



2019-2020 SURVEY ON PSYCHOACTIVE SUBSTANCE USE AT THE WORKPLACE IN SPAIN

Summary Report

The Household Survey on Alcohol and Drugs in Spain (EDADES), promoted and financed by the Government Delegation for the National Plan on Drugs, with the collaboration of the Autonomous Communities and Cities, which is conducted every other year on a population between 15 and 64 years of age, has included in its 2019-2020 edition the third edition of the Survey on Consumption of Psychoactive Substances at the Workplace in Spain, updating data of the 2013-2014 edition.

Methodology

In this third edition, 11.743 questionnaires of the labour population (people employed or unemployed with previous work) from 16 to 64 years have been analyzed, with the objective of obtaining information on the perception and consumption of psychoactive substances (legal and illegal), as well as data regarding the perception of related actions implemented at the workplace.

The fieldwork was conducted between February and March 2020, prior to the declaration of the State of Alarm for the COVID-19 pandemic.

The sample was collected throughout Spain and is nationally representative. The information obtained from this survey should be useful to design, refocus and assess policies aimed at preventing consumption, as well as to guide specific actions in this area.

Main updated results

The results of this survey indicate that the consumption among the labour population is a reflection of what happens in the Spanish general population, with alcohol, tobacco, sedative-hypnotics and cannabis being the drugs consumed by a greater percentage of persons.

In 2019/2020, 67.5% of the labour population has consumed **alcoholic beverages** in the last 30 days, being the substance most consumed. Daily consumption in that period reached 9.6%, thus continuing the slight downward trend of past measurements. On the other hand, it is estimated that 4.3% of the labour population presented a pattern of at-risk alcohol consumption (AUDIT scale), also showing a slight decrease compared to 2013.

Tobacco is, after alcohol, the drug with the greatest proportion of consumers among the labour population: 40% of people have consumed it in the last 30 days and there was 35.6% of daily smokers (33.8% in 2013).

Regarding **sedative-hypnotics**, with or without a medical prescription, a slightly increase in consumption is observed, from 5.3% in the last month in 2007, to 7.3% in 2013 and 2019, being the third most consumed psychoactive substance among the labour population.

Cannabis is the most extended illegal drug among the labour population, having been consumed by 8.5% in the last month. There is an increase in the prevalence of consumption, after registering a decrease between 2007 and 2013.



Cocaine is the second most consumed illegal drug, with a prevalence of consumption in the last year of 3.1%, a figure that indicates an increase compared to 2013.

Sociodemographic variables: The consumption of psychoactive substances is highly influenced by sociodemographic characteristics. Hence, the proportion of male consumers is greater than females for all drugs, except for sedative-hypnotics. Regarding age, those under 35 years of age appear to have the greatest consume of alcohol, cannabis and cocaine, while, after this age, there is a higher prevalence of daily consumption of alcohol (mainly among men) and sedative-hypnotics (especially among women).

Likewise, the educational level plays an important role, being the consumption of any legal and illegal drugs greater among those that have a lower education level (without studies or with primary studies).

Employment status: There is a higher level of consumption of psychoactive substances among unemployed people than among those with employment, a difference that is especially important in the case of daily tobacco consumption.

Sectors of activity: Some activity sectors concentrate greater prevalence of psychoactive substance consumption. Hence, among construction workers, there is a greater prevalence of alcohol and tobacco daily consumers, as well as cocaine.

The agriculture/fishing/livestock/extraction sectors registered more consumption of sedative-hypnotics, with or without a medical prescription and the sector of artistic, recreational and sports activities presents the highest consumption of cannabis.

Occupational category: In general, manual workers concentrate the highest prevalence of consumption of psychoactive substances, in particular in terms of daily alcohol and daily tobacco. Within sedative-hypnotics, the highest prevalences are found among unskilled manual workers. The categories with the lowest prevalence of consumption of psychoactive substances are managers/professionals and administrative personnel.

Occupational factors: The survey on psychoactive substance use at the workplace in Spain provides information on the prevalence of psychoactive substance consumers in relation with the perceive exposure to various occupational factors. Among this factors, the survey analyses dissatisfaction at work, psychosocial risks, safety risks, employment conditions and damage to health.

Overall, it is concluded that there is greater drug use among people who claim to experience certain risks in the workplace, compared to those who are not exposed. Hence, for example, a higher prevalence of alcohol consumption (daily and at risk), daily tobacco or cannabis use in the last month is seen in those who declare they have situations of safety risk, or greater consumption of sedative-hypnotics in people who claim to present risks in relation to the conditions of employment.

Perceptions and opinions of the labour population: The survey also explores the perceptions and opinions of the employees, which is an aspect of great relevance to focus the actions to be designed. 77.5% of the population consulted gives importance to the problem



posed by the consumption of alcohol or other drugs in the workplace (86.6% in 2013). This importance is attributed to various reasons, including the possibility that consumptions can induce occupational accidents or reduce productivity.

While the sectors of activity with the highest percentage of people who report having received information tend to show lower prevalences of consumption, only 10.3% of the workers claim that, in the last year, they have received information about the risks or prevention of the consumption of alcohol, tobacco or other drugs, a higher percentage compared to previous editions.

The collaboration between the various actors involved on a national level is essential, which requires commitment and coordination between the Government, the Autonomous Communities and Cities, Local Corporations, the employee representatives and other social agents, as well as universities, research agencies, etc. This report is intended to contribute to this collaboration providing the data for design and evaluate interventions to improve the health of the labour population.

The full report (in Spanish) can be found at:
https://pnsd.sanidad.gob.es/profesionales/sistemasInformacion/sistemaInformacion/pdf/2021_OEDA_InformeLaboral_2019_2020.pdf