



European Monitoring Centre
for Drugs and Drug Addiction



The European School Survey Project on Alcohol
and Other Drugs

ESPAD Report 2015

Results from the European School Survey
Project on Alcohol and Other Drugs

ESPAD Group

Lisbon, 20 September 2016

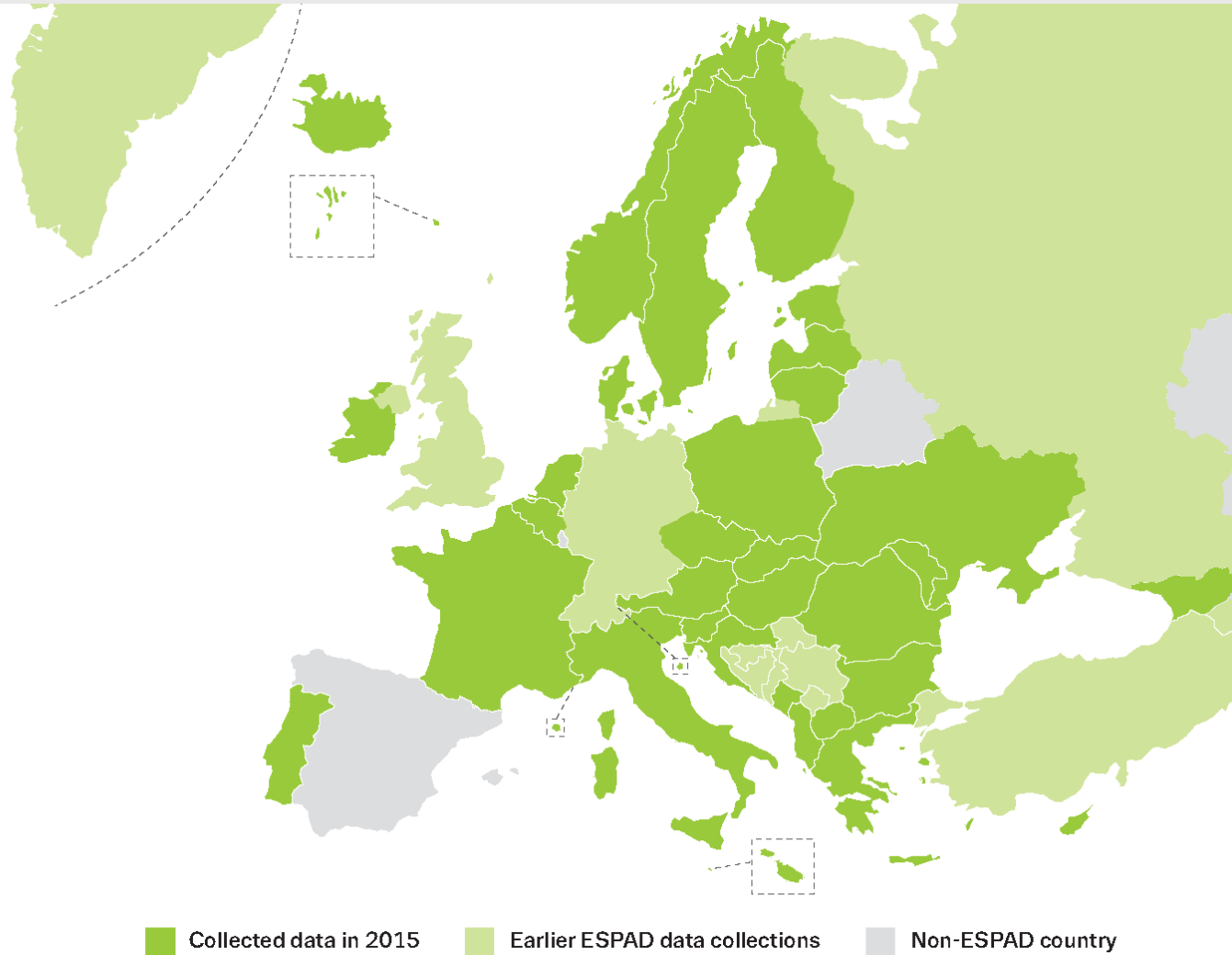
ESPAD data collections

Europe's largest harmonised data collection on substance use

- **26 countries in 1995**
 - **30 countries in 1999**
 - **35 countries in 2003**
 - **35 countries in 2007 (plus 5 in 2008)**
 - **39 countries in 2011**
 - **35 countries in 2015**
-
- **46 European countries have participated**

Countries in the ESPAD project

(Countries that have participated in at least one wave of ESPAD)



ESPAD

www.espad.org

ESPAD 2015

- **35 European countries**
- **96 043 students (15-16 years old)**
- **In the 6 waves of data collection (1995, 1999, 2003, 2007, 2011 and 2015) about 600 000 students have participated**

Countries dropping out and joining in 2015

Dropping out in 2015

- Bosnia and Herzegovina (FBiH and RS)
- Isle of Man
- Kosovo (under UNSCR 1244)
- Russian Federation (Moscow)
- Serbia
- Germany (only participation of some Bundesländer in previous surveys) → worrying
- United Kingdom (non-participating schools) → worrying

Joining (or re-joining) in 2015

- Austria
- Georgia
- Former Yugoslav Republic of Macedonia



Ongoing developments in ESPAD

- **In 2013, the Swedish government announced discontinuation of support for the coordination after 2015.**
- **Increasing collaboration and support from the EMCDDA, including production of 2015 Report.**
- **The EMCDDA has committed to support the coordination for next cycle of ESPAD (2017-2020).**





ESPAD

ESPAD 2015 results



ESPAD

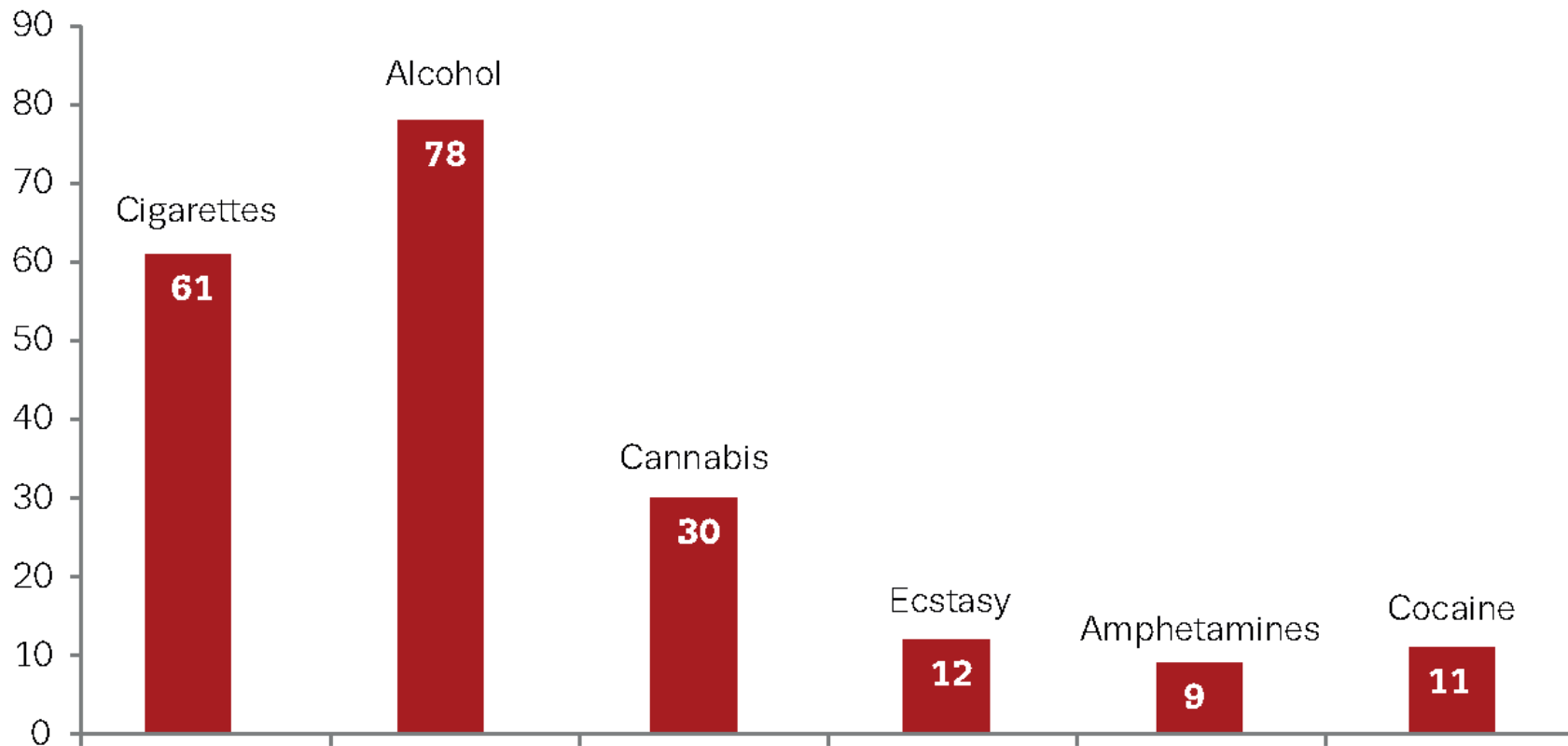
Perceived availability

Perceived availability of substances

Students responding that it is 'fairly easy' or 'very easy' to obtain substances (percentage)

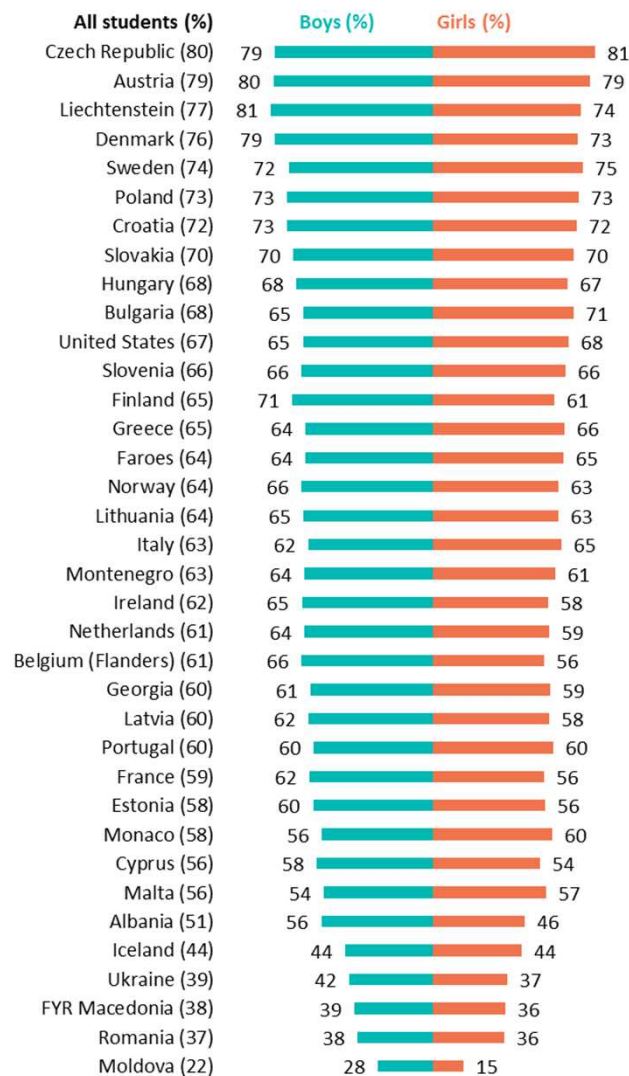
European average
(34 countries)

Percent



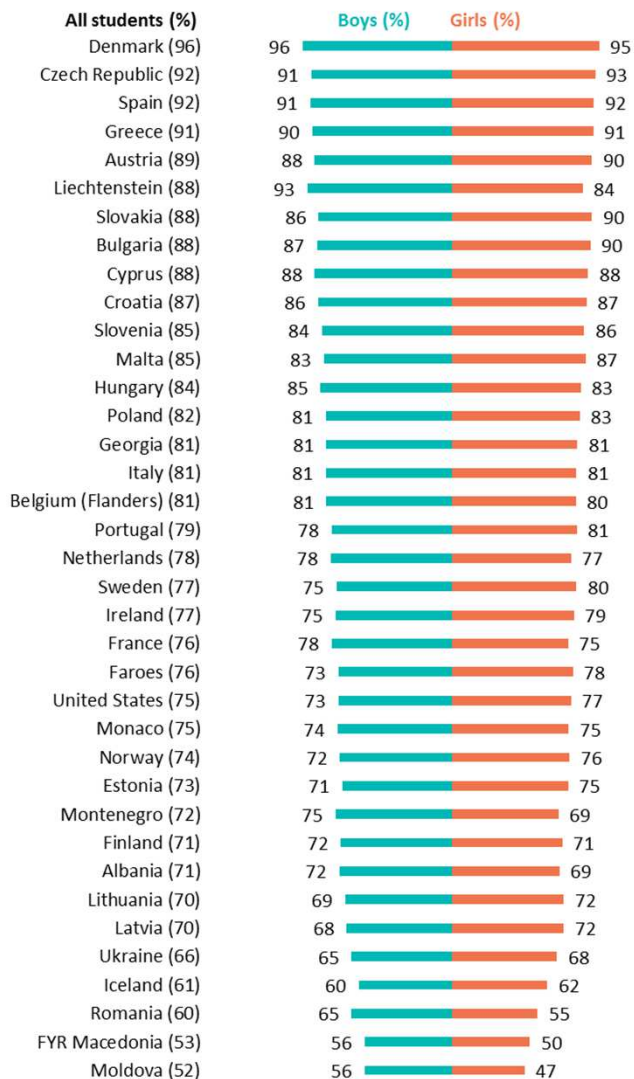
Perceived availability of cigarettes, by gender

Students responding that it is 'fairly easy' or 'very easy' to obtain cigarettes — 25-country trend 1995-2015 (percentage)



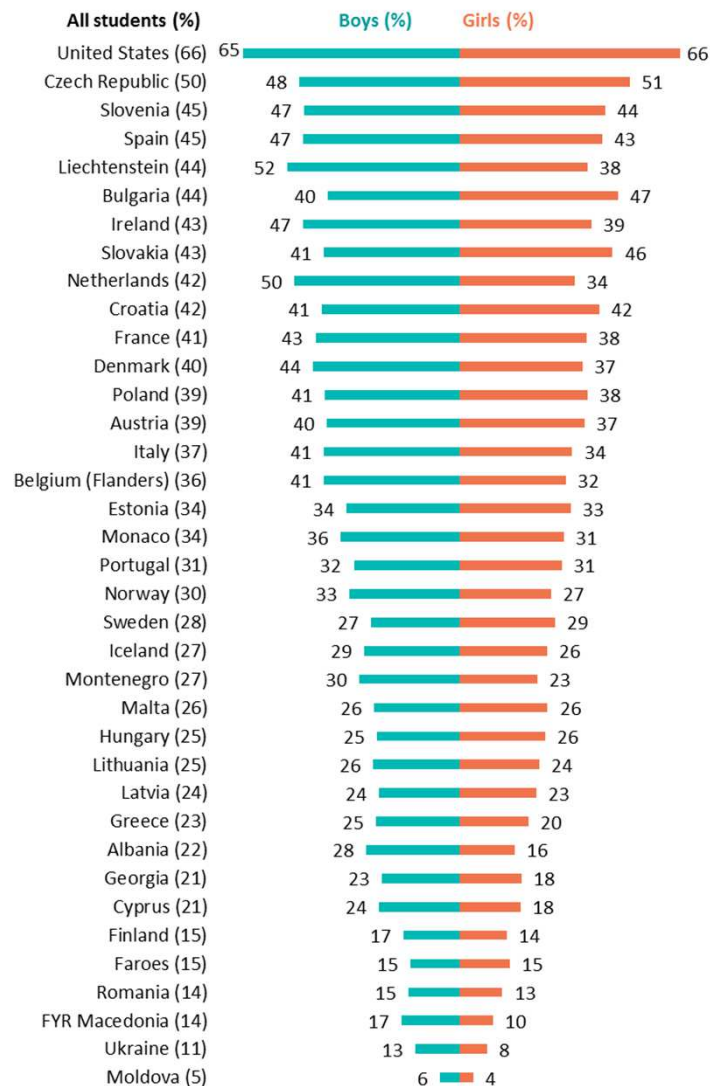
Perceived availability of alcohol, by gender

Students responding that it is 'fairly easy' or 'very easy' to obtain alcohol — 25-country trend 1995-2015 (percentage)



Perceived availability of cannabis

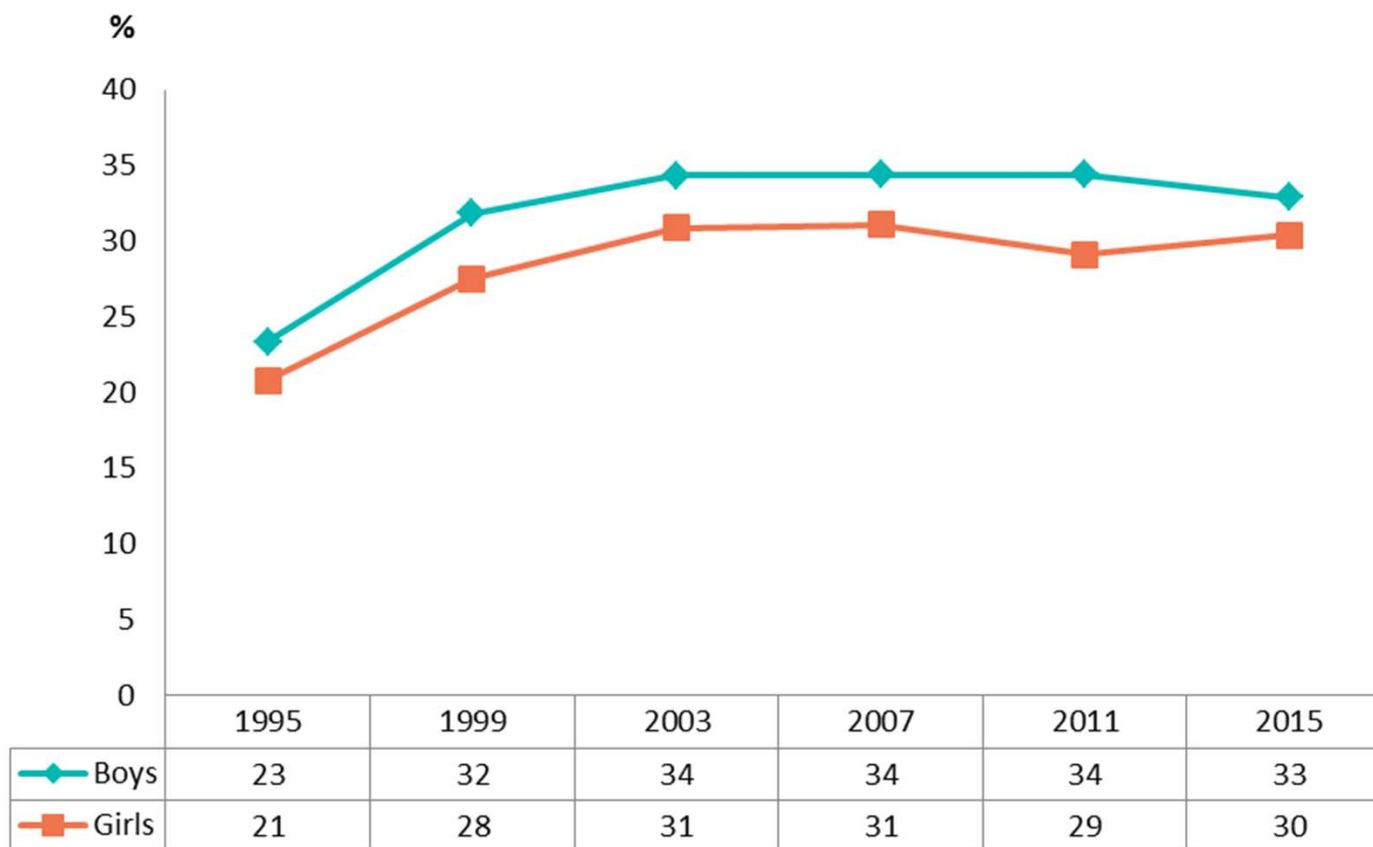
Students responding that it is 'fairly easy' or 'very easy' to obtain cannabis, by gender (percentage)



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Perceived availability of cannabis, by gender

Students responding that it is 'fairly easy' or 'very easy' to obtain cannabis — 25-country trend 1995-2015 (percentage)



Some learning points

- **Availability of alcohol and tobacco very high in Europe**
- **not significant country differences**
- **Availability of cannabis is high in Europe**
- **significant country differences**
- **Availability of cannabis increased until 2003**
- **remained high since then**



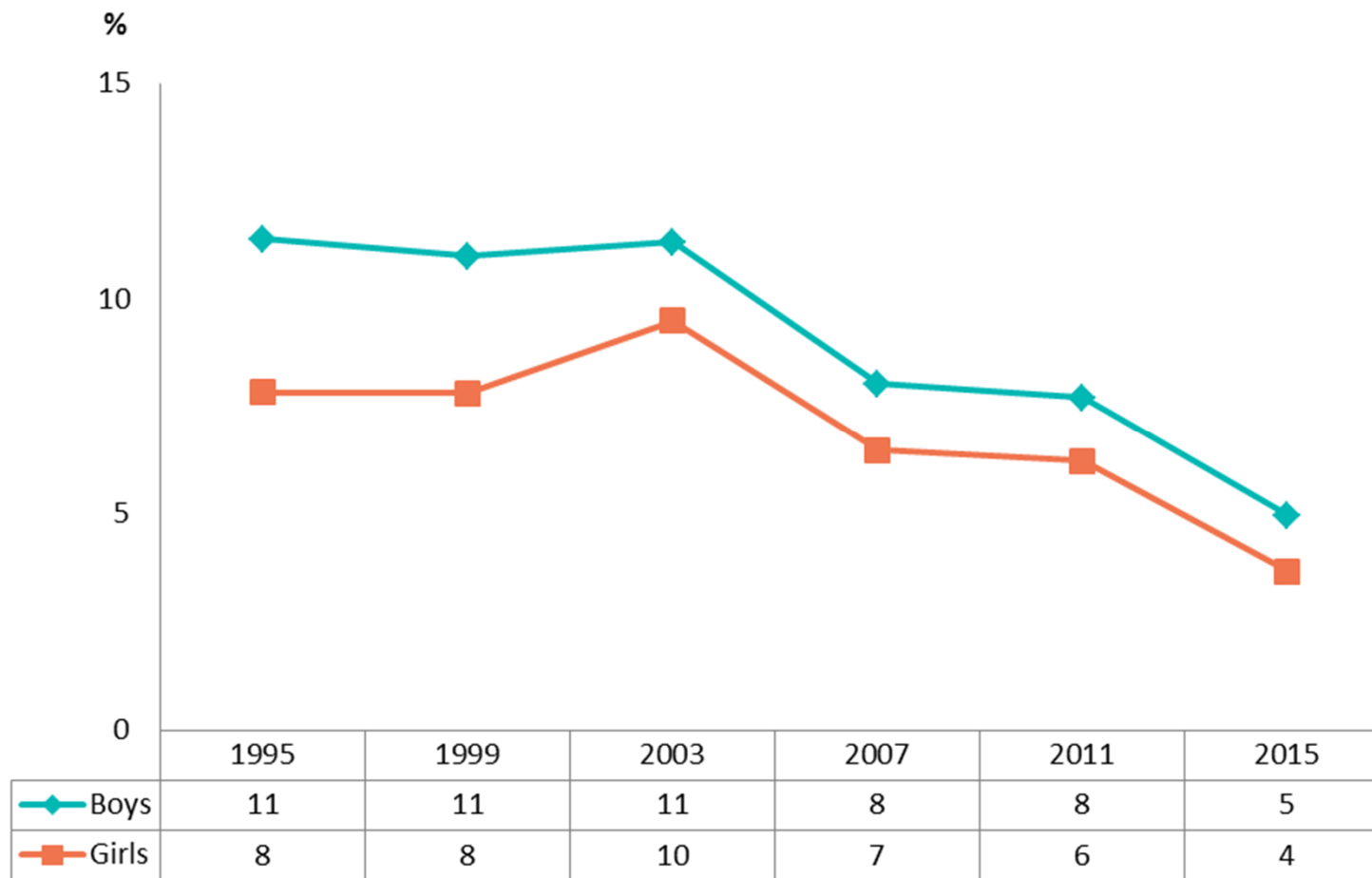


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Early onset of use of selected substances

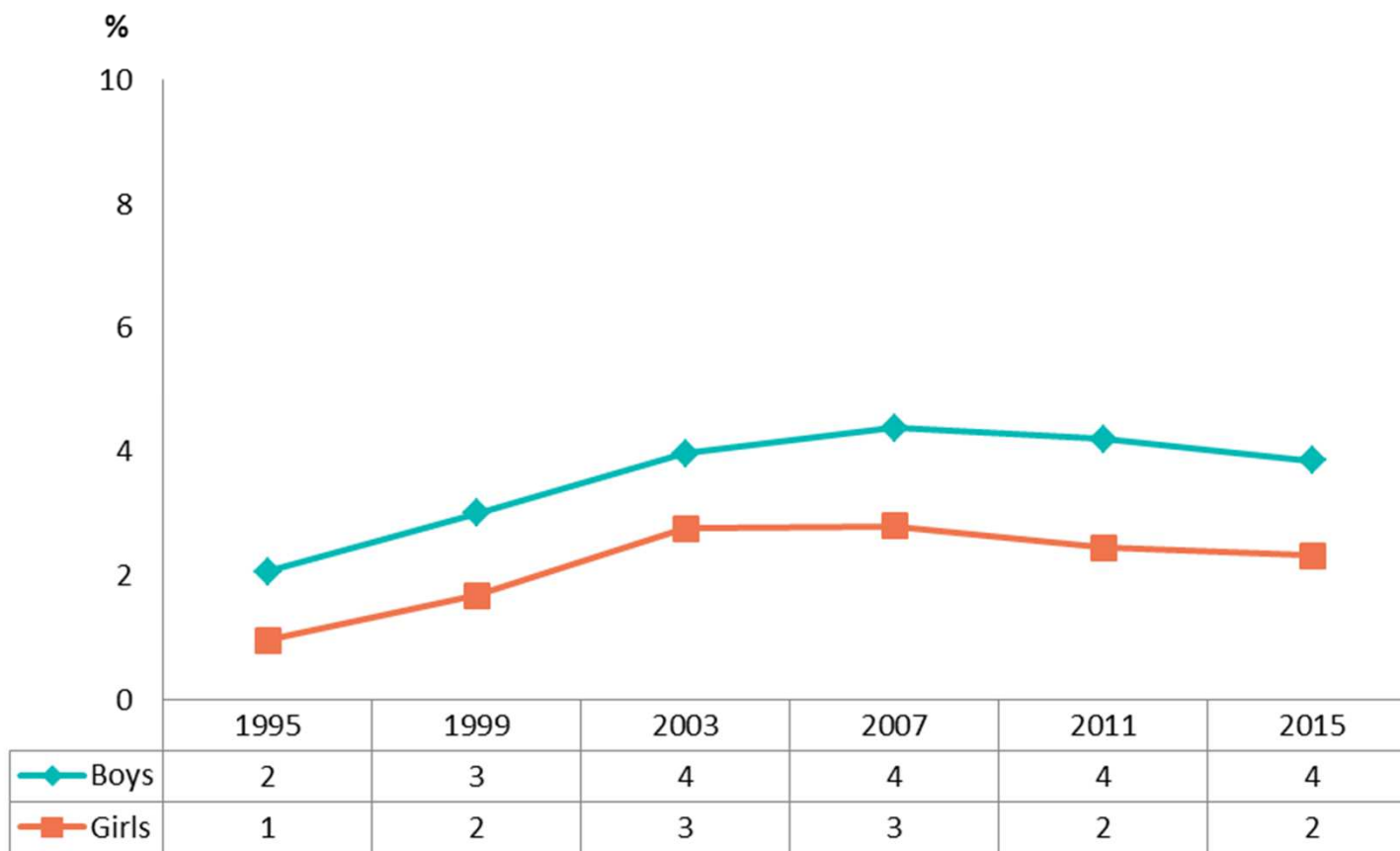
Daily cigarette use at the age of 13 or younger, by gender

25-country trend 1995-2015 (percentage)



Cannabis use at the age of 13 or younger, by gender

25-country trend 1995-2015 (percentage)



Some learning points

- **Early onset of use increases risk of future substance problems**
- **Early onset of daily cigarette use decreased substantially between 2003 and 2015**
- **Early onset of cannabis use increased until 2007 and has remained stable**





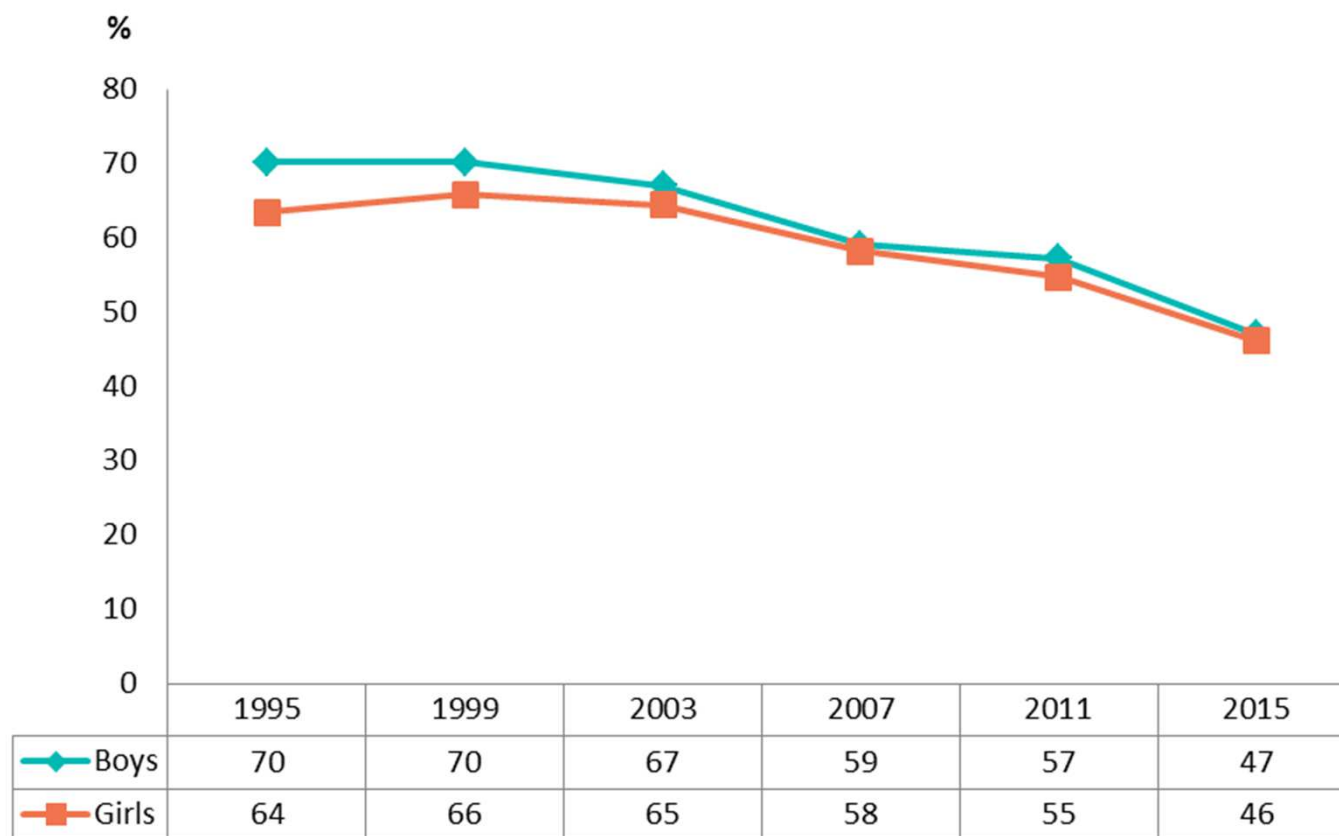
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Cigarettes



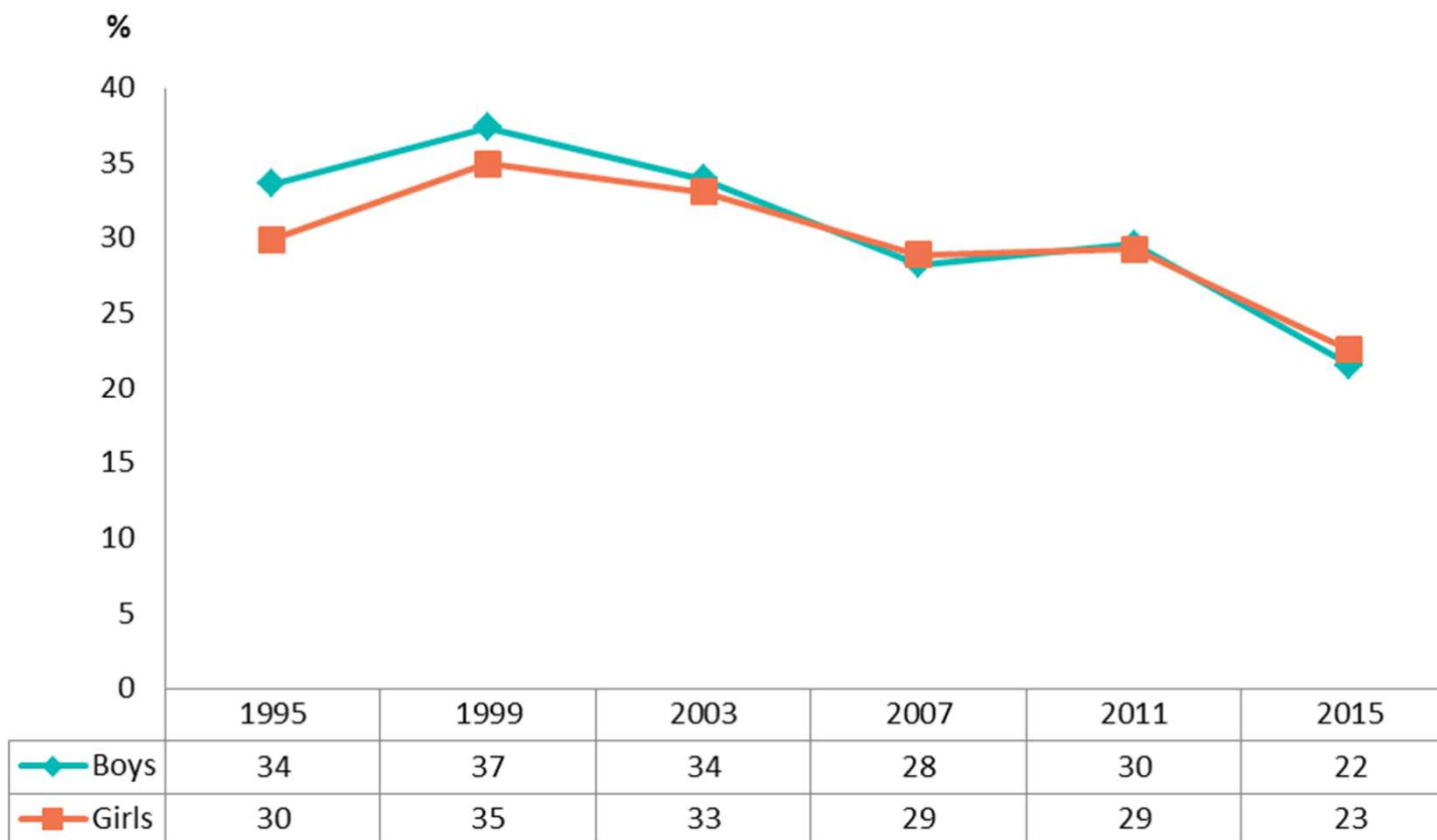
Lifetime use of cigarettes, by gender

25-country trend 1995-2015 (percentage)



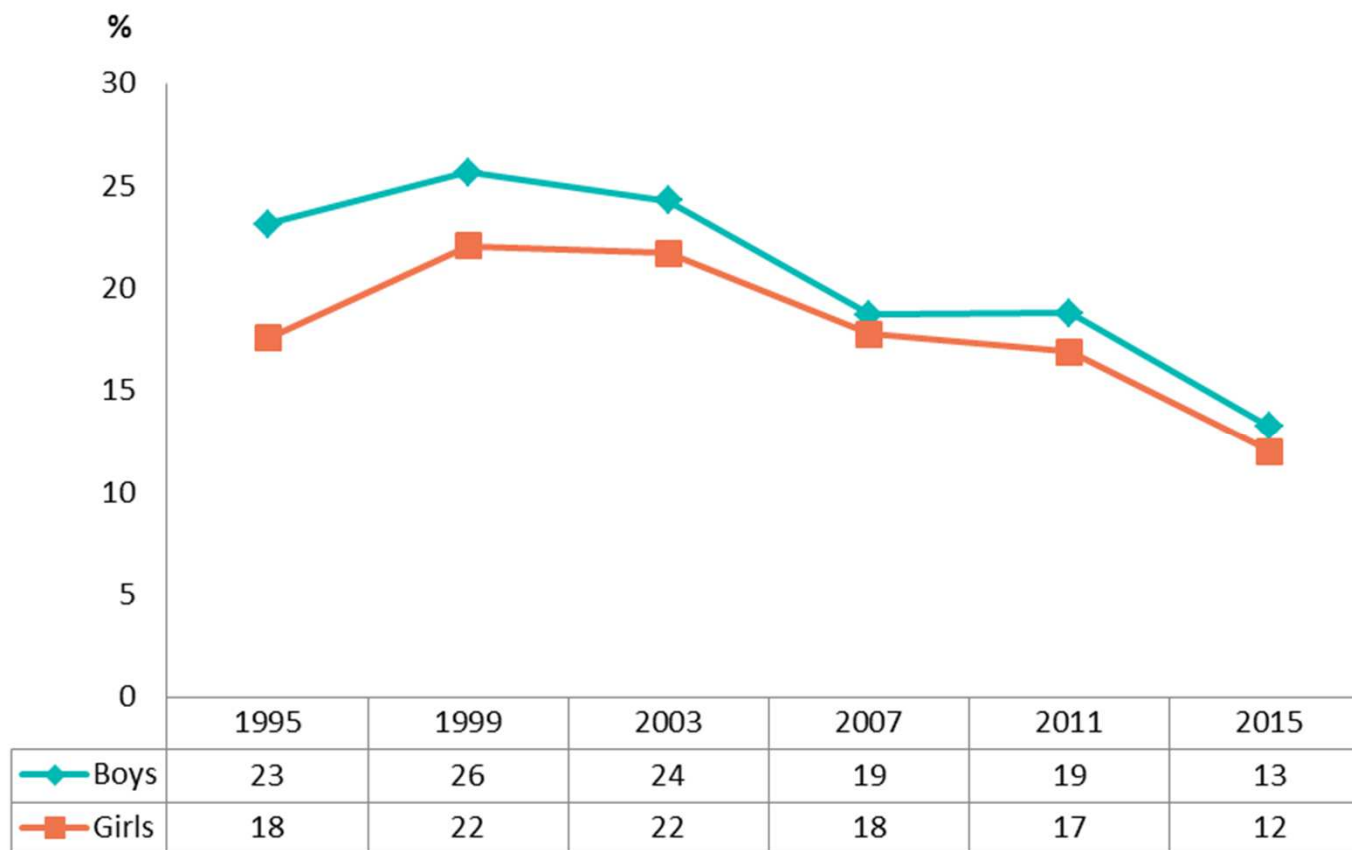
Cigarette use in the last 30 days, by gender

25-country trend 1995-2015 (percentage)



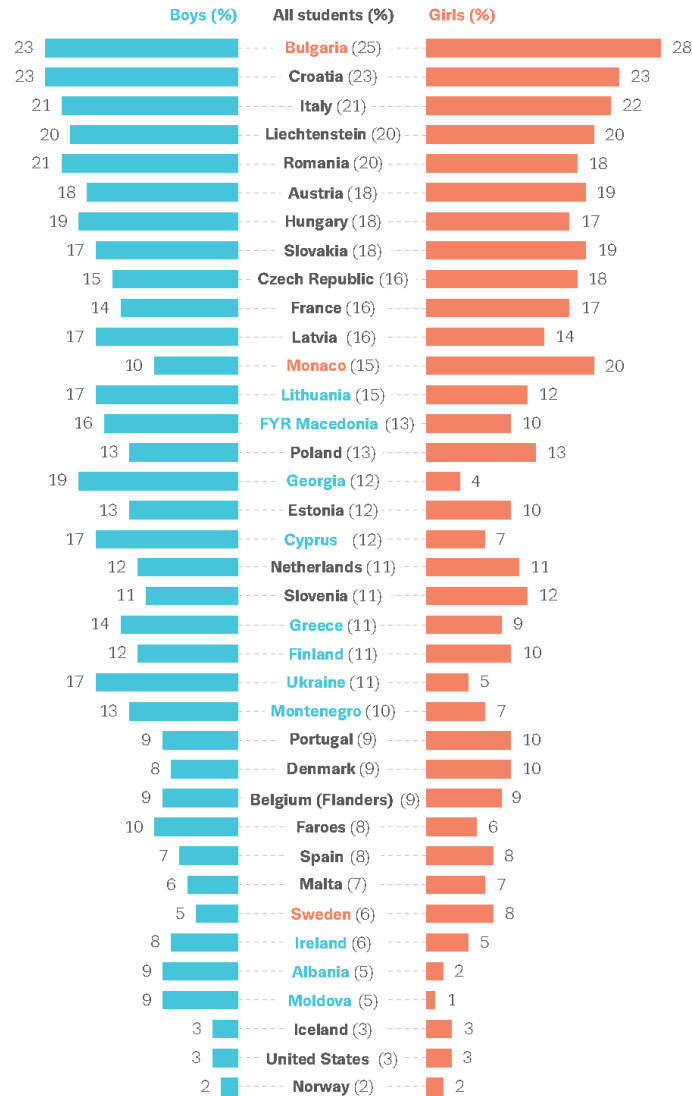
Daily cigarette use in the last 30 days, by gender

25-country trend 1995-2015 (percentage)



Daily cigarette use

Prevalence in the last 30 days, by gender (percentage)



Some learning points

- **Cigarette smoking has decreased in all measurements**
- **Decrease in daily use pronounced - public health implications**
- **Gender difference mostly disappeared, still small difference in daily cigarette use**





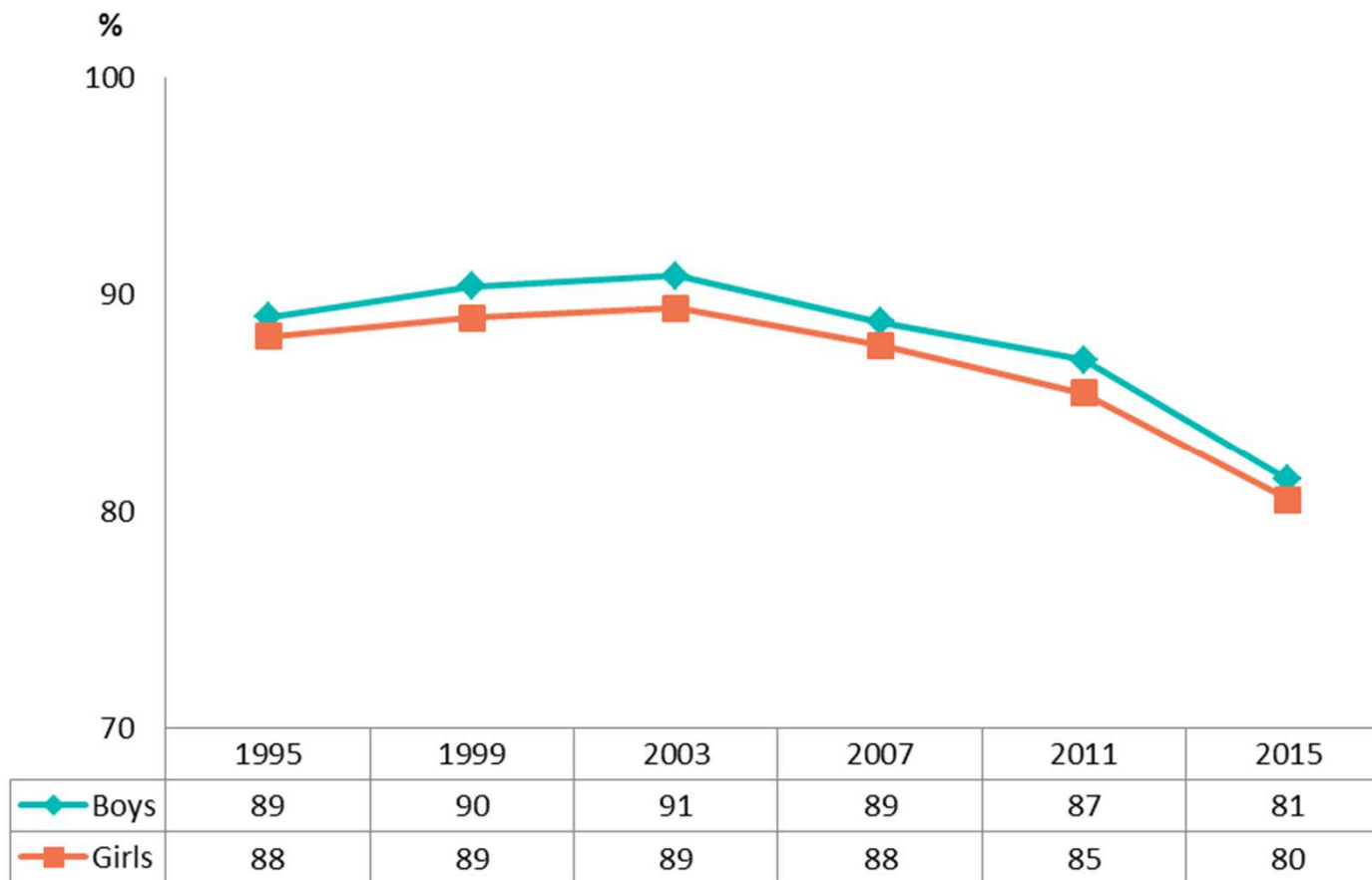
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Alcohol



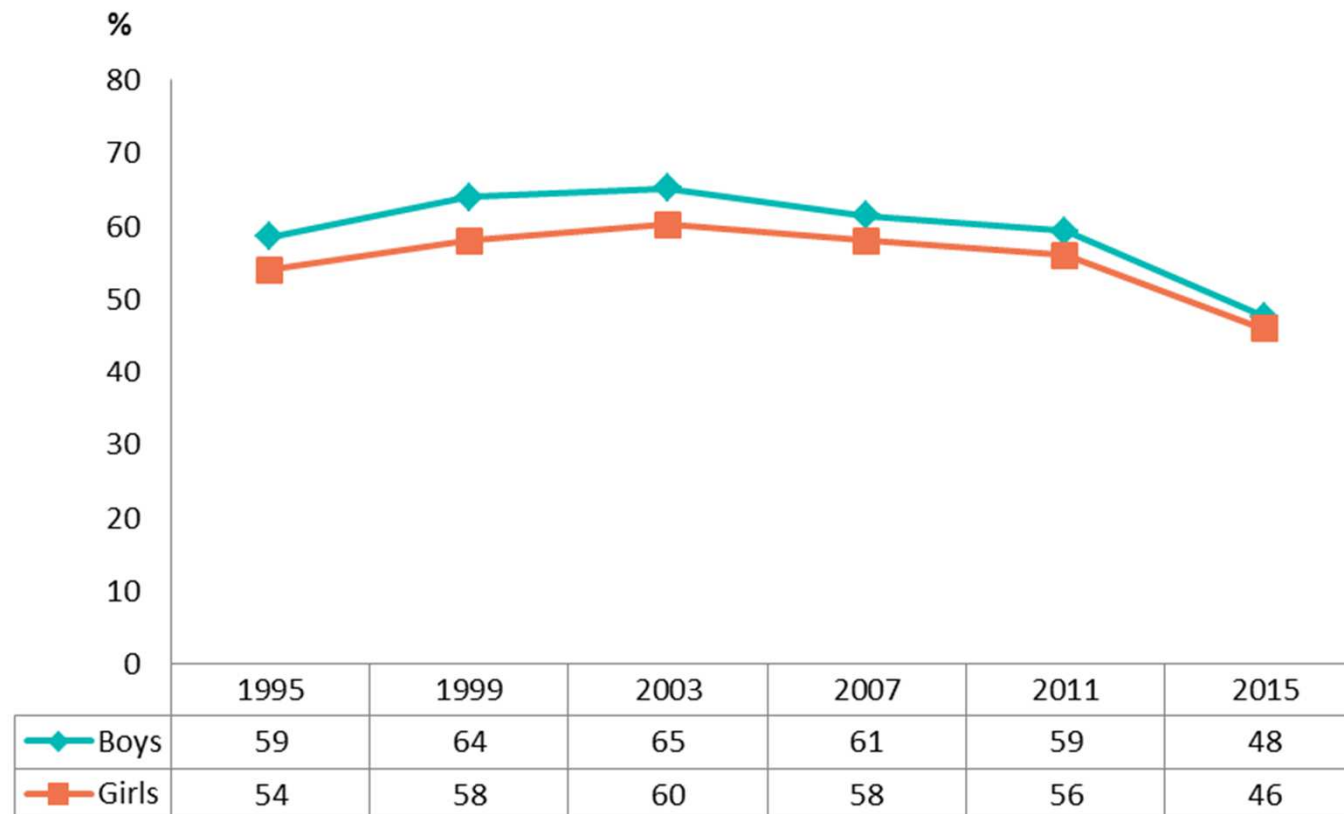
Lifetime alcohol use, by gender

25-country trend 1995-2015 (percentage)



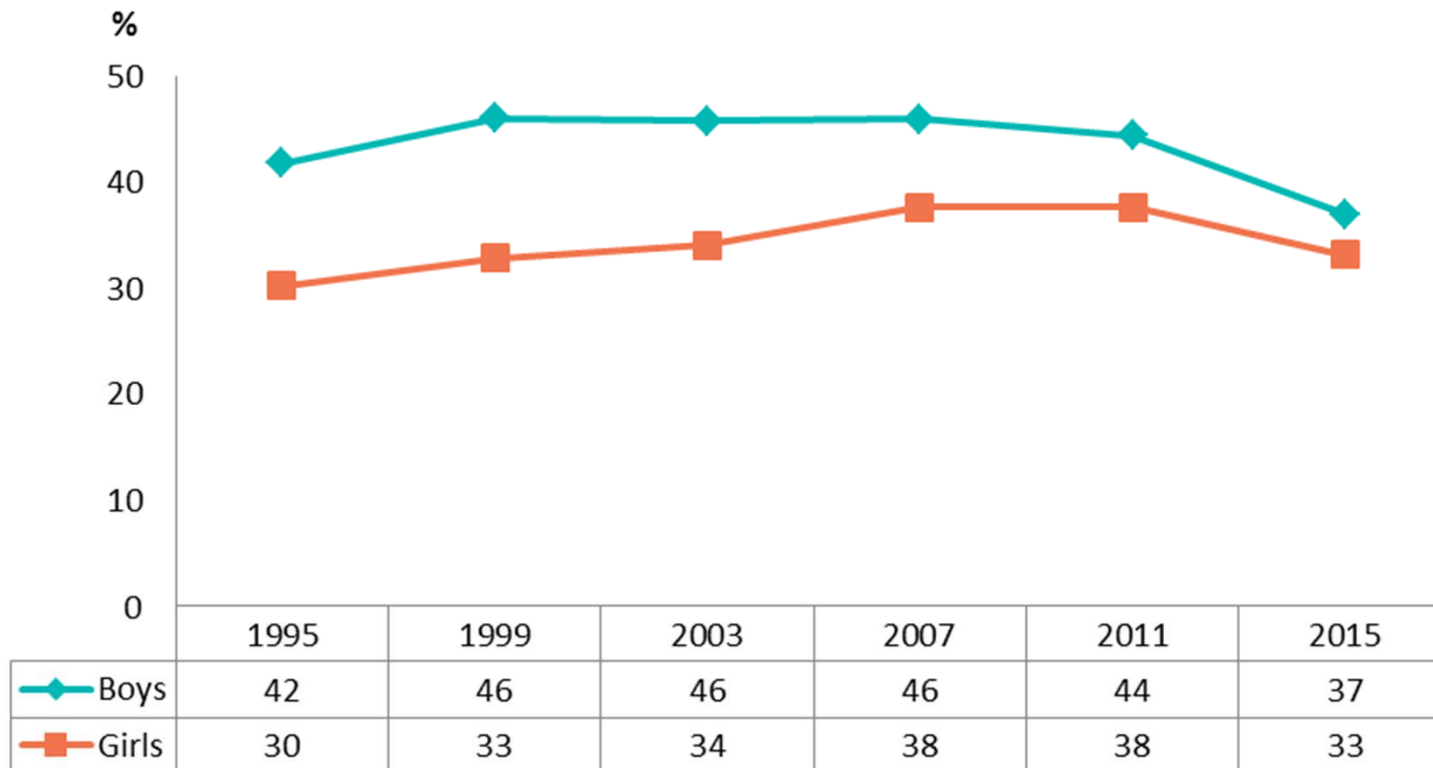
Alcohol use in the last 30 days, by gender

25-country trend 1995-2015 (percentage)

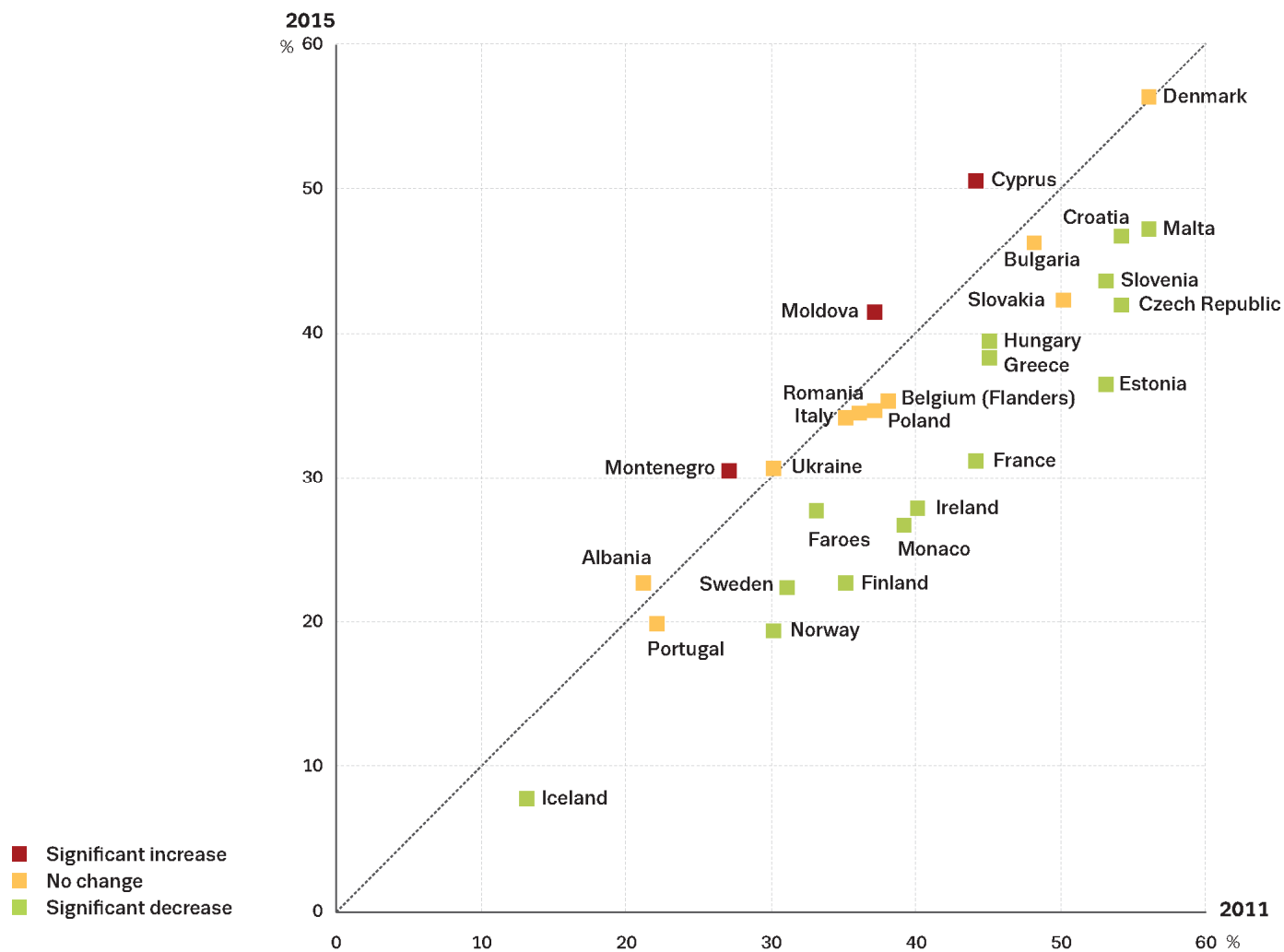


Heavy episodic drinking during the last 30 days, by gender

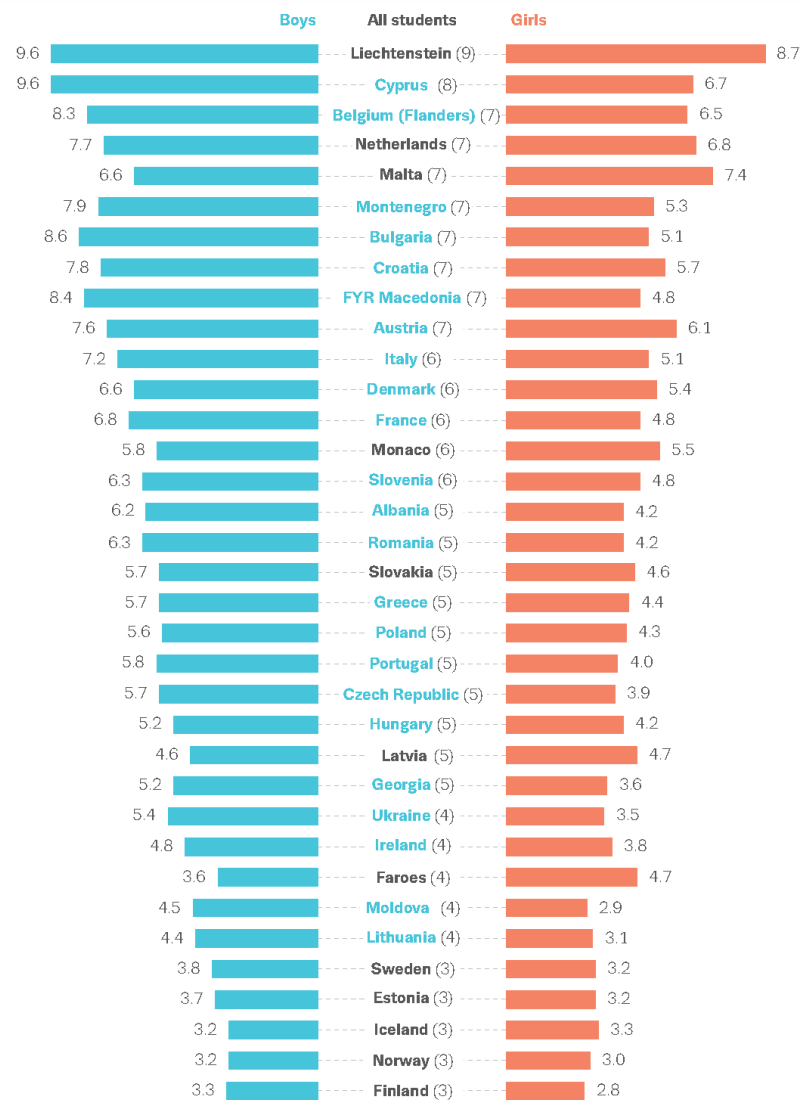
Five or more drinks on one occasion. 25-country trend 1995-2015 (percentage)



Changes between 2011 and 2015 in the proportion reporting having had five or more drinks on one occasion during the past 30 days (percentage)



Average frequency of alcohol intake in the last 30 days, by gender (mean number of occasions among users)



Some learning points

- **Moderate downward trend in alcohol use, more visible in last years (2011-2015)**
- **Country differences not as marked as for other substances**
- **Gender gap is small, except for heavy episodic drinking**
- **Heavy episodic drinking decreased between 2011 and 2015, in particular in some countries**
- **Still a third of students report this risky behaviour**



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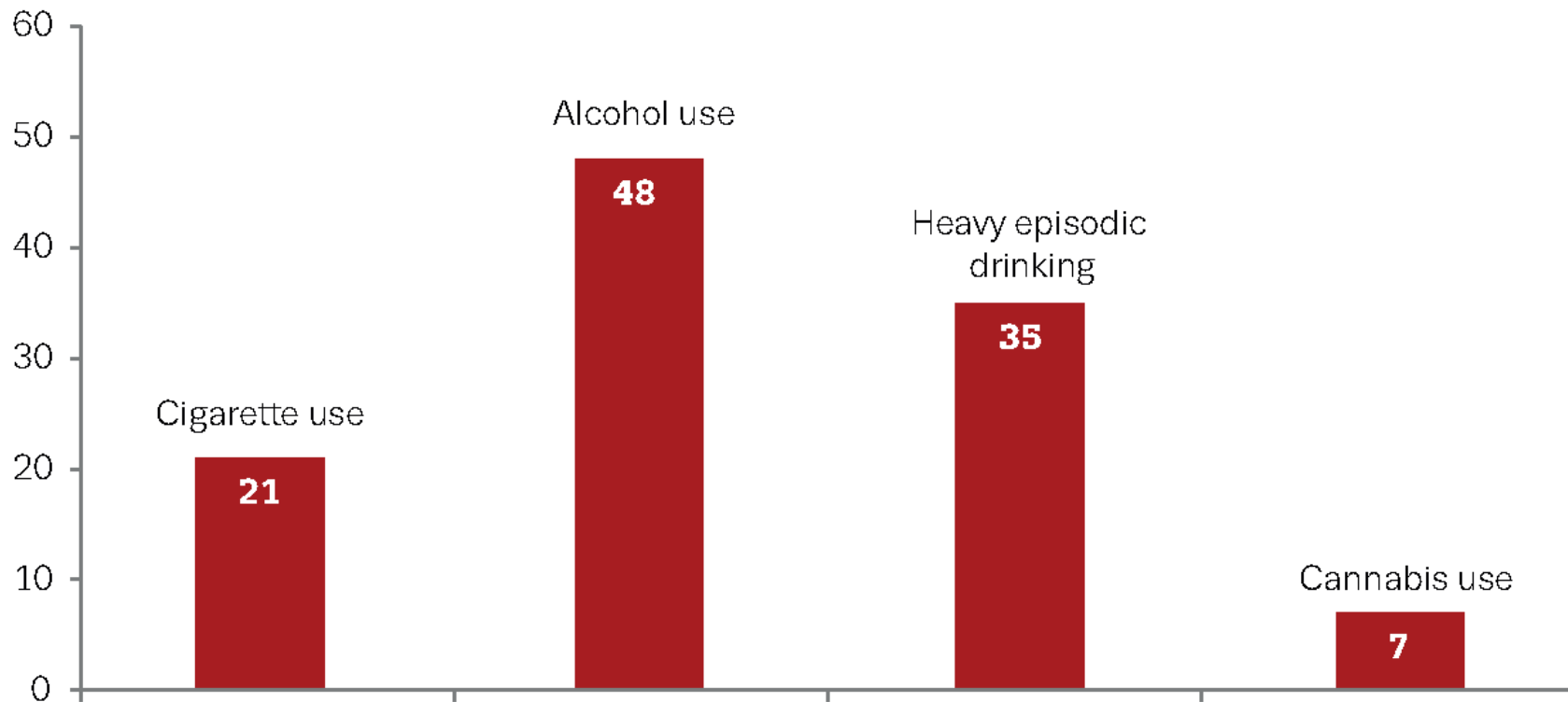
Illicit drugs



Last 30 days use for selected substances or patterns of use (percentage)

European average
(34 countries)

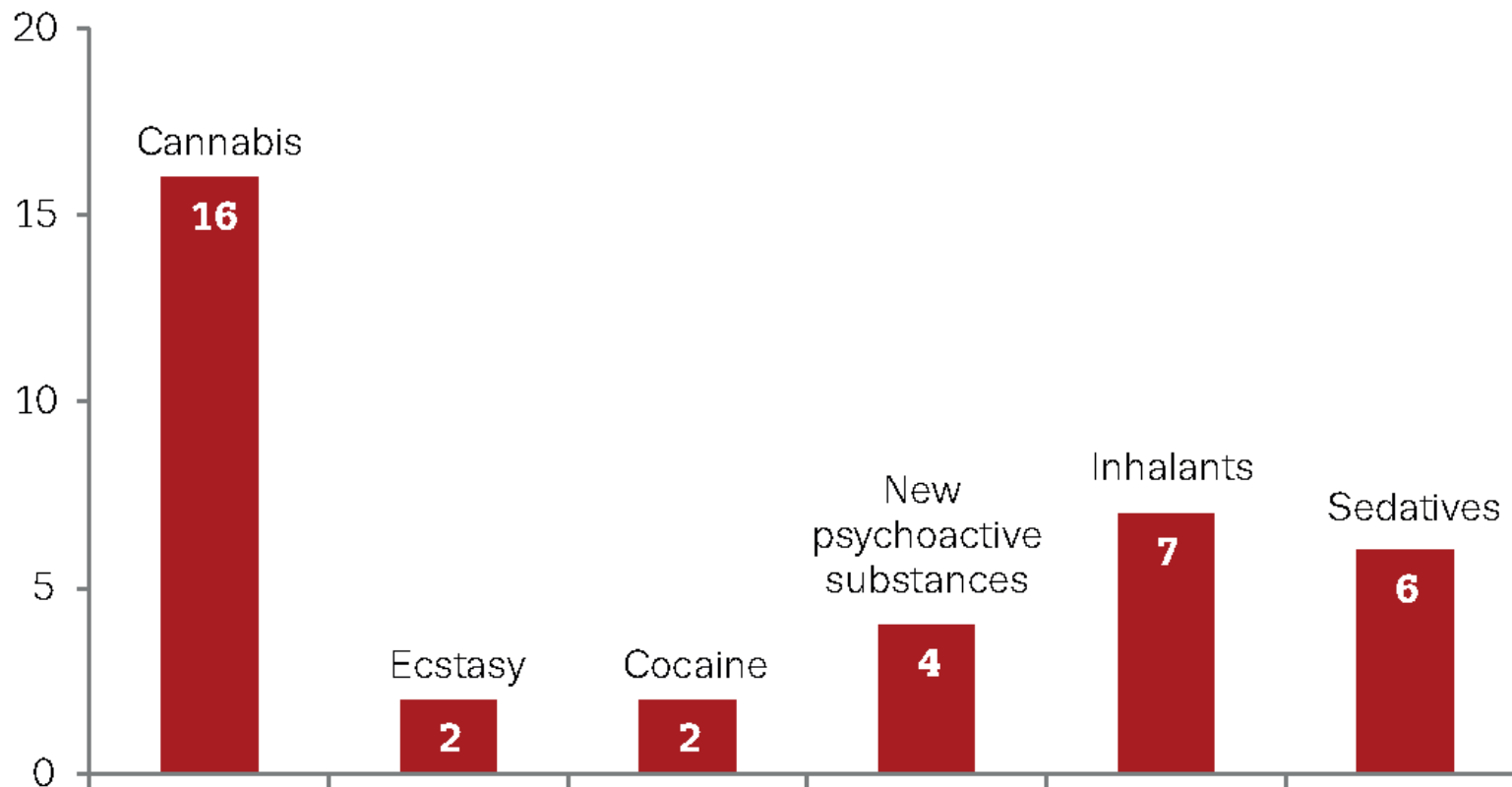
Percent



Lifetime prevalence of use of selected substances (percentage)

European average
(34 countries)

Percent

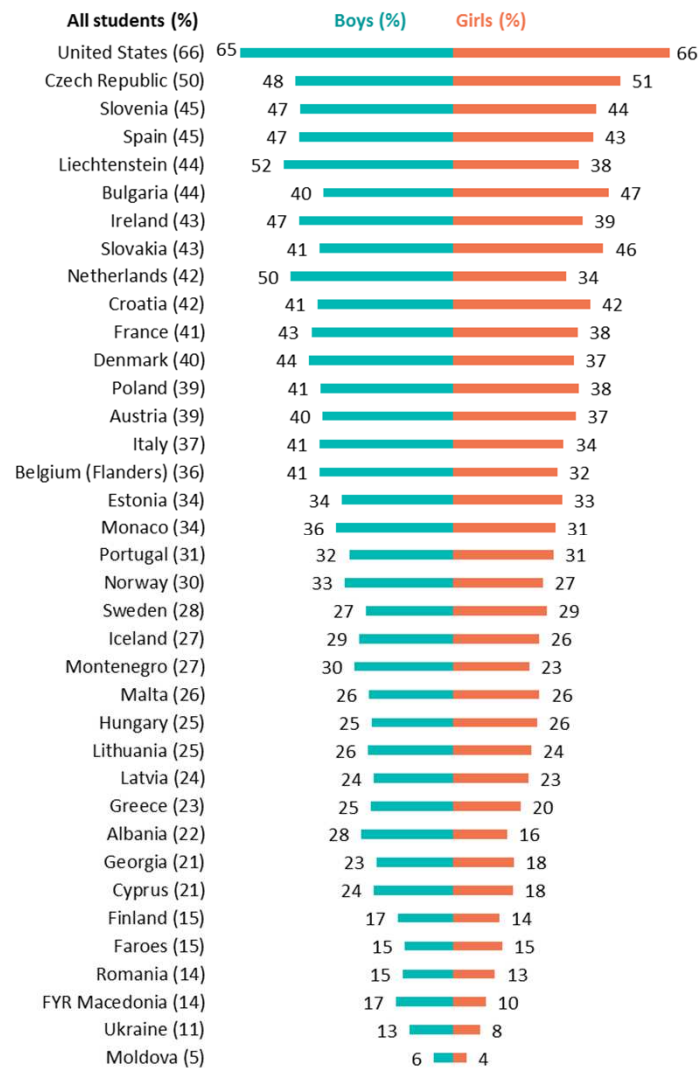


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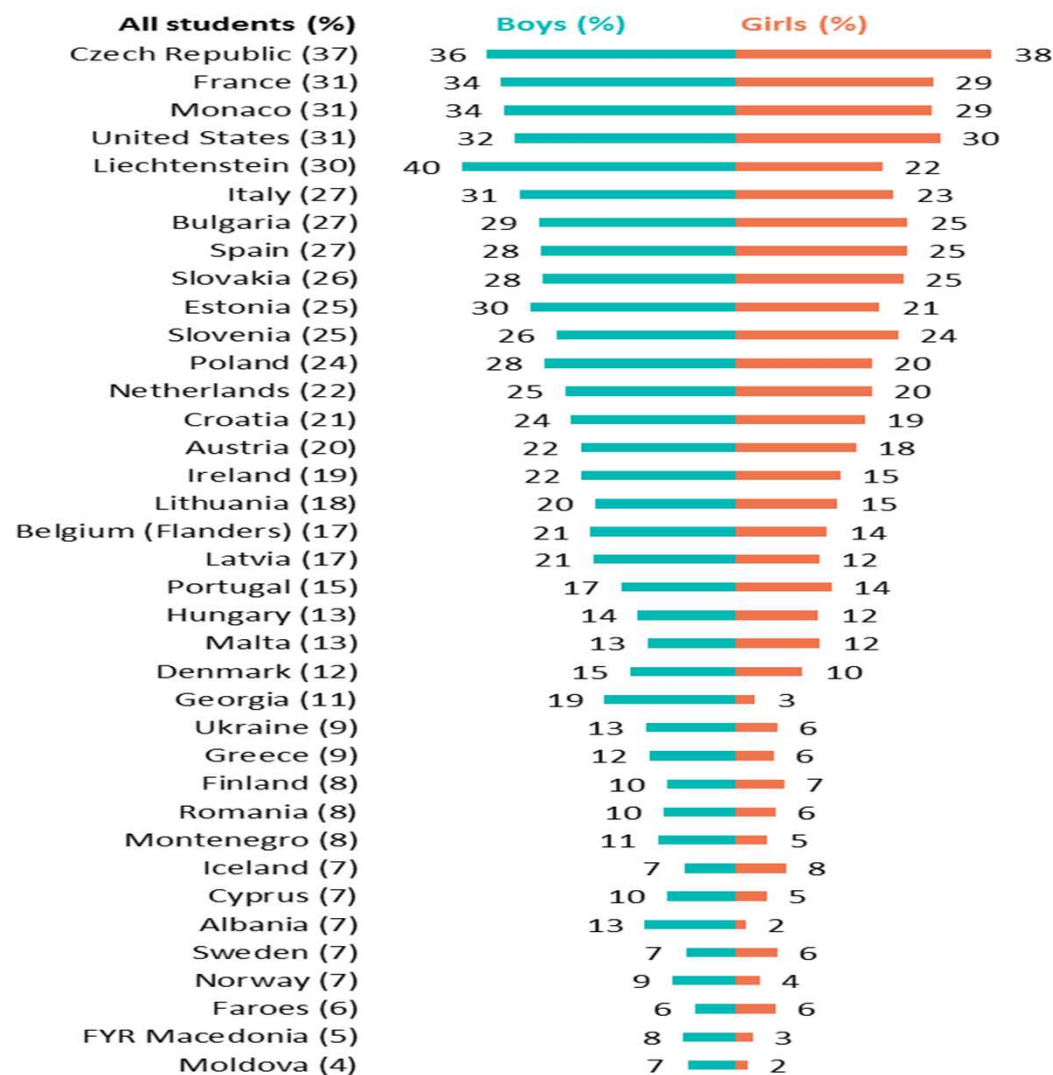
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Perceived availability of cannabis

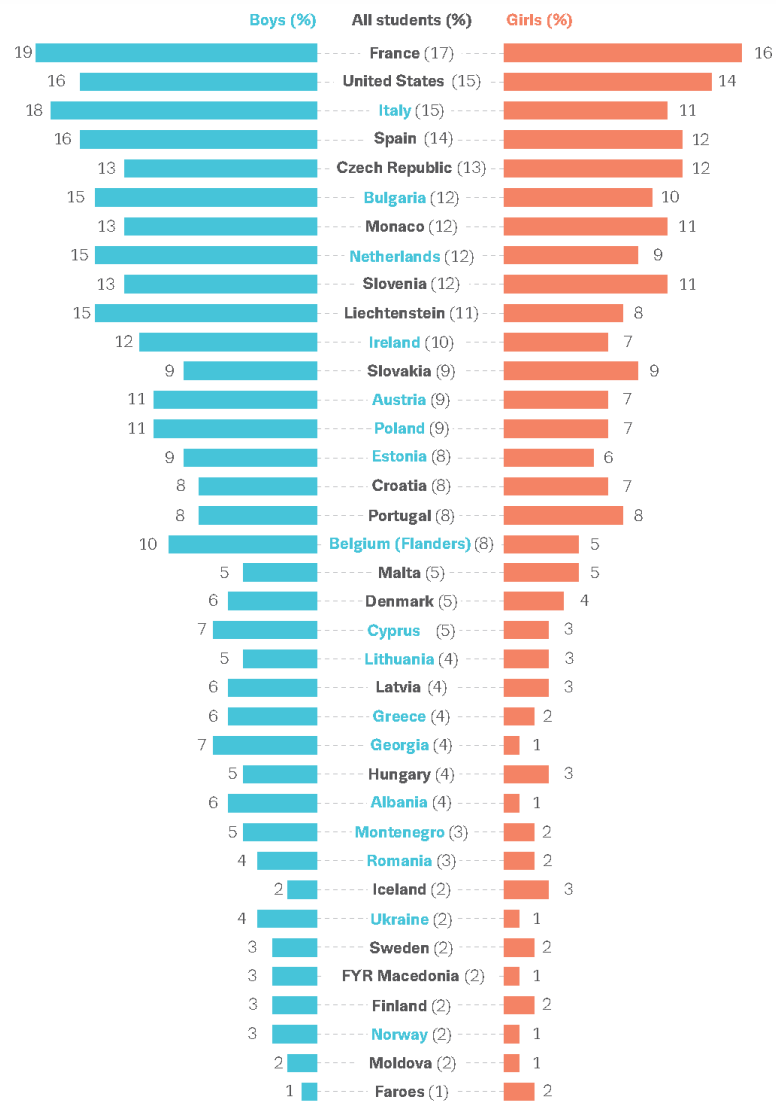
Students responding that it is 'fairly easy' or 'very easy' to obtain cannabis, by gender (percentage)



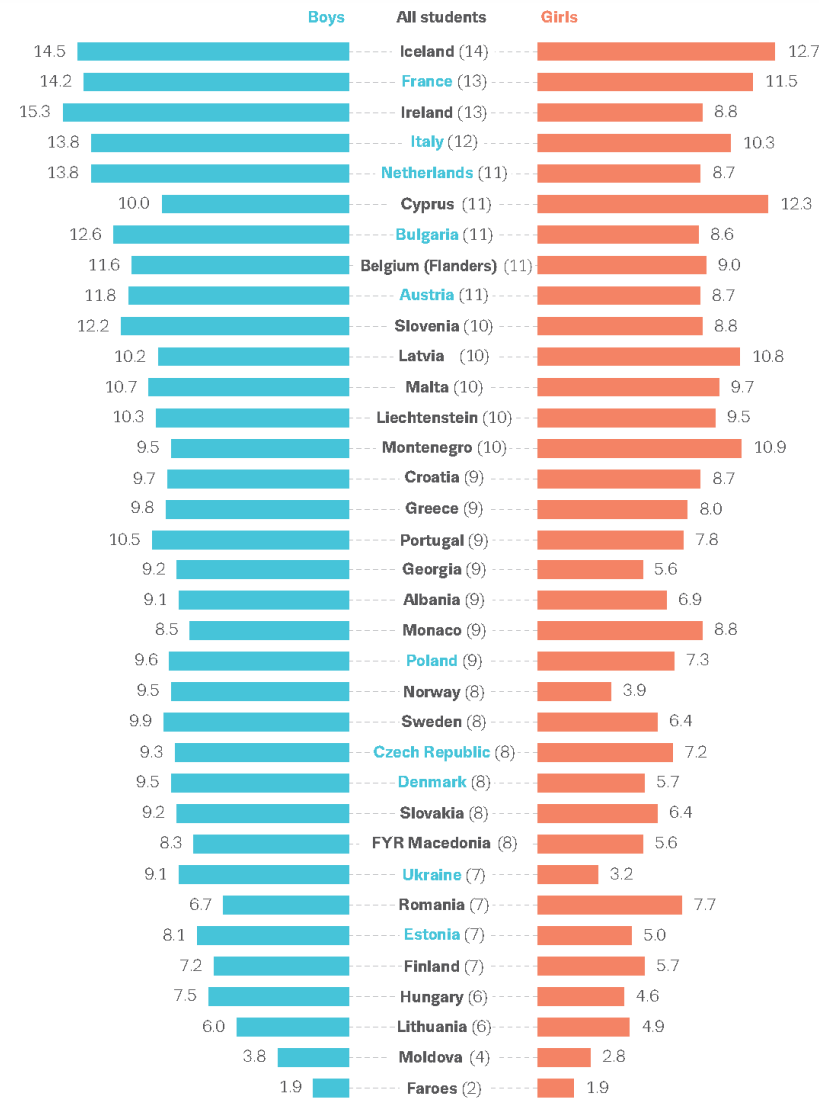
Lifetime prevalence of cannabis use, by gender (percentage)



Prevalence of cannabis use in the last 30 days, by gender (percentage)

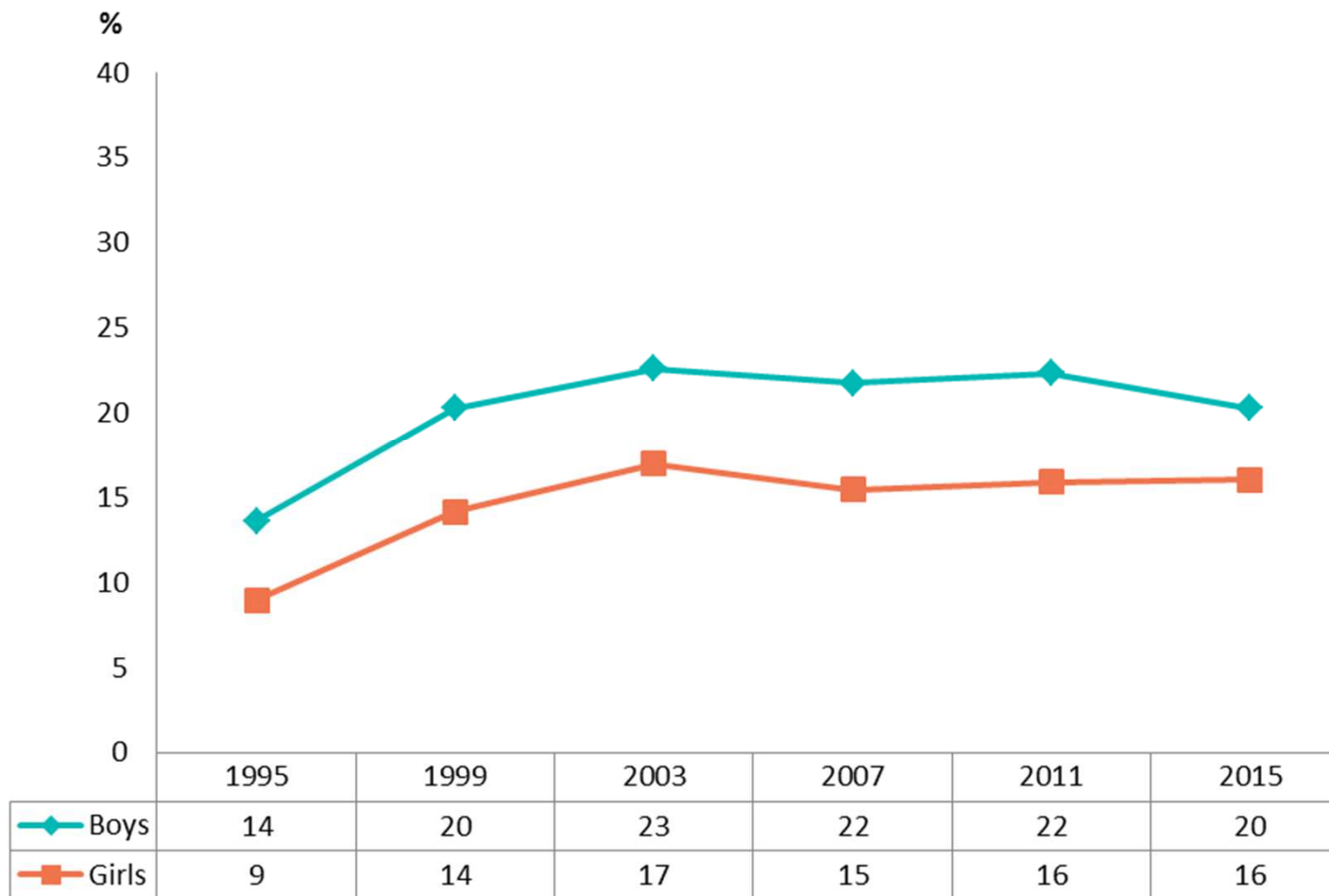


Average frequency of cannabis use in the last 12 months, by gender (mean number of occasions - users)



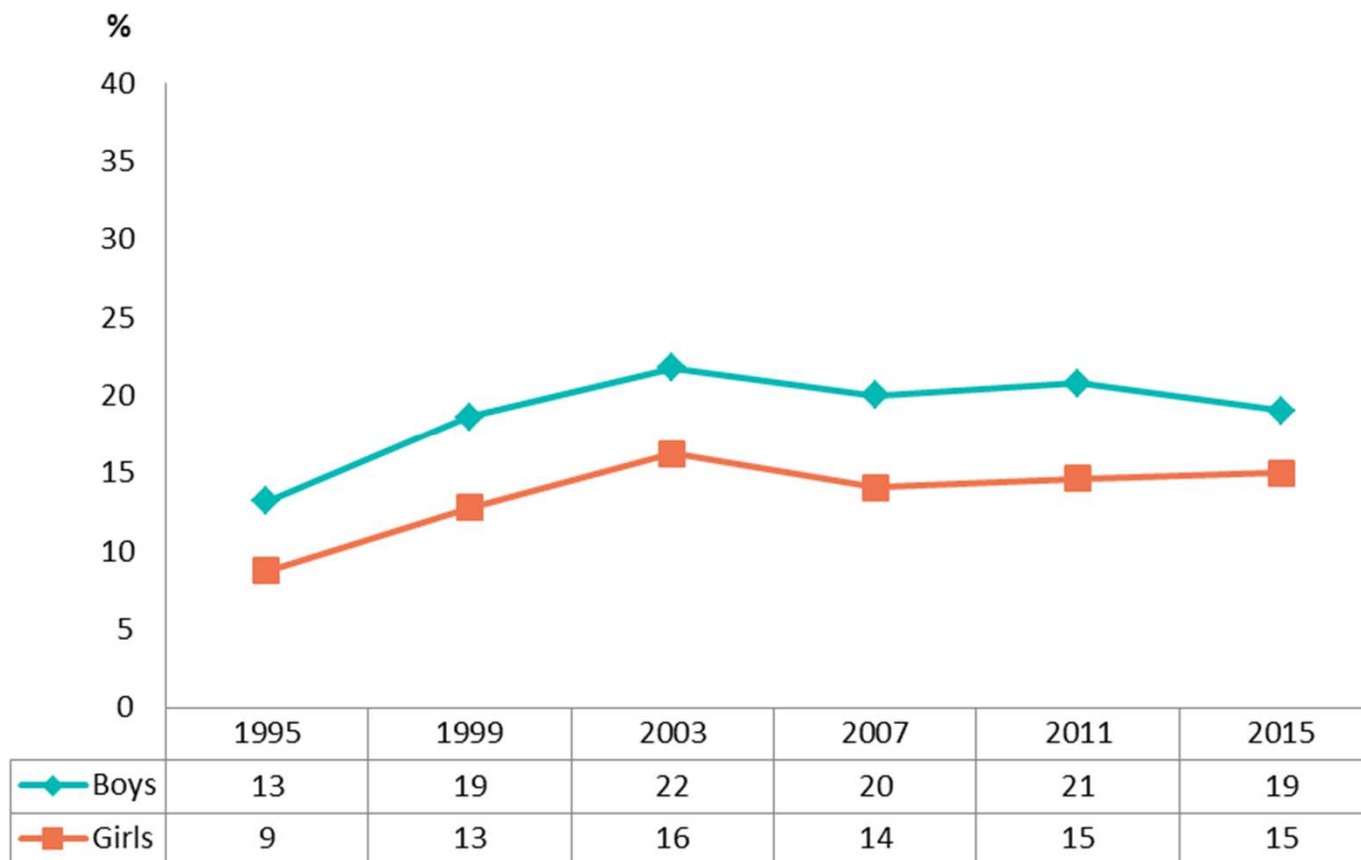
Lifetime use of illicit drugs, by gender

25-country trend 1995-2015 (percentage)



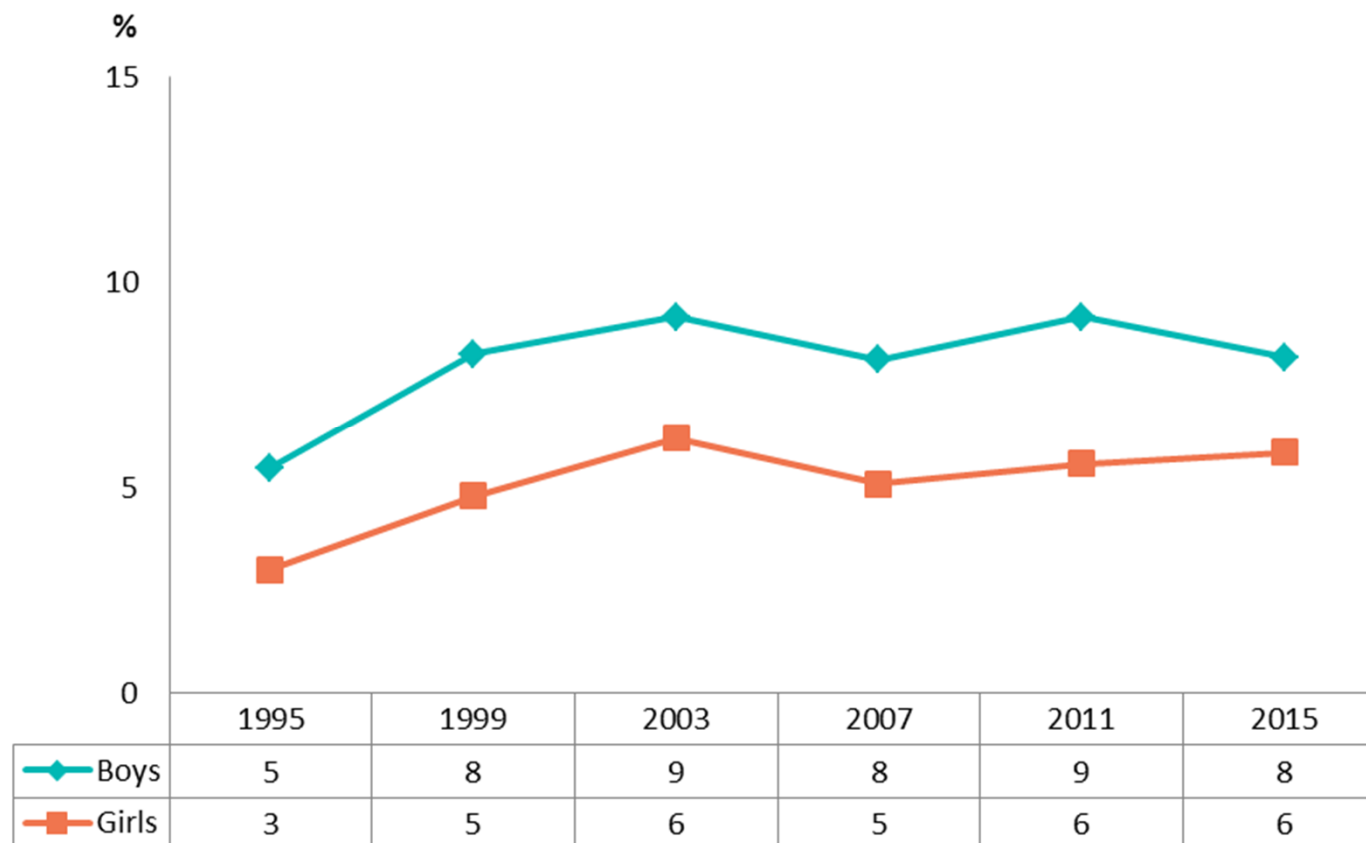
Lifetime use of cannabis, by gender

25-country trend 1995-2015 (percentage)



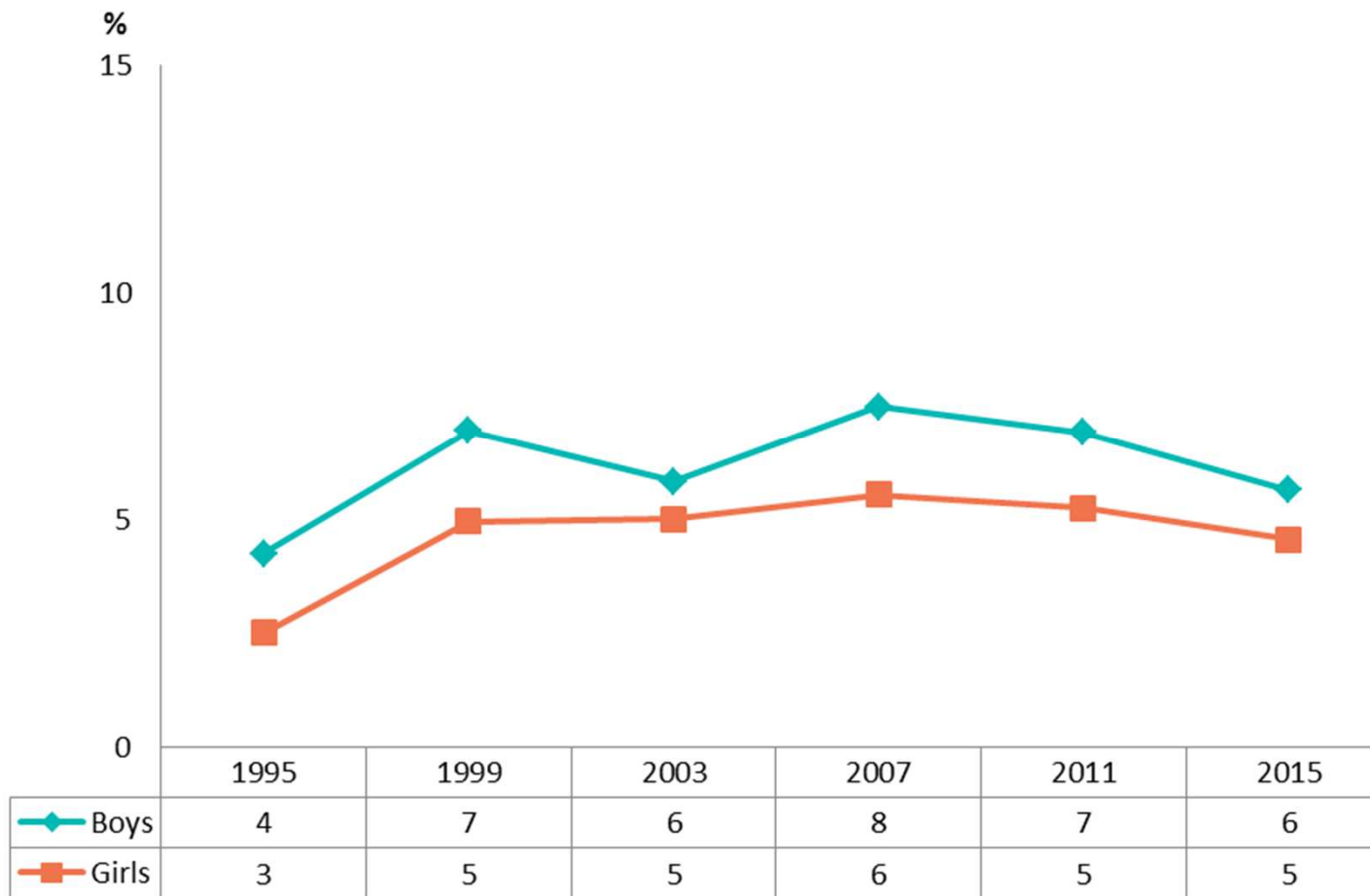
Cannabis use in the last 30 days, by gender

25-country trend 1995-2015 (percentage)



Lifetime use of illicit drugs other than cannabis, by gender

25-country trend 1995-2015 (percentage)



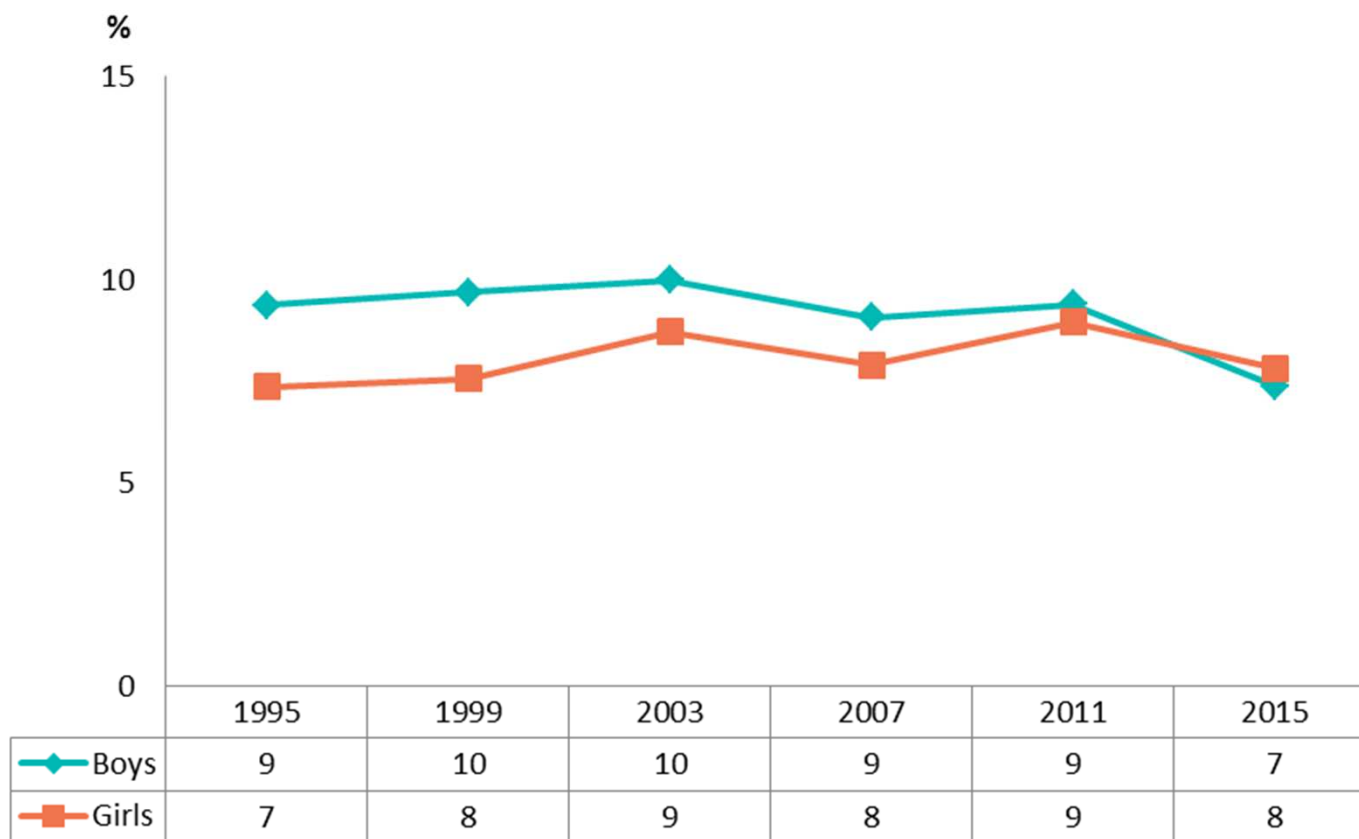
Some learning points

- **Most use of illicit drugs involves cannabis**
- **Marked country differences in cannabis use**
- **Unlike tobacco and alcohol, cannabis and illicit drug use still at levels reached in 2003**
- **Frequency of use not low among cannabis users**
- **Moderate gender difference in cannabis use**
- **Use of non-cannabis illicit drugs added together is not negligible**



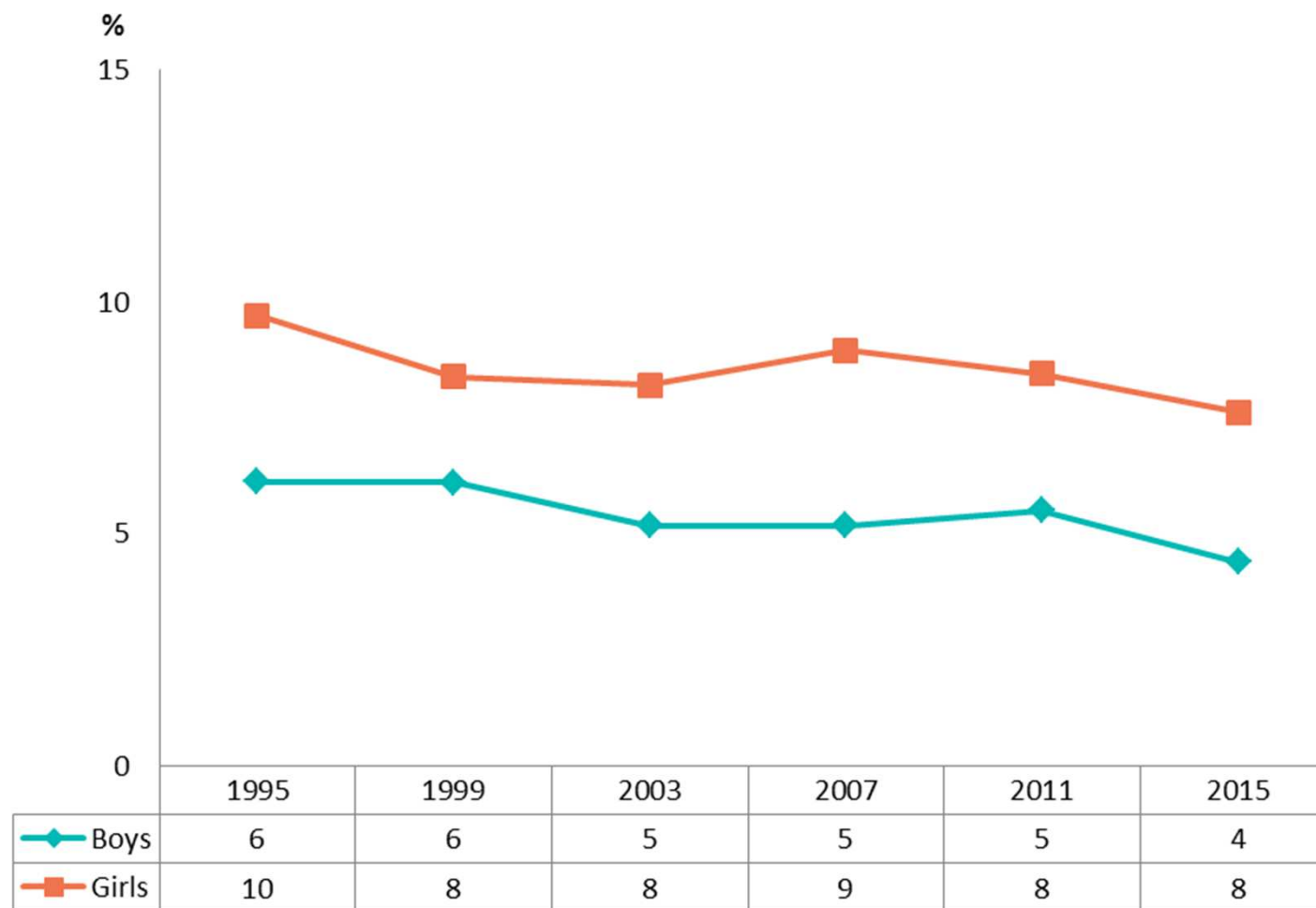
Lifetime use of inhalants, by gender

25-country trend 1995-2015 (percentage)



Lifetime use of tranquillisers or sedatives without a doctor's prescription, by gender

25-country trend 1995-2015 (percentage)





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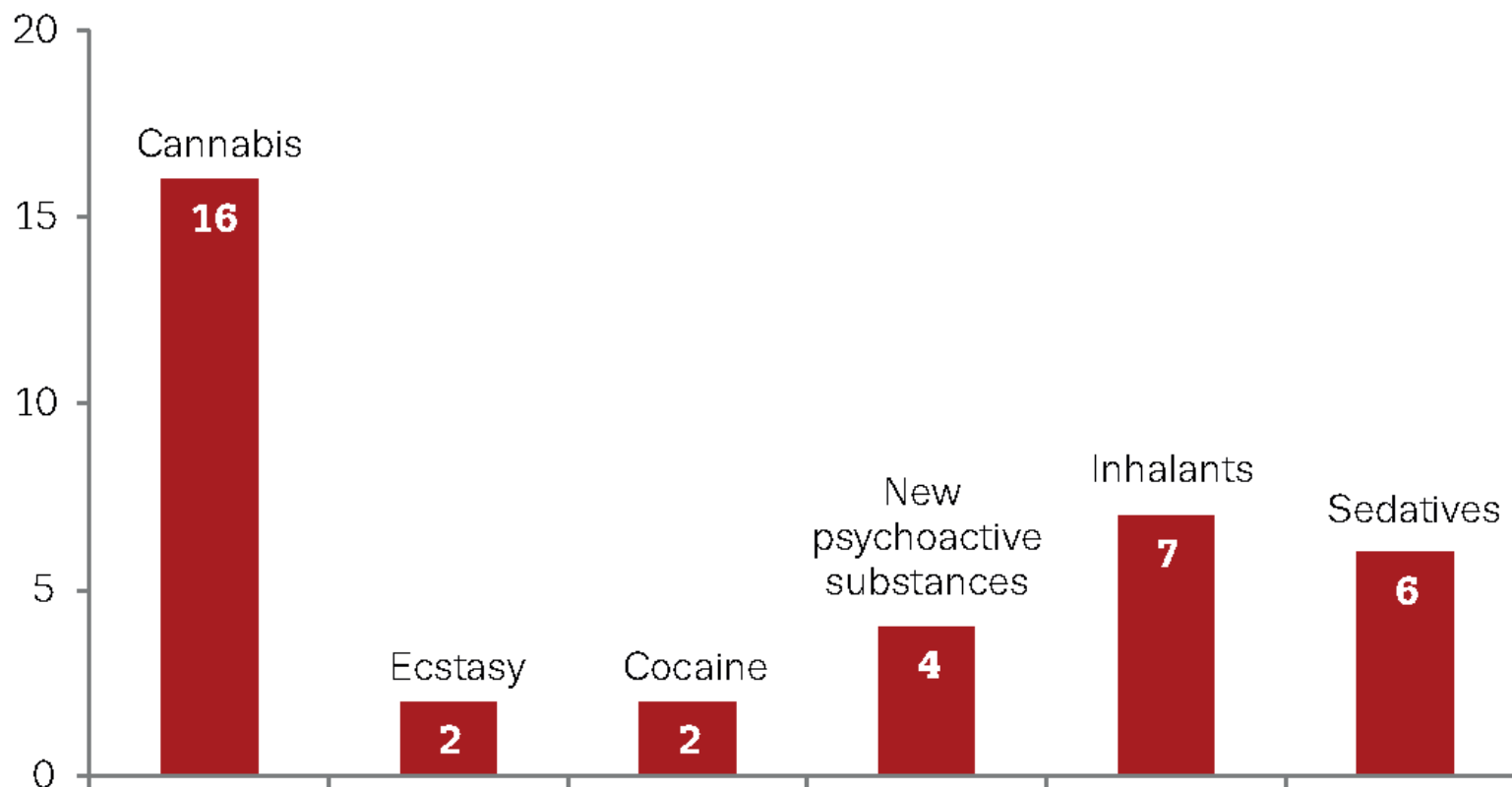
New psychoactive substances



Lifetime use of selected substances (percentage)

European average
(34 countries)

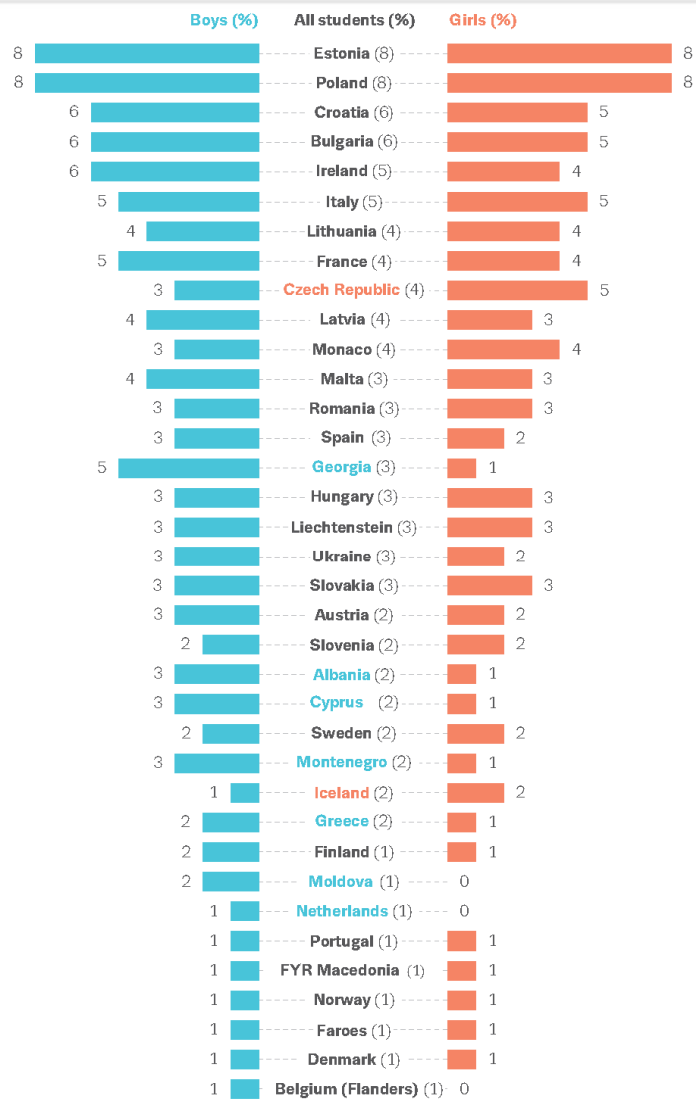
Percent



Wording of the NPS question

‘New substances that imitate the effects of illicit drugs (such as cannabis or ecstasy) may now be sometimes available. They are sometimes called ‘legal highs’, ‘ethno botanicals’, ‘research chemicals’ and can come in different forms, for example herbal mixtures, powders, crystals or tablets.’

Prevalence of new psychoactive substance use in the last 12 months, by gender (percentage)



Some learning points

- **NPS a complex and changing reality**
- **Necessary harmonised instruments across studies**
- **Prevalence higher than drugs different to cannabis**
- **Big country differences difficult to explain**
- **Not marked gender differences**





ESPAD

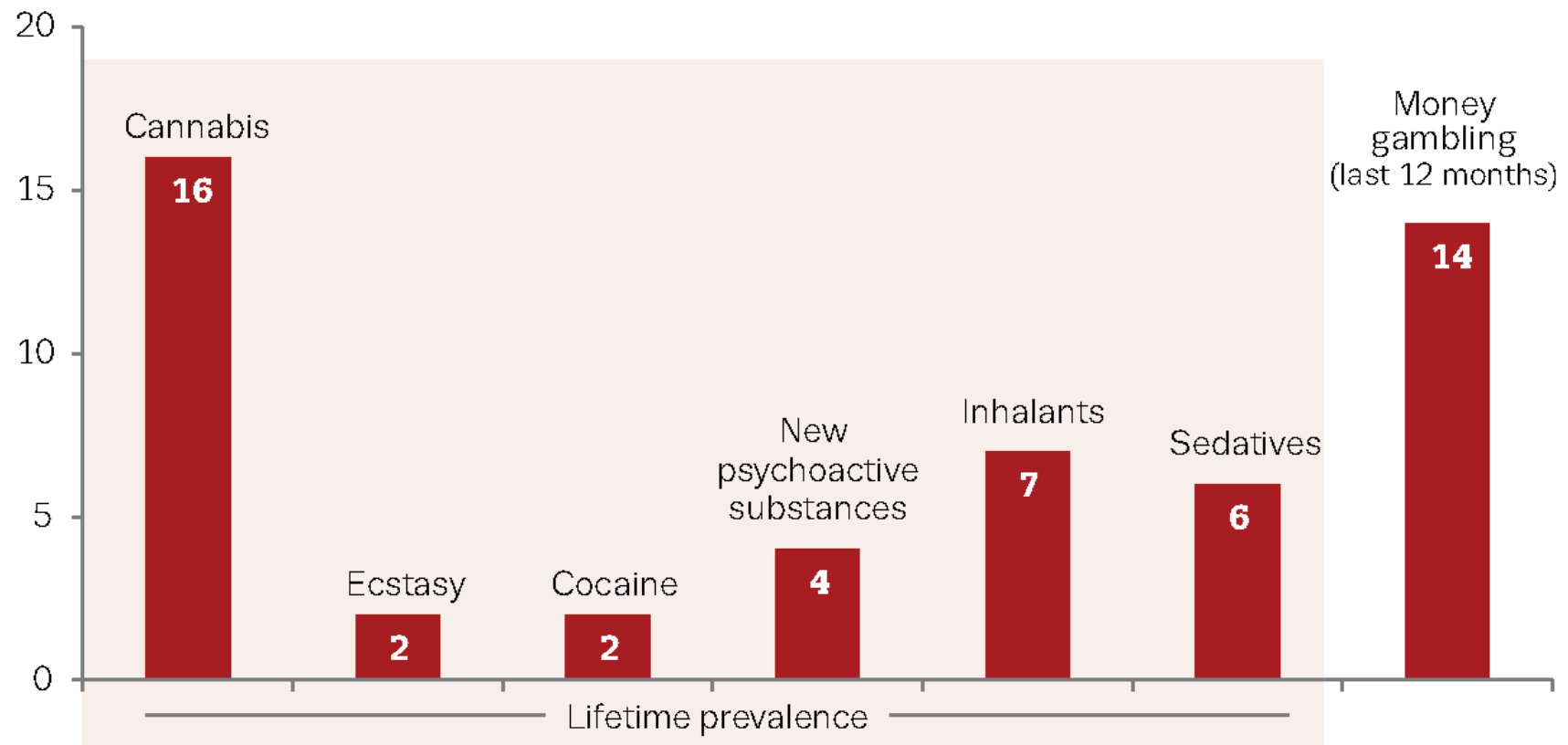
Internet, gaming, gambling



Lifetime prevalence of use of selected substances and gambling for money in the last 12 months (percentage)

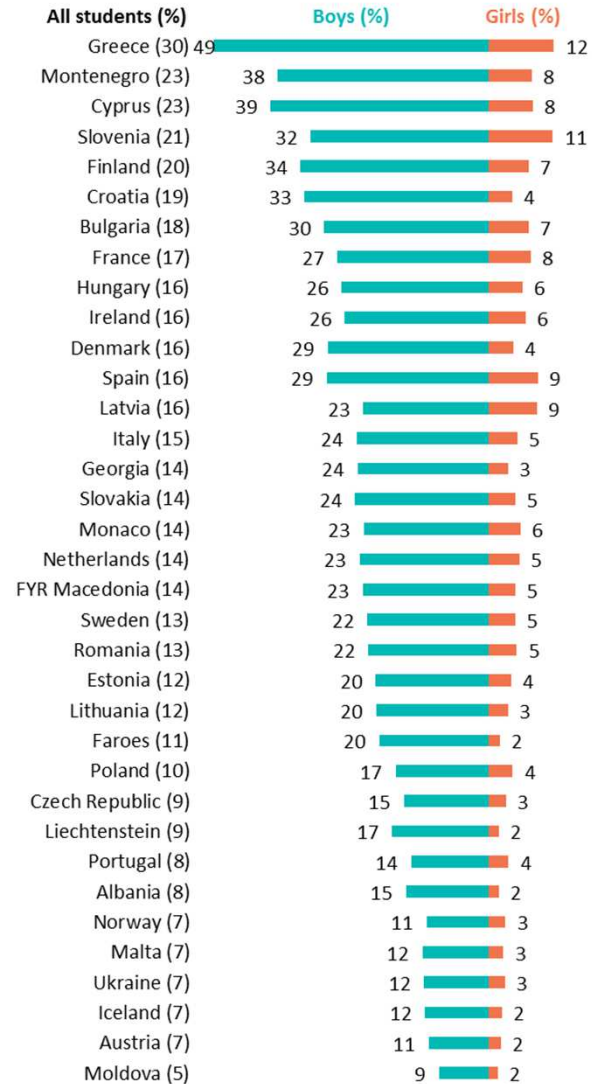
European average
(34 countries)

Percent



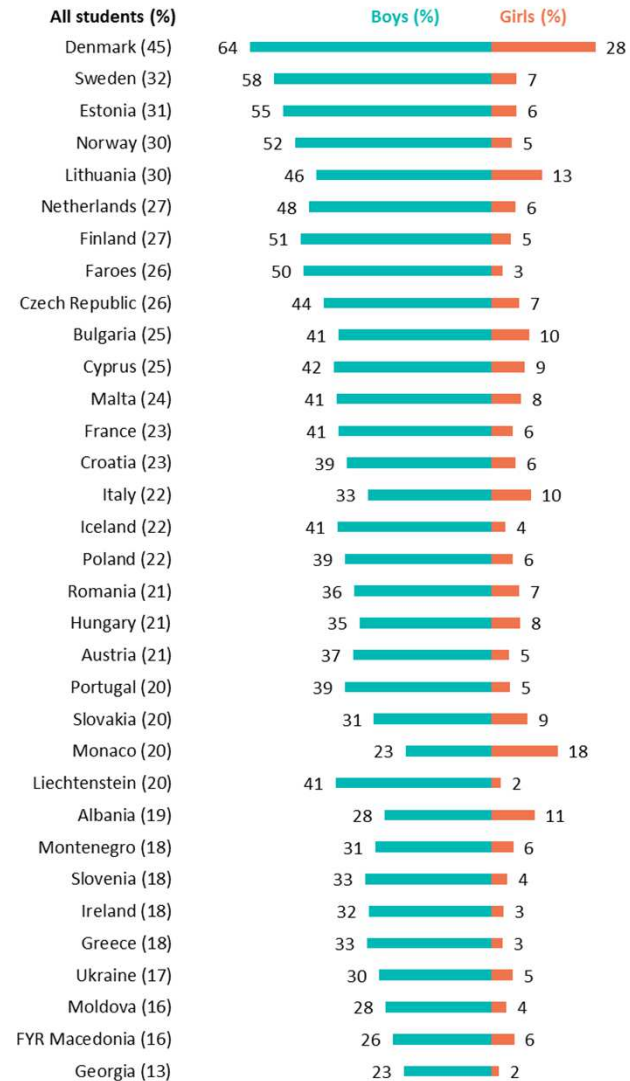
Gambling for money

Prevalence in the last 12 months, by gender (percentage)



Prevalence of gaming on the internet

On 4 or more days in the last 7 days, by gender (percentage)

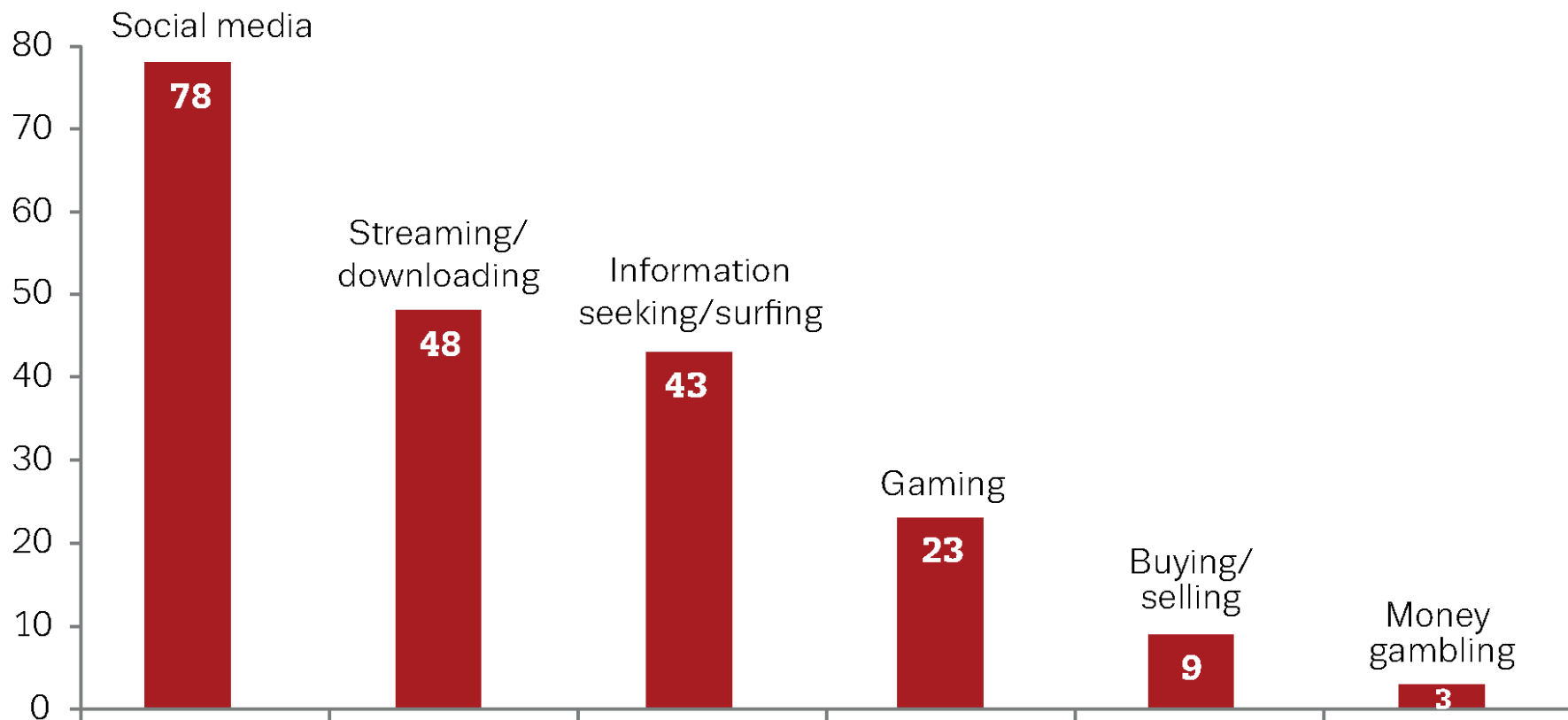


Prevalence of activities on the internet

On 4 or more days in the last 7 days (percentage)

European average
(34 countries)

Percent

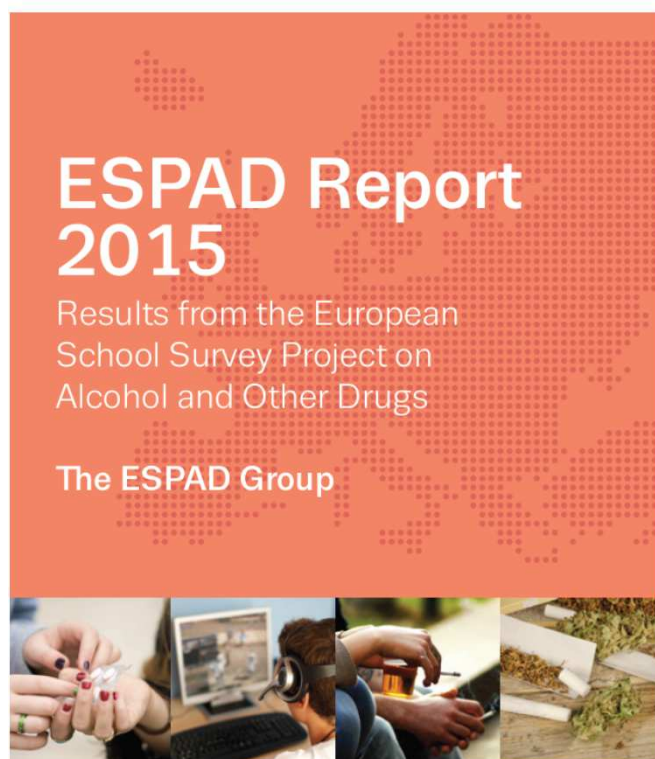


Some learning points

- **Internet use measured for first time in ESPAD**
- **High level of gambling for money (23% of boys in last year)**
- **Big gender difference (only 5% of girls)**
- **Country differences not very marked**



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www.espad.org

Some learning points

- **Smoking and drinking show signs of decline**
- **Concerns over new drugs and new addictive behaviours**
- **Tobacco clearly decreasing, but availability still high**
- **Moderate positive developments in alcohol use**
- **Heavy episodic drinking still reported by a third of students**
- **Availability of alcohol continues to be high**



Continuation

- **Illicit drug use stabilised, albeit at high levels (18%)**
- **Cannabis accounts for most illicit drug use**
- **30% of students find cannabis easily available**
- **4% of students reported ever using new psychoactive substances**
- **Online gambling reported by a substantial proportion of students (23% of boys and 5% of girls)**





European Monitoring Centre
for Drugs and Drug Addiction

Electronic version of the report with:

- additional methodological information
- additional figures and tables
- extraction of customised data

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Contact — ESPAD@emcdda.europa.eu