

ADDICTIVE BEHAVIOURS AT 18

PSYCHOACTIVE SUBSTANCES USE



Survey to the Young Participants of the National Defense Day 2023

IN EACH 10 YOUNGSTERS WITH 18 YEARS OLD

LAST 12 MONTHS PREVALENCE

2

USED ILLICIT SUBSTANCES
(24%)



8 DRANK ALCOHOL (78%)



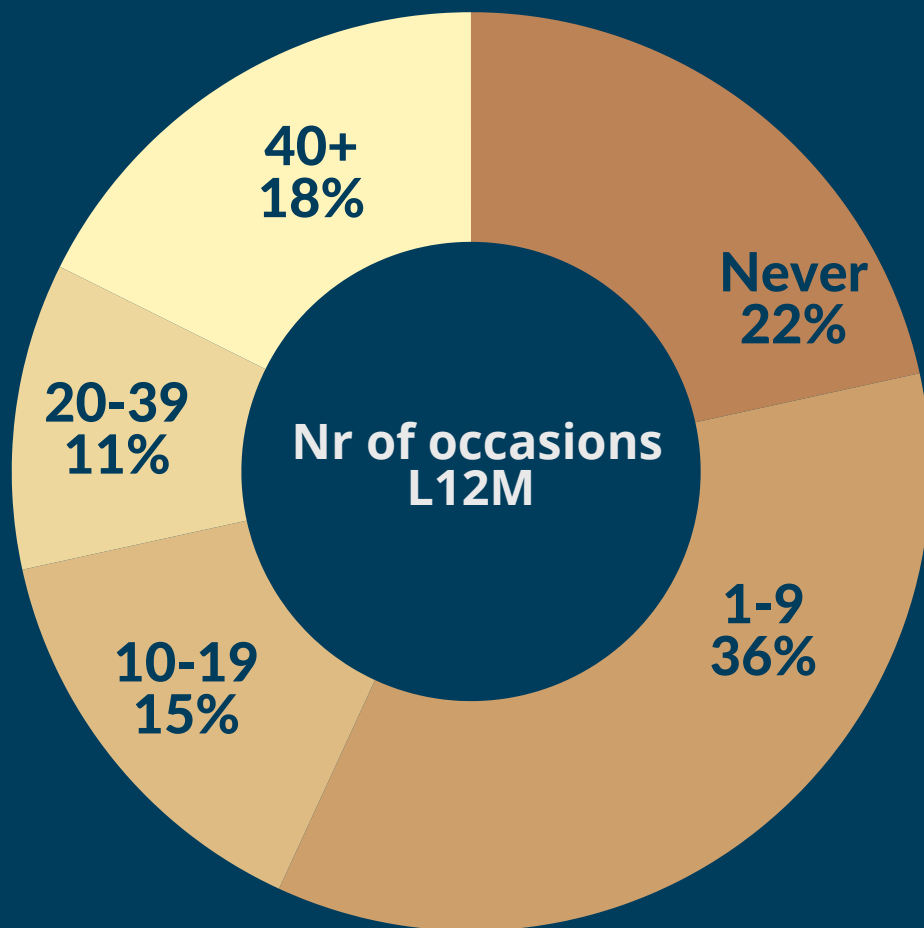
< 1 TOOK TRANQUILIZERS/
SEDATIVES WITHOUT MEDICAL
PRESCRIPTION (5%)



4
SMOKED TOBACCO
(41%)



IN EACH 10 YOUNGSTERS WITH 18 YEARS OLD

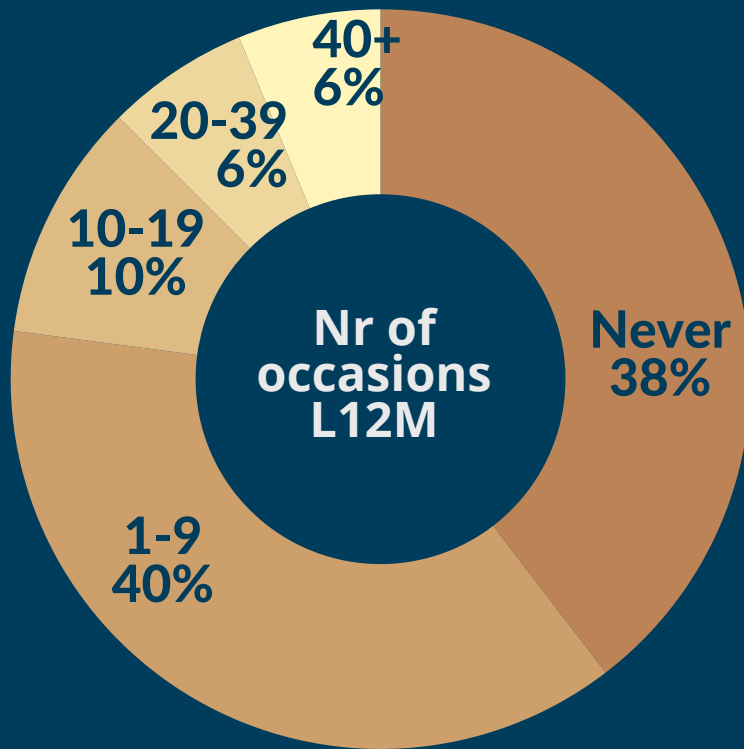


1 TO 2 DRANK **ALCOHOL**
IN 40 OR MORE OCCASIONS
IN THE LAST 12 MONTHS (16%)

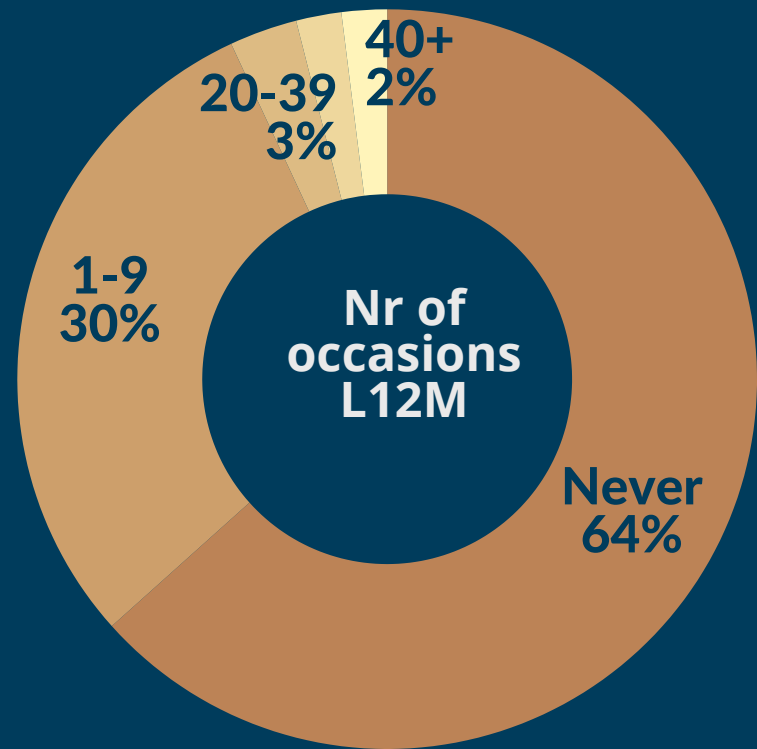
<1 drank in
20+ occasions
in the last 30 days (8%)



IN EACH 10 YOUNGSTERS WITH 18 YEARS OLD



5 DID **BINGE DRINKING**
IN THE LAST 12 MONTHS (51%)
1 IN 20 + OCCASIONS (12%)



3-4 WERE **SEVERELY DRUNK**
IN THE LAST 12 MONTHS (36%)
<1 IN 20 + OCCASIONS (3%)



IN EACH 10 YOUNGSTERS WITH 18 YEARS OLD

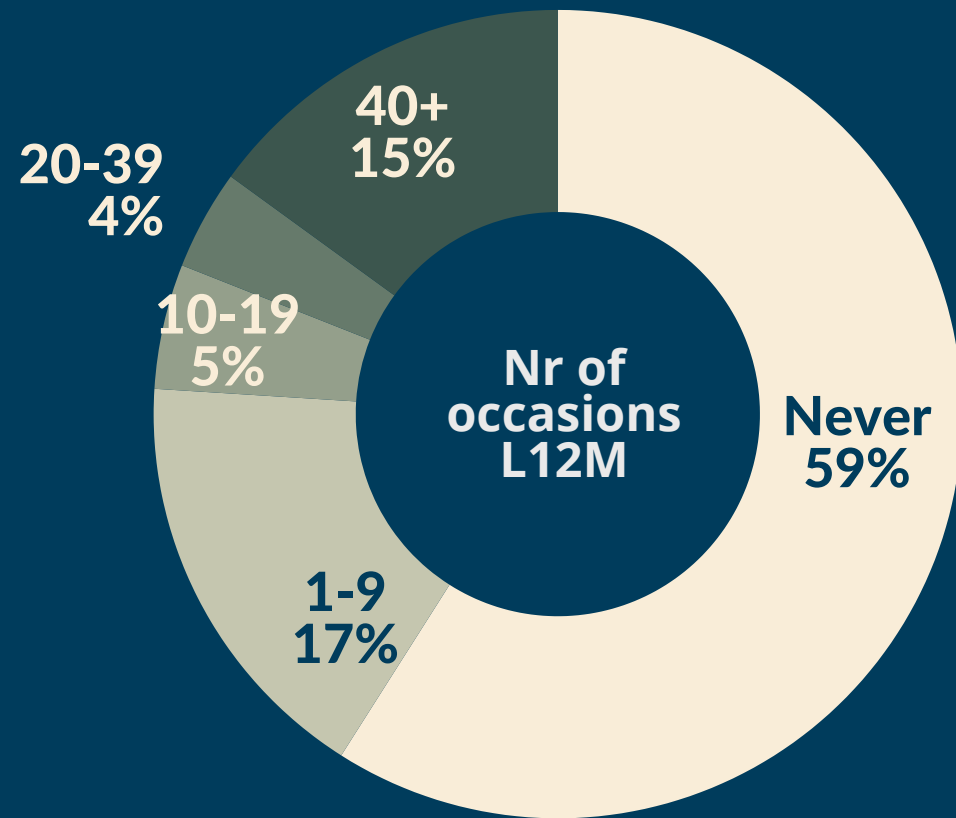
3 DECLARED HAVING EXPERIENCED AT LEAST 1 OF 7

PROBLEMS RELATED WITH **ALCOHOL DRINKING** (32%)

MAINLY BEING EMOTIONALLY UNWELL (20%)



IN EACH 10 YOUNGSTERS WITH 18 YEARS OLD



4 SMOKED **TOBACCO**

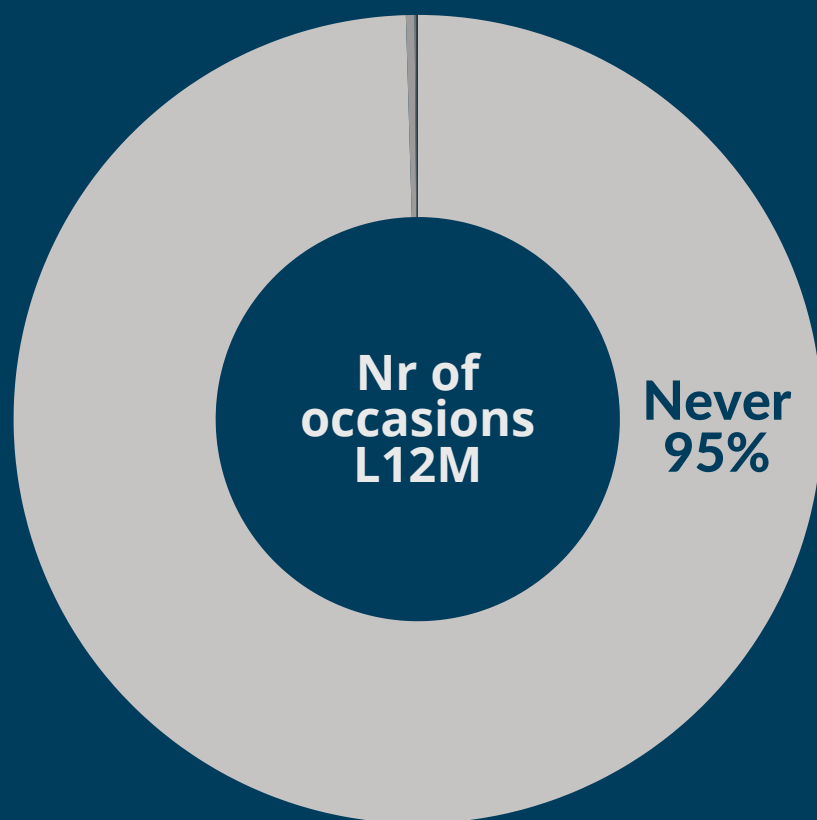
IN THE LAST 12 MONTHS (41%)

1-2 IN 40+ OCCASIONS (15%)

1 smoked in
20+ occasions
in the last 30 days (13%)



IN EACH 10 YOUNGSTERS WITH 18 YEARS OLD



< 1 TOOK

TRANQUILIZERS/SEDATIVES WITHOUT
MEDICAL PRESCRIPTION

IN THE LAST 12 MONTHS (5%)

0,4% took in
20+ occasions in the last 30
days

IN EACH 10 YOUNGSTERS WITH 18 YEARS OLD

2 USED AT LEAST ONE ILLICIT SUBSTANCE IN THE LAST 12 MONTHS (24%)

CANNABIS
(23%)

COCAINE
(3%)

**AMPHETAMINES/
METHAMPHETAMINES**
(5%)

HALLUCINOGENS
(3%)

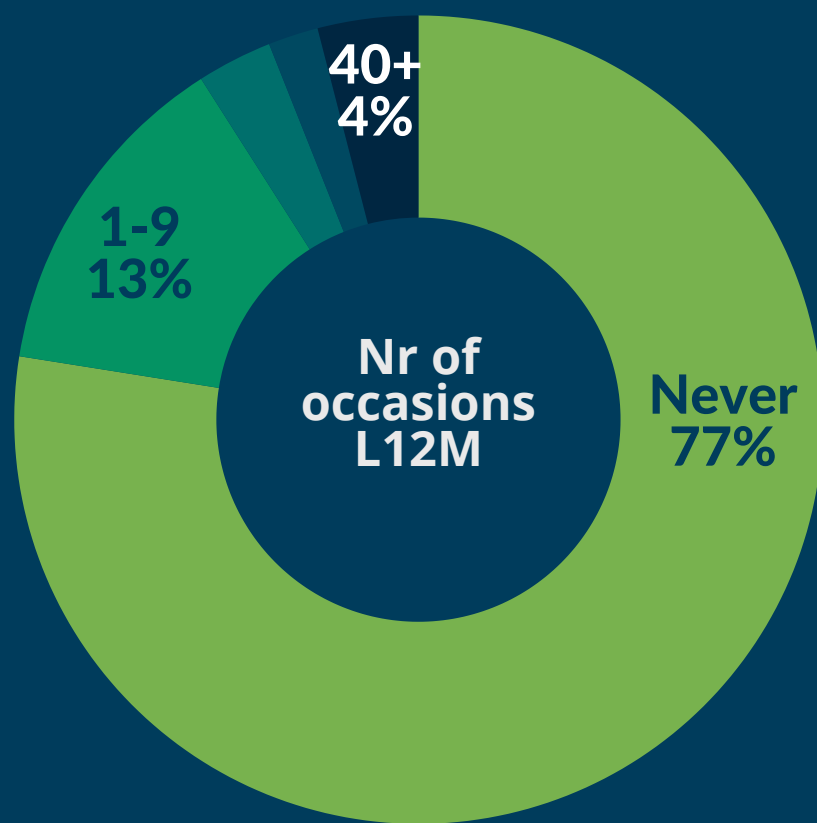
**NEW PSYCHOACTIVE
SUBSTANCES** (3%)

OPIATES
(1,5%)





IN EACH 10 YOUNGSTERS WITH 18 YEARS OLD



2 USED **CANNABIS** AT LEAST ONCE

IN THE LAST 12 MONTHS (23%)

4% IN 40+ OCCASIONS

3% used in
20+ occasions
in the last 30 days



IN EACH 10 YOUNGSTERS WITH 18 YEARS OLD

1 TO 2 DECLARED HAVING EXPERIENCED AT LEAST 1 OF
7 PROBLEMS RELATED WITH
ILLICIT SUBSTANCES USE (16%),

MAINLY BEING EMOTIONALLY UNWELL(8%)



CENSUS OF THE 18 YEARS
OLD PARTICIPATING IN THE
2023 EDITION OF THE
NATIONAL DEFENSE DAY.
SURVEY BY SELF-REPORT
QUESTIONNAIRE,
VOLUNTARY AND
ANONYMOUS, APPLIED IN
THE DISSEMINATION
CENTERS IN PARTNERSHIP
WITH THE GENERAL
DIRECTORATE FOR THE
RESOURCES OF NATIONAL
DEFENSE.
IN 2022
92 443 YOUNGSTERS
PARTICIPATED.
DATA ANALYSED BY ICAD:
COMPLETE REPORT IN THE
WEBSITE WWW.ICAD.PT

Methodology

Author: Institute for the Intervention in Addictive Behaviours and Dependencies

Title: Addictive Behaviours at 18: psychoactive substances use. Survey to the young participants of the National Defense Day 2023 (leaflet)

Edition: 2024

Available at www.icad.pt