

TRANS-EUROPEAN COVID-19 & DRUGS SURVEY

LUXEMBOURG

Some preliminary results of the Trans-European COVID-19 & drugs web survey Phase 1 conducted in April 2020: lockdown for Belgium, Germany, France and Luxembourg. This survey aims at assessing the impact of the lockdown on drugs use.

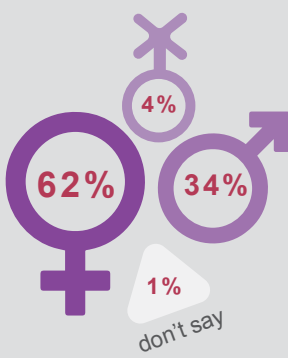
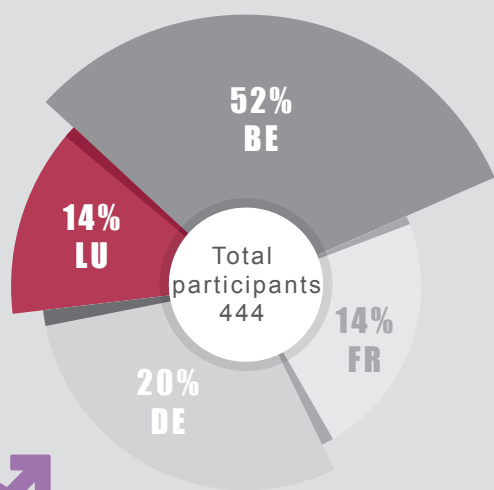
We have used convenience sampling and a self-report web survey, both of which have their limitations. Please bear these limitations in mind when browsing through the results.

Hereby the country report for the Grand-Duchy of Luxembourg.



DEMOGRAPHICS

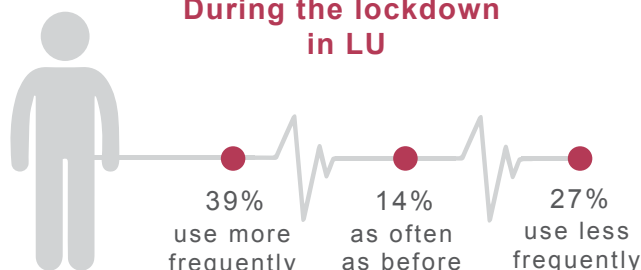
Results for Luxembourg (sample size n=62)



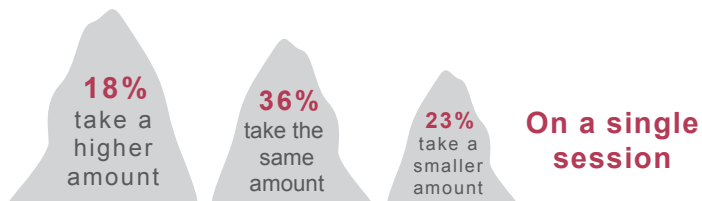
30
median age

CONSUMPTION PATTERNS (EXCLUDING ALCOHOL & TOBACCO)

During the lockdown in LU

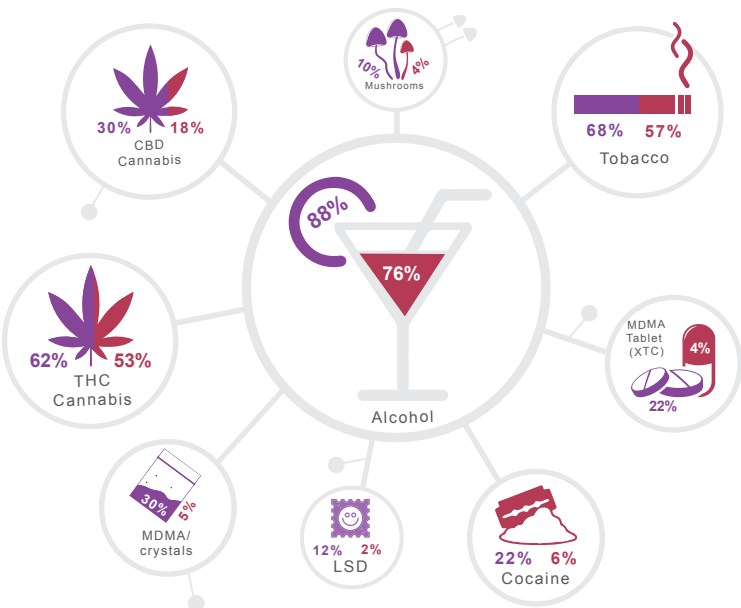


1/3 of the respondents intend to lessen the frequency and/or amount of use or to quit using.

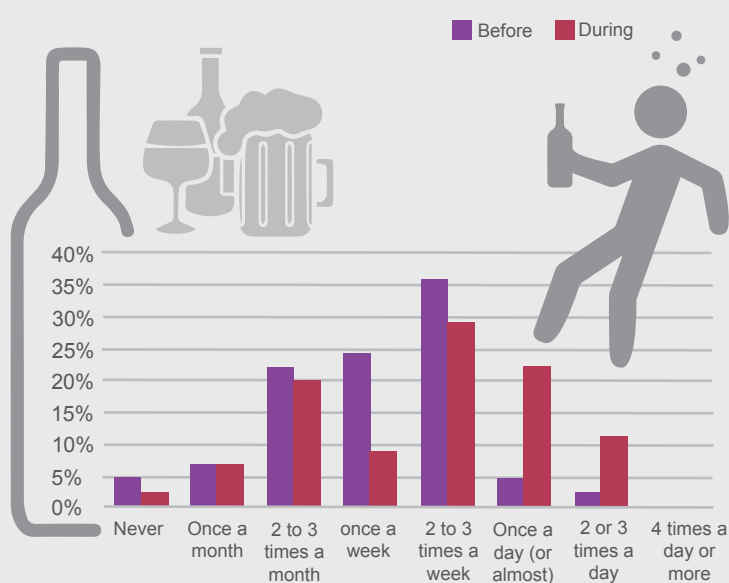


SUBSTANCES

Most consumed substances (before & during):



ALCOHOL



The daily consumption of alcohol increased significantly, even several times a day

MARKET



49% Acquired illegal drugs during the lockdown



52% Report access to drugs did mostly not change or became more difficult.



15% Less variety of products available.



Drugs used during the lockdown are mostly considered to be of about the same strength as usual. More than 10% of respondents do report weaker strengths.

The results highlight that an altered way of living also changes the pattern of drug consumption. Consuming certain types of substances, including alcohol, more frequently and in higher amounts may increase the risk of drug-related harms. The shortage of supply and lack of party opportunities can be a good chance to take a break from using and to reevaluate one's consumption habits. The beneficial effects are imminent.

Even in times of social distancing, you shouldn't isolate yourself when you intend to consume. Be aware of safe user habits and respect hygiene measures to reduce your risk of COVID-19 infection. Keep track of an increased use of alcohol. Inform your friends and family before you use. Talk to your doctor or a drug-related support team if you feel so!

With the reopening of the local bars and clubs and the reviving of the long-anticipated nightlife, people may tend to overestimate their alcohol or other drugs tolerance. Some will re-use after a long time of reduced consumption, some will use in an unfamiliar set and setting. Be aware of those changes, start with a small dose and observe the effects closely. They may vary greatly from what you expected. Start slow and party longer!