



National institute
of **Public Health**

The prevalence of risky behaviours during the COVID-19 pandemic

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Agenda

SI-PANDA survey

Lifestyle during COVID-19 pandemic

Mental health during COVID-19 pandemic

Risky behaviours during COVID-19 pandemic

Cannabis use during COVID-19 pandemic

About SI-PANDA



- National Survey on the Impact of the Pandemic on Life
- Nineteen survey waves from 4 December 2020 till 10 December 2021 (every two weeks in the first half of 2021 and once a month in the second half of 2021)
- Selected online access panel members are invited to take part in an online survey conducted through (Mediana's / Valicon's – 'public tender') online access panel
- Sample: Each wave of online survey involves a sample of about 1,000 adults aged 18 to 74 who are included in the online access panel
- The data are weighted by gender, age categories and statistical regions

Questionnaire: structure

1. Core: World Health Organization's questionnaire was used; available at: <https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/publications-and-technical-guidance/risk-communication-and-community-engagement/who-tool-for-behavioural-insights-on-covid-19/survey-tool-and-guidance-behavioural-insights-on-covid-19-produced-by-the-who-european-region>
2. Fixed part of questionnaire with national questions (in all survey waves)
3. Variables specific for each survey wave (or used only in a few survey waves)

Average duration of online survey: 20 minutes, 72 hours to collect answers



**SURVEY TOOL
AND GUIDANCE**
Rapid, simple, flexible behavioural
insights on COVID-19

Monitoring knowledge, risk perceptions, preventive behaviours and trust to inform pandemic outbreak response

29 July 2020



Lifestyle - 'unwanted behavior'



Questions asked in all 19 survey waves.

Source of questions: WHO.

Within the last 2 weeks, have you done the following ...?

[yes, no, NA]

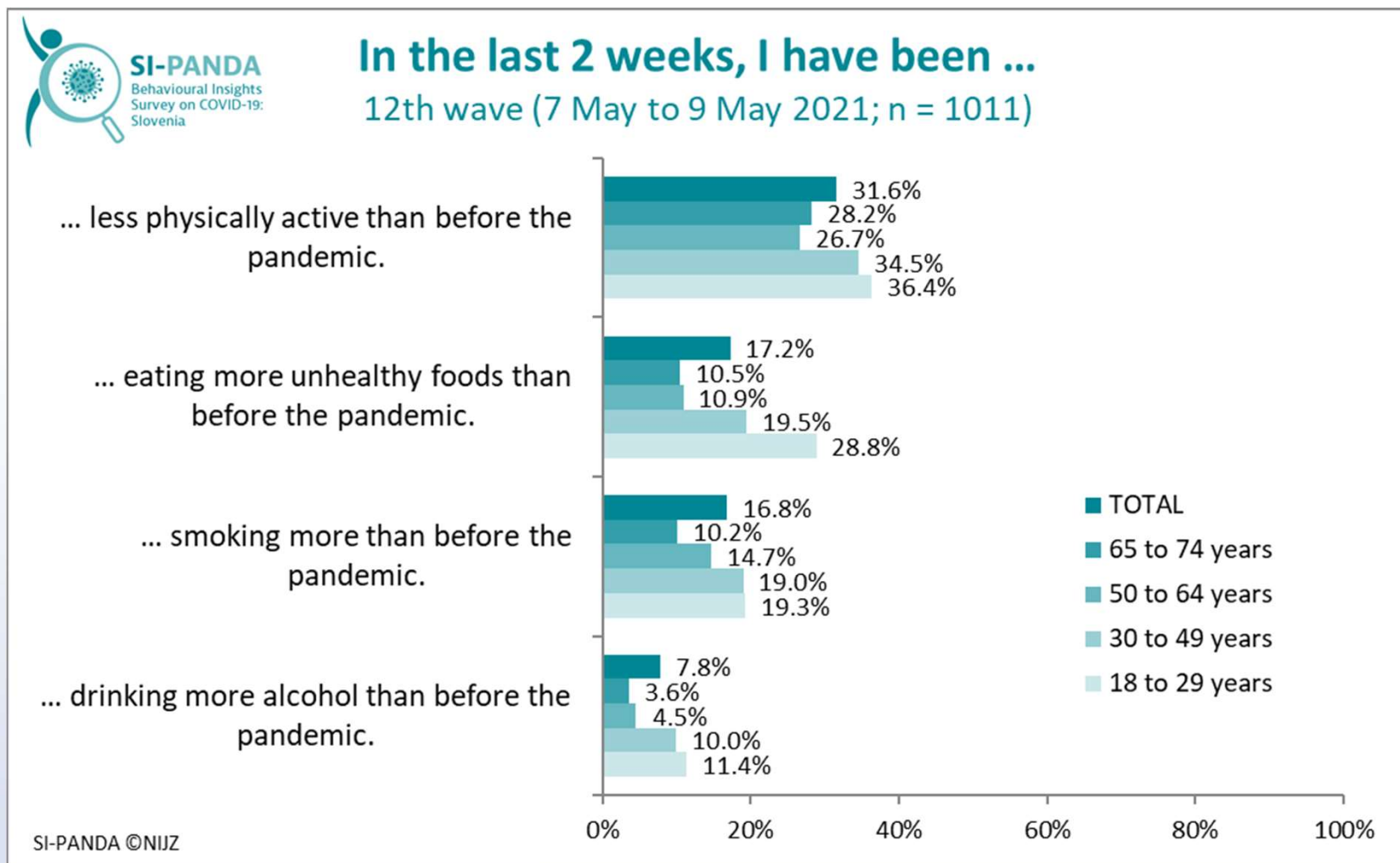
Exercised less than I did before the pandemic.

Drank more alcohol than I did before the pandemic.

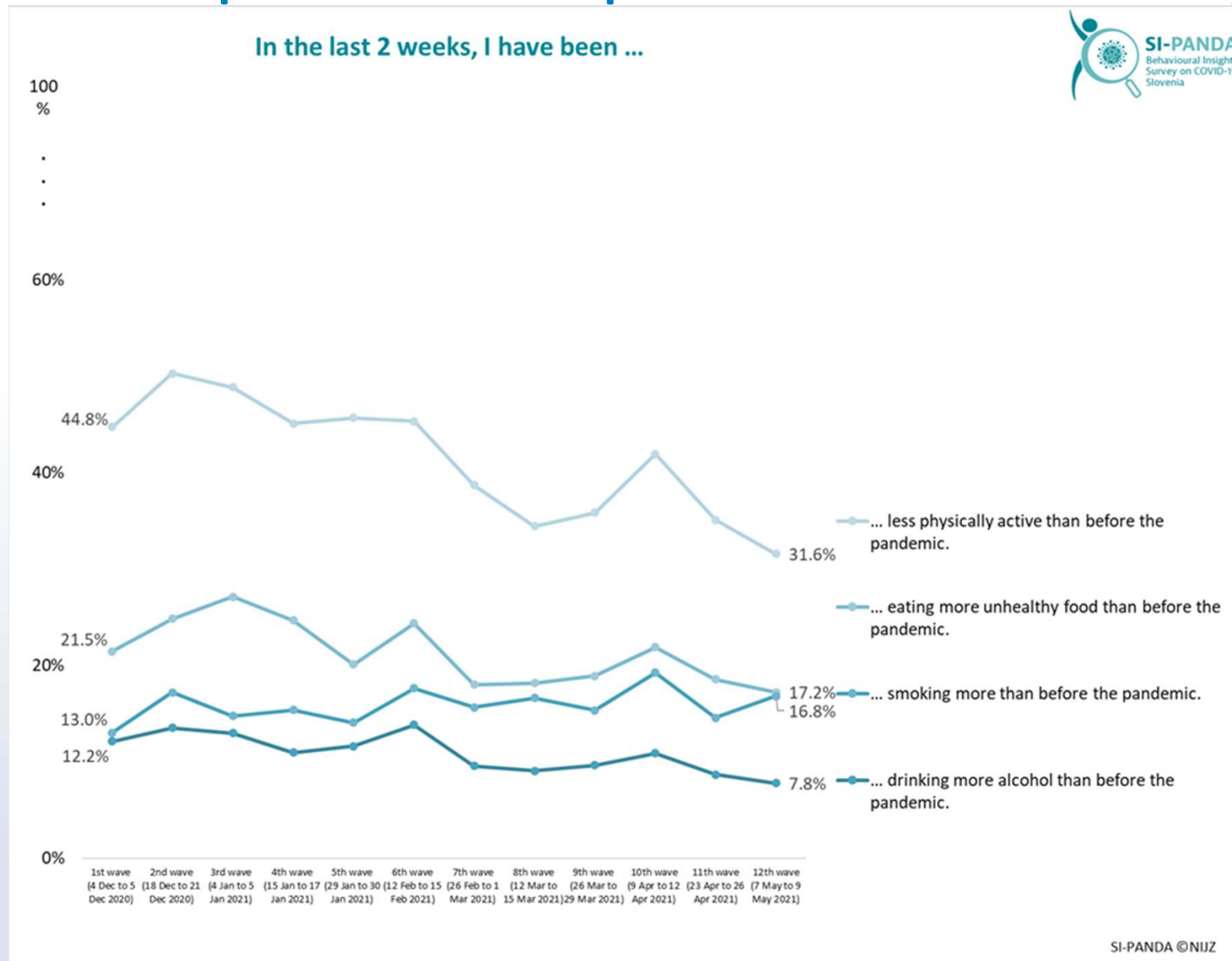
Ate more unhealthy food than I did before the pandemic.

Smoked more than I did before the pandemic.

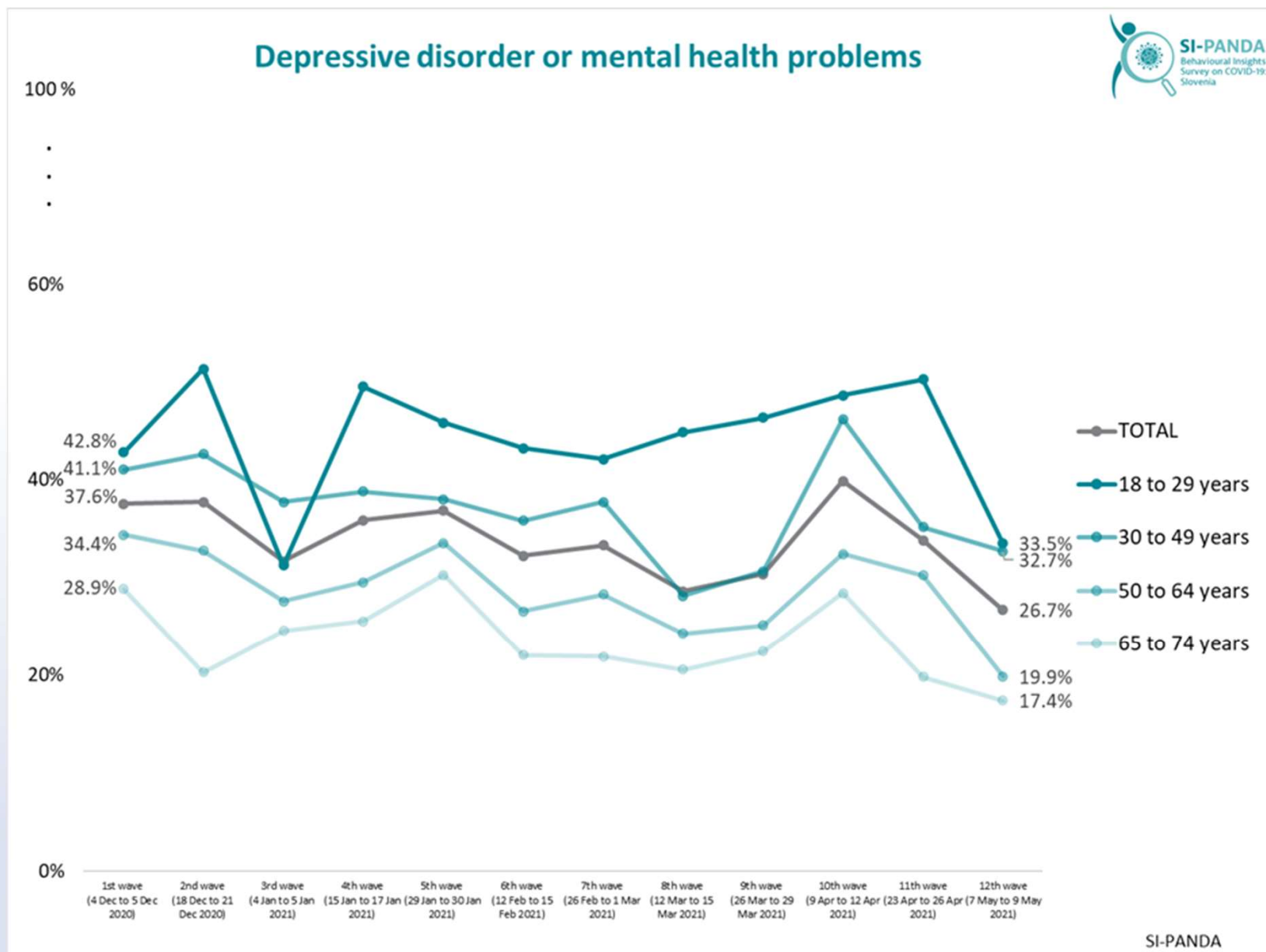
The impact of the pandemic on lifestyle



The impact of the pandemic on lifestyle



Mental health (WHO-5)



‘Risky behaviour’



Highlighted topic in the 12th survey wave (7th-9th May 2021; 1011 adults).

Source of question: own, new question.

During the pandemic, I have ...?

[much less than before the pandemic, less than before the pandemic, the same as before the pandemic, more than before the pandemic, much more than before the pandemic, not using]

Played video games.

Consumed alcoholic beverages.

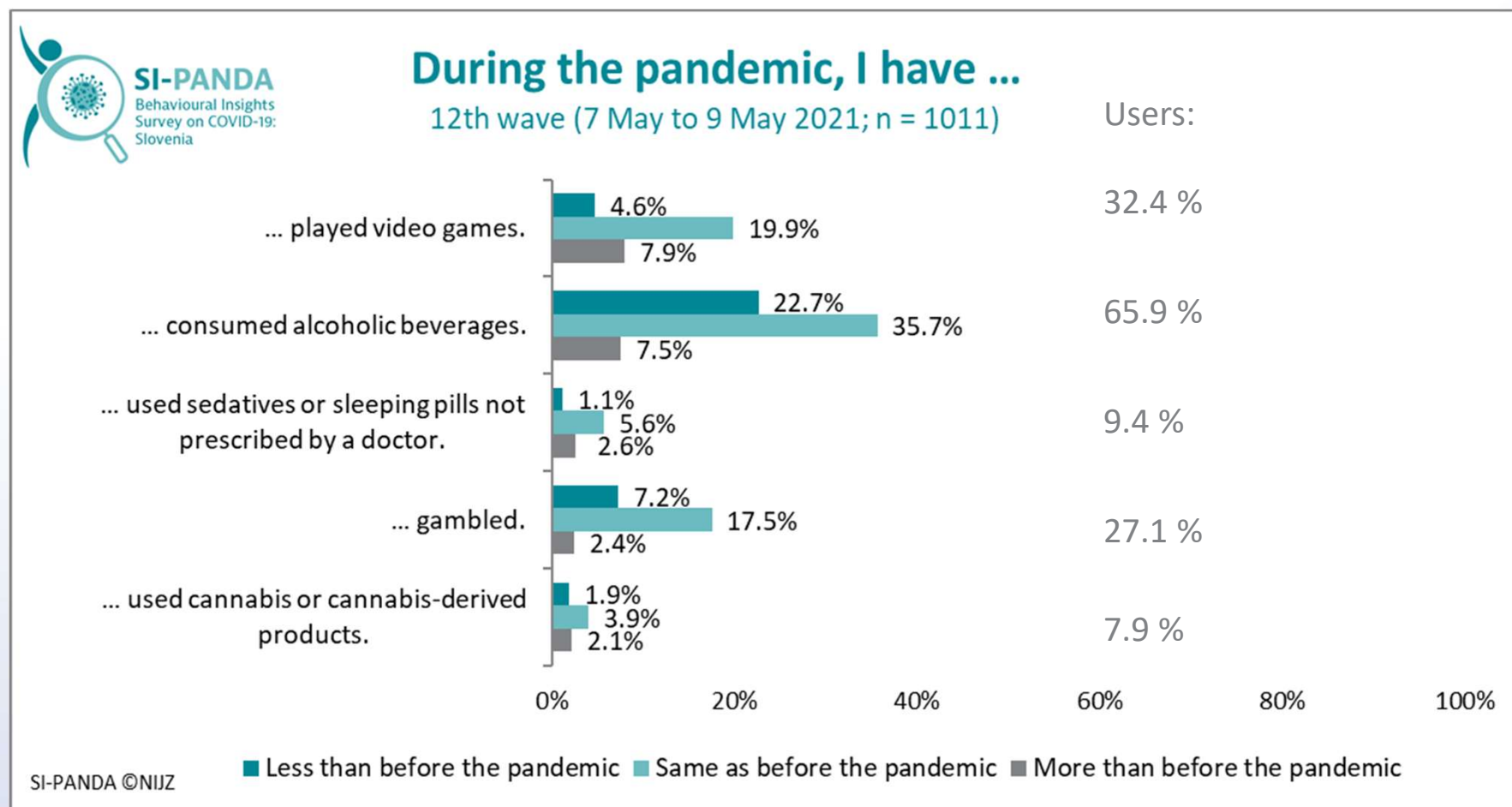
Used sedatives or sleeping pills not prescribed by a doctor.

Gambled for money.

Used cannabis or cannabis-derived products (cannabis resin, herbal cannabis).

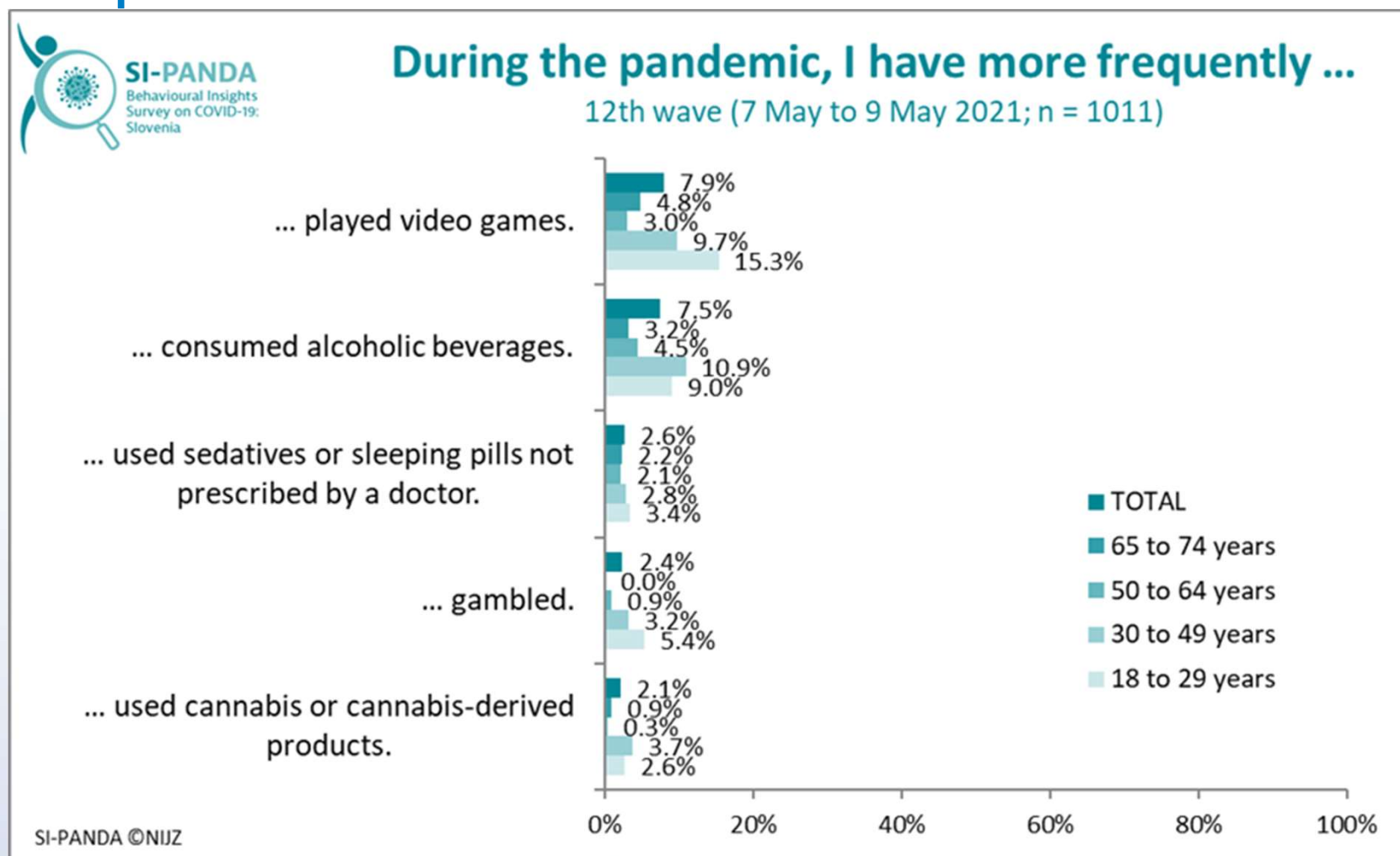
A lot of
information
in one
question:
prevalence,
frequency

The frequency of risky behaviours during the pandemic



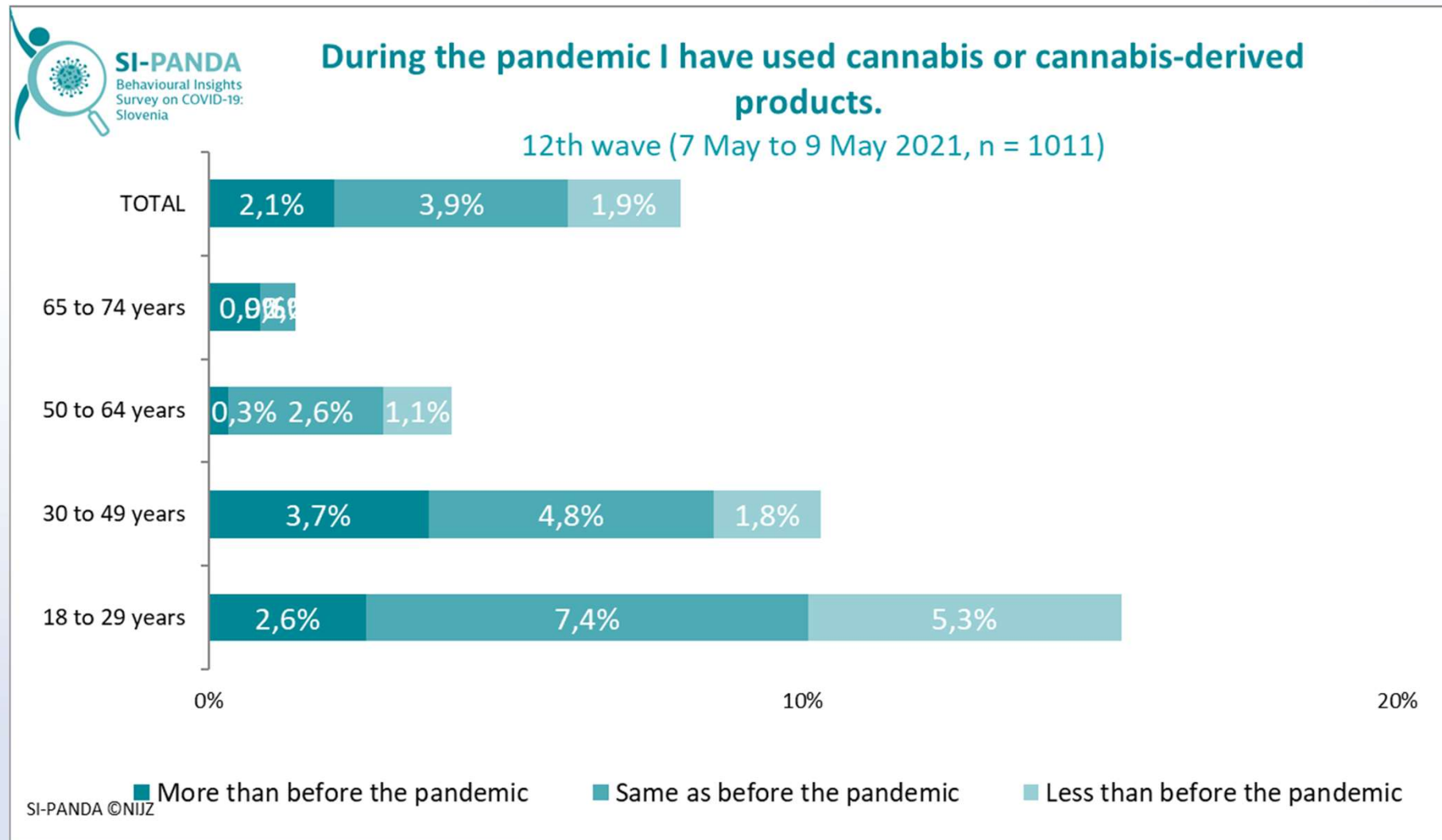
Note: The graph does not include those respondents who stated that they do not engage in risky behaviours.

The frequency of risky behaviours during the pandemic



Note: The graph does not include those respondents who stated that they do not engage in risky behaviours.

The use of cannabis or a cannabis-derived products



Conclusion: cannabis use

In Slovenia, the use of the illicit drug cannabis is most widespread among the general population and adolescents; this drug has been **used by about a fifth of adults and an equal proportion of adolescents at some point in their lives (LTP)**.

LTP of cannabis use among adults (15-64 y.) was 5.9 % (GPS 2018).

SI-PANDA 2021: **7.9 % respondents** (18-74 y.) report the use of cannabis or cannabis-derived products, half of them to the same extent as before the pandemic, a quarter of them more than before the pandemic and a quarter less than before the pandemic.

The **COVID-19 pandemic** has affected the lives of many individuals, families, and communities around the world. Responses to the pandemic vary from person to person, and in everyday life they can face the pandemic using a variety of both positive and negative strategies. One of the negative pandemic coping strategies may also be the use of illicit drugs and psychoactive substances.

Other studies: cannabis use during pandemic

As foreign research suggests, regular and frequent cannabis users are more likely to increase its use during a pandemic, while occasional users are more likely to reduce or even abandon cannabis use. According to Winstock et al., the main reasons for the increase in cannabis use are more free time and boredom. The author further notes that both, those with mental health problems and those without them, reported a similar percentage of increased use during the pandemic. However, users with mental health problems were more likely to cite stress management, loneliness, and depression as key reasons for increased use during the pandemic.

Sources:

- EMCDDA. (2020) EMCDDA trendspotter briefing. Impact of COVID-19 on patterns of drug use and drug related harms in Europe. European Monitoring Centre for Drugs and Drug Addiction. E-material. Available at: https://www.emcdda.europa.eu/publications/ad-hoc-publication/impact-covid-19-patterns-drug-use-and-harms_en
- Observatoire Français des Drogues et des Toxicomanies. (2020) Addictions in France during lockdown (March 17th – May 11th, 2020). E-material.
- Winstock AR, Davies EL, Gilchrist G, Zhuparris A, Ferris JA, Maier LJ and Barratt MJ. (2020), Global Drug Survey special edition on COVID-19: interim report. E-material. Available at: <http://globaldrugsurvey.com>.
- Winstock AR, Davies EL, Zhuparris A, Gilchrist G, Davies EL, Puljević C, Potts L, Maier LJ, Ferris JA, Barratt MJ. (2020a), Global Drug Survey special edition on COVID-19. Key findings report: Executive summary. E-material. Available at: <http://globaldrugsurvey.com>.

SI-PANDA reports (in English)



Reports:

<https://www.nijz.si/en/publications>

Report of the 12th survey wave with 'risky behaviours' as highlighted topic:

https://www.nijz.si/sites/www.nijz.si/files/publikacije-datoteke/panda_12_val_eng.pdf

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Thank you!

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