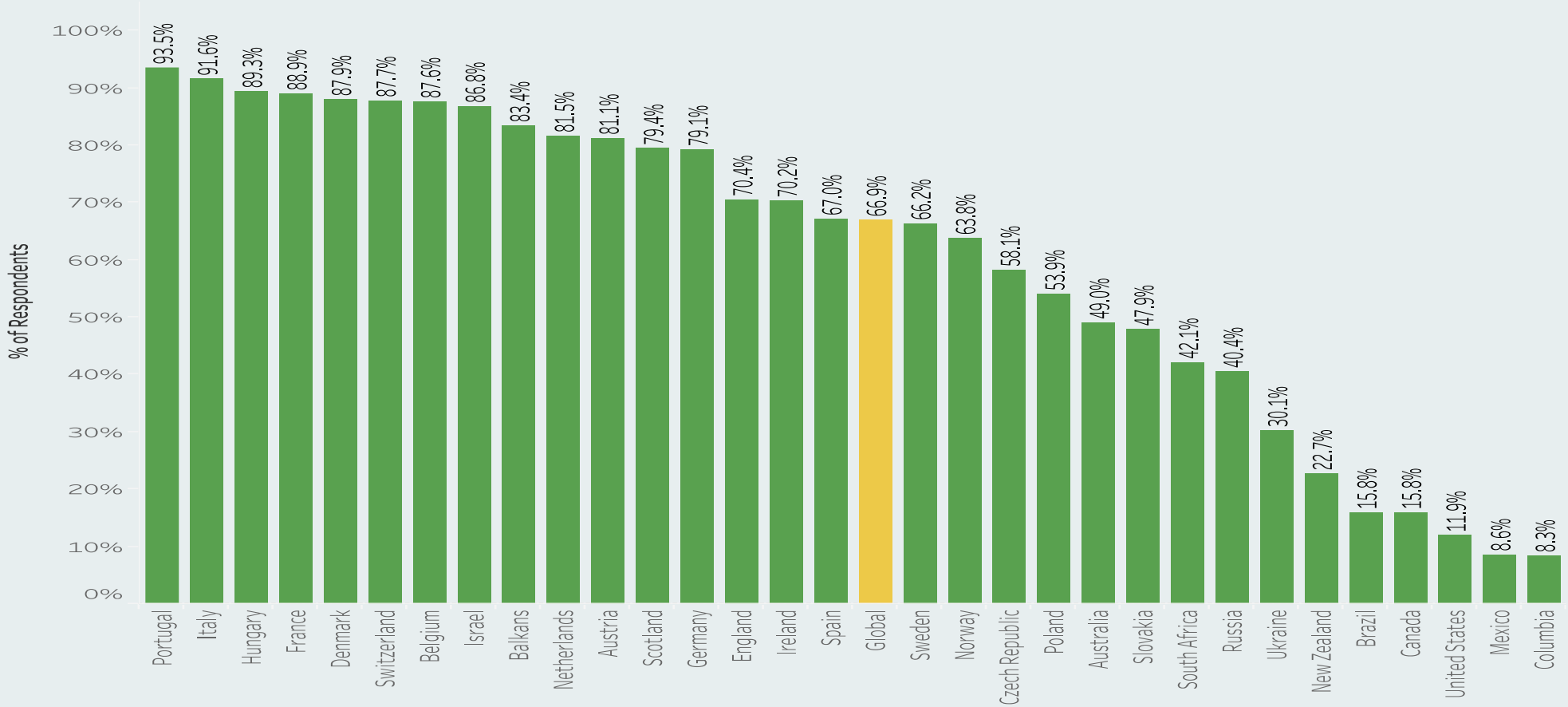
65%

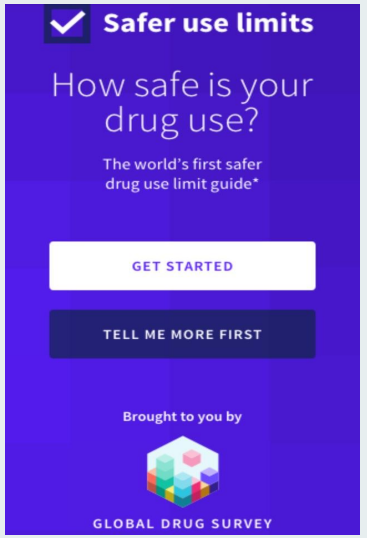
GLOBAL DRUG SURVEY 2018

Cannabis – global findings from > 45,000 last year users

Global Drug Survey GDS2018 © Not to be reproduced without authors permission

COUNTRIES WHERE THEY USUALLY MIX CANNABIS WITH TOBACCO





Only countries with 100 + last year users are included in these graphs

GLOBAL DRUG SURVEY

2018

Global Drug Survey GDS2018 © Not to be reproduced without authors permission

GLOBAL GDS SAMPLE CANNABIS

60%

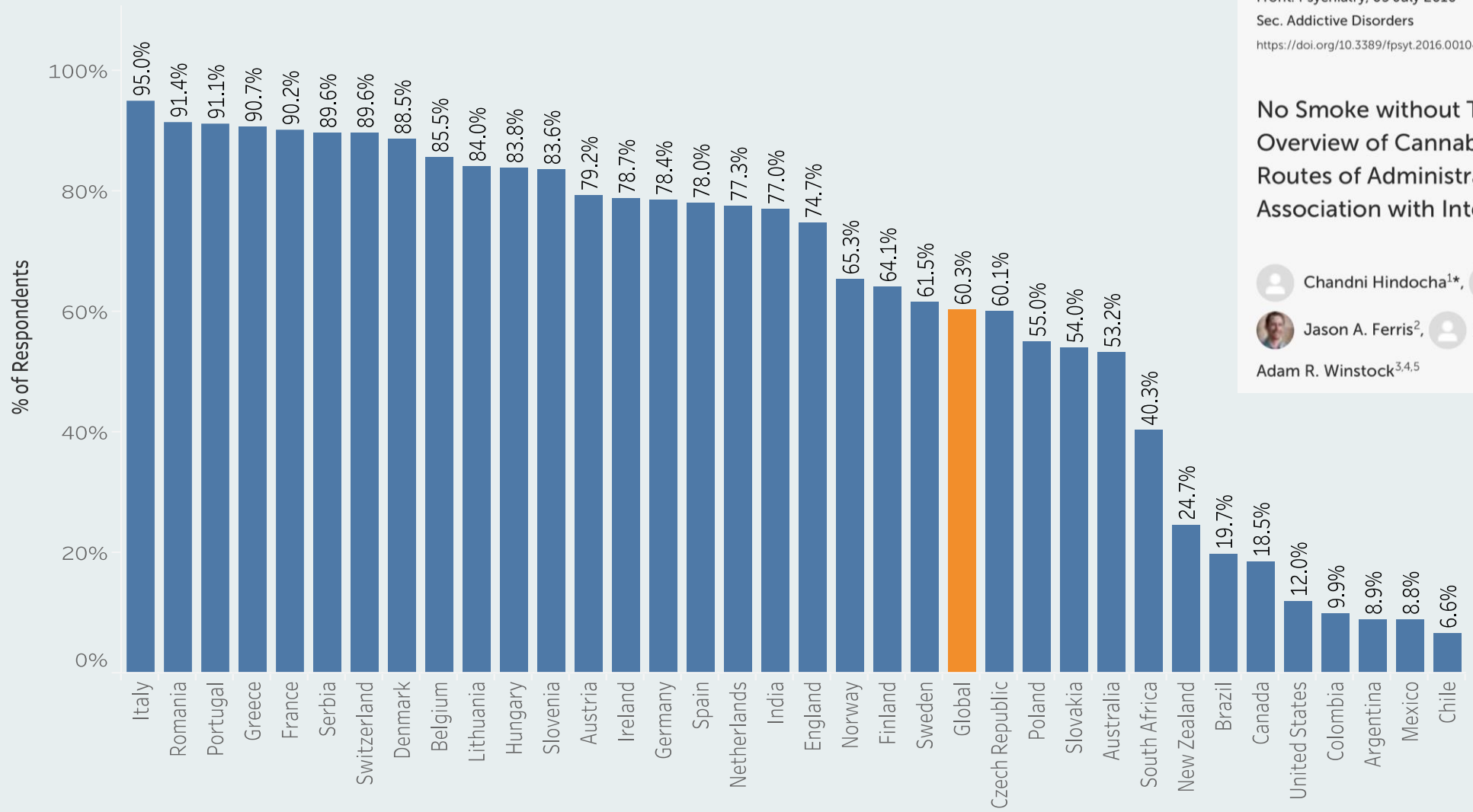
GLOBAL DRUG SURVEY 2019

84.5% of all GLOBAL GDS2019 participants reported ever having used cannabis

Over> 64,000 people completed this section of GDS2019.
All participants who reported use of any THC containing cannabis preparation in the last 12 months were eligible to complete this section.

Global Drug Survey GDS2019 © Not to be reproduced without authors permission

WHO MIXES USUALLY CANNABIS WITH TOBACCO AROUND THE WORLD (%)



Front. Psychiatry, 05 July 2016
Sec. Addictive Disorders
https://doi.org/10.3389/fpsyt.2016.00104

No Smoke without Tobacco: A Global Overview of Cannabis and Tobacco Routes of Administration and Their Association with Intention to Quit

Chandni Hindocha[1]*, Tom P. Freeman[1], Jason A. Ferris[2], Michael T. Lynskey[3] and Adam R. Winstock[3,4,5]

GLOBAL DRUG SURVEY

2018

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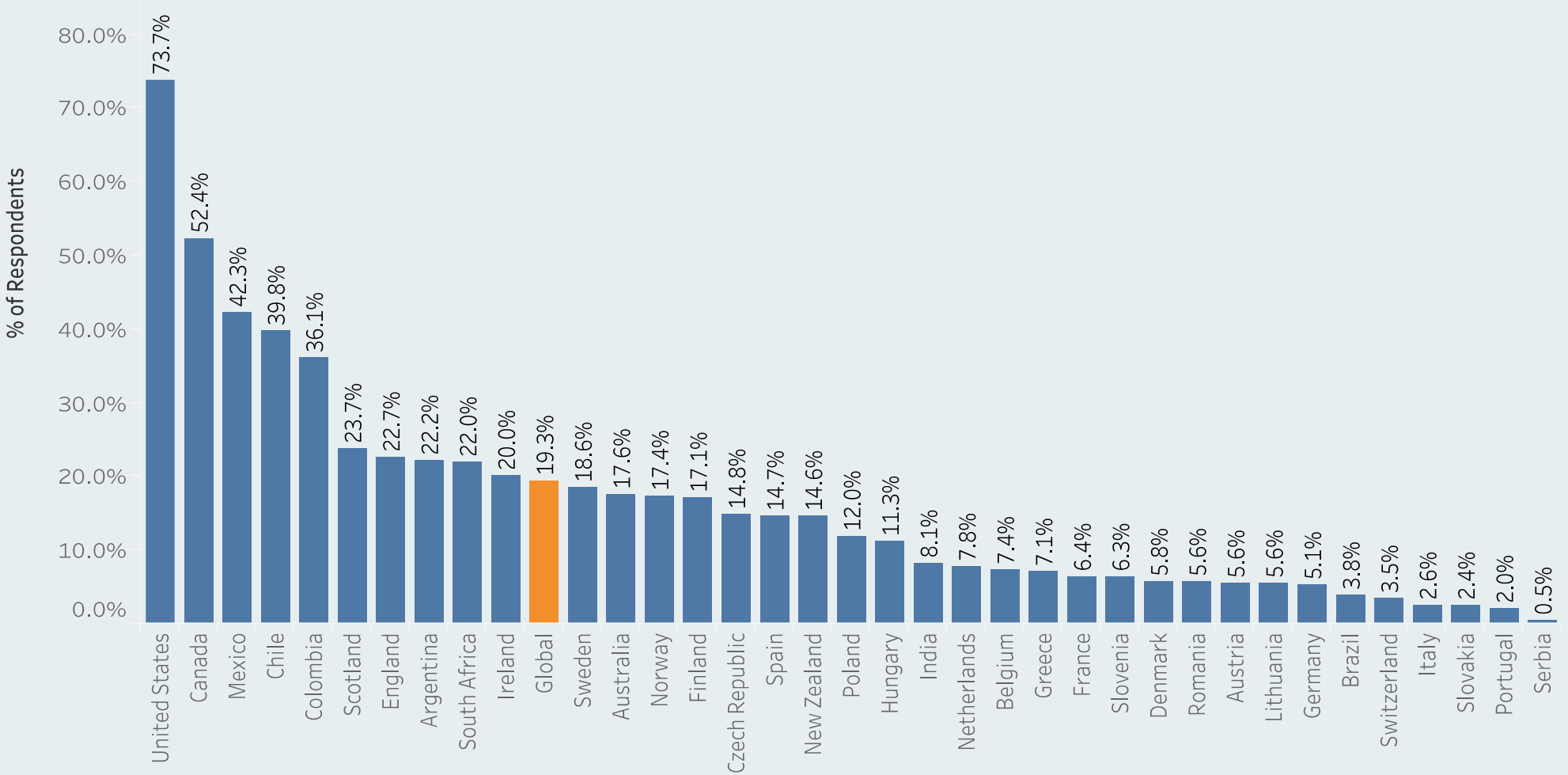
WHICH COUNTRY CITE **VAPING** CANNABIS IN THE LAST YEAR (% of cannabis users)



GLOBAL DRUG SURVEY

2018

Global Drug Survey GDS2019 © Not to be reproduced without authors permission

Cannabis, tobacco V [cannabis + tobacco]

Tobacco use falling globally but remains high among those who use drugs / heavy drinkers

In many countries last year cannabis use > last year tobacco use

For many main exposure to cannabis is through use of cannabis.

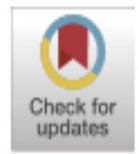
GDS data suggests in home cannabis smoking more common that tobacco use

Addictive Behaviors 125 (2022) 107130

Contents lists available at ScienceDirect

Addictive Behaviors

journal homepage: www.elsevier.com/locate/addictbeh



In-home cannabis smoking more prevalent than in-home tobacco smoking among 2019 Global Drug Survey respondents

John Bellettiere [a,*], Sandy Liles [a], Alexander Ivan B. Posis [a], Blake Anuskiewicz [a], Osika Tripathi [a], Benjamin Nguyen [a], Paul Chavez [a], Shu-Hong Zhu [a], Ji-Yeun Park [a], Adam Winstock [b], Jason Ferris [c]

[a] *Herbert Wertheim School of Public Health and Human Longevity Science, University of California San Diego, La Jolla, CA, United States*
[b] *Institute of Epidemiology and Health Care, University College, London, United Kingdom*
[c] *Centre for Health Services Research, Faculty of Medicine, University of Queensland, Brisbane, Australia*

Cannabis, tobacco V [cannabis + tobacco]

Tobacco use falling globally but remains high among those who use drugs / heavy drinkers

In many countries last year cannabis use > last year tobacco use

For many main exposure to cannabis is through use of cannabis.

GDS data suggests in home cannabis smoking more common that tobacco use

Cannabis markets changing preparations/potency – but tobacco associated routes of cannabis (TARC) use remain dominant.

Aside from dependent use / use by those with serious mental illness and early onset of use use of tobacco by cannabis uses represents the biggest and most ignored public health risk associated with cannabis use

GLOBAL DRUG SURVEY 2018

Why should we worry?

- Tobacco gateway drug to canna
- 9% cannabis dependence v 68%
- Tobacco increases risk of cannal
- Poorer treatments outcomes fo dependence and withdrawal an treatment ***
- Tobacco is not needed if you wa has no effect on user ratings of euphoria/stimulation → unnece

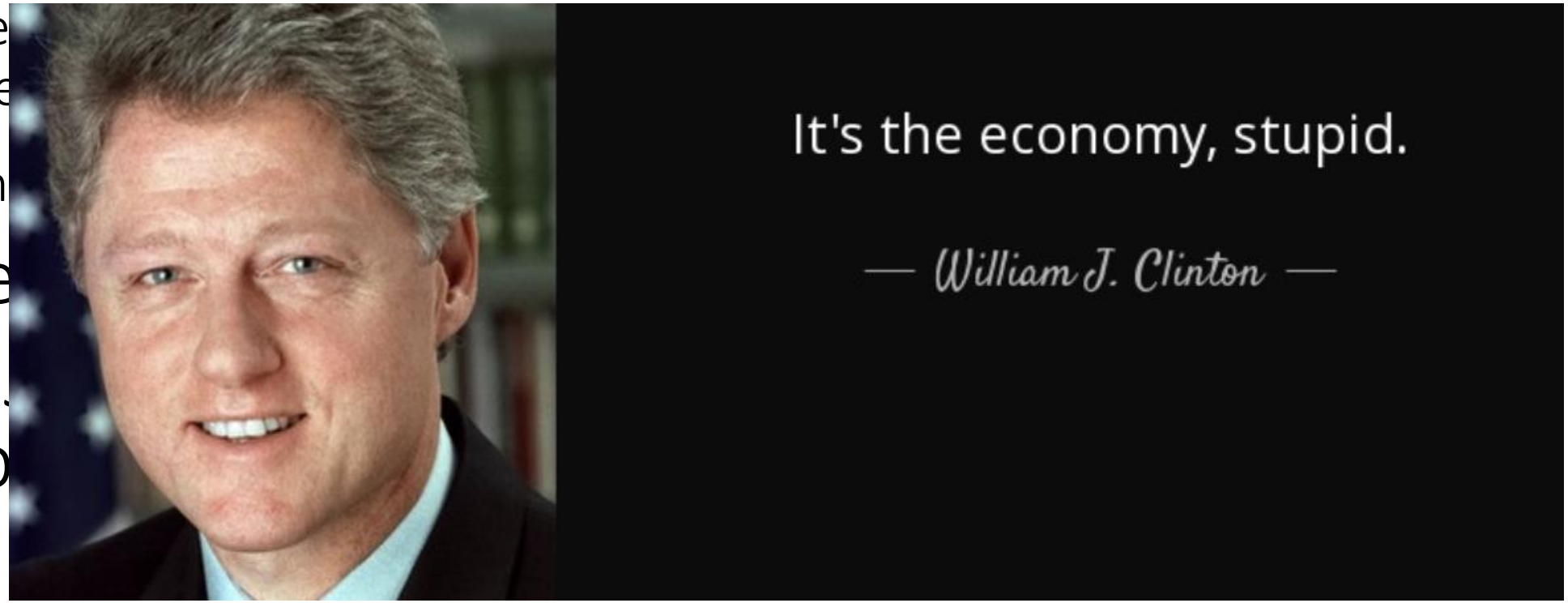
Adding tobacco to a cannabis joint doesn't improve the experience of being stoned, but it does reduce the memory impairment inherent to cannabis use, finds a new UCL study published in Psychological Medicine.

Ream GL et al 2008*
Hindocha et al 2015** Lopez-Quintero et al 2011**
Peters et al 2012***

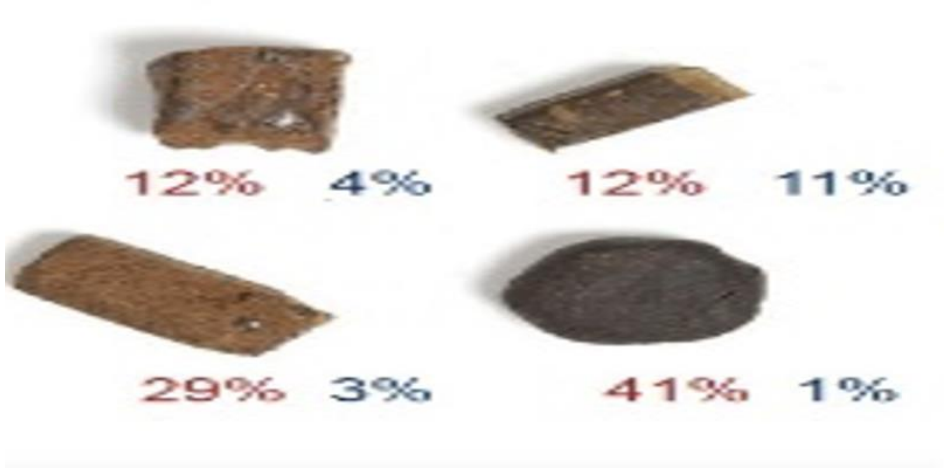
Why people mix cannabis with tobacco?

Addiction vulnerability hypothesis; gateway theory; common route of administration

- Function: Tobacco increases extraction of THC (45% - Lopez 2006); rolling / smoking
- Effect: acute
  cognition; dilute
- Ritual: so im
- Culture/pe
- Economy:
  for nontob

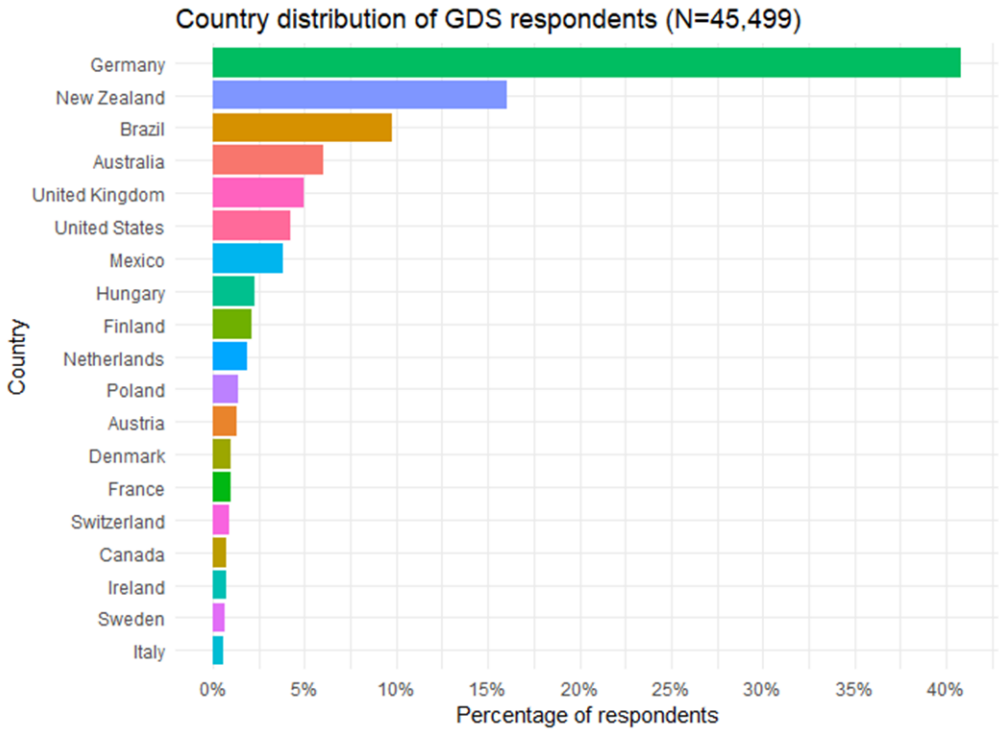


Preparations influence options for routes of use

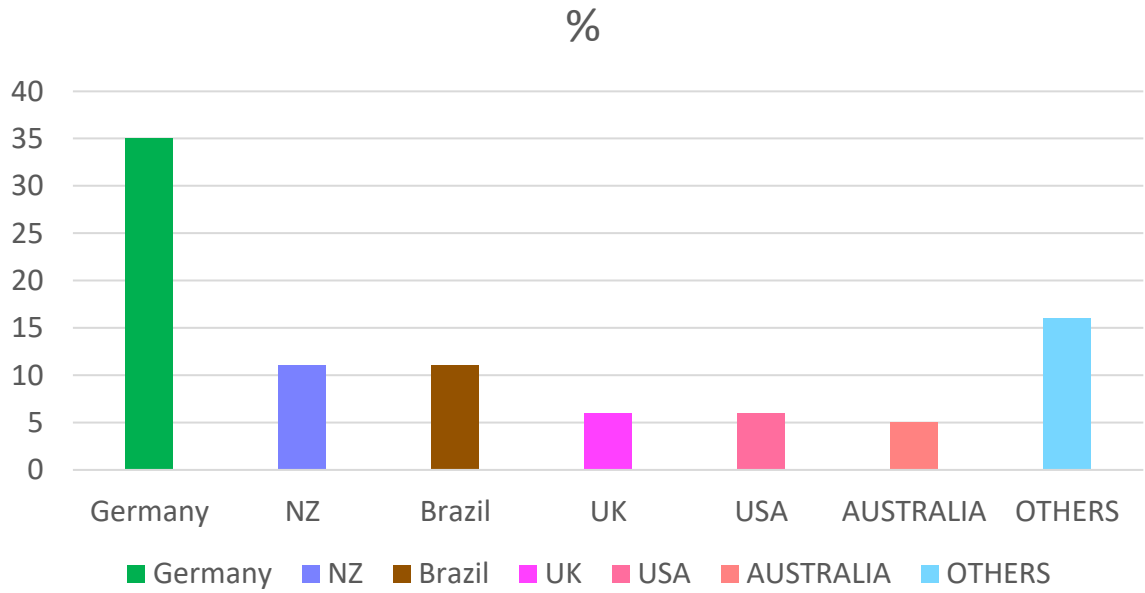


What would it take to get you to stop skinning up your joints with tobacco?

n = 45,000

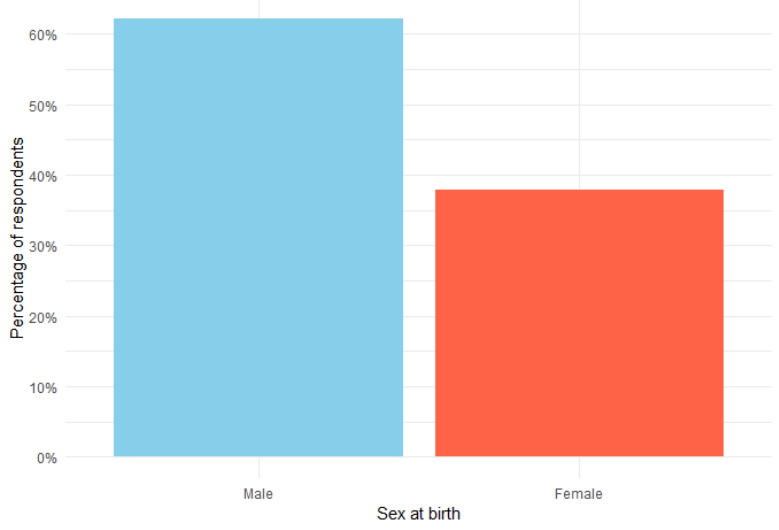


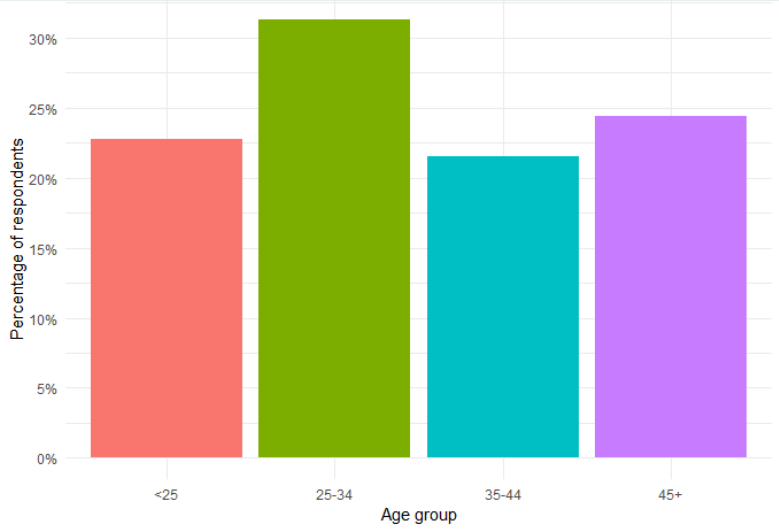
n = 16,000



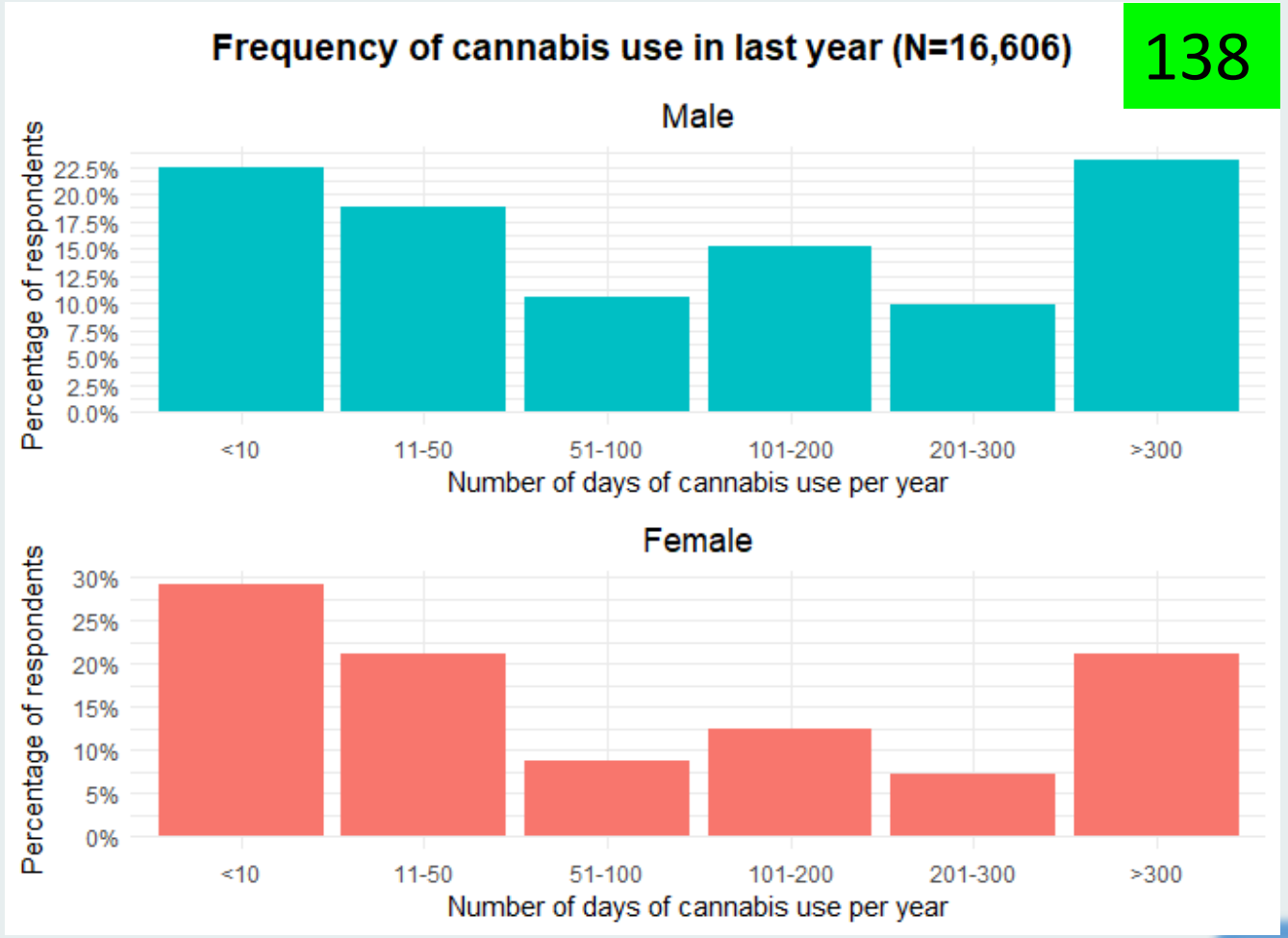
Professor Adam R Winstock 2022

16,000 completed specialist cannabis module





84.8% reported smoking cigarettes (48.8% in the last 30 days)



DRUG SURVEY

2022

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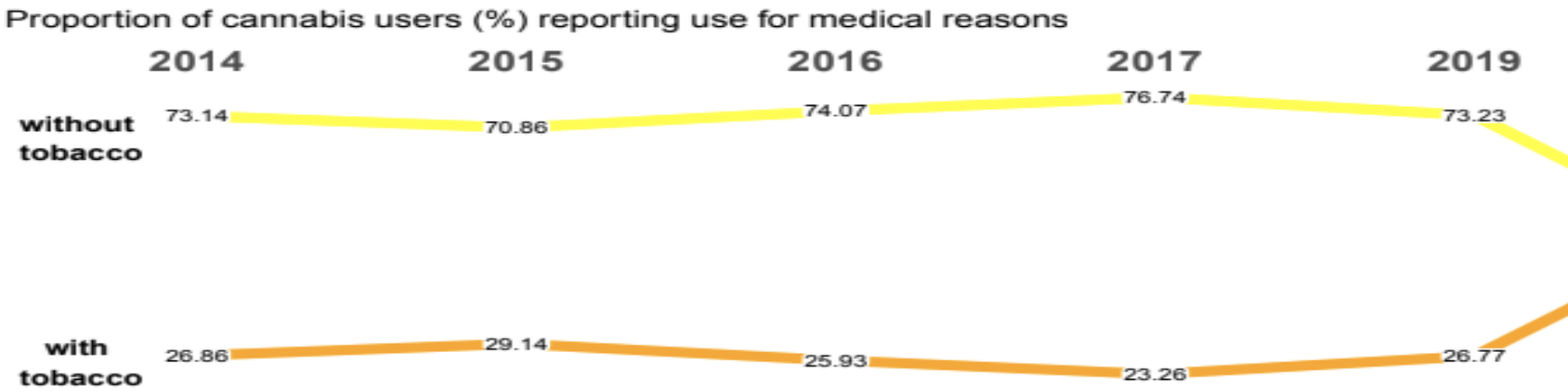

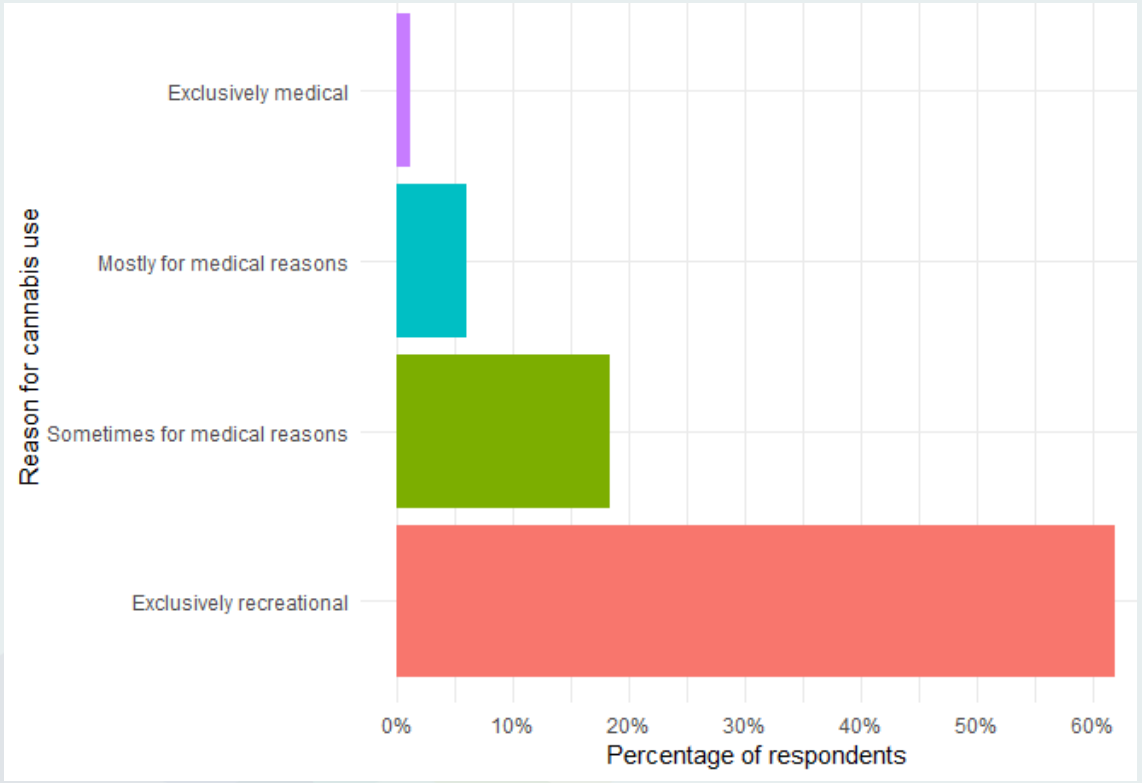

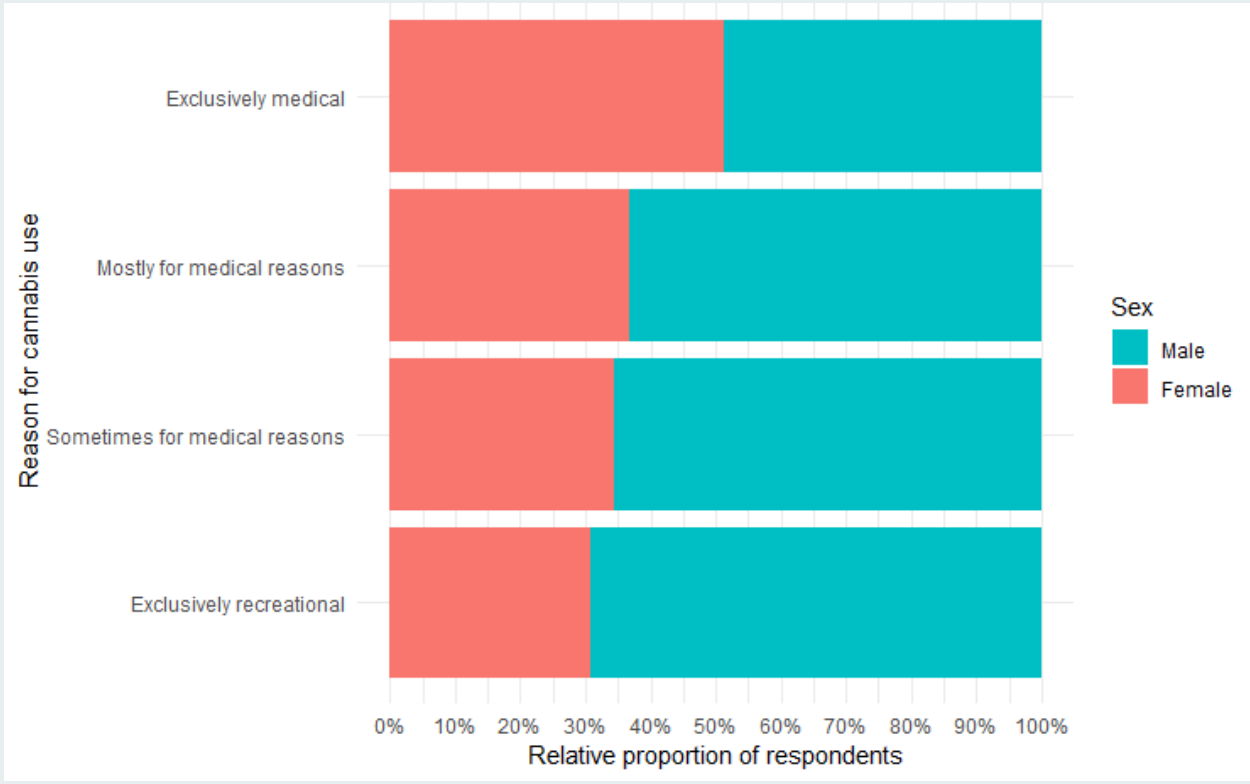

DRUG SURVEY

2022

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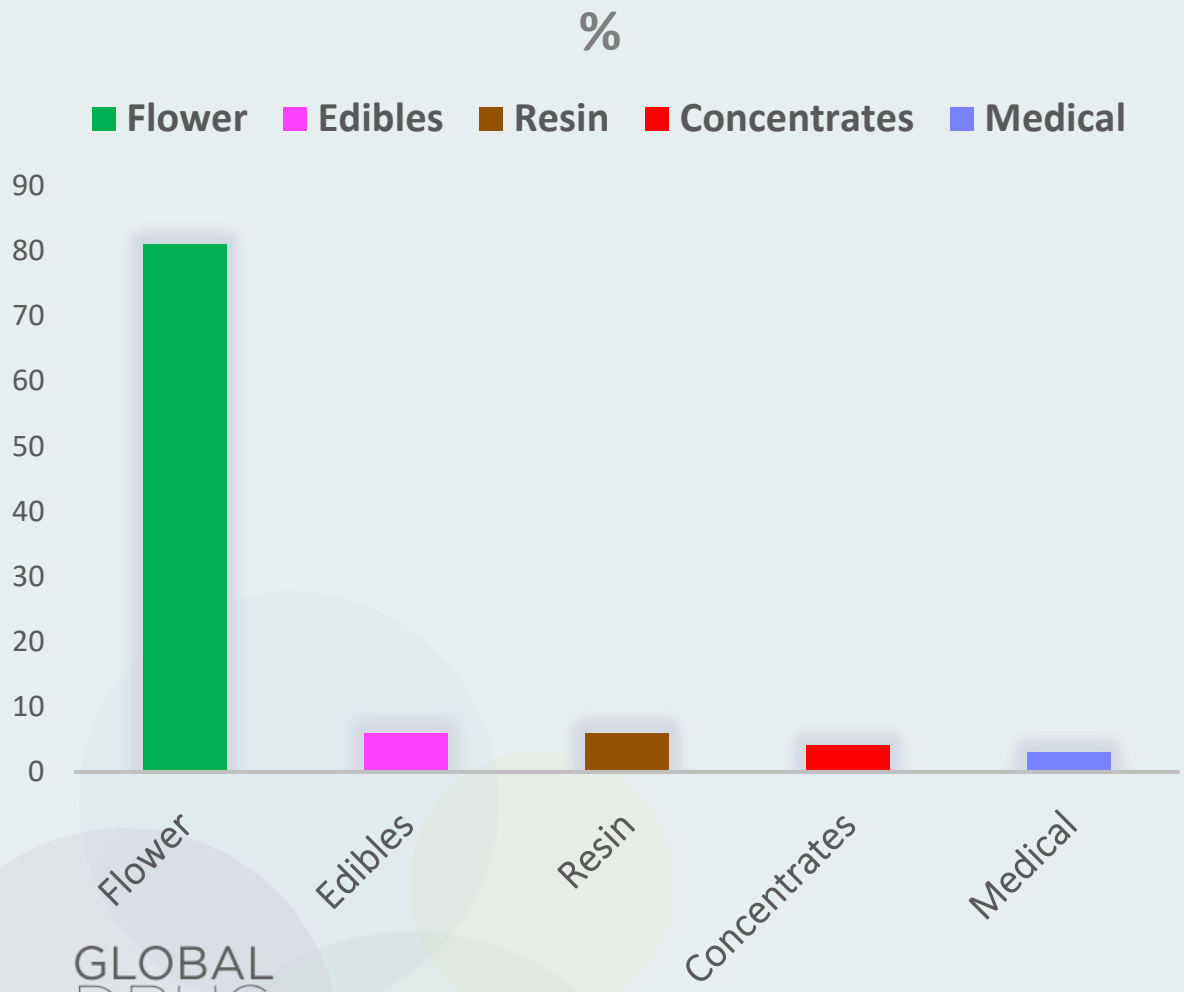
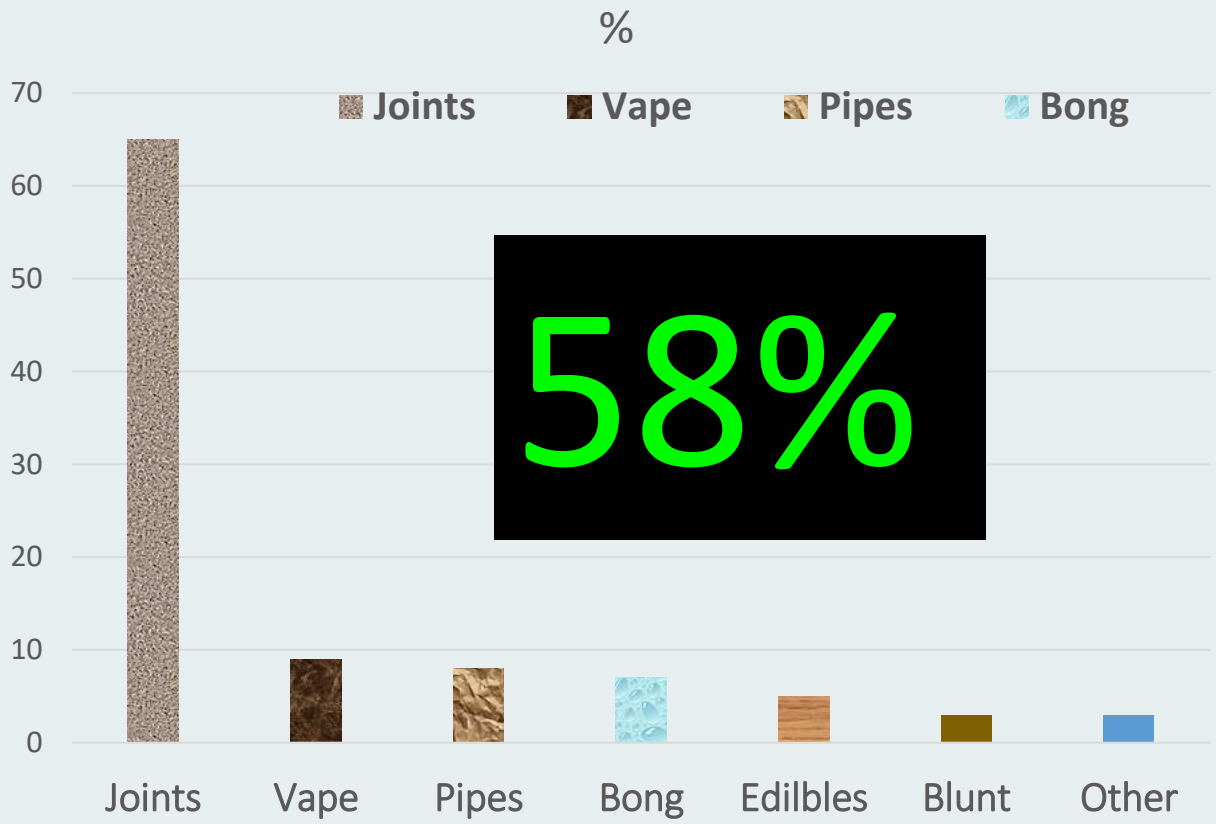
Main preparation



Main method of use



GLOBAL DRUG SURVEY

2022

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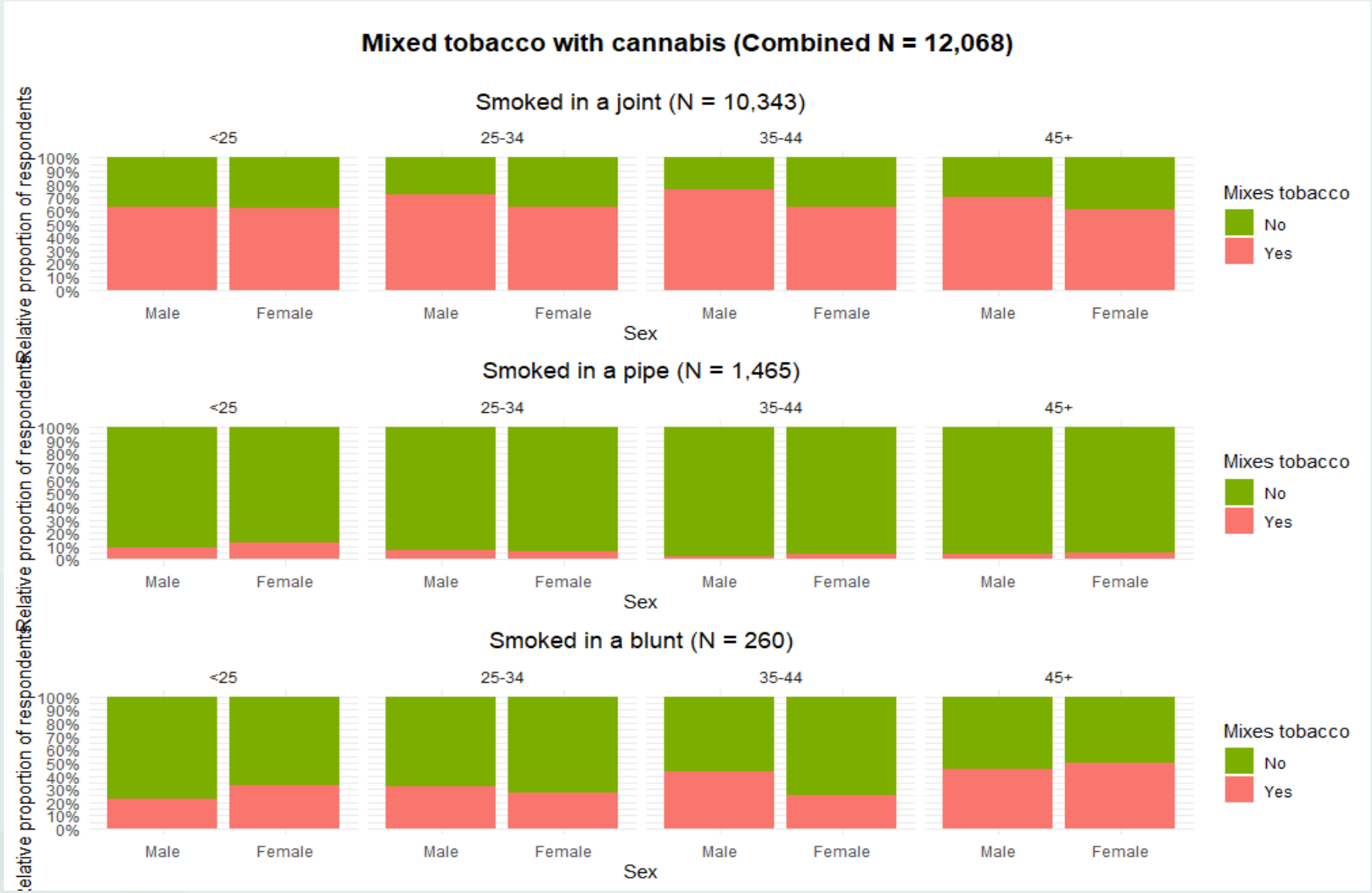
Mixing with tobacco by smoking method

JOINTS 65%

PIPE 10%

BLUNTS 25%



GLOBAL DRUG SURVEY

2022

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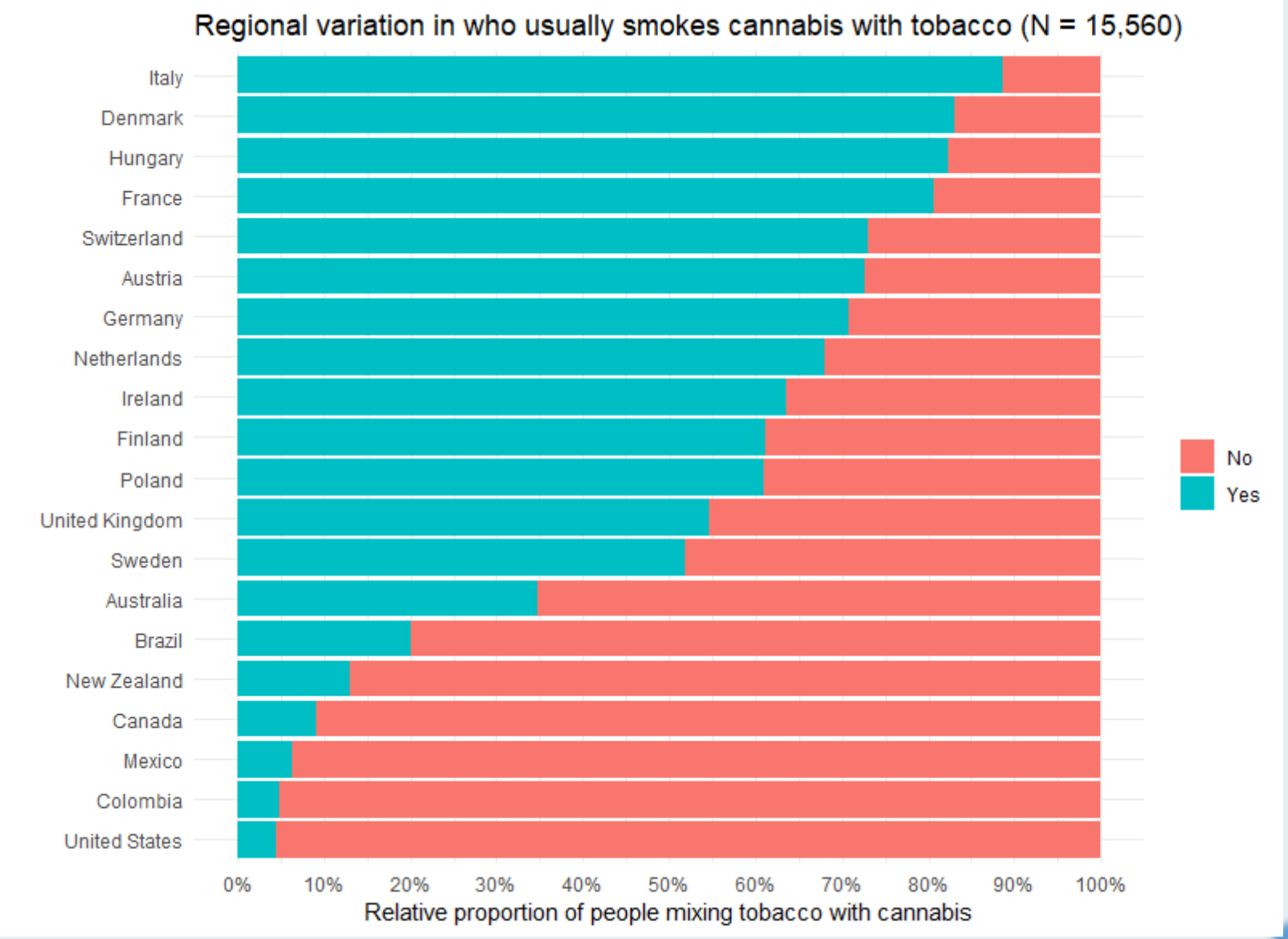
Resin smokers more likely to use tobacco

Concentrate users least likely to use tobacco

Prevalence highest in Europe

Less common in North America, South America, and Oceania



GLOBAL DRUG SURVEY

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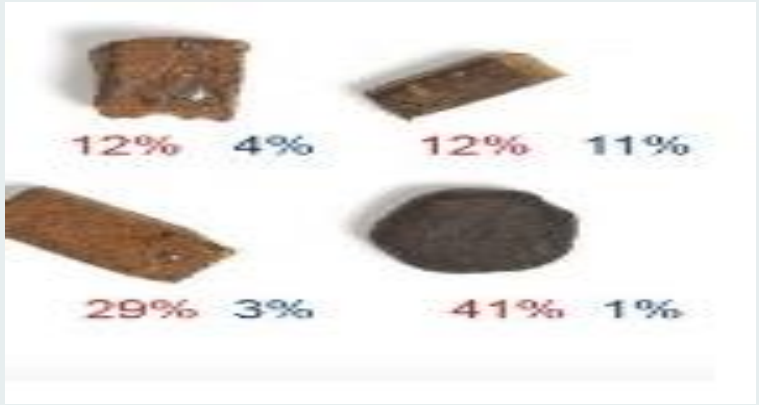
Why resin is a worry



Why vaping concentrates is not the answer

ARTICLE

User characteristics and effect profile of Butane Hash Oil: An extremely high-potency cannabis concentrate

Chan, Gary C.K ; Hall, Wayne ; Freeman, Tom P ; Ferris, Jason ; Kelly, Adrian B ; Winstock, Adam

Ireland: Elsevier B.V

Drug and alcohol dependence, 2017, Vol.178, p.32-38

PEER REVIEWED OPEN ACCESS

Article | Open Access |

Published: 06 September 2022

Rates and correlates of cannabis-associated psychotic symptoms in over 230,000 people who use cannabis

Tabea Schoeler, Jason Ferris & Adam R. Winstock

Translational Psychiatry **12**, Article number: 369 (2022) | Cite this article

2022

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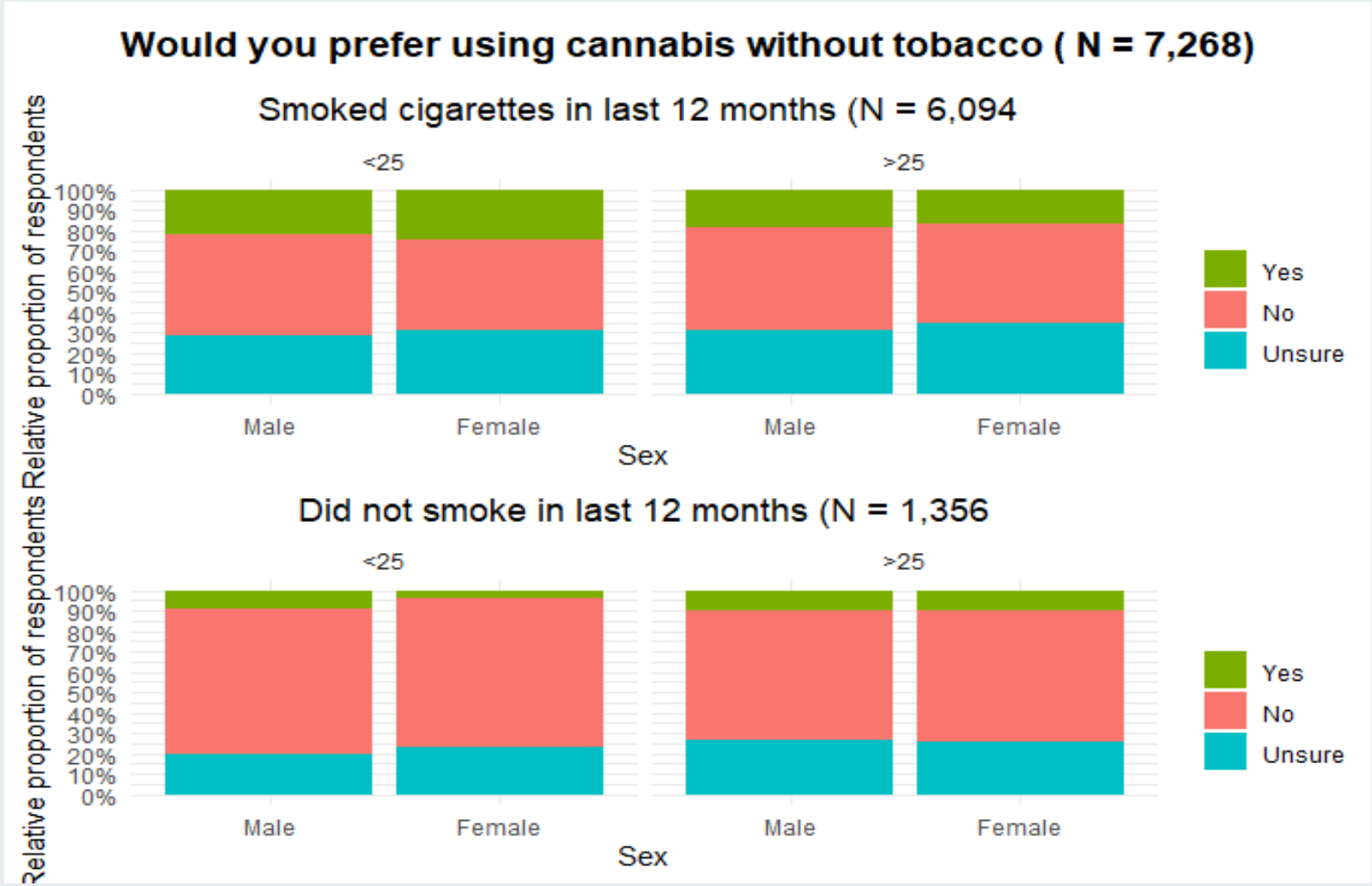
Motivation to stop mixing with tobacco

Motivation to stop use with tobacco higher among current cigarette smokers – although 50% would not prefer to use cannabis without tobacco.

10% of non cigarette smokers would prefer to smoke with tobacco, 70% would not



GLOBAL DRUG SURVEY

2022

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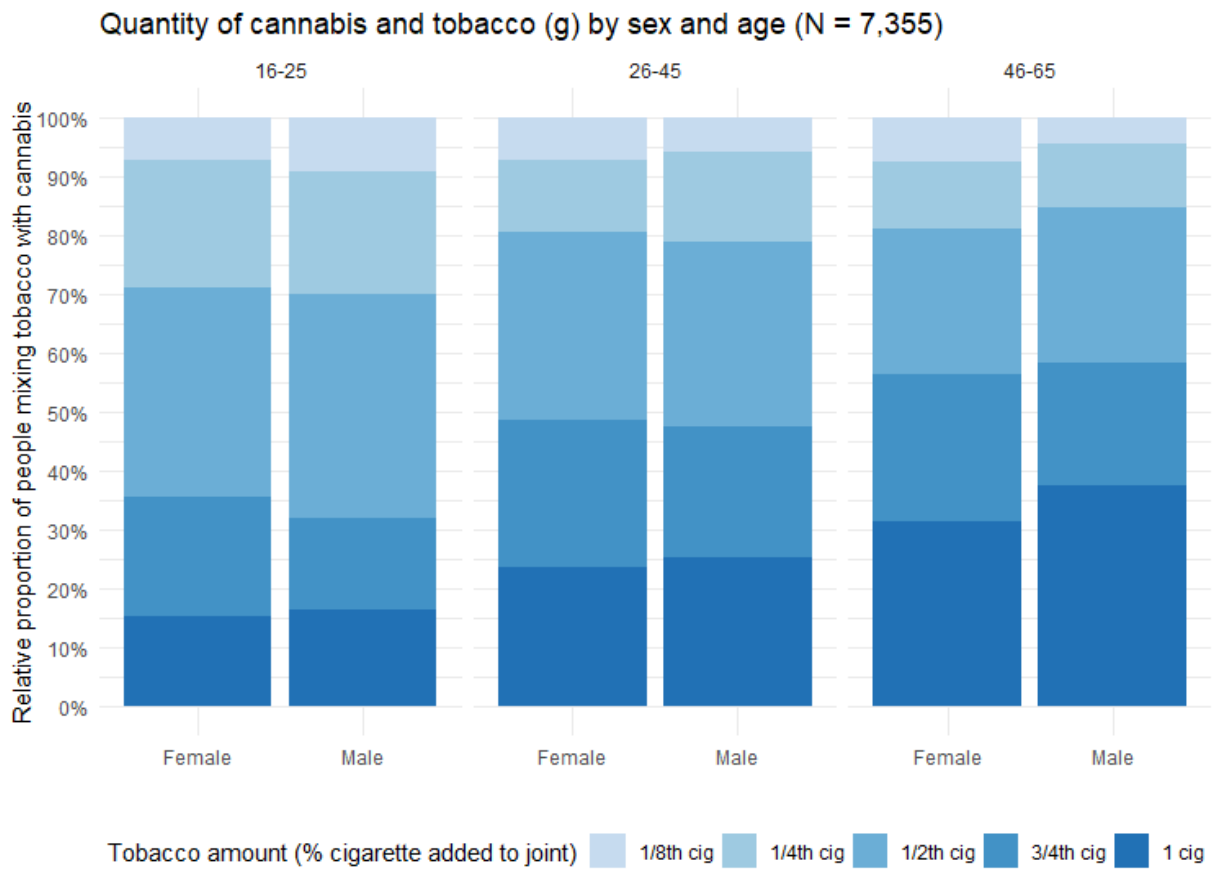
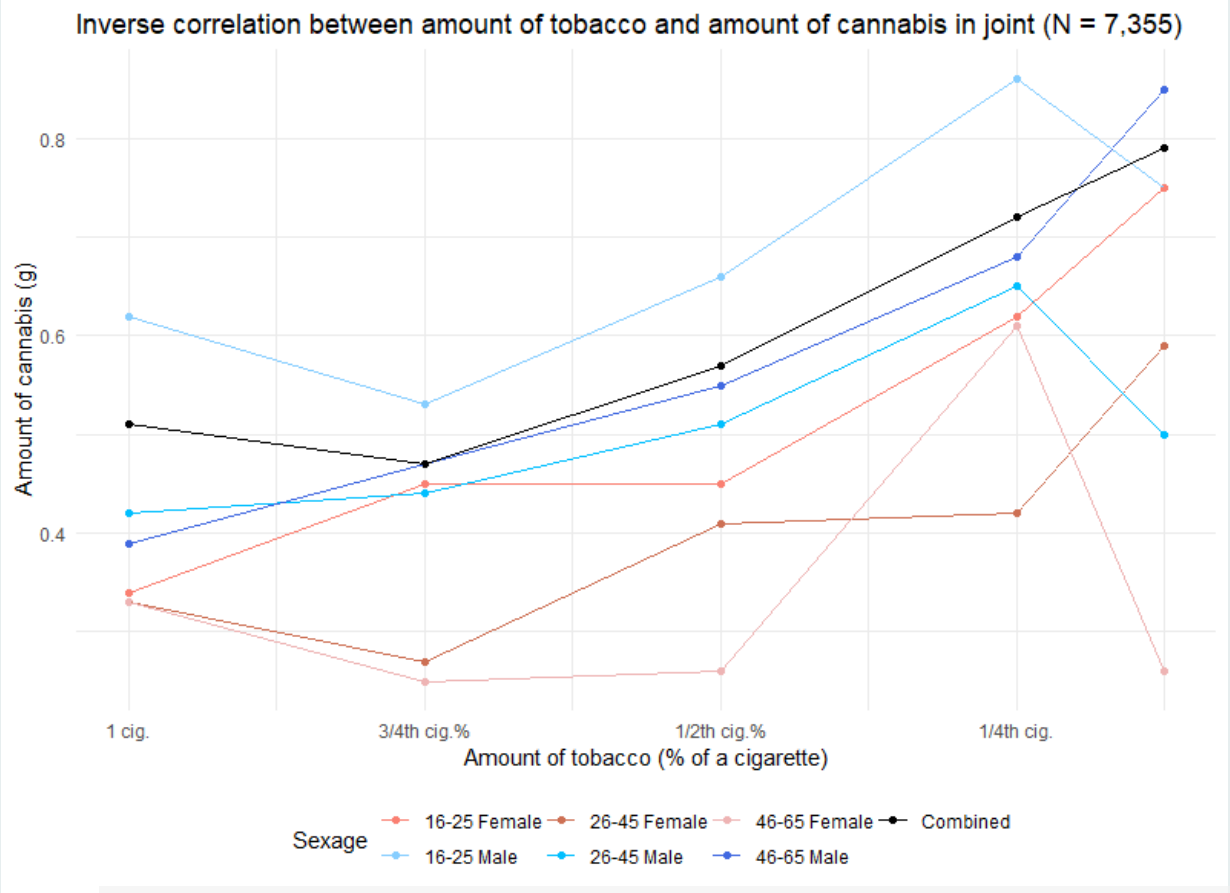
Do we have to worry about non-cigarette smokers





>50% use ¾ cig or more / joint

Older people use more > younger

Inverse relationship between amount of tobacco use and amount of cannabis used

GLOBAL DRUG SURVEY 2022

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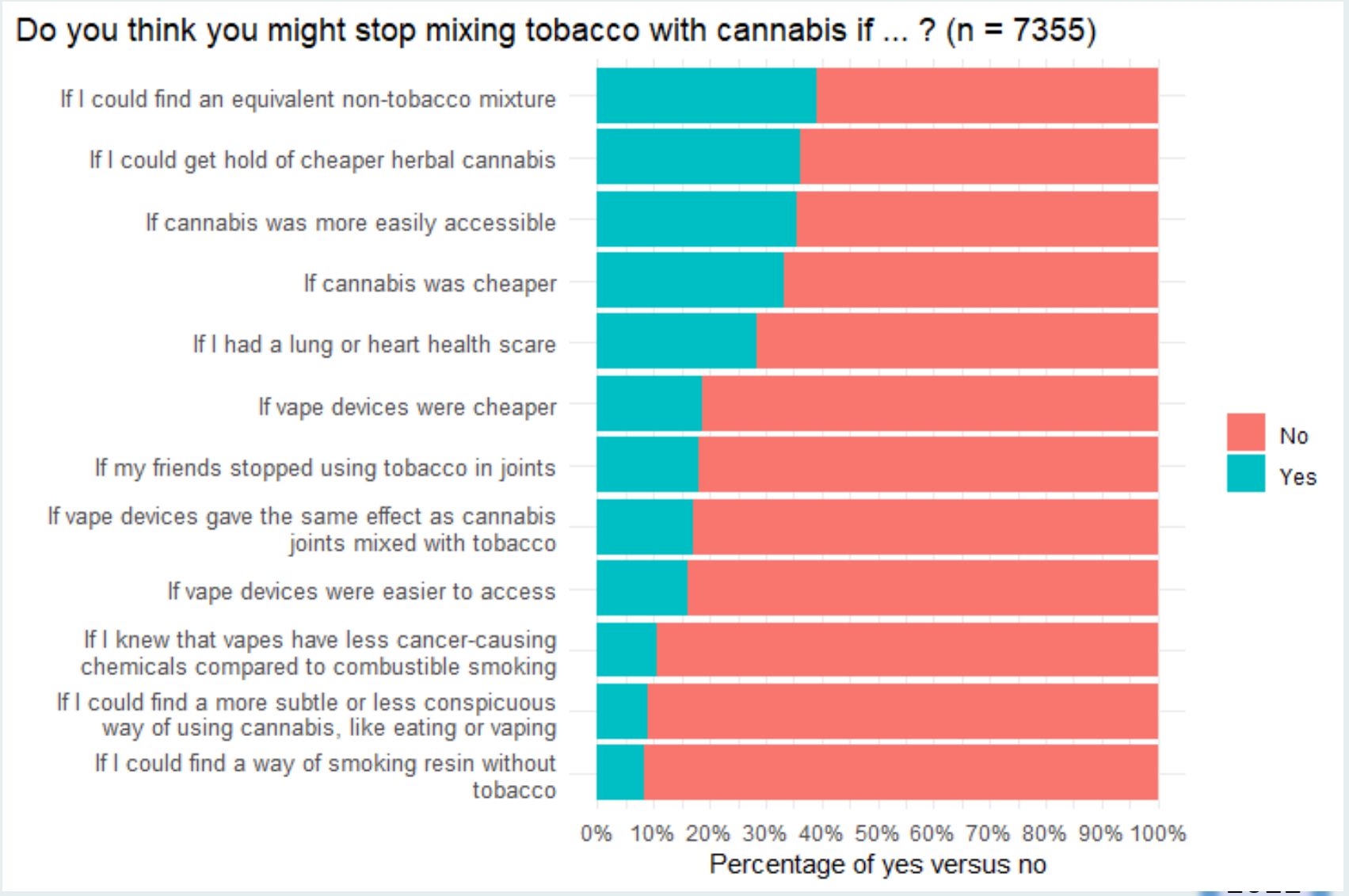
Alternatives for tobacco ROA cannabis smokers

Non-tobacco smoking mixtures



GLOBAL DRUG SURVEY

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Alternatives for tobacco ROA cannabis smokers

Non-tobacco smoking mixtures

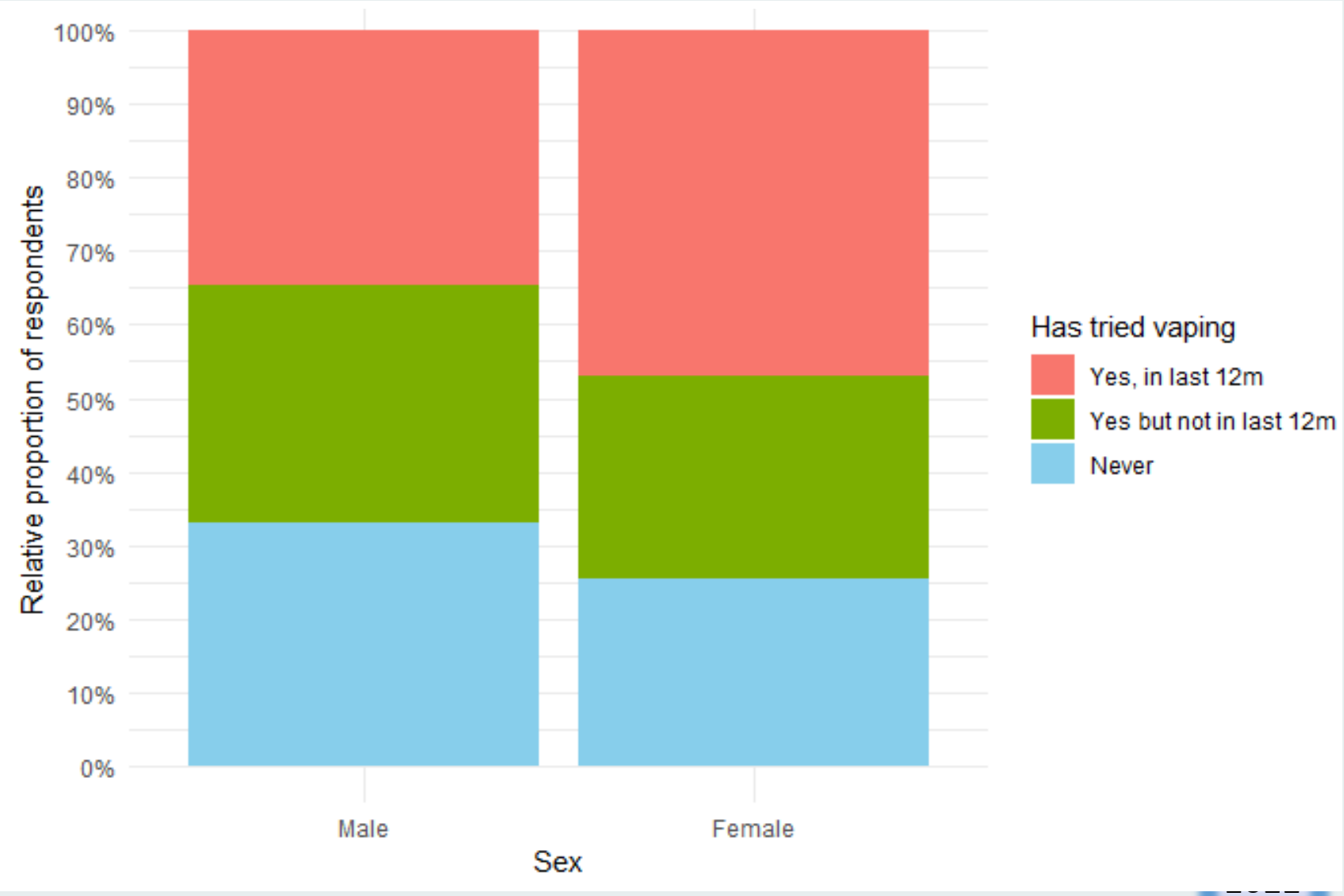
Cheaper herbal cannabis / less potent

Cheaper vape devices
Better vape devices

Physical health scare

Awareness of risks

Peer group change



GLOBAL DRUG SURVEY

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GLOBAL GDS 2018 SAMPLE :
CANNABIS QUITTING

GLOBAL DRUG SURVEY 2018

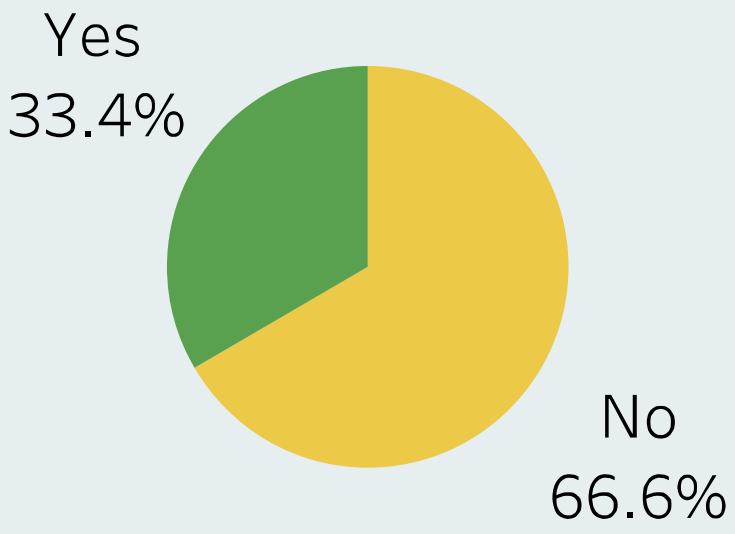
One third of last year cannabis users (n = 50,000) who took part in GDS2018 reported ever having tried to quit using cannabis. Of these over half has tried to do so in the last 12 months.

4500 people completed this special section about their most recent attempt at trying to quit cannabis.

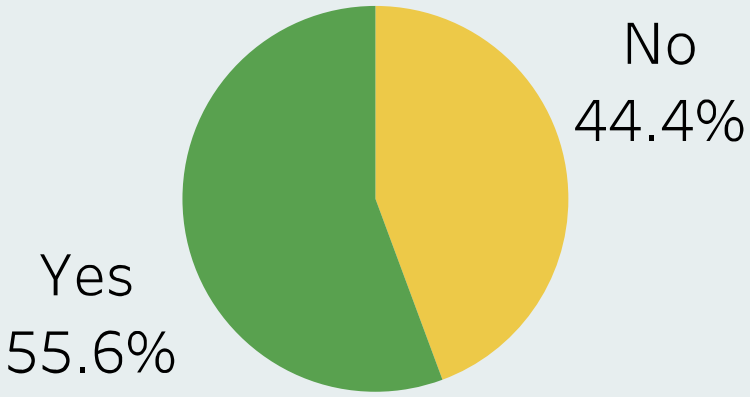
Global Drug Survey GDS2018 © Not to be reproduced without authors permission

EVER TRIED TO STOP?

Ever tried to stop?



Tried to stop in the last 12 months?



Of those completing the GDS2018 cannabis quitting section, 53% had tried to quit once, 23% twice, 10% three times, with 14% trying 4 or more times

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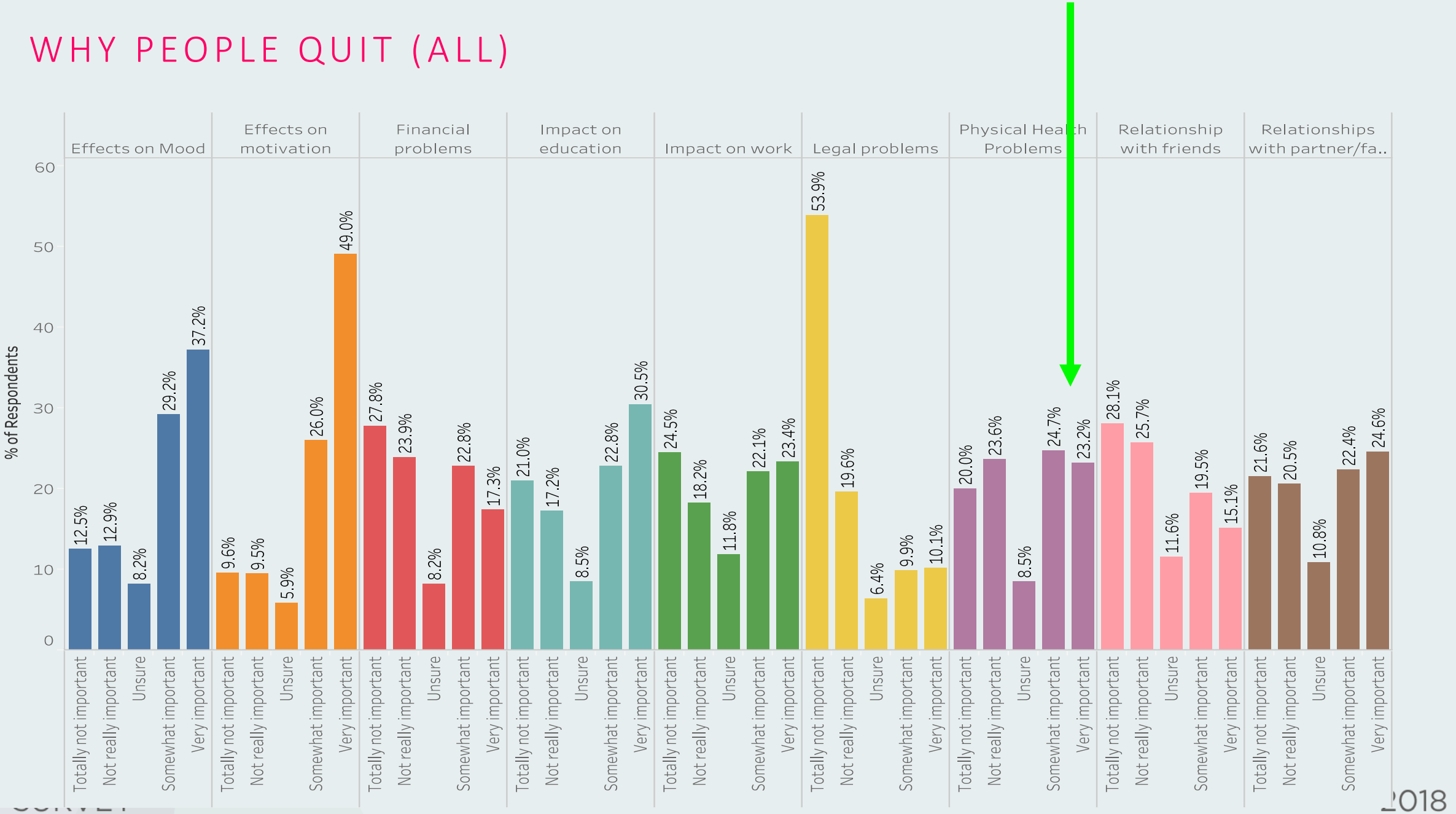
WHY PEOPLE QUIT (ALL)



2018

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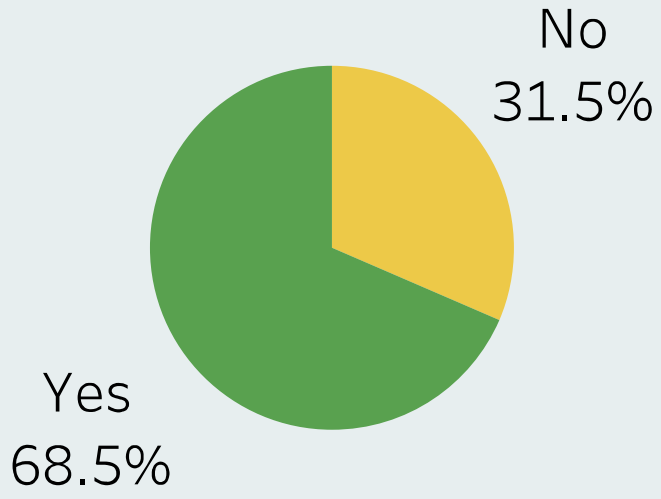
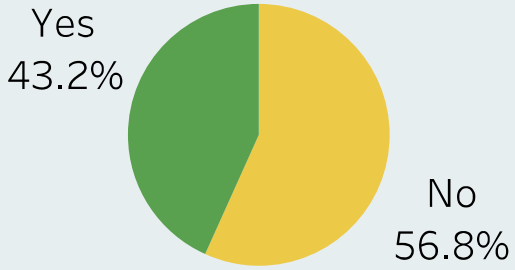
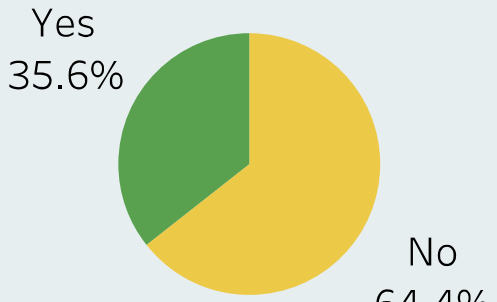
MIX CANNABIS WITH TOBACCO PRIOR TO QUIT ATTEMPT



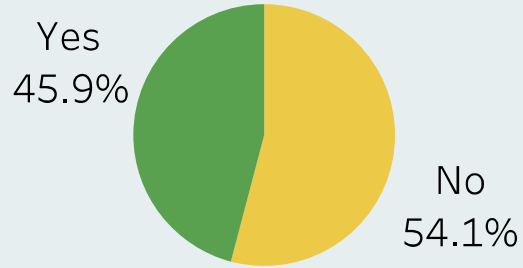
DID YOU THINK ABOUT STOPPING BOTH TOBACCO AND CANNABIS



FEMALE



MALE



GLOBAL DRUG SURVEY

2018

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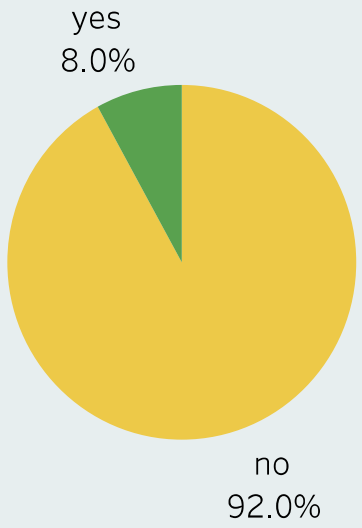
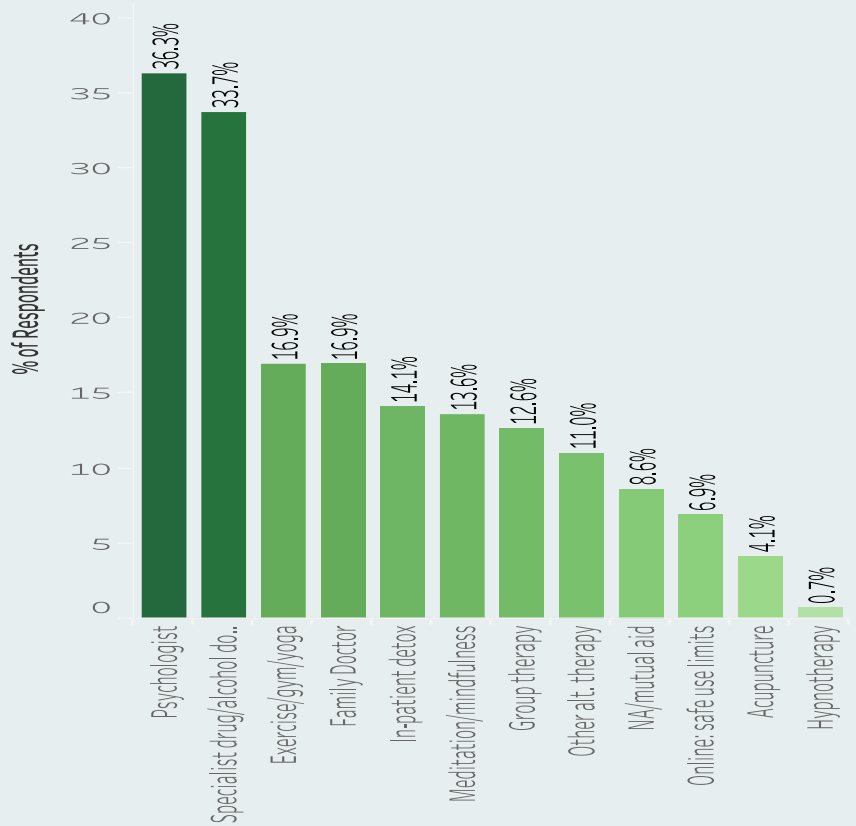
DID YOU SEEK ANY PROFESSIONAL SUPPORT TO HELP YOU QUIT CANNABIS?



WHAT HELP DID YOU SEEK?



GLOBAL DRUG SURVEY

2018

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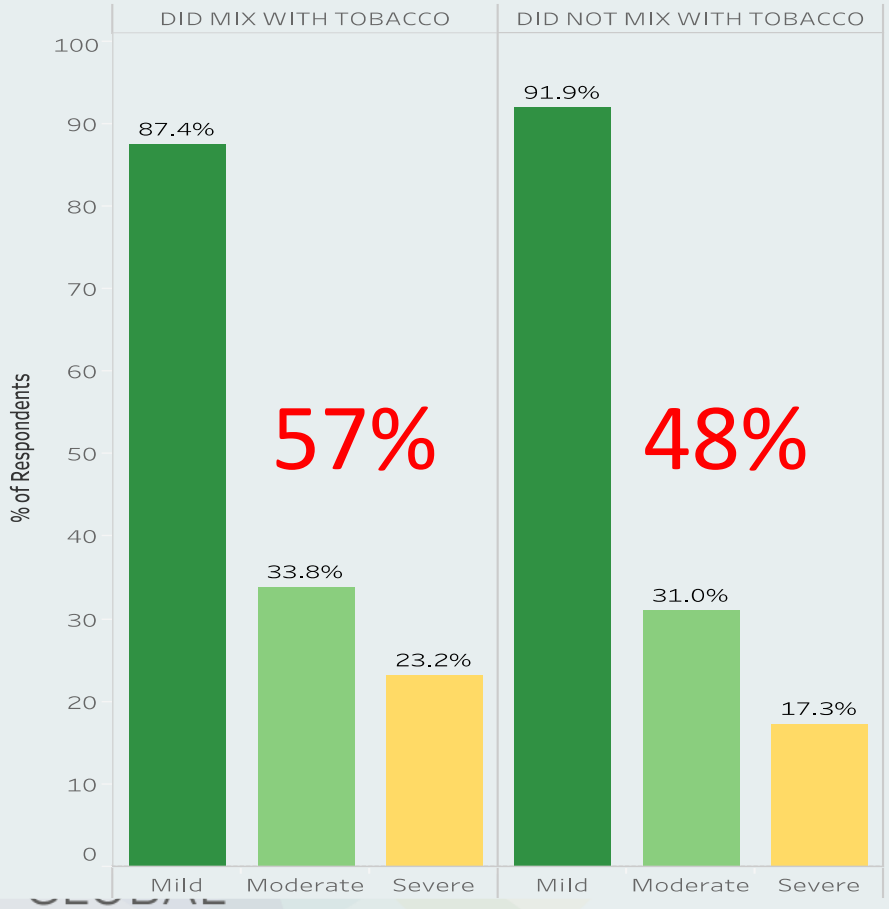
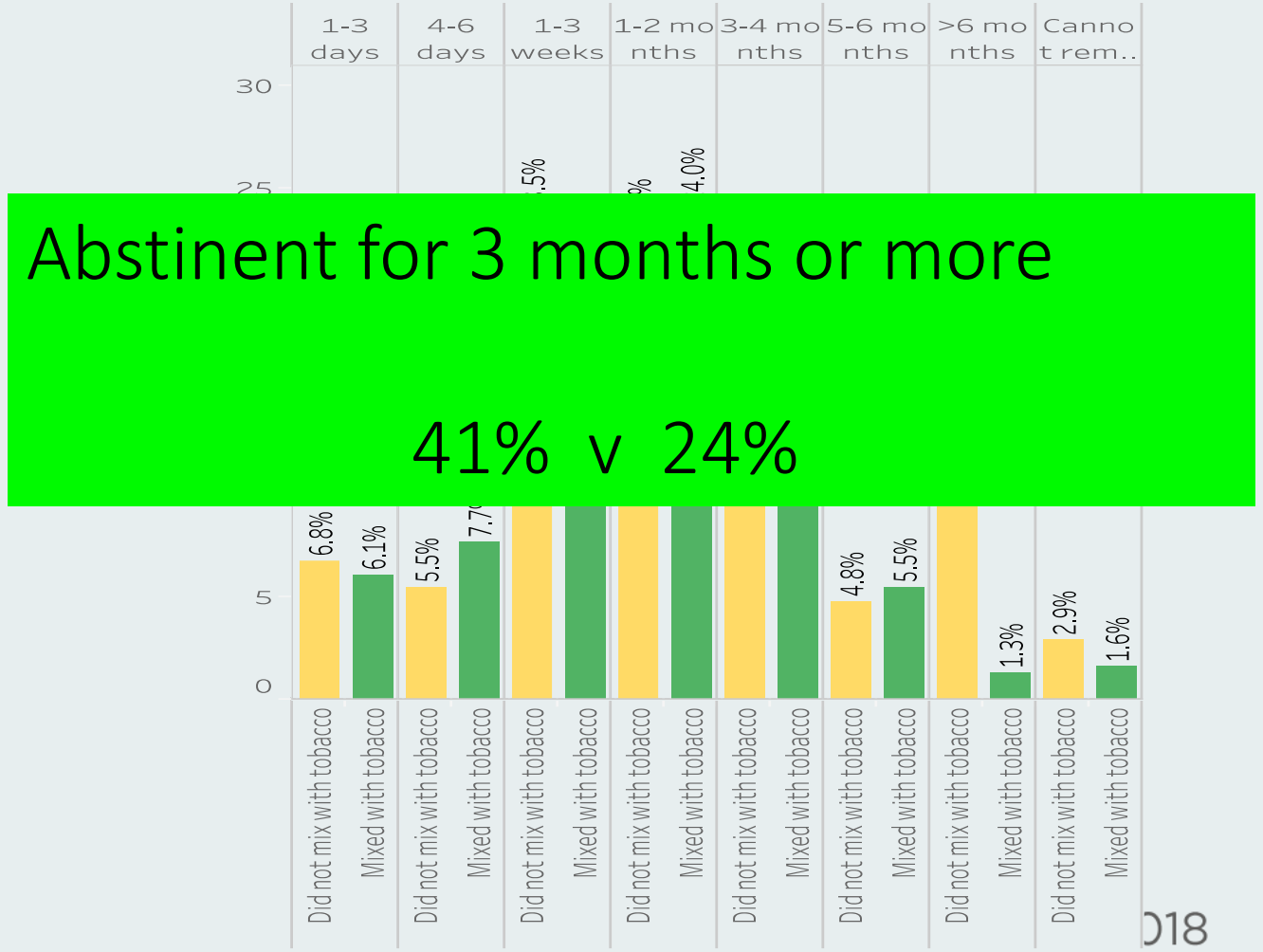
WITHDRAWAL SYMPTOMS RATED MODERATE OR SEVERE BY WHETHER THEY MIX WITH TOBACCO



HOW LONG DID YOU GO WITHOUT CANANBIS FOR FOLLOWING THIS QUIT ATTEMPT (TOBACCO MIXERS V PURE USERS)



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What to do ? MOTIVATION / EDUCATION

Policy / regulation

Mandatory health labelling / route advice

Remove all barriers to use of vape devices

GLOBAL DRUG SURVEY

2022

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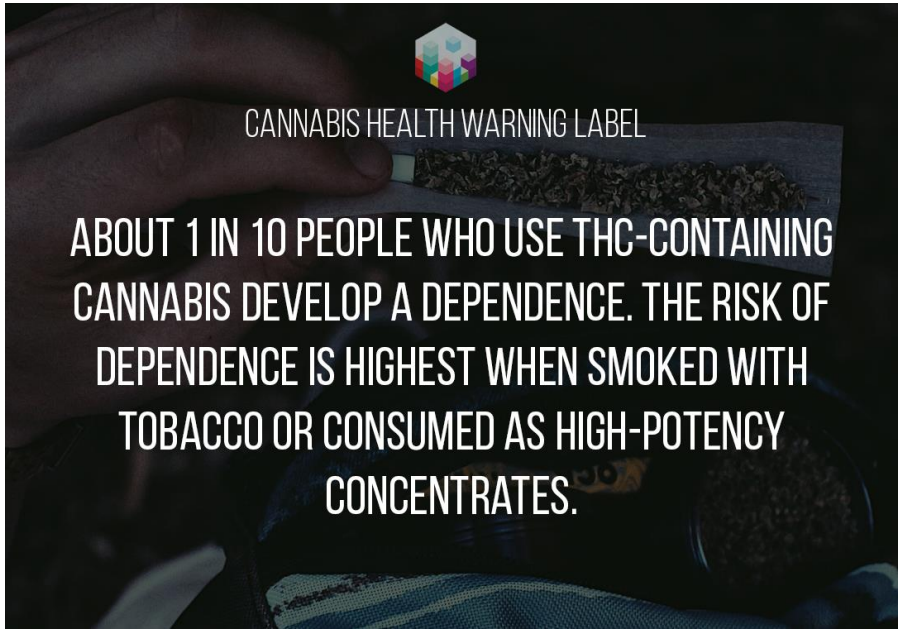
International Journal of Drug Policy

Volume 91, May 2021, 102789

Research Paper

Perceptions of cannabis health information labels among people who use cannabis in the U.S. and Canada

Adam R. Winstock [a] ... Emma L. Davies [f]



Conclusions

Novel, believable information may be more effective at changing behavior. Regular consumers may be less susceptible to messages. Information focusing on safer use strategies and benefits of reducing use may be more acceptable and should be assessed in future research.

What to do ? MOTIVATION / EDUCATION

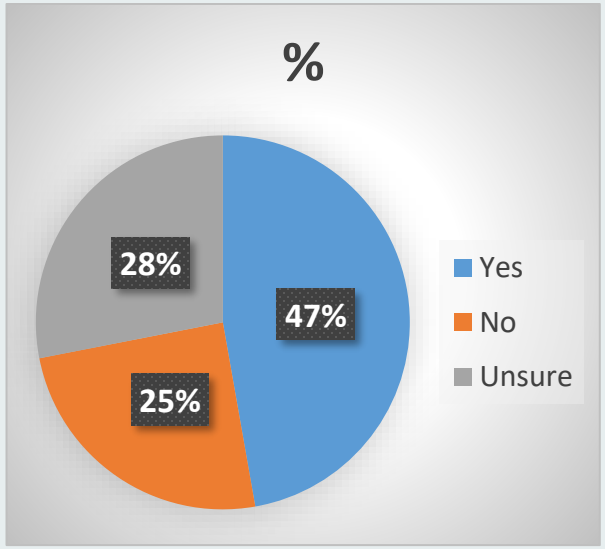
Policy / regulation

Mandatory health labelling / route advice

Remove all barriers to use of vape devices

Minimum pricing to make concentrates less appealing

Min pricing based on THC (n=8000 GD2017)



GLOBAL DRUG SURVEY

2022

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What to do ? MOTIVATION / EDUCATION

Policy / regulation	Health promotion / education	Treatment	Tech/innovation
Mandatory health labelling / route advice	Health promotion campaigns – that highlight benefits of nontobacco ROA	Address both issues	Nonsmoking mixtures
Remove all barriers to use of vape devices	Education on route related risks for higher risk groups	Cue related issues	Improve vaping tech
Minimum pricing to make concentrates less appealing	Encourage people to try new routes	NRT	Tech to support non-tobacco routes for resin
	Rates of dependence/withdrawal	Vaping	
		How to reduce off both	
		CM	

Raise awareness
Build motivations
Give acceptable alternatives
Treat both together

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2022

TOBACCO THE EVIL WEED

Safer use limits

How safe is your drug use?

The world's first safer drug use limit guide*

GET STARTED

TELL ME MORE FIRST

Brought to you by

GLOBAL DRUG SURVEY

Professor Adam R Winstock 2022

www.saferuselimits.co

DONATE

Safer use limits

Why create this guide?

Nobody takes recreational drugs to have a bad time. People take drugs to have fun and many people do. But sometimes they don't and people can end up in all sorts of messed up places – sometimes for a night, very rarely for life.

Global Drug Survey is interested in helping people use drugs more safely, regardless of their legal status. We do this by sharing what we learn from the hundreds of thousands of people who take part the world's biggest drug survey the annual Global Drug Survey. As part of our way of saying thank you, to every one of the 102,000 people who took part in GDS2015

Cannabis

How often do you use Cannabis?

- ○ 3–4 times a year
- ✓ Once a month
- ○ Twice a month
- ○ 1–2 times a week
- ○ 3–4 times a week

On a typical day of use, how much cannabis do you use? ?

- ○ Very low (0.25gm or less)
- ✓ Low (0.25–0.5gm)
- ○ Moderate (0.8–1.0gm per day)
- ○ High (2gm or more per day)

Please note for daily use amount above 2gm per day just increase your risk . . . a lot!

GET MY SCORE

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Please note for daily use amount above 2gm per day just increase your risk . . . a lot!

GET MY SCORE

GET MY SCORE

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GLOBAL DRUG SURVEY

Made by dtc studio

GDS stresses that given the huge evidence that the early onset of drug and alcohol use before the age of 18 years of age, can cause long lasting impairments in your cognitive and emotional ability and potential, our guidelines strictly are those over 18 years of age.

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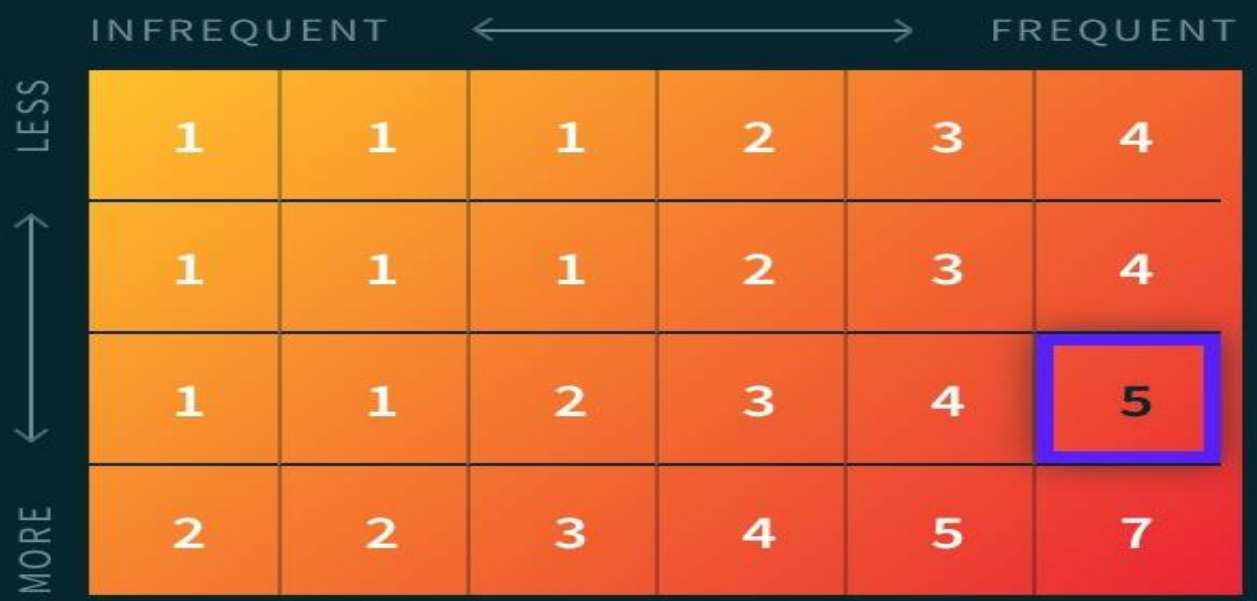
Your score

2 **Low**

Low use once a month

Summary: Accidents, short lived unwanted psychological and physical effects, increased risk of nausea/ impairment if you drink

Your score



4-6 High risk

Average use daily

Associated risks: Risks associated with lower scores + risks of dependence, broader health effects especially if you smoke with tobacco (including cancer)

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4-6 High risk

Average use daily

Associated risks: Risks associated with lower scores + risks of dependence, broader health effects especially if you smoke with tobacco (including cancer)

WHAT SORT OF USER AM I? +

THE RISKS? +

HOW TO DECREASE YOUR RISK? +

Further reading

CANNABIS BASICS AND HEALTHIER USE >

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Safer use limits

A Doctor's Guide to Cutting Down

Why cut down?

GDS2014 suggested about 1 in 3 cannabis smokers wanted to use less in the coming year. Most are motivated to reduce their by health concerns (over their mood, memory, motivation, respiratory health), while others report issues to do with work, their ability to study, the impact upon relationships or money worries. Cutting down is also a good thing to do if you are planning on stopping altogether since any withdrawal will less severe if you cut down first.

head & shoulders
Find out more
*Survey of 11,941 people by TNS

society

Drugs meter phone app allows users to compare habits

Global Drugs Survey project offers personalised information that reflects people's risk factors to help them avoid harm

DOWNLOAD THE CURRENT DRUGS METER APPS

Ca Co K
Me A G
Am Md T

GLOBAL DRUG SURVEY

DRUGS METER

START

Cannabis

See how your cannabis drug use compares to everyone else's

START

About you

Where do you live?

Bristol, United Kingdom | COUNTRY

Age: 34

Gender: Male

Sexual orientation: Heterosexual

Occupation: Professional (health, teaching, law, science, IT, journalism, finance)

NEXT

You vs. Drugs Meter

72,244
TOTAL USERS

51,638
MALE

81%
HETEROSEXUAL

34%
LIVE IN UNITED KINGDOM

OF WHICH 3% LIVE IN BRISTOL

7,161
ARE IN YOUR AGE BAND (31-35)

OF WHICH 5,191 ARE MALE

NEXT

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How do you typically use your cannabis?

Smoke it

Do you prepare your cannabis with tobacco? No

How do you smoke your cannabis?

Select one

NEXT

How often do you use cannabis?

Select one

Daily

4–5 days a week

2–3 days a week

Once a week

Once a fortnight

Once a month

Once every 3–4 months

Twice a year

Once a year

How often do you use cannabis?

4–5 days a week

On a typical day of use, how much cannabis do you use?

1 gram

If you do not know, select 'I don't know' and we will show you some pictures to help you decide

On a typical day of use, how many joints would you smoke? 4

On a typical day of use, how much do you spend on cannabis?

Select one

- I don't know
- I don't pay
- I grow my own
- Input an amount

How often do you use cannabis?

4–5 days a week

On a typical day of use, how much cannabis do you use?

Select one

- I don't know
- 0.25 grams
- 0.5 grams
- 0.75 grams
- 0.875 grams (1/32 oz)
- 1 gram
- 1.5 grams
- 1.75 grams (1/16 oz)
- 2 grams
- 2.5 grams
- 3 grams
- 3.5 grams (1/8 oz)
- 4 grams

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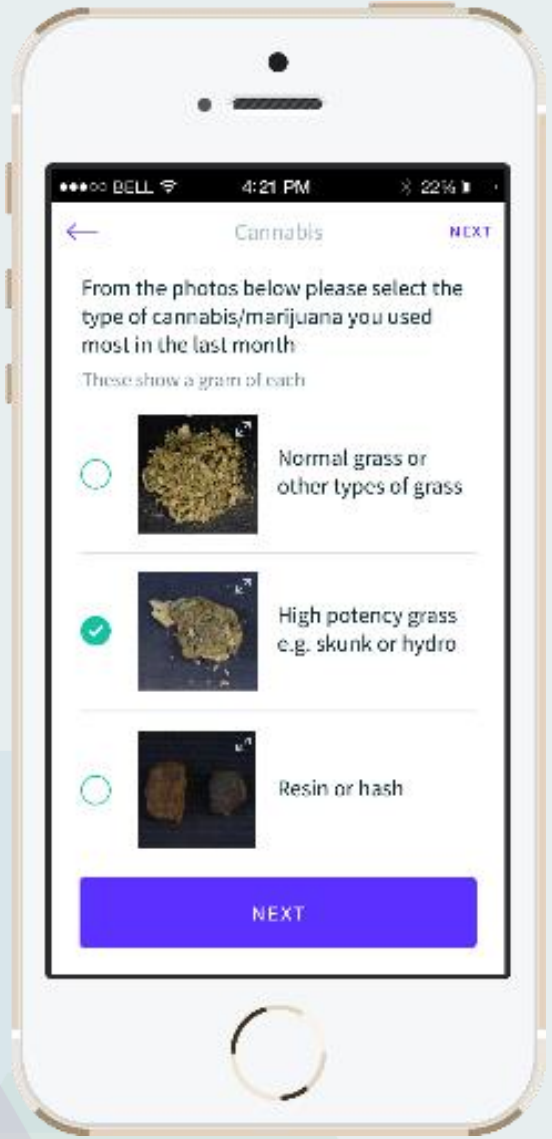

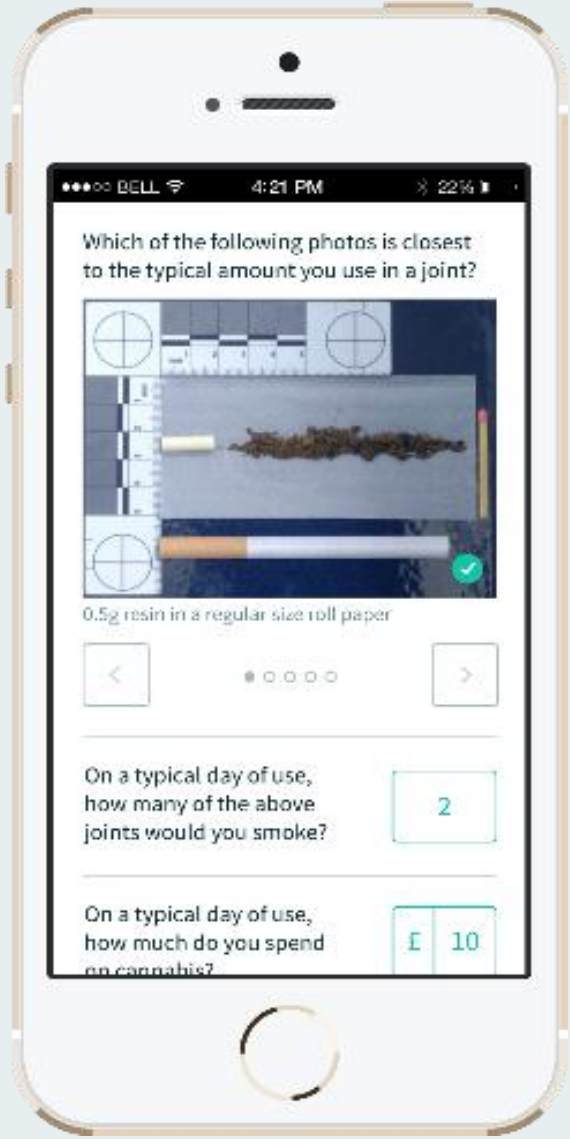

GLOBAL DRUG SURVEY

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Your use

TYPICAL DAY

You told us that your typical day of use is equal to the following:

1	4
GRAMS	JOINTS

Your daily spend is: £24

USAGE: MONTHLY

You told us that you use cannabis 4–5 days a week. This would average at a monthly drug use of:

19.5	78
GRAMS	JOINTS

We're about to compare your use to others. Do the figures above reflect your typical use?

← NO, AMEND

YES, CONTINUE

Your use

TYPICAL DAY

You told us that your typical day of use is equal to the following:

1	4
GRAMS	JOINTS

Your daily spend is: £24

USAGE: YEARLY

You told us that you use cannabis 4–5 days a week. This would average at a yearly drug use of:

234	936
GRAMS	JOINTS

COMPARISON

How do you think your drug use compares to other people who have completed drugs meter?

SUBMIT

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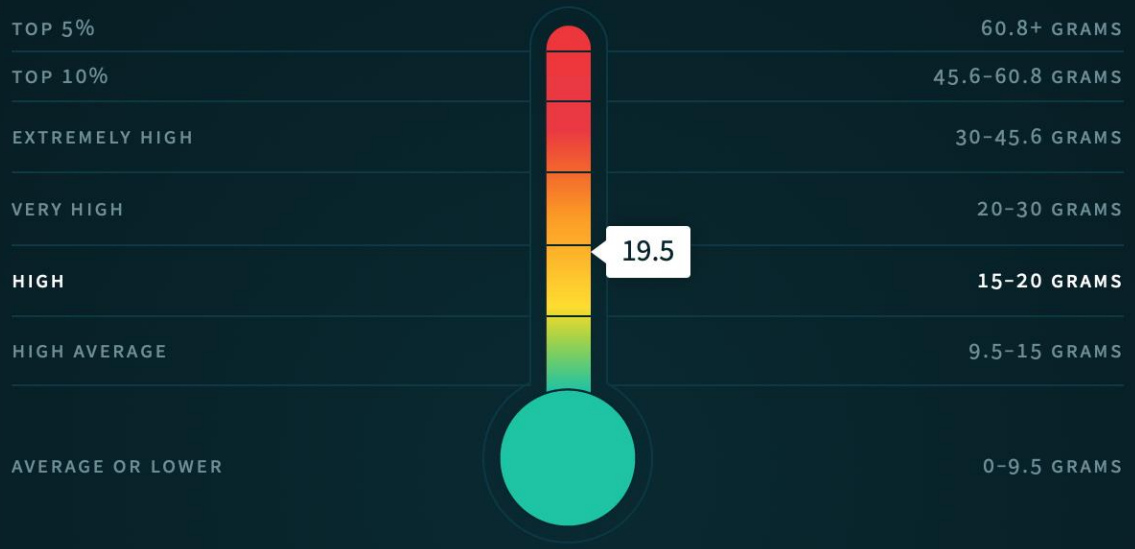
Results

COMPARISON TO ALL

You thought you were Average.
Compared to all users your estimated monthly cannabis use is in fact high.



TYPICAL DAY

You told us that your typical day of use is equal to the following:

1	4
GRAMS	JOINTS

Your daily spend is:	£24

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Your daily spend is:	£24

USAGE: YEARLY

You told us that you use cannabis daily. This would average at a yearly drug use of:

234	936
GRAMS	JOINTS

SPEND

You told us that on a typical day of use you spend £24 on cannabis.

Based on your frequency of use you spend on average

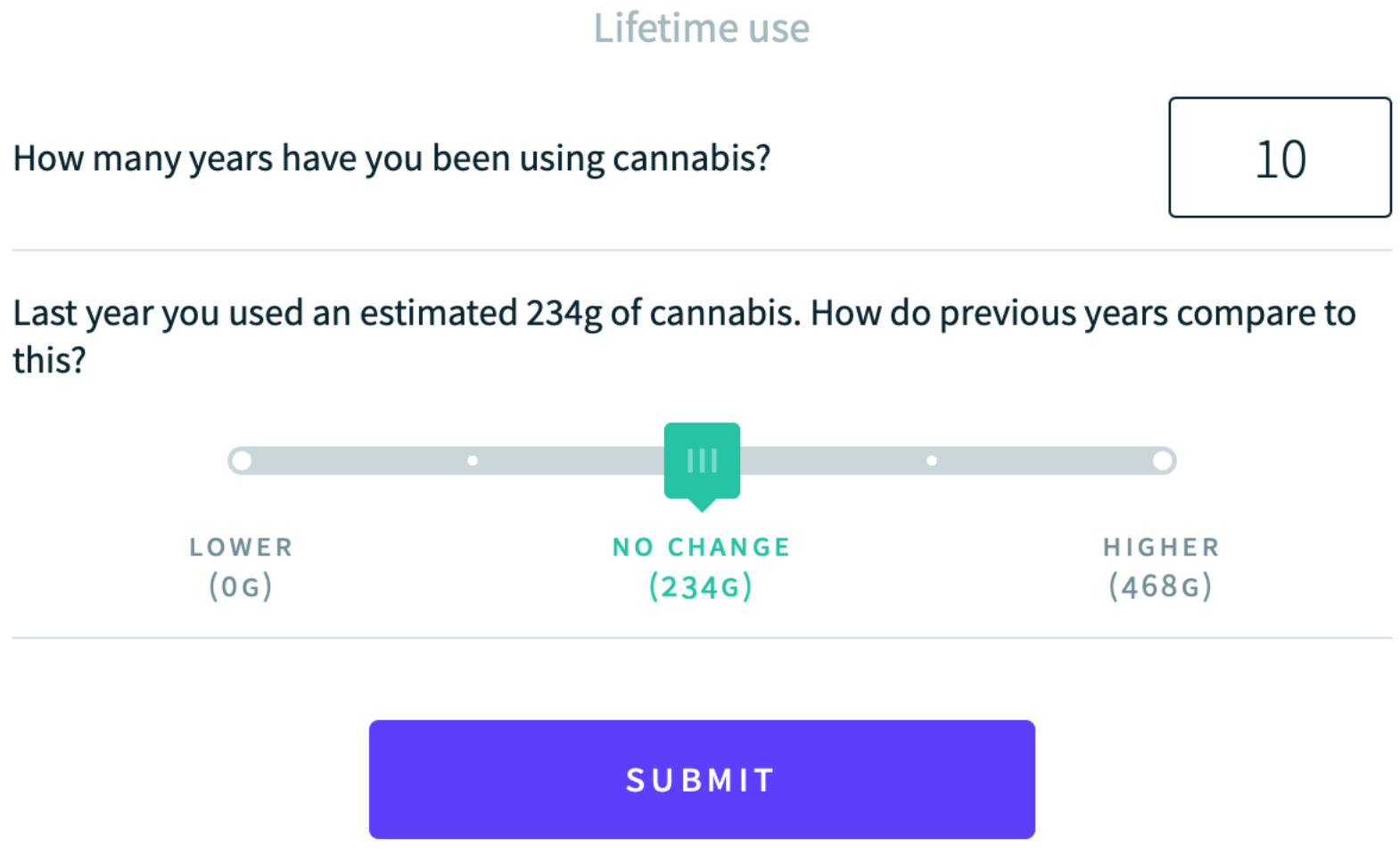
A weekly spend of:	£168.46
A monthly spend of:	£730
A yearly spend of:	£8,760

INFORMATION

Cannabis basics >

Thinking cannabis >

LIFETIME USE



LIFETIME USE

Lifetime use

RECAP

You told us that in previous years your cannabis use has been the same compared to last year's use of 234g

LIFETIME USE

We estimate that in your lifetime you have used:

2,574	10,296
GRAMS	JOINTS

Your lifetime spend is:	£96,360

NEXT

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DRINKS METER
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DRUG
SURVEY
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Thank you
Professor Adam R Winstock
adam@globaldrugsurvey.com
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UCL