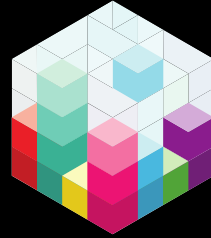




DRINKS METER



GLOBAL DRUG SURVEY



drugs meter

*Helping people to use drugs more safely and the
acceptance of pleasure*

Luxembourg Sept 2015

Dr Adam R Winstock MD MRCP MRCPsych FChAM

Consultant Psychiatrist and Addiction Medicine Specialist
and Founder Global Drug Survey

adam@globaldrugsurvey.com

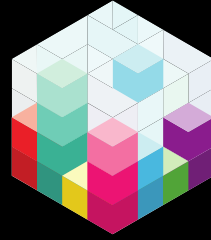
Dr Larissa Maier

Dr Monica Barratt

Dr Jason Ferris



South London and Maudsley **NHS**
NHS Foundation Trust

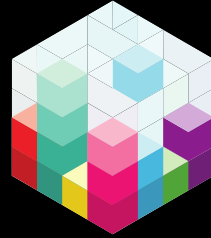


GLOBAL DRUG SURVEY

Conflict of interest declaration

I am the owner and director of Global Drug Survey an independent research organization

GDS is supported by loads of fantastic people around the world – without them GDS is very little – huge thanks to them all



GLOBAL DRUG SURVEY

Lots of this stuff & data is on our
website

www.globaldrugsurvey.com

and

GDS YouTube Channel

We run the biggest drug survey in the world



- GDS 2012 : 15,500
- GDS 2013 : 22,000
- GDS 2014 : 77,000
- GDS 2015 : 102,000
- GDS 2016 target : 200K



GLOBAL
DRUG
SURVEY

If you want to join...ask

Methodological limitations

Many.....

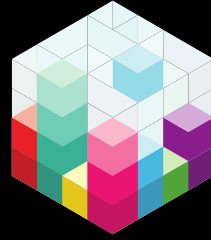
Sampling bias

Complementary data source

Triangulation of data

Some recent publication derived from GDS research

1. Winstock A, Lynskey M, Borschmann R, Waldron J Risk of seeking emergency medical treatment following consumption of cannabis or synthetic cannabinoids in a large global sample. *J Psychopharmacology* 2015
2. Uosukainen, Hanna, Ulrich Tacke, and Adam R. Winstock. "Self-reported prevalence of dependence of MDMA compared to cocaine, mephedrone and ketamine among a sample of recreational poly-drug users." *International Journal of Drug Policy* 2015
3. Winstock, Adam. "Cannabis regulation: the need to develop guidelines on use." *BMJ* 348 (2014).
4. Lawn W, Borschmann R, Williams M, Winstock AR The NBOMe hallucinogenic drug series: patterns of use, characteristics of users and self reported effects from large international sample. *J Psychopharmacology* 2014
5. Winstock AR, Borschmann R, Bell, J. The non-medical use of tramadol in the UK: findings from a large community sample *International Journal of Clinical Practice* 2014
6. Winstock AR, Kaar S, Borschmann R Dimethyltryptamine (DMT): prevalence, user characteristics and abuse liability. *J Psychopharmacology* 2014
7. Barratt MJ, Ferris JA, Winstock AR The use of the Silk road, the online drug market place, in the UK, Australia and the USA. *Addiction* 2014
8. Winstock AR, Barratt MJ Synthetic cannabis comparison of patterns of use and effect profiles with natural cannabis *Drug and Alcohol Dependence* 2013
9. Winstock AR, Barratt MJ The 12 month prevalence and nature of adverse experiences resulting in emergency medical presentations associated with the use of synthetic cannabis products. *Human Psychopharmacology* 2013



GLOBAL DRUG SURVEY

GDS wants to make
drug use safer
regardless of the legal
status of the drug

4 things I have been thinking about

harm reduction is common sense so why don't all people who use drugs use them safely?

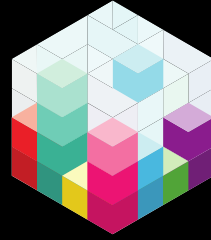
most (90%) people who use drugs are not dependent – but we tend to ignore people until they develop problems or experience drug related harm- why?

why don't we talk about / research drug related pleasure more?

why don't we do more on focus on keeping people safe during their teens and 20s ...most people just grow out of using drugs...

Funding

- Addiction is big business
- 'Drugs are bad' is good for business
- The addiction business is huge
- Lots of people / business depend on it
- We all get paid through it.
- Who funds most of the world's drug research?



GLOBAL DRUG SURVEY

All of our
resources and
apps are free

The world of drugs is changing

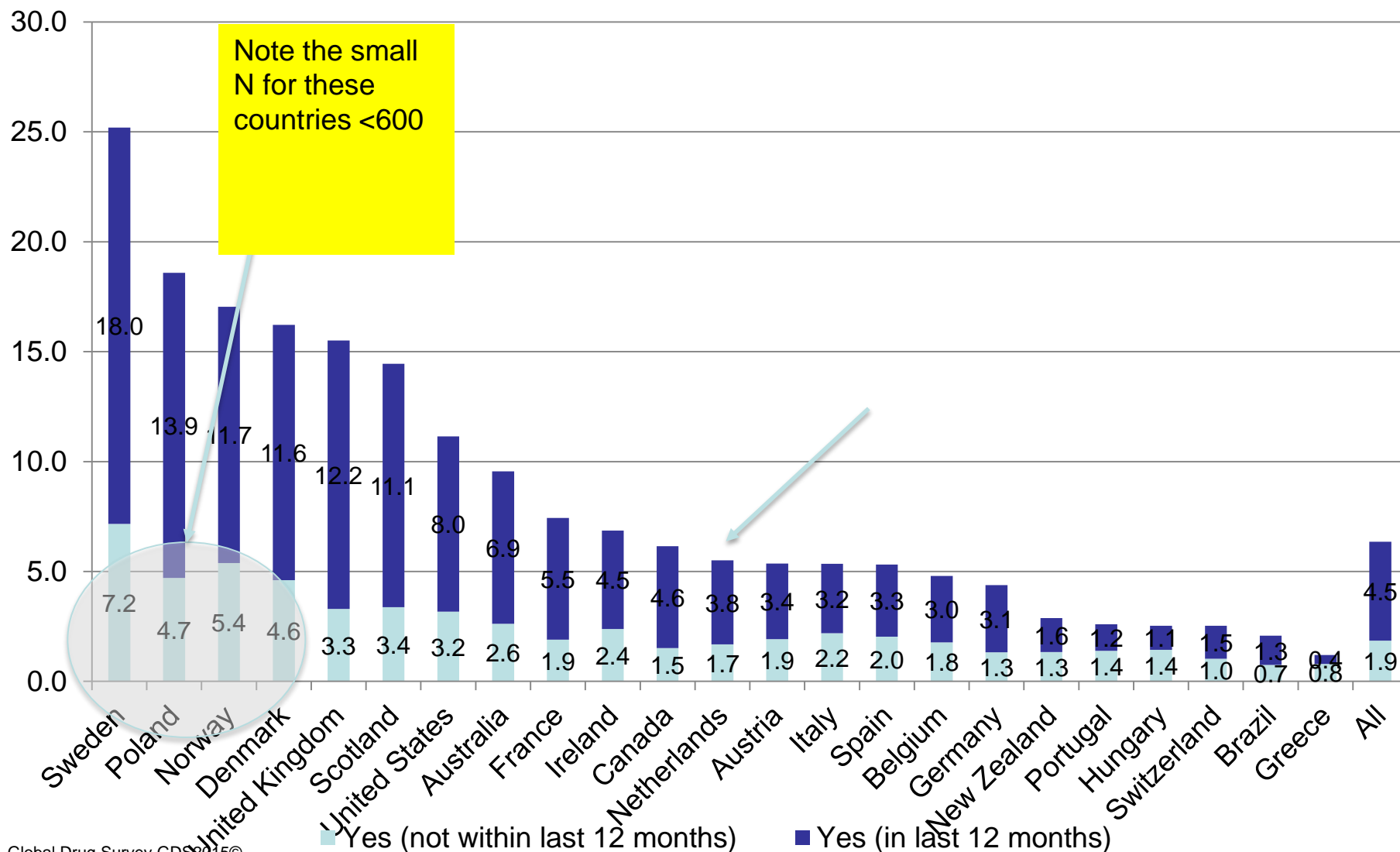
- How we get our drugs
- What drugs we use
- How we use them
- How we talk about them

How we get
our drugs

Have you ever bought drugs off the dark net*? (%)

Base sample: All respondents excluding those who reported use of only alcohol/tobacco/caffeine.

* Includes those who report personally purchasing drugs, arranging for others to purchase drugs OR purchasing on behalf of others from dark net markets.



Bitcoin on the Dark Web: The Facts





**\$650,
000**

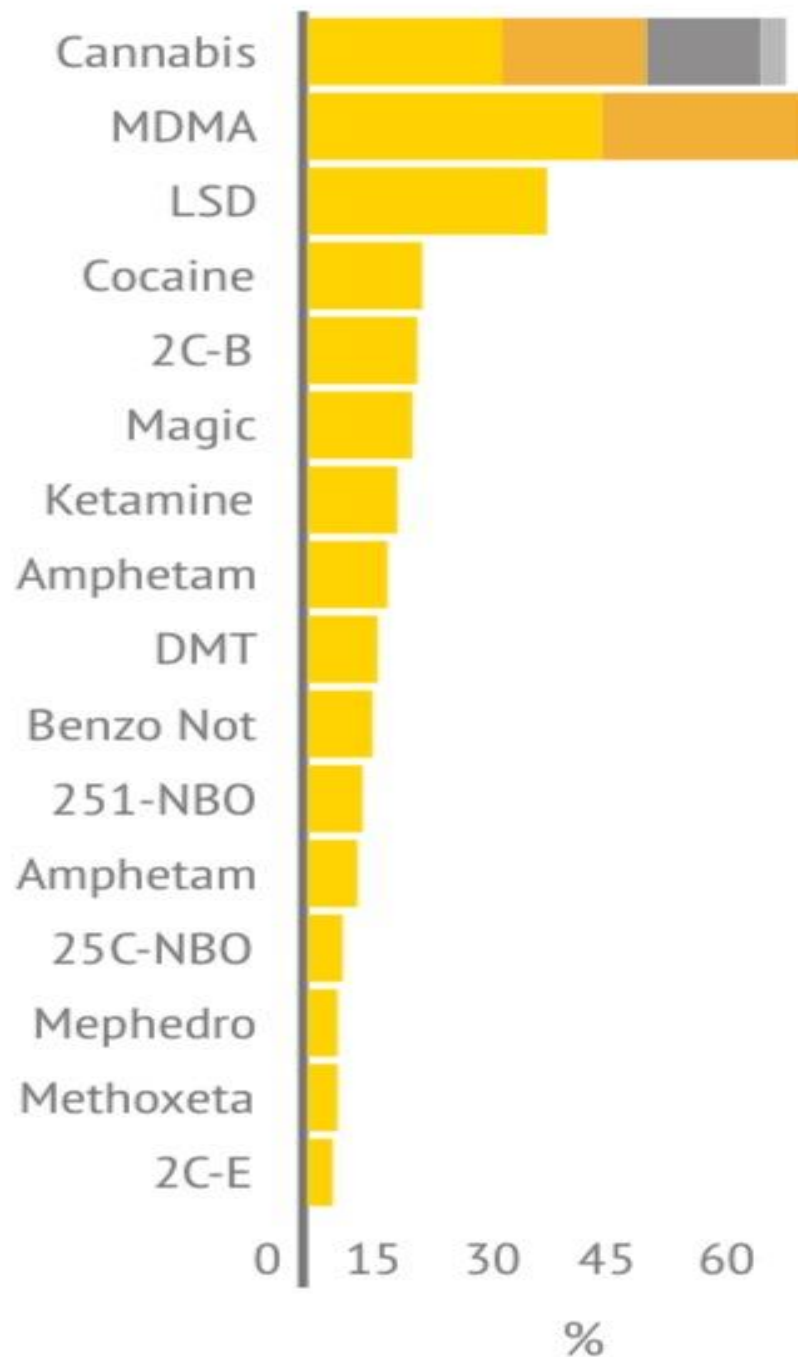
The daily
sales
volume
reached by
6 dark
markets in
2014

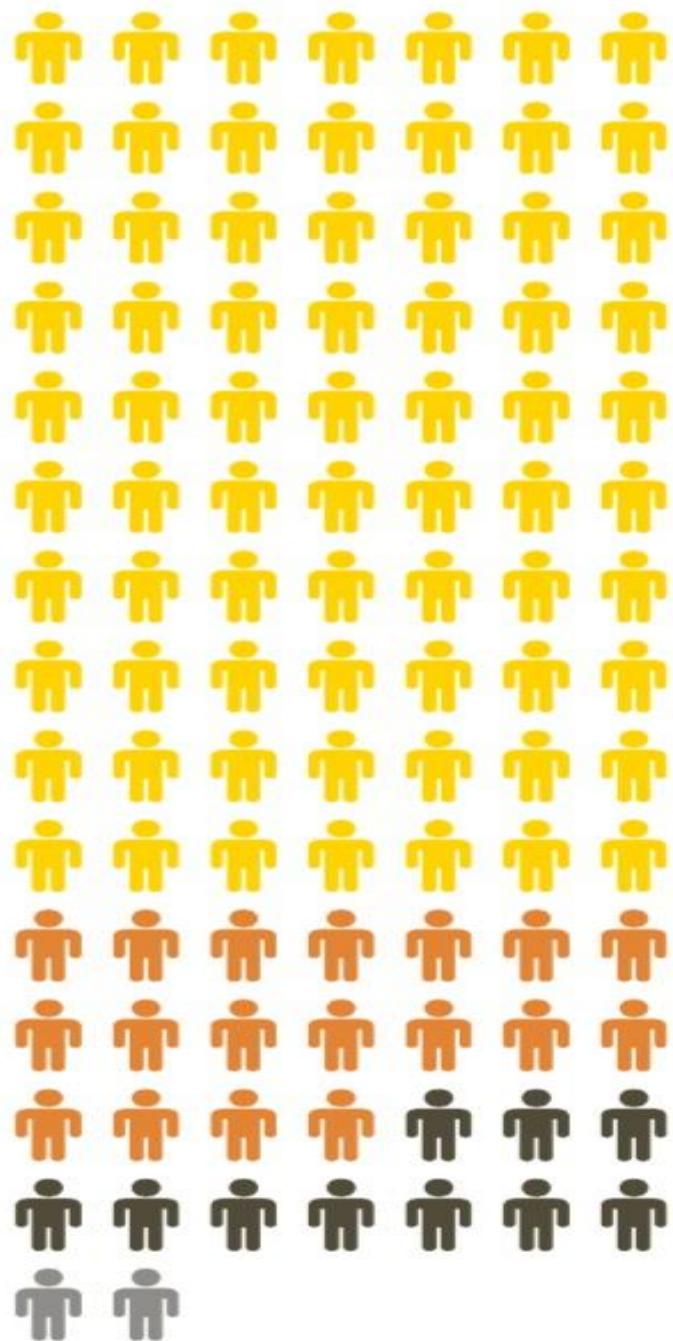


**\$435,
000**

Average
daily
volume of
bitcoin's top
merchant
processor,
BitPay

Top drugs bought on the dark net GDS2015





An [analysis](#) of 35 dark markets over two years found a drastic divide between these sellers' profits. The top 1% were responsible for over half of transaction volume, while 70% never made more than \$1,000. **You can see this profit share split between 100 of these sellers above.**

What we use



GLOBAL DRUG SURVEY

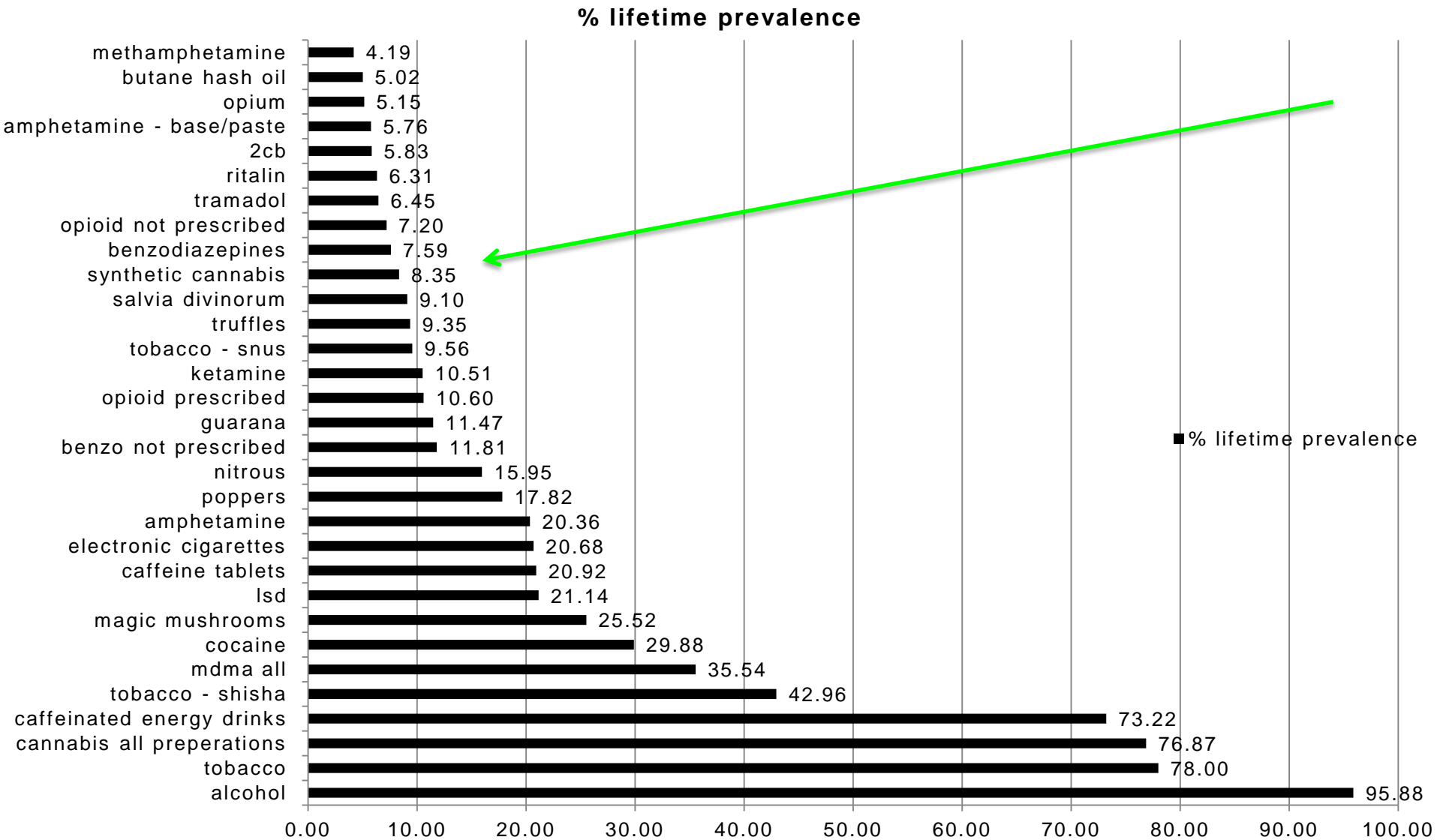
Today the number of new psychoactive substances exceeds the number of psychoactive substances controlled at the international level

(234 substances: 119 controlled under the 1961 Single Convention on Narcotic

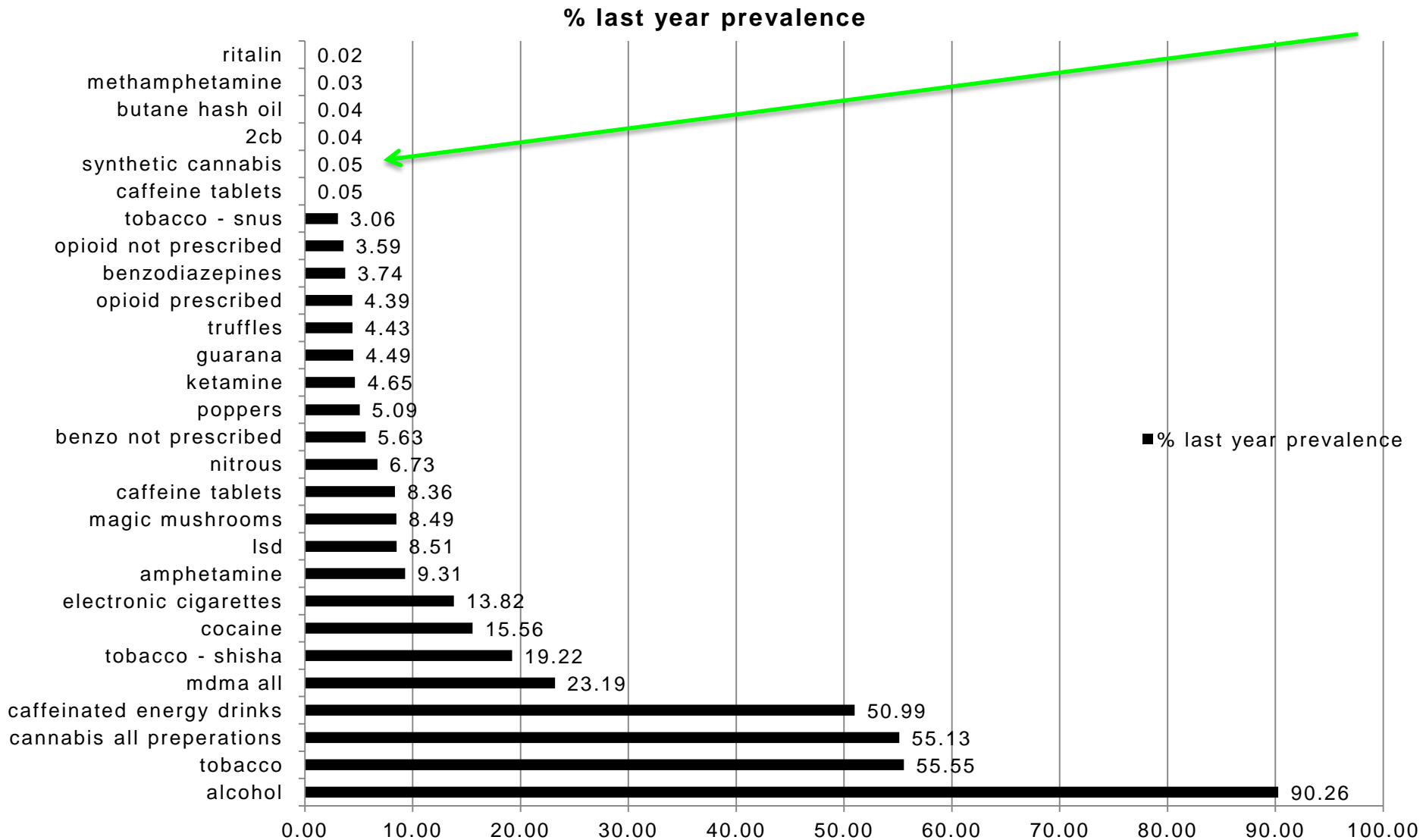
Drugs and 115 under the 1971 Convention on Psychotropic Substances).



Lifetime Drug Use Prevalence Global N = > 101,000



Last Year Drug Use Prevalence Global N = > 101,000



NEW DRUGS
A HUGE PROBLEM?
A FALLING PROBLEM?

DEPENDS ON WHAT ELSE
IS AVAILABLE







GLOBAL DRUG SURVEY 2015

<https://www.globaldrugsurvey.com>

[GLOBALDRUGSURVEY.COM/GDS2015](https://www.globaldrugsurvey.com/GDS2015)

ACUTE HARMS

EASY TO
UNDERSTAND
AND
QUITE POSSIBLE TO
AVOID FOR MOST

Some drugs are more
dangerous than others

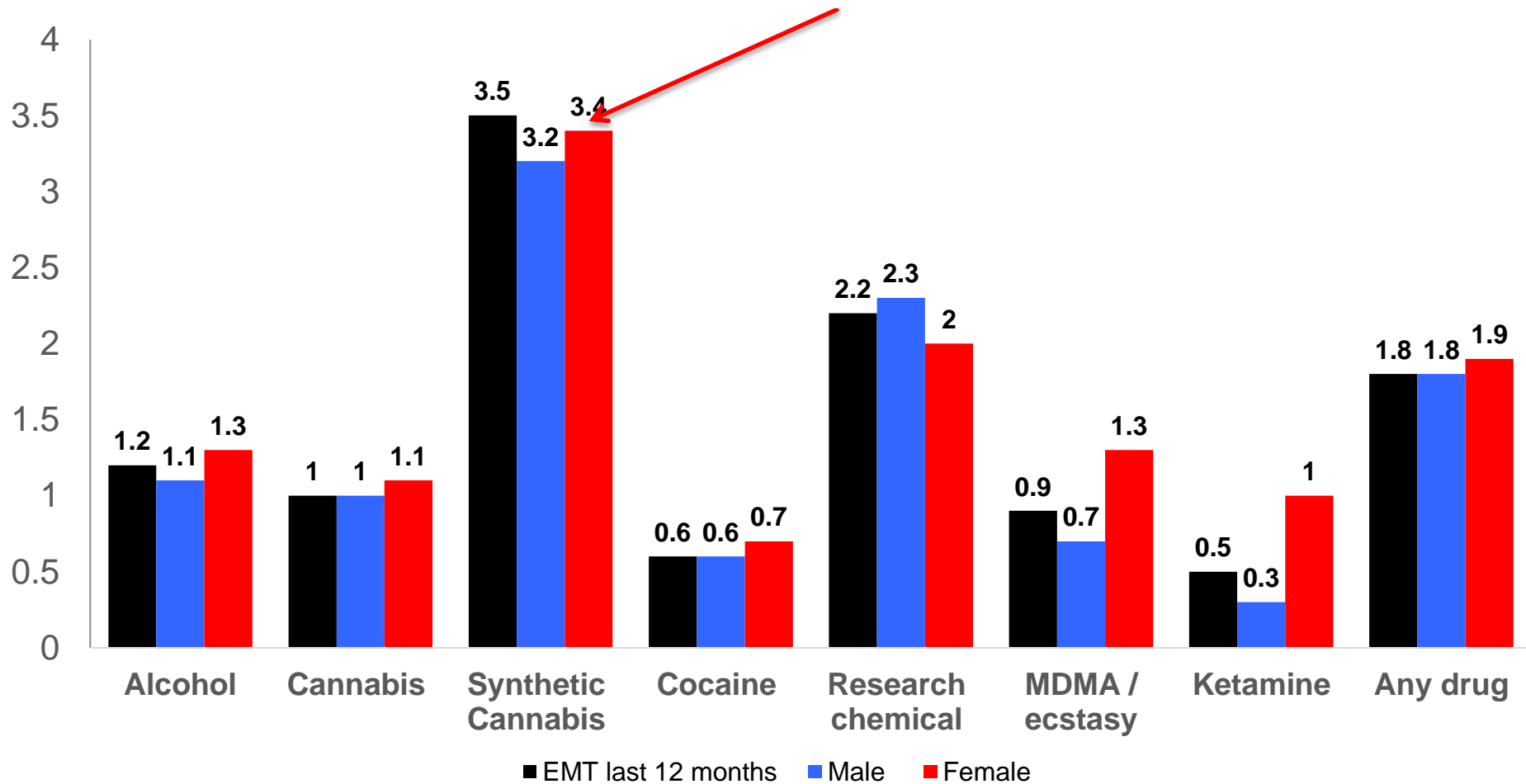
Legal Highs Putting 'Unacceptable' Strain On NHS

05:49, UK, Monday 31 August 2015



Video: Legal Highs Putting Strain On NHS

What % of people had sought emergency medical treatment following the use of drugs/alcohol in the last 12 months ? (global)



LAST YR USERS

N > 90K

>41K

>1.2K

>15K

3.8K

>23K

> 4.3K

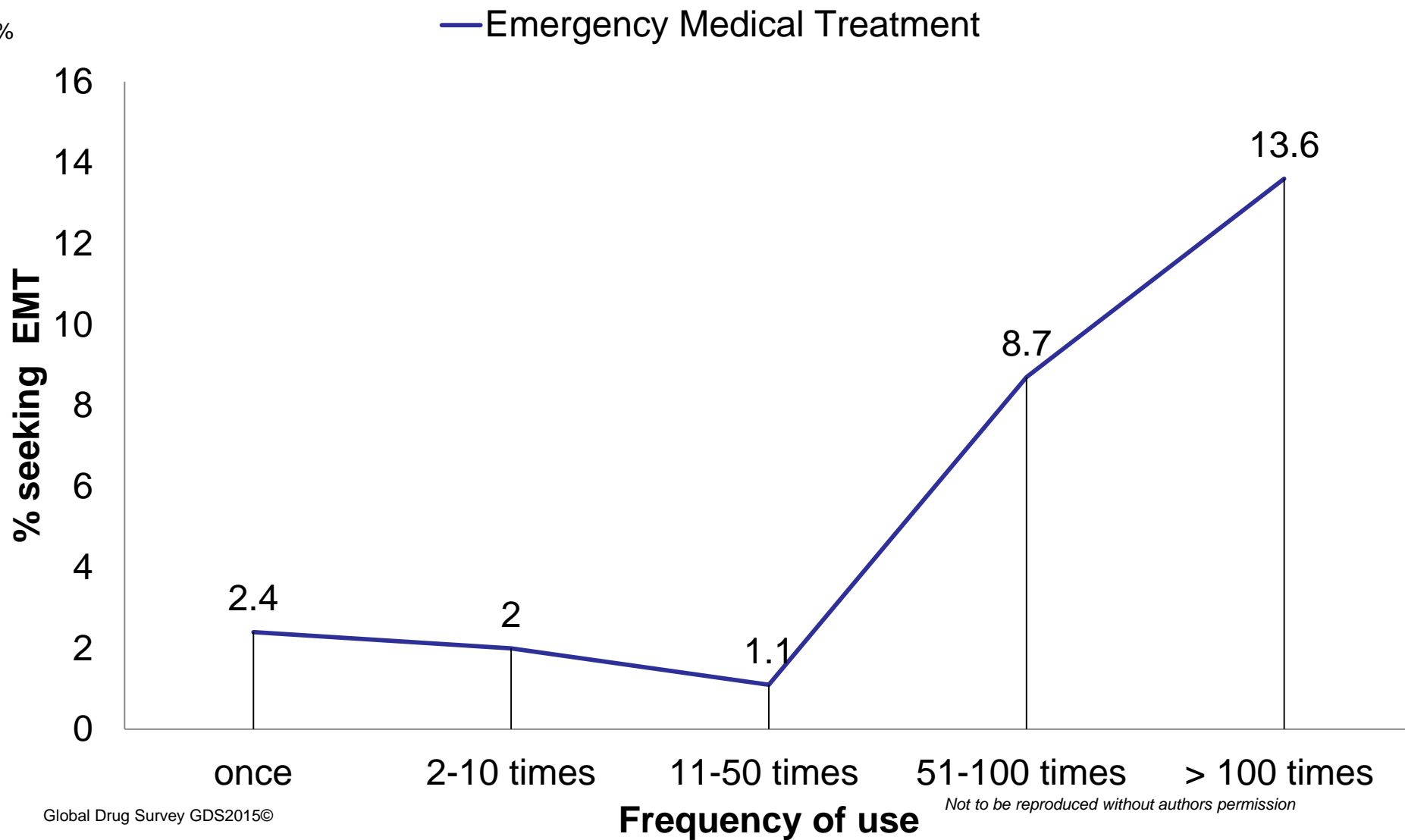
>100K

Global Drug Survey GDS2015©

Not to be reproduced without authors permission

The more often used SC the more likely you were you seek EMT

(based on feedback from almost 1500 last year users)





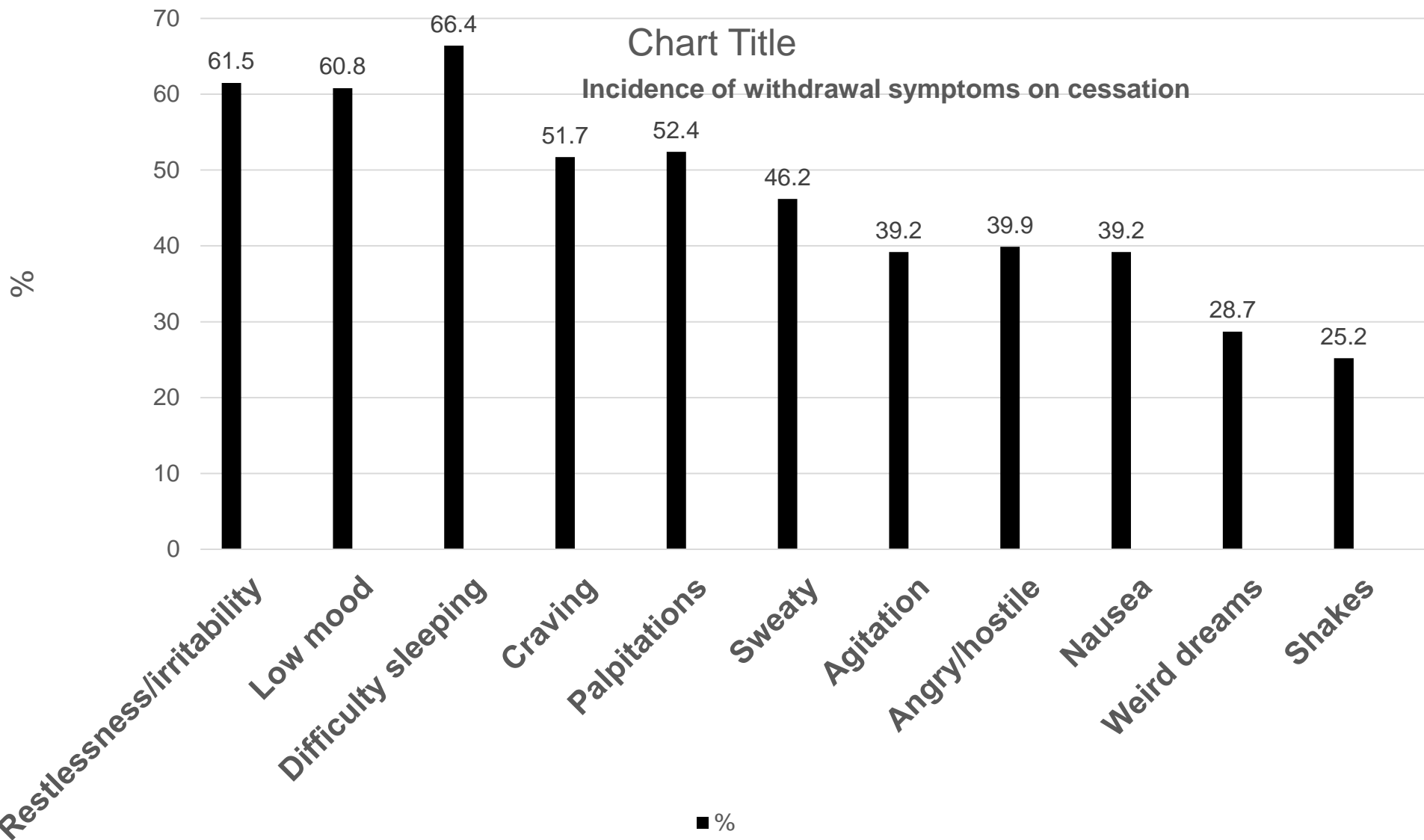
"I smoke it because it's cheaper than real pot," said Favian Martierra. Vaughn Wallace / Al Jazeera America

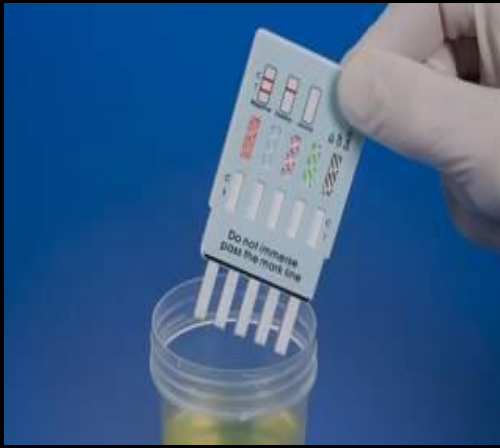
**The risk of seeking
emergency medical
treatment is at least 30 x
times greater after
taking synthetic
cannabis products than
natural cannabis**

(Winstock et al J Psychopharmacology 2015)

dependence / withdrawal

Of those who has used on more than 50 times in the last year and who had tried to stop (n=150) the incidence of withdrawal symptoms > 60%



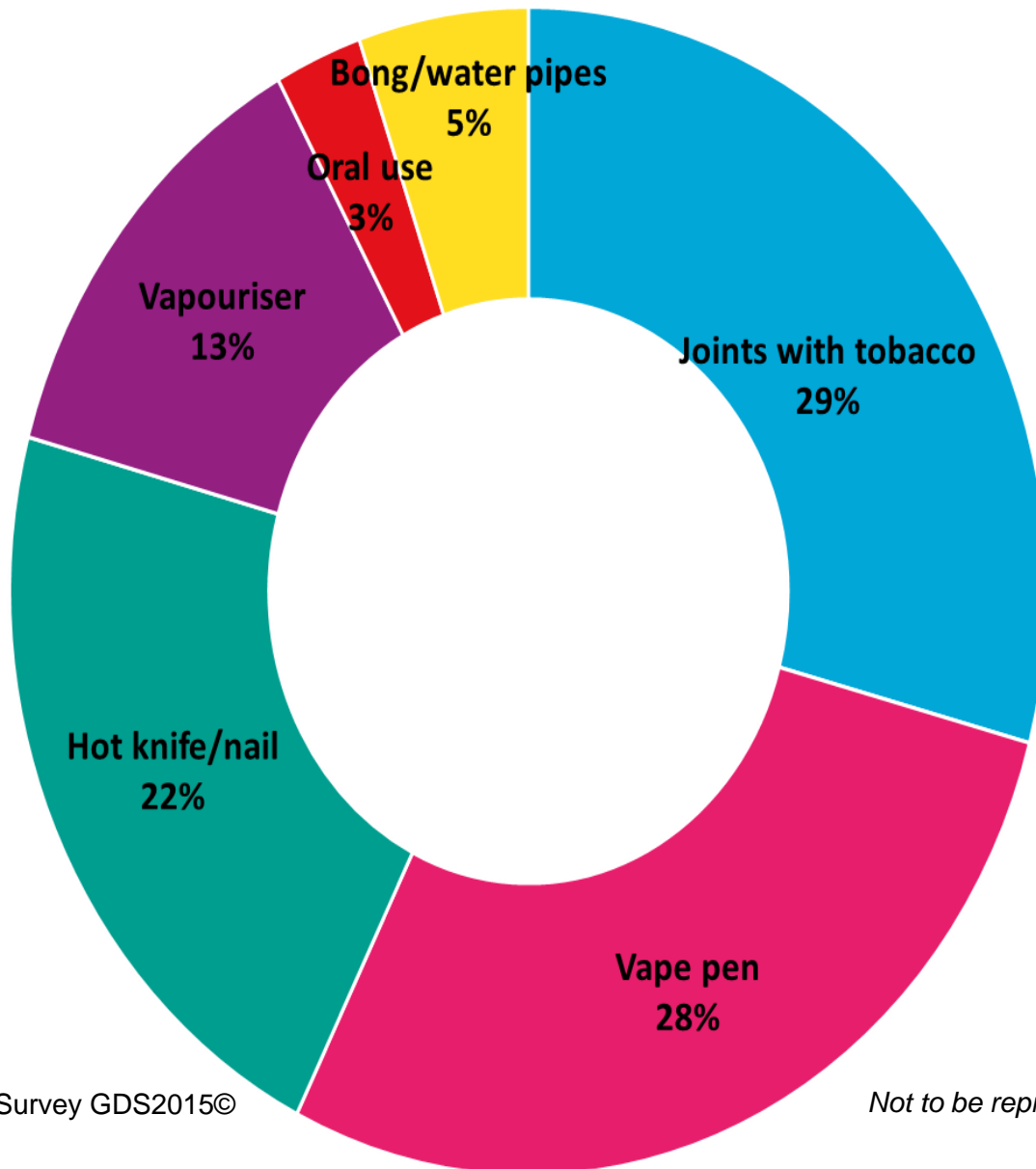


WHY ?

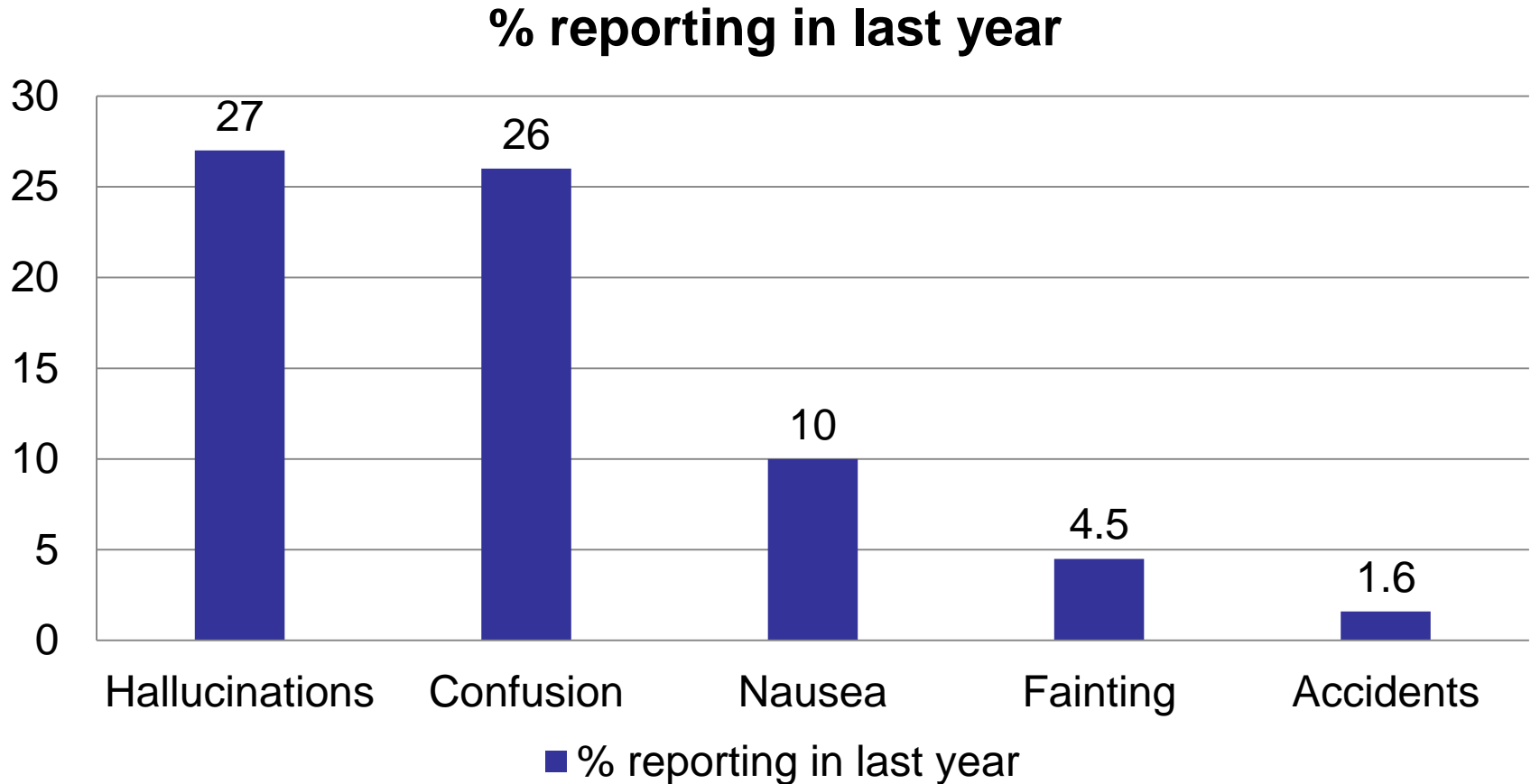


How we use
them

Common methods of use of butane hash oil



Short term effects following the use of nitrous oxide



Increasing worries – by users

7.7% of users said they worried about the effect of nitrous on their mental health

9.3% on their physical health.

Increased from just 2% expressing these concerns last year

4% of last year users reports neurological symptoms consistent with a peripheral neuropathy (2° to inactivation of vitamin B12)

Facial numbness/tingling

Numbness/tingling in their hands/fingers/feet/toes

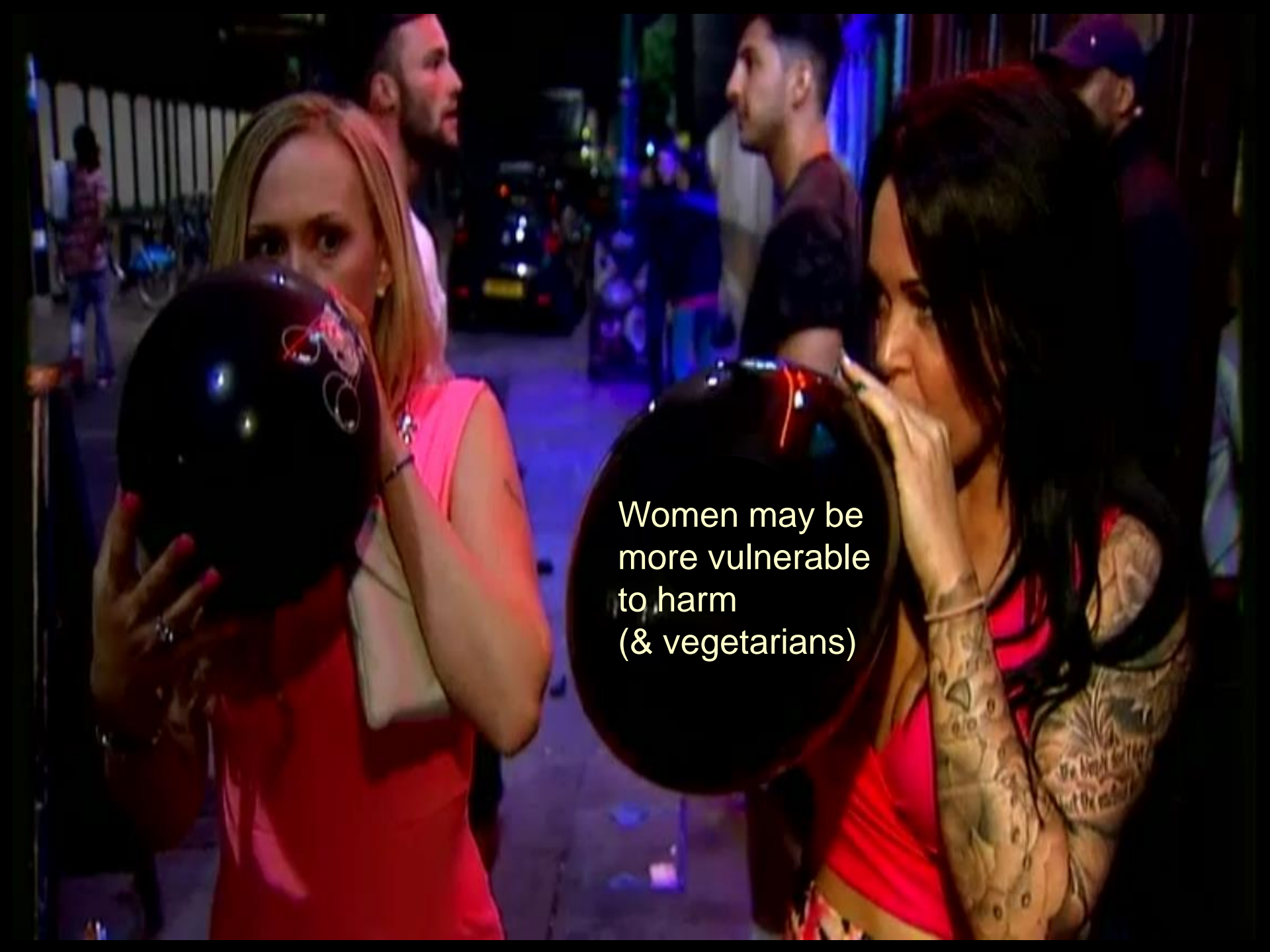
Painful shooting sensations in limbs

Difficulty operating phone, typing, walking balance

**More frequent use is
associated with the
greater reporting of nerve
damage symptoms**

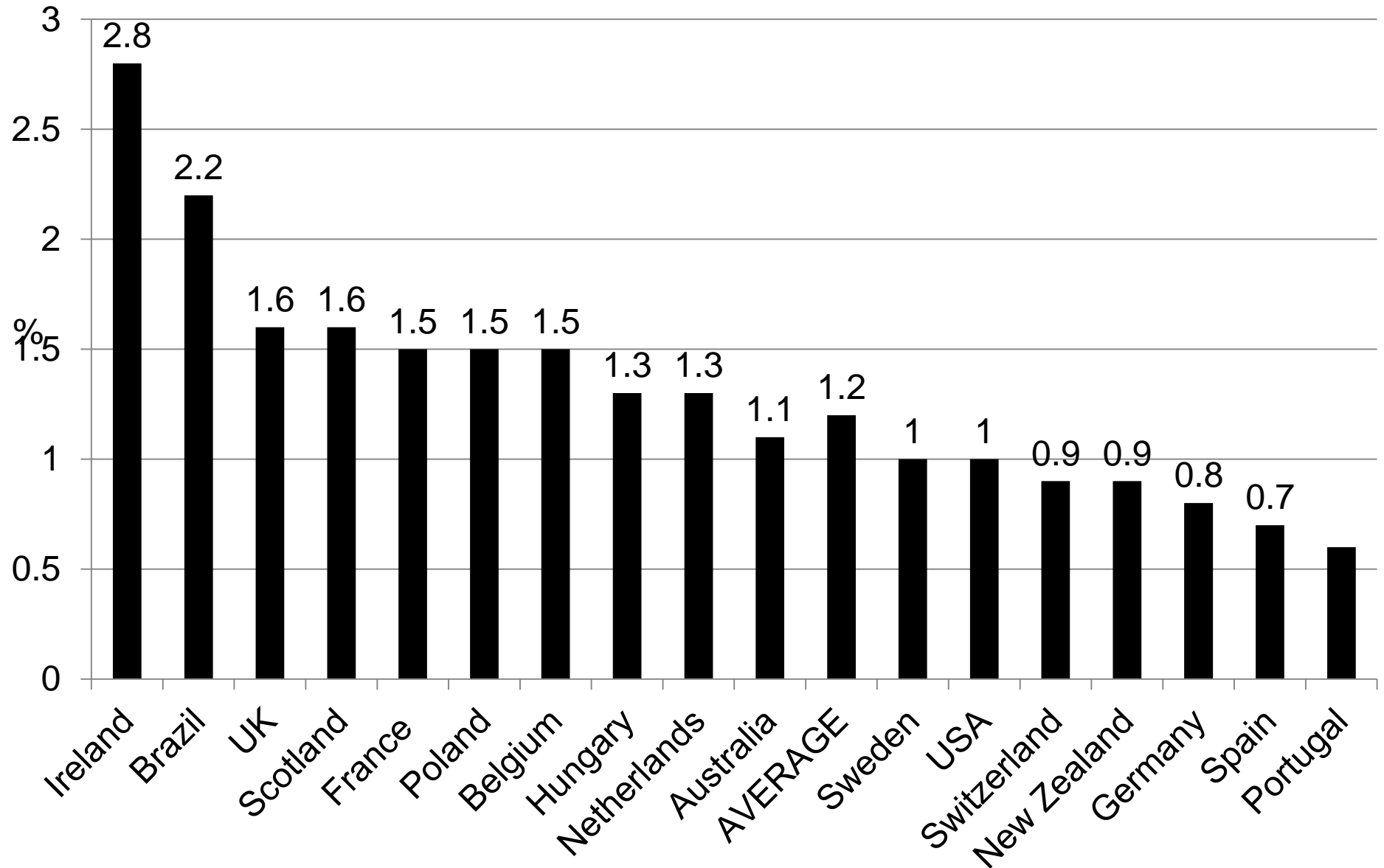
%

More hits/session

A photograph of two women in the foreground, each holding a large, dark, reflective balloon. The woman on the left has blonde hair and is wearing a bright pink sleeveless top. The woman on the right has long dark hair and is wearing a red top; her arms are heavily tattooed. They are standing on a city street at night, with blurred figures of other people and city lights in the background. The scene is lit with a mix of warm and cool tones from the streetlights.

Women may be
more vulnerable
to harm
(& vegetarians)

% seeking the ER after alcohol consumption

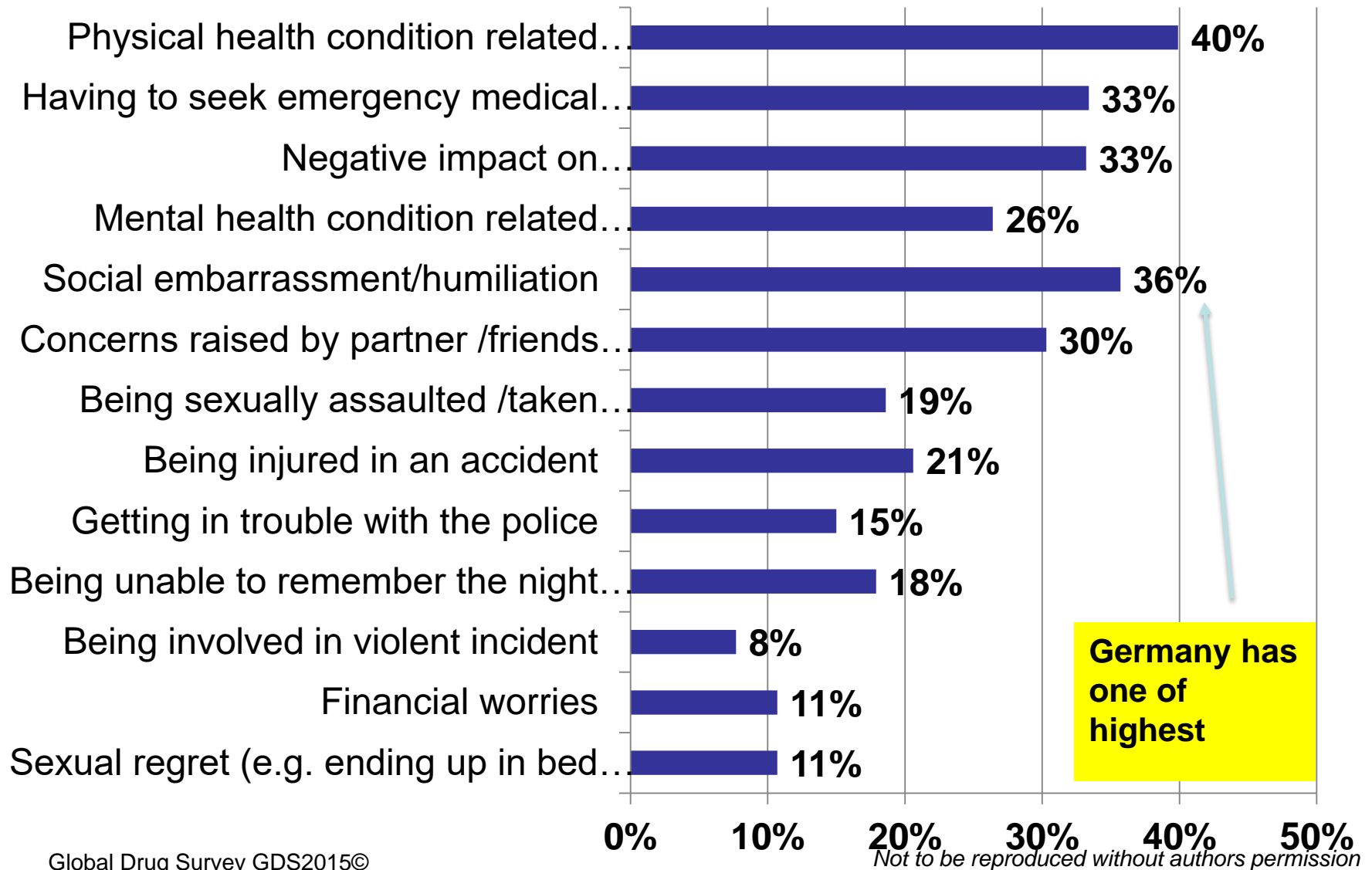


Luxembourgian

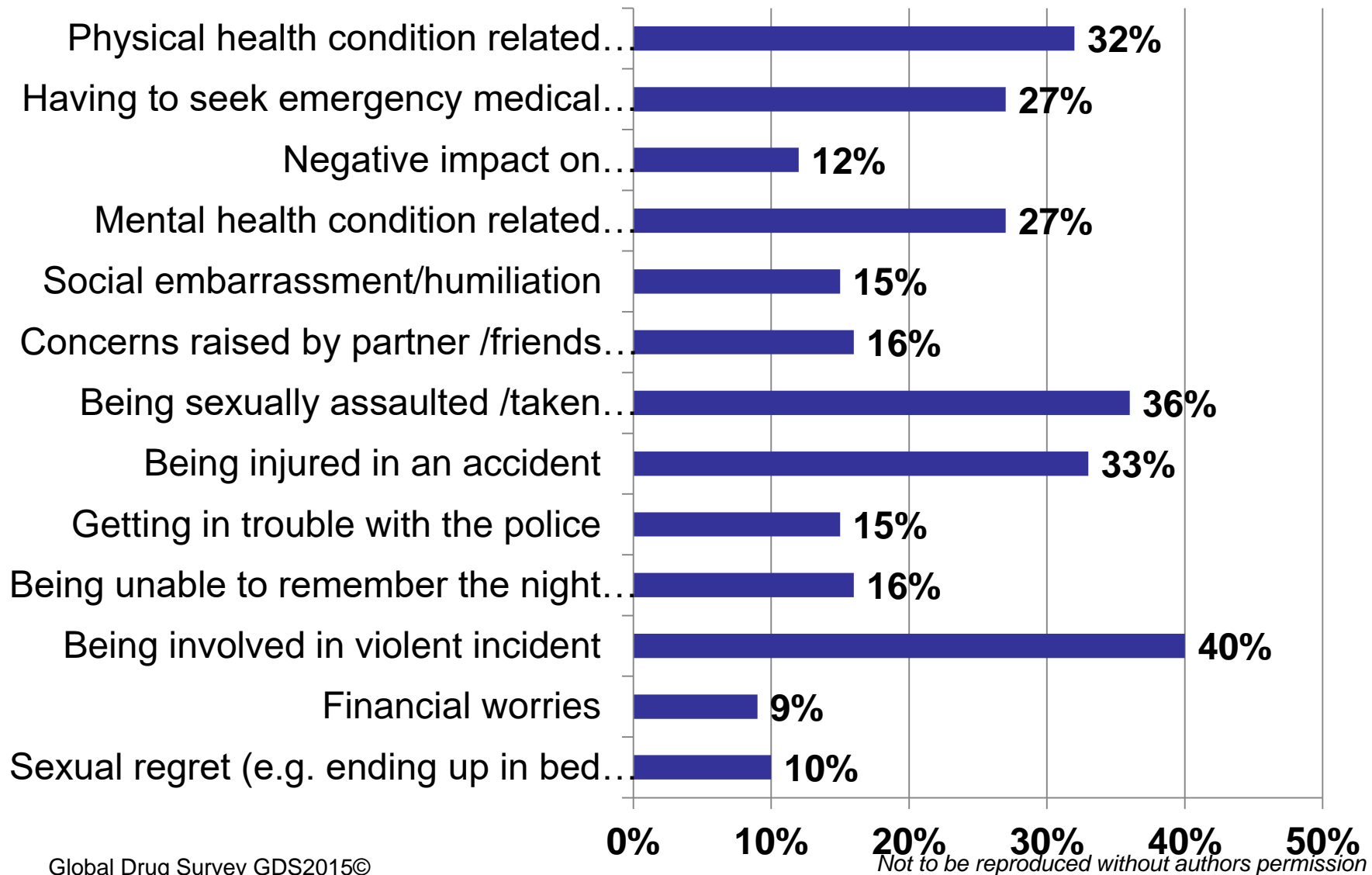
German ?

French ?

GERMANY Changing drinking habits – what would be likely to get people thinking about reducing their alcohol consumption



FRANCE Changing drinking habits – what would be likely to get people thinking about reducing their alcohol consumption



The one too many app at www.onetoomany.co is for younger people and is fun way of getting younger people to think about their drinking behaviour as opposed to their alcohol consumption. Over 130,000 people have completed it so far.



How to Tell Whether Your Drinking Turns You Into a Dickhead

There's a new website that works out exactly how embarrassing you are when you're drunk.