



STATISTICAL BULLETIN 2023

Medicines



ICAD

Instituto para os Comportamentos
Aditivos e as Dependências, I.P.

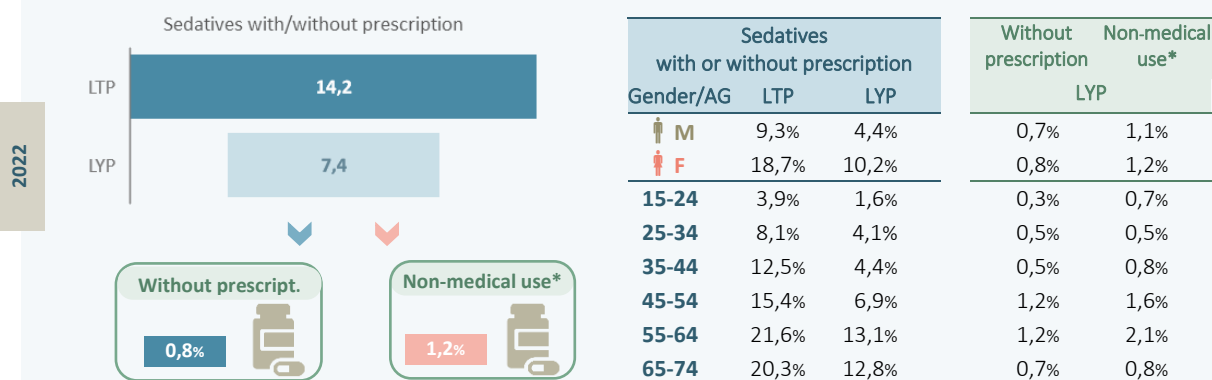
CONSUMPTION

GENERAL POPULATION

Nacional Survey on Psychoactive Substances Use in the General Population (15-74-year-olds) [1]

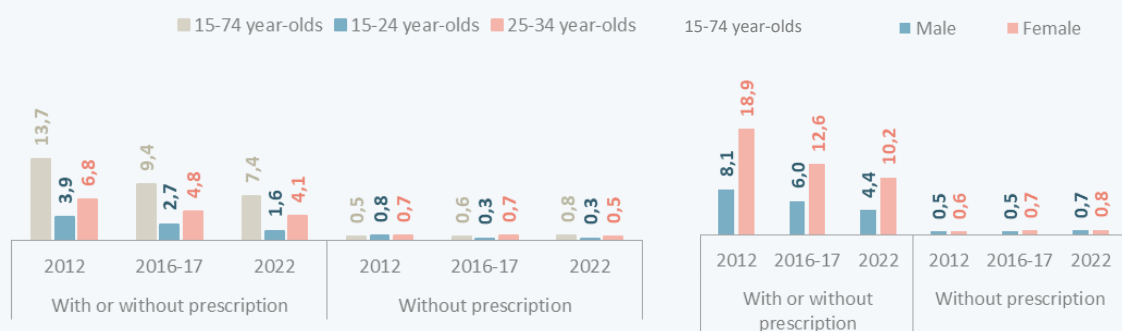
Lifetime and last 12 months prevalence of use (%)

Sedatives, tranquilizers or hypnotics



Last 12 months prevalence of use (%)

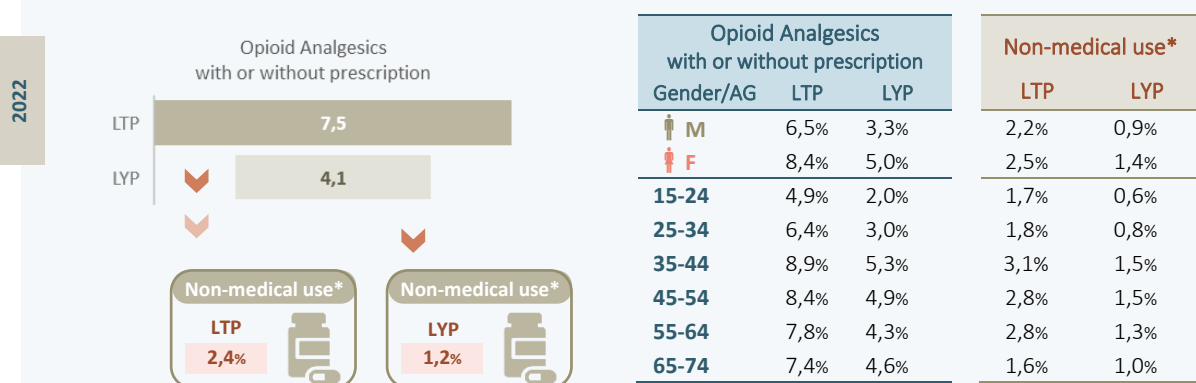
Sedatives, tranquilizers or hypnotics



* Medicine use without medical prescription; and/or in higher doses; and /or for longer periods of time; and/or for other purposes than prescribed. In the subset of consumers (L12M) these modalities of non-medical use have occurred in 34%, 38%, 23% and 5% of the situations, respectively.

Lifetime and last 12 months prevalence of use (%)

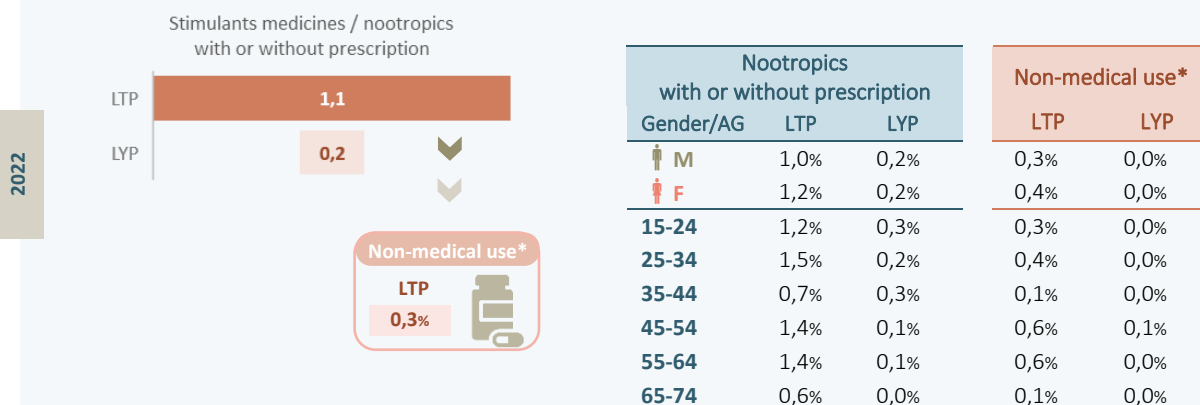
Opioid Analgesics



* Medicine use without medical prescription; and/or in higher doses; and /or for longer periods of time; and/or for other purposes than prescribed. In the subset of consumers (L12M) these modalities of non-medical use have occurred in 89%, 4%, 5% and 2% of the situations, respectively.

Lifetime and last 12 months prevalence of use (%)

Stimulants medicines / nootropics

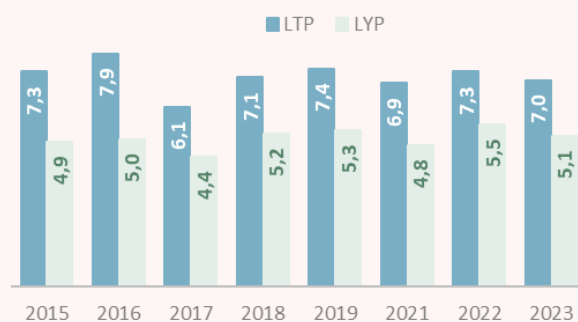


* Medicine use without medical prescription; and/or in higher doses; and /or for longer periods of time; and/or for other purposes than prescribed. In the subset of consumers (LTP) these modalities of non-medical use have occurred in 44%, 20, 18% and 19% of the situations, respectively. Among consumers in the last 12M, all situations referred to non-prescription use.

Survey on the Young Participants of the National Defense Day (18-year-olds) [2]

Lifetime and last 12 months prevalence of use (%)

Non prescribed sedatives, or tranquilizers



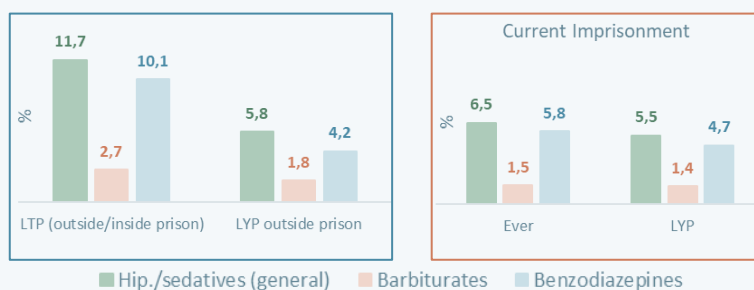
2015 – 2019 / 2021 – 2023

PRISON SETTING

National Survey on Addictive Behaviours in Prison Settings (≥16-year-olds) [3] [4] [9] [10]

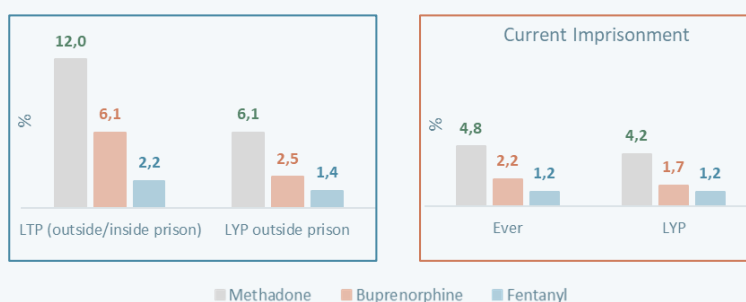
Lifetime prevalence of use, outside prison (in last 12 months) before the current imprisonment and during current imprisonment (ever and in the last 12 months) (%)

Non prescribed sedatives, hypnotics, or tranquilizers (general), Barbiturates and benzodiazepines



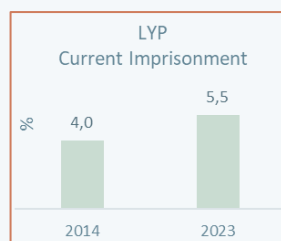
Non prescribed sedatives, hypnotics, or tranquilizers	Gender		Age Group				
	M	F	16-24	25-34	35-44	45-54	≥ 55
LTP outside prison	5,6%	6,9%	6,0%	5,4%	6,5%	5,3%	2,0%
LTP current imprisonment	5,3%	6,4%	5,3%	6,3%	5,7%	4,3%	1,6%

Non prescribed opiates: Methadone, Buprenorphine and Fentanyl

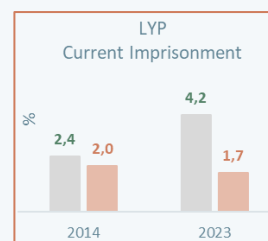
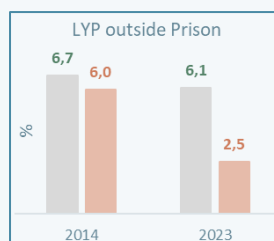


	Gender		Age Group				
	M	F	16-24	25-34	35-44	45-54	≥ 55
Non-prescribed Methadone							
LTP outside prison	5,9%	7,6%	0,8%	3,5%	7,8%	8,8%	2,9%
LTP current imprisonment	4,3%	3,0%	1,5%	3,3%	4,7%	5,7%	1,2%
Non-prescribed Buprenorphine							
LTP outside prison	2,5%	2,0%	1,5%	1,7%	3,5%	2,7%	1,2%
LTP current imprisonment	1,7%	1,0%	1,5%	1,6%	2,4%	1,0%	0,4%
Non-prescribed Fentanyl							
LTP outside prison	1,4%	0,5%	1,5%	1,2%	1,6%	0,7%	0,8%
LTP current imprisonment	1,3%	..	1,5%	0,9%	1,6%	0,7%	0,8%

Non prescribed sedatives, hypnotics, or tranquilizers



Non prescribed opiates: Methadone and Buprenorphine



Legend: Methadone (grey), Buprenorphine (orange)

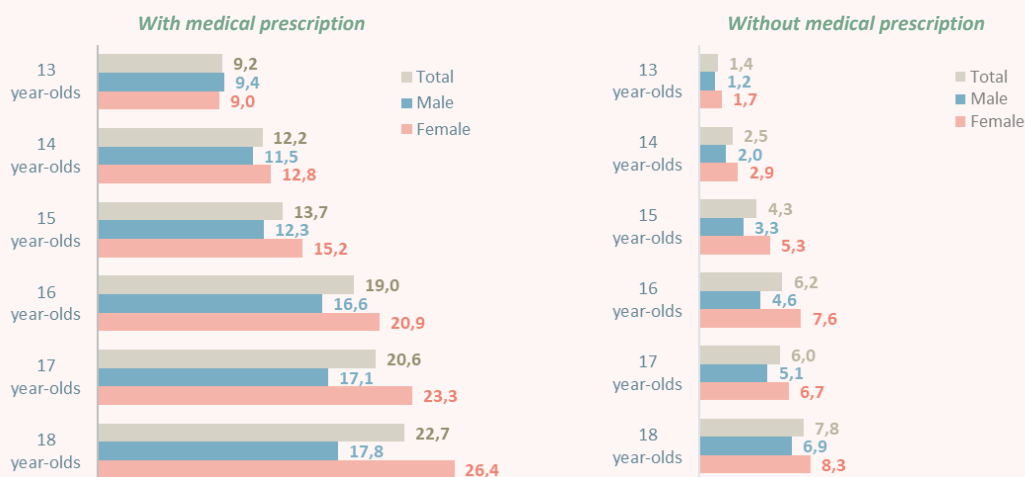
SCHOOL SETTING

Study on Alcohol, Tobacco and Drugs Use and Other Addictive Behaviours and Dependencies
 (students 13-18 year-olds) • Mainland Portugal [5]

2019

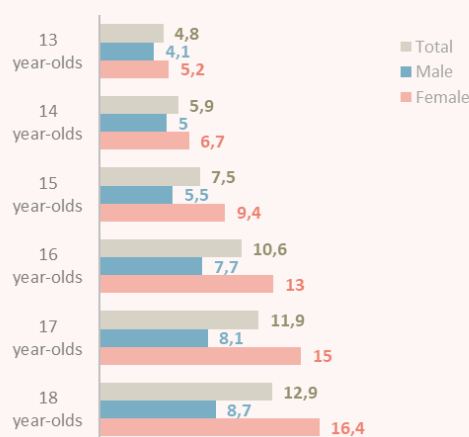
Lifetime prevalence of use (%)

Tranquilizers or Sedatives



Last 12 months prevalence of use (%)

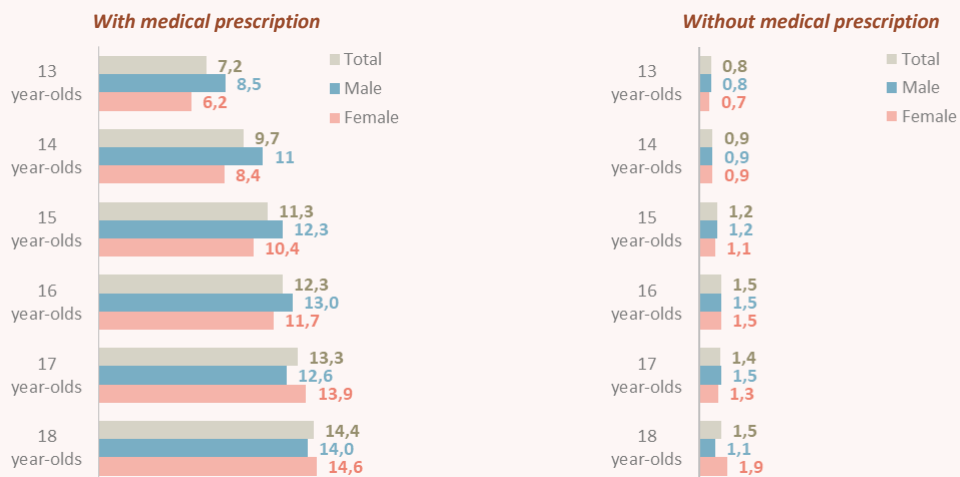
Tranquilizers or sedatives with medical prescription



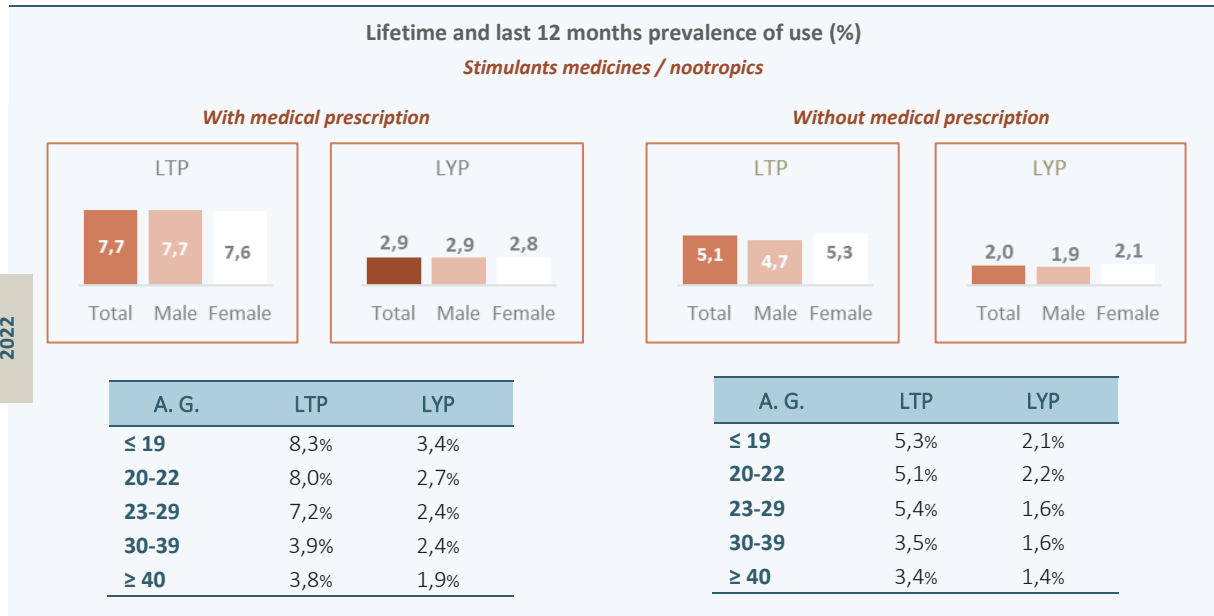
2019

Lifetime prevalence of use (%)

Stimulants medicines / nootropics



Es+Saúde: Health and Lifestyle among University Students in Portugal (1st and 2nd cycle) [6]



CUSTODIAL FACILITIES FOR YOUNG OFFENDERS SETTING

Survey on Addictive Behaviours in Young Offenders in Custodial Facilities (13–20-year-olds) [7][8][9][10]

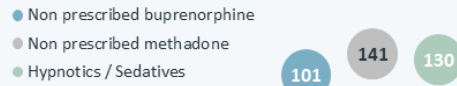


SOME CONSEQUENCES RELATED WITH CONSUMPTION

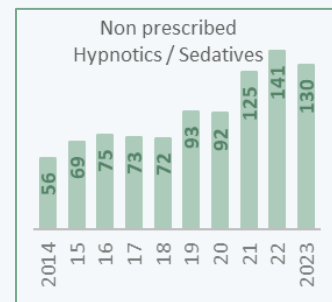
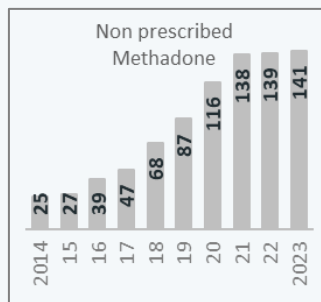
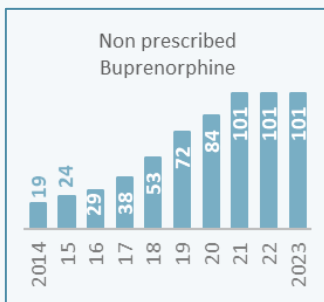
Treatment [9] [10]

Patients in treatment in the year (n) – Main drug

Outpatient – public network

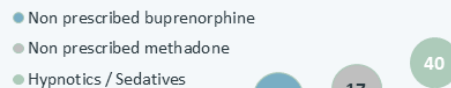


Gender	Non prescribed Buprenorphine	Non prescribed Methadone	Hypnotics / Sedatives
M	89,1%	83,0%	50,0%
F	10,9%	17,0%	50,0%

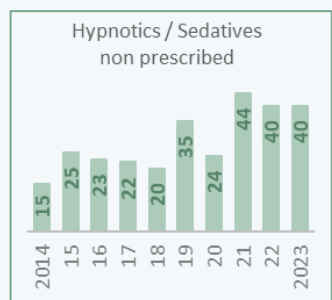
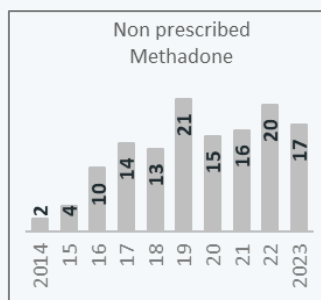
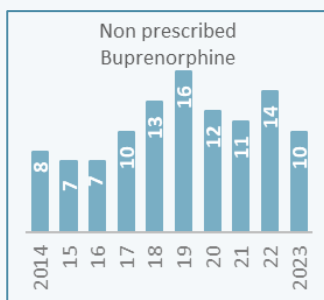


Patients that started treatment in the year (n) – Main drug

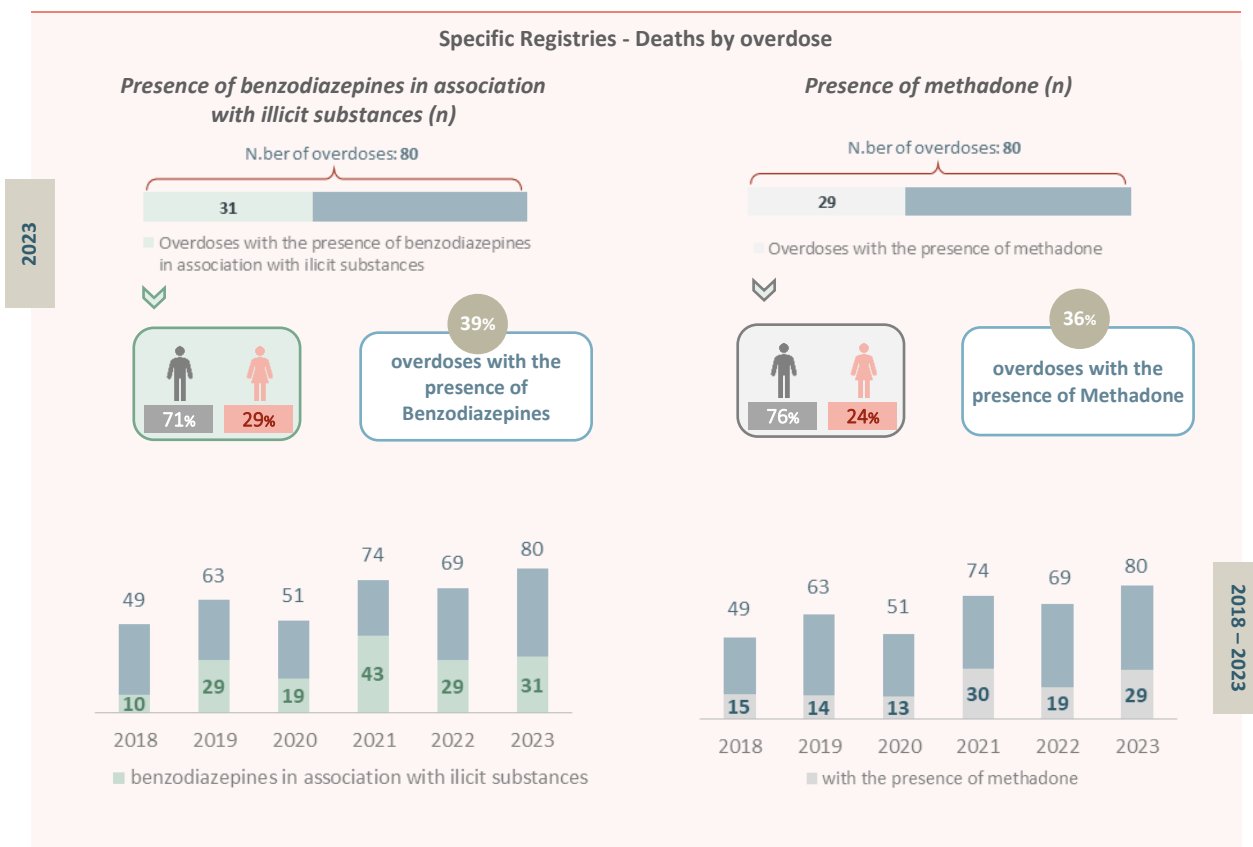
Outpatient – public network



Gender	Non prescribed Buprenorphine	Non prescribed Methadone	Hypnotics / Sedatives
M	100%	94,1%	55,0%
F	0,0%	5,9%	45,0%



Mortality [9] [10]



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<https://www.icad.pt/DocumentList/GetFile?id=84&languageId=1>
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<https://www.icad.pt/DocumentList/GetFile?id=784&languageId=1>
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- [10] ICAD (2024b). *Relatório Anual 2023: ANEXO. A Situação do País em Matéria de Drogas e Toxicodependências*. Lisboa: ICAD. Retrieved from: <https://www.icad.pt/DocumentList/GetFile?id=883&languageId=1>

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