

DRUGS?

How are **NEW PSYCHOACTIVE SUBSTANCES** used in Portugal



European Web Survey on Drugs - Portugal 2021

Online self-completion survey, an initiative of the European Monitoring Centre on Drugs and Drug Addiction, aimed at drug users aged 18 or over, applied between March and May 2021, in around 30 European countries, including Portugal, through SICAD - General-Directorate for Intervention on Addictive Behaviours and Dependencies.

Its objective is to deepen the knowledge about the patterns of use of illicit drugs, aiming at the better adequacy of public policies.

155 New Psychoactive Substances users participated in this survey in Portugal. It is important to notice that, although this sample contributes to further the knowledge on NPS patterns of consumption in Portugal, the results must be regarded on the basis of the sample dimension.



Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências

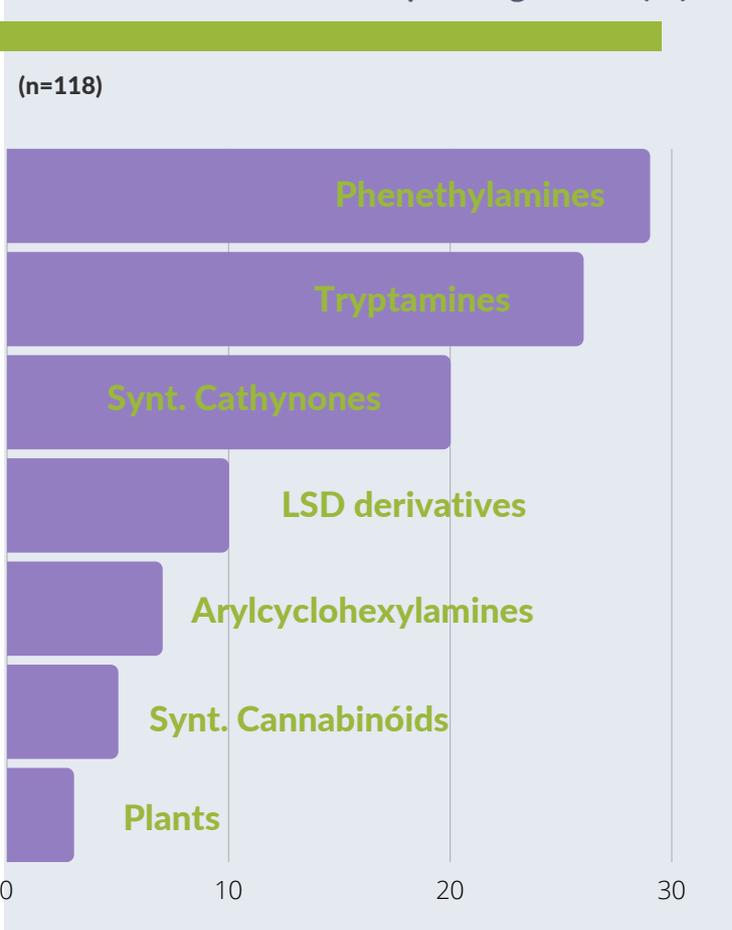
SOCIODEMOGRAPHIC TRAITS OF THE PORTUGUESE SAMPLE OF NEW PSYCHOACTIVE SUBSTANCES USERS

- ✓ 73% are men, 27% woman (n=154), 69% from male gender, 28% female and 2% from non-binary gender (n=153).
- ✓ 50% with 18-24 years, 33% with 25-34 years, 11% with 35-44 years, 3% with 45-54 years, 3% with 55-64 years (n=155).
- ✓ 34% with higher education (university) completed (+27% attending), 26% with secondary education completed (+6% attending), remaining with lower school education (n=110).
- ✓ 36% employed full-time (+ 8% part-time), 6% self-employed full-time (+3% part-time), 26% full-time students (+12% working-students), remaining non-employed (n=110).
- ✓ 36% living with parents, 18% living in couple without children at home (+6% with children), 10% living alone, 24% sharing house with peers, colleagues, remaining other types of situations (n=110).
- ✓ 39% with an average income, after tax, of less than 500€/month, 42% equal or higher than 500€ but lower than 1000€, 15% equal or higher than 1000€ but lower than 2000€, remaining with 2000€ or more (n=122).
- ✓ 70% living in the city, 16% in a town and remaining in the village/countryside (n=110).
- ✓ 48% living in Lisboa e Vale do Tejo; 25% in Norte; 20% in Centro; 4% in Algarve; 2% in Açores, 1% in Alentejo; 1% in Madeira (n=107)

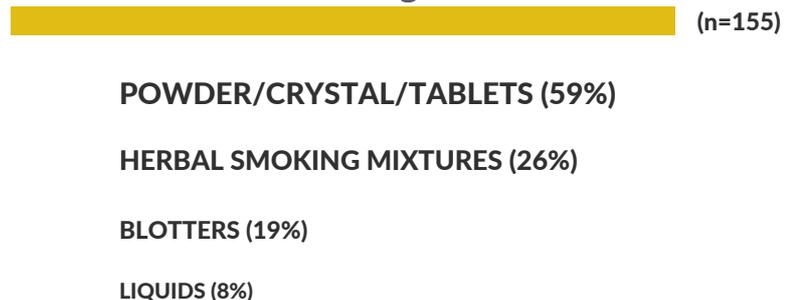
DRUGS?

How are **NEW PSYCHOACTIVE SUBSTANCES** used in Portugal

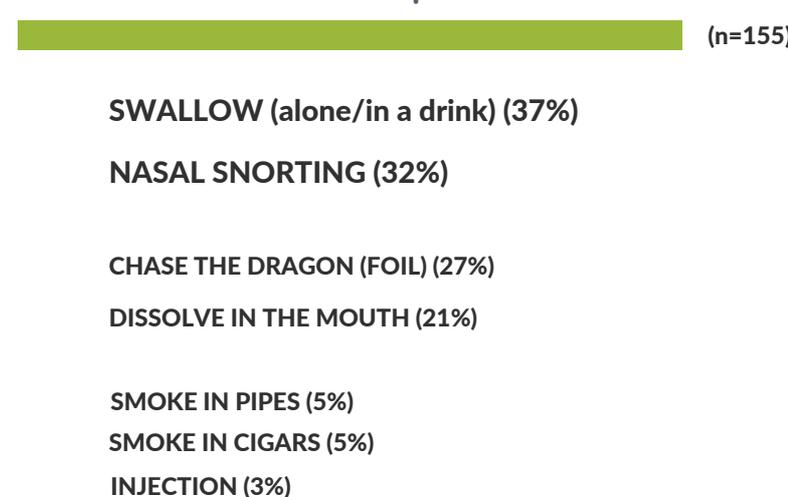
Substances most frequently used (%)



Forms of NPS usually used



Usual form of consumption



MOTIVES TO USE NEW PSYCHOACTIVE SUBSTANCES

- ✓ To get high/for fun (59%)
- ✓ To treat depression/anxiety (25%)
- ✓ Out of curiosity/to experiment (51%)
- ✓ To enhance performance (school/work/sport/etc.) (10%)
- ✓ To reduce stress/relax (32%)
- ✓ To improve sleep (10%)
- ✓ To socialize (29%)
- ✓ To reduce pain/inflammations (4%)

(n=155)

DRUGS?

How are **NEW PSYCHOACTIVE SUBSTANCES** used in Portugal

Frequency (nr of days) of consumption in the last 12 months (%)

(n=150)

68

1 to 5 days



7

6 to 10 days



9

11 to 20 days



9

21 to 50 days



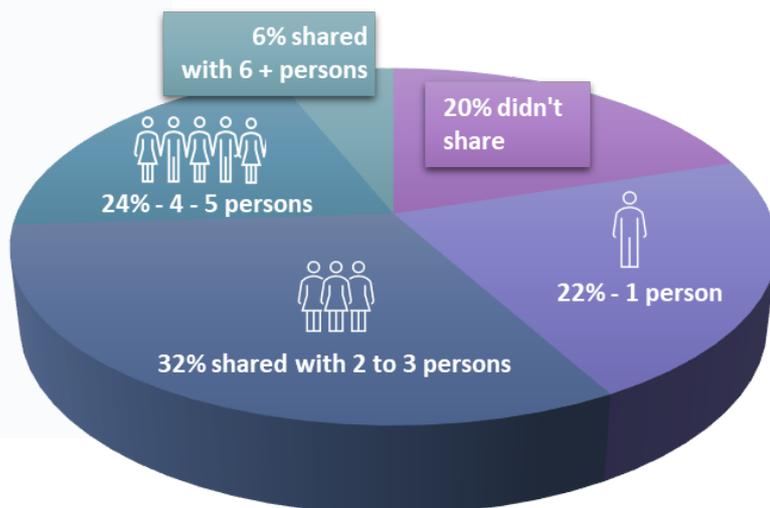
7

51 or more days



Episodic consumption:
68% used in
1 to 5 days in the last 12 months

Nr of persons with which NPS were shared the last time it were used



(n=111)

Nr of tablets in a typical day



1 tablet/day (average)

Grams of powder in a typical day



0,5 grams/day (average)

