

# DRUGS?

How is **ECSTASY** used in Portugal?



European Web Survey on Drugs

## 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.

750 ecstasy/MDMA users participated in this survey in Portugal.



SNS SERVIÇO NACIONAL DE SAÚDE



SICAD Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências

### SOCIODEMOGRAPHIC TRAITS OF THE PORTUGUESE SAMPLE OF ECSTASY/MDMA USERS

- ✓ 67% are men (n=750), 63% from male gender, 2% from non-binary gender (n=745).
- ✓ 55% with 18-24 years, 32% with 25-34 years, 9% with 35-44 years, 3,5% with 45-54 anos, 2% with 55-64 years (n=750).
- ✓ 30% with higher education (university) completed (+21% attending), 26% with secondary education completed (+6% attending), remaining with lower school education (n=604).
- ✓ 35% employed full-time (+ 5% part-time), 6% self-employed full-time (+2% part-time), 27% full-time students (+10% working-students), remaining non-employed (n=527).
- ✓ 44% living with parents, 16% living in couple without children at home (+4% with children), 13% living alone, 17% sharing house with peers, colleagues, remaining other types of situations (n=528).
- ✓ 42% with an average income, after tax, of less than 500€/month, 37% equal or higher than 500€ but lower than 1000€, 17% equal or higher than 1000€ but lower than 2000€, remaining with 2000€ or more (n=565).
- ✓ 77% living in the city, 14% in a town and remaining in the village/countryside (n=526).
- ✓ 46% living in Lisboa e Vale do Tejo; 28% in Norte; 17,5% in Centro; 4% in Algarve; 3% in Alentejo; 0,8% in Açores; 0,8% in Madeira (n=496)

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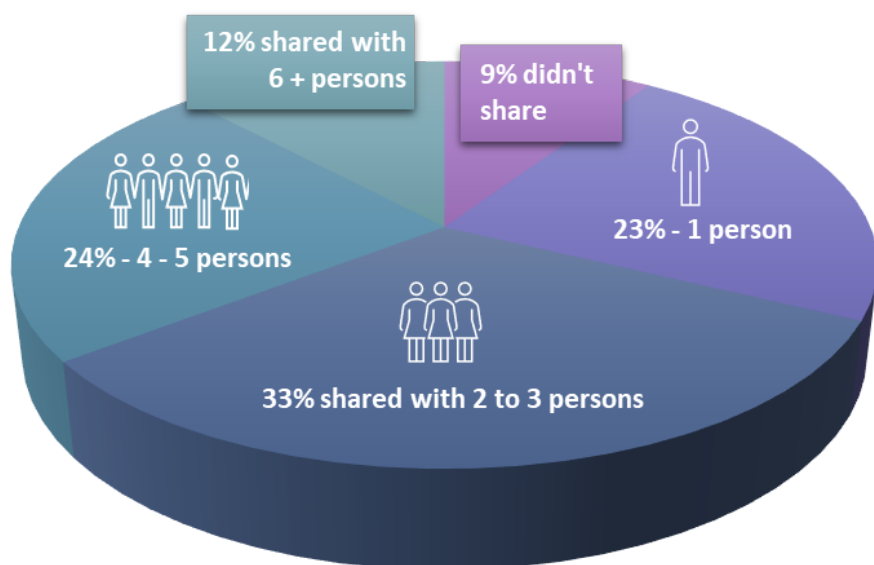
## Forms of ecstasy usually used

(n=735)

**TABLETS/PILLS AND POWDER/CRYSTAL (41%)**

**ONLY TABLETS/PILLS (32%)**

**ONLY POWDER/CRYSTAL (27%)**



## Usual form of consumption

(n=750)

**SWALLOW (alone/in a drink) (92%)**

**NASAL SNORTING (29%)**

**DISSOLVE IN THE MOUTH (19%)**

**SMOKE IN PIPES (0,5%)**

**CHASE THE DRAGON (FOIL) (0,4%)**

**INJECTION (0,1%)**

## Nr of persons with which ecstasy was shared the last time it was used

(n=556)

## MOTIVES TO USE ECSTASY

✓ To get high/for fun (85%)

✓ To socialize (45%)

✓ Out of curiosity/to experiment (18%)

✓ To reduce stress/relax (17%)

✓ To treat depression/anxiety (10%)

✓ To enhance performance (school/work/sport/etc.) (4%)

✓ To improve sleep (0,8%)

✓ To reduce pain/inflammations (0,5%)

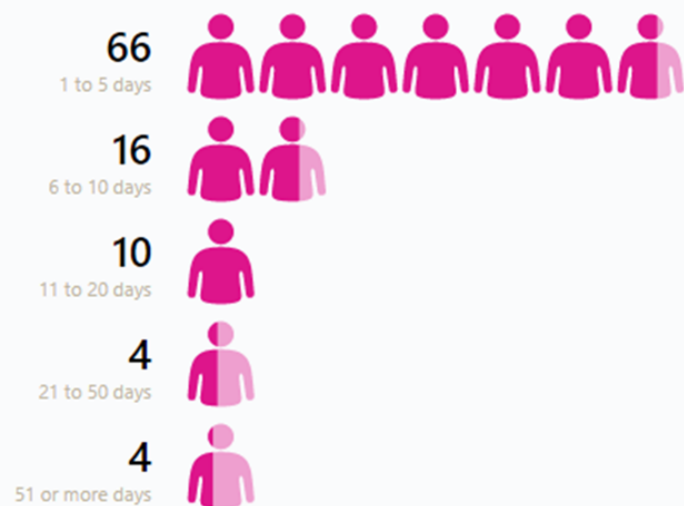
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## Frequency (nr of days) of consumption in the last 12 months (%)

(n=737)



**Episodic consumption: 66% used in 1 to 5 days in the last 12 months**

\*It is important to note that about half of the participants declared to have used less ecstasy in this period, due to the COVID-19 pandemic.



Quantity?

## Nr of tablets/pills in a typical day

(n=522)

**1** tablet/day (average)

## Grams of powder/crystal in a typical day

(n=467)

**0,7** grams/day (average)