OEDA-COVID Survey 2020

Spanish Observatory on Drugs and Addictions (OEDA)
Delegación del Gobierno para el Plan Nacional sobre Drogas (DGPNSD)
Ministry of Health

Madrid, March, 26th, 2021
Methodology

Reference population
Population resident in Spain aged 14 and over with a mobile or landline phone.

Sample size
8,780 questionnaires, 7,886 people aged 15 to 64 years old; 894 aged 64 and over. Sampling error: 1.04%

Work field
10th November-3rd December 2020

Response rate
42%

Telephone questionnaire
15 minutes
Questions on alcohol, tobacco, e-cigarettes, hypno-sedatives, opioid painkillers, cannabis, cocaine, internet and gambling
OEDA-COVID Survey 2020

In people aged 15 to 64 years old

7,886 questionnaires

3,961 men and 3,925 women
Consumption before and during the pandemic

Prevalence of consumption **before and during** the pandemic, by sex

- During the pandemic, consumption decreases
- Decrease in both sex
- Decrease in all age groups, mainly in < 25 years old

Prevalence of consumption **before and during** the pandemic, by age and sex

- Men
  - 15-24: 73.1, 64.6
  - 25-34: 71.3, 58.4
  - 35-44: 74.7, 69.9
  - 45-54: 72.5, 67.7
  - 55-64: 69.6, 67.9

- Women
  - 15-24: 64.6, 58.4
  - 25-34: 58.6, 51.8
  - 35-44: 50.6, 46.2
  - 45-54: 50.7, 49.2
  - 55-64: 42.6, 39.3

**Before the pandemic** | **During the pandemic**
### Alcohol

**Changes in drinking patterns, by sex**

**Women:** > % of women who did not drink alcohol before the pandemic and > % of women who stop drinking alcohol during the pandemic.

**Men:** > proportion who maintain or decrease their drinking after the start of the pandemic.

### Changes in drinking patterns, by age

**15-34 years:** > prevalence of use among the youngest, which is the group with the highest rate of drop-out and reduction in consumption.

**35-64 years:** The consumption pattern shows fewer changes. There is greater maintenance of consumption.
Daily alcohol consumption

- Daily consumption remains stable
- Higher daily consumption prevalence in men
- Increasing daily consumption prevalence with increasing age

Daily consumption before and during the pandemic, by sex

- Daily consumption prevalence before and during the pandemic, by sex
- GPS survey 2019/2020
- OEDA-COVID 2020 survey

Daily consumption prevalence during the pandemic, by age

- GPS survey 2019/2020
- OEDA-COVID 2020 survey
**Drunkenness**

Big decrease during the pandemic

In both sex

Higher decrease in < 25 years old

**Drunkenness prevalence before and during the pandemic, by sex**

- **Men**
  - Before the pandemic: 20.9
  - During the pandemic: 12.1
- **Women**
  - Before the pandemic: 13.4
  - During the pandemic: 7.4
- **All**
  - Before the pandemic: 17.2
  - During the pandemic: 9.7

**Drunkenness prevalence before and during the pandemic, by age and sex**

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
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<th>Men</th>
<th>Women</th>
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<th>Men</th>
<th>Women</th>
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<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-24</td>
<td>46.2</td>
<td>41.3</td>
<td>15-24</td>
<td>25.3</td>
<td>22.8</td>
<td>25-34</td>
<td>38.3</td>
<td>21.6</td>
<td>25-34</td>
<td>21.6</td>
<td>15.3</td>
</tr>
<tr>
<td>25-34</td>
<td>25.1</td>
<td>15.3</td>
<td>35-44</td>
<td>20.0</td>
<td>11.3</td>
<td>45-54</td>
<td>9.5</td>
<td>4.5</td>
<td>55-64</td>
<td>2.7</td>
<td>1.1</td>
</tr>
<tr>
<td>35-44</td>
<td>4.5</td>
<td>6.1</td>
<td></td>
<td>7.7</td>
<td>6.1</td>
<td></td>
<td>2.7</td>
<td>1.1</td>
<td></td>
<td>2.6</td>
<td>1.3</td>
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<tr>
<td>45-54</td>
<td>1.3</td>
<td>1.1</td>
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<td>1.3</td>
<td>0.5</td>
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<td>1.1</td>
<td>0.5</td>
<td></td>
<td>1.1</td>
<td>0.5</td>
</tr>
</tbody>
</table>

- **Drunkenness before the pandemic**
- **Drunkenness during the pandemic**
Alcohol risk consumption

- Screening test used: AUDIT-C
- Cut off points: ≥5 men ≥4 women
- Higher risk consumption in men, but in < 25 years old

Alcohol risk consumption prevalence during the pandemic, by sex

- Men: 17.3
- Women: 14.8
- All: 16.0

Alcohol risk consumption prevalence during the pandemic, by age and sex

- 25-34: 18.8 - 22.0
- 35-44: 18.9 - 13.5
- 45-54: 17.6 - 13.9
- 55-64: 9.9 - 9.3
Tobacco use before and during the pandemic

Prevalence of use before and during the pandemic,

by sex

Slight decrease of tobacco use

Use decrease in both sex

Use decrease in all ages specially in < 25 years old

Prevalence of use before and during the pandemic,

by age and sex
Changes in the pattern of tobacco use, by sex

There are no major differences by sex.

About 70% didn’t smoke before or during the pandemic,
2.6% have quit and about 1% have started smoking in this period.

Changes in the pattern of tobacco use by age

As age increases, the percentage of non-tobacco users increases.

45-64 years: no major changes in consumption.
15-34 years: higher percentages of change, at both extremes.
Daily tobacco use decreases during the pandemic

During the pandemic, higher use in women than in men in the groups < 25 years and > 54 years of age.
Prevalence of use before and during the pandemic,

by sex

Higher use in men < 34 years of age

During the pandemic, declined use in both sexes and in both age groups, mainly in those aged < 34 years.

Prevalence of use before and during the pandemic, by age

Electronic cigarettes

Before the pandemic  During the pandemic

Men

Women

All

Before the pandemic  During the pandemic

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Before the pandemic</th>
<th>During the pandemic</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-34</td>
<td>5,8</td>
<td>3,7</td>
</tr>
<tr>
<td>35-64</td>
<td>1,8</td>
<td>1,2</td>
</tr>
<tr>
<td>All</td>
<td>2,8</td>
<td>1,8</td>
</tr>
</tbody>
</table>
Hypnosedatives without a doctor’s prescription

Prevalence of consumption before and during the pandemic, by sex

Higher consumption in women

During the pandemic, it increases in both sexes, especially in women

During the pandemic, higher consumption from 25 to 54 years old

Prevalence of consumption before and during the pandemic, by age
Cannabis

Consumption decreases during the pandemic

Higher consumption decrease in men

Higher consumption decrease in < 25 years old

Possible problematic cannabis use (CAST) during the pandemic

- 1.2% of the whole population
- 1.9% in GPS 2019/2020 survey

Prevalence of consumption before and during the pandemic, by sex

- Men
  - Before the pandemic: 10.6%
  - During the pandemic: 8.5%
- Women
  - Before the pandemic: 4.9%
  - During the pandemic: 4.4%
- All
  - Before the pandemic: 7.8%
  - During the pandemic: 6.5%

Prevalence of consumption before and during the pandemic, by age

- 15-19
  - Before the pandemic: 16%
  - During the pandemic: 13%
- 20-24
  - Before the pandemic: 16%
  - During the pandemic: 13%
- 25-29
  - Before the pandemic: 5%
  - During the pandemic: 4%
- 30-34
  - Before the pandemic: 8%
  - During the pandemic: 7%
- 35-39
  - Before the pandemic: 9%
  - During the pandemic: 4%
- 40-44
  - Before the pandemic: 8%
  - During the pandemic: 3%
- 45-49
  - Before the pandemic: 7%
  - During the pandemic: 2%
- 50-54
  - Before the pandemic: 2%
  - During the pandemic: 1%
- 55-59
  - Before the pandemic: 1%
  - During the pandemic: 1%
Cocaine

The prevalence of cocaine use in the surveyed population aged 15 to 64 years is **1.4% before the pandemic and 1% during the pandemic**, which indicates a decrease in the studied period.

Opioid painkillers without a doctor’s prescription

1.3% of the people surveyed stated that they had used opioid painkillers without a prescription before and during the pandemic, not finding differences by sex.
Internet use for fun

Prevalence of use **before and during** the pandemic,

**by sex**

- **Men**
  - Before the pandemic: 92.8
  - During the pandemic: 92.0
- **Women**
  - Before the pandemic: 90.8
  - During the pandemic: 90.8
- **All**
  - Before the pandemic: 91.8
  - During the pandemic: 91.4

Increase usage time during pandemic

No differences by sex were observed

Older age means less internet use

Prevalence of use **before and during** the pandemic,

**By age and sex**

- **15-24**
  - Men Before the pandemic: 99
  - Women Before the pandemic: 99
  - Men During the pandemic: 100
  - Women During the pandemic: 98
- **25-34**
  - Men Before the pandemic: 98
  - Women Before the pandemic: 98
  - Men During the pandemic: 97
  - Women During the pandemic: 95
- **35-44**
  - Men Before the pandemic: 95
  - Women Before the pandemic: 95
  - Men During the pandemic: 91
  - Women During the pandemic: 91
- **45-54**
  - Men Before the pandemic: 89
  - Women Before the pandemic: 89
  - Men During the pandemic: 80
  - Women During the pandemic: 78
- **55-64**
  - Men Before the pandemic: 77
  - Women Before the pandemic: 76

Average time spent using the internet **before and during** the pandemic (**minutes**)

- **Weekdays**
  - Men Before the pandemic: 147.2
  - Women Before the pandemic: 216.6
  - Men During the pandemic: 163.3
  - Women During the pandemic: 227.8

**Before the pandemic**

**During the pandemic**
Prevalence of gambling **before and during** the pandemic, **by sex**

- **Men**
  - Before the pandemic: 12.2
  - During the pandemic: 7.0

- **Women**
  - Before the pandemic: 5.4
  - During the pandemic: 3.6

- **All**
  - Before the pandemic: 8.8
  - During the pandemic: 5.3

Greater face to face gambling in men

Decrease in all age groups and in both sexes during the pandemic

Higher decrease in < 25 years old during the pandemic

Prevalence of gambling **before and during** the pandemic, **by age**

- **15-24**
  - Before the pandemic: 14.8
  - During the pandemic: 5.6

- **25-34**
  - Before the pandemic: 9.2
  - During the pandemic: 4.6

- **35-44**
  - Before the pandemic: 6.7
  - During the pandemic: 4.5

- **45-54**
  - Before the pandemic: 8.1
  - During the pandemic: 6.3

- **55-64**
  - Before the pandemic: 7.4
  - During the pandemic: 5.4
Online gambling

Prevalence of gambling **before and during** the pandemic,

**by sex**

<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Men</td>
<td>7.6</td>
<td>6.8</td>
</tr>
<tr>
<td>Women</td>
<td>1.4</td>
<td>1.8</td>
</tr>
<tr>
<td>All</td>
<td>4.5</td>
<td>4.3</td>
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</table>

Higher online gambling in men

Stable values before and during the pandemic

The older the age, the lower the prevalence of online gambling

During the pandemic, online gambling increased in <25 years old

Prevalence of gambling **before and during** the pandemic,

**by age**

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<td>55-64</td>
<td>1.2</td>
<td>0.9</td>
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Possible pathological gambling (Lie/Bet≥1)

During the pandemic

0.5% in the whole population; 5.5% among gamblers
OEDA-COVID 2020 Survey

In people over 64 years old

894 questionnaires

408 men and 486 women
Alcohol

Prevalence of consumption before and during the pandemic, by sex

- During pandemic, slight decrease in consumption
- Slight decrease in both sex
- Slight decrease in both age groups, mainly from 65 to 74 years

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Men 50-1</td>
<td>50.1</td>
<td>47.6</td>
</tr>
<tr>
<td>Women 22.1</td>
<td>22.1</td>
<td>19.8</td>
</tr>
<tr>
<td>All 34.2</td>
<td>34.2</td>
<td>31.8</td>
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Prevalence of consumption before and during the pandemic, by age

- 65-74 years old
- 75 years old or older

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<tr>
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<tbody>
<tr>
<td>65-74 years old</td>
<td>40.7</td>
<td>36.8</td>
</tr>
<tr>
<td>75 years old or older</td>
<td>27.5</td>
<td>26.6</td>
</tr>
</tbody>
</table>
Tobacco

Prevalence of use before and during the pandemic, by sex

- Men: Before the pandemic: 14.8, During the pandemic: 12.2
- Women: Before the pandemic: 7.9, During the pandemic: 6.3
- All: Before the pandemic: 10.9, During the pandemic: 8.9

During the pandemic, a decrease in use is observed
- Decrease in both sex
- Decrease in both age groups

Other psychoactive substances

The use of other psychoactive substances such as non-prescription hypnosedatives, non-prescription opioid analgesics, cannabis and cocaine is not detected in this population group, nor the use of electronic cigarettes.
Internet use

Use before and during the pandemic

During the pandemic, the prevalence of internet use decreases

Higher decrease in women

Increase the daily time of internet use among users

Average time spent using internet before and during the pandemic, (minutes)

Weekdays
- Before the pandemic: 79.0
- During the pandemic: 90.7

Weekends
- Before the pandemic: 78.0
- During the pandemic: 90.5

Prevalence of use before and during the pandemic, by age

65 to 74 years old
- Before the pandemic: 58.7
- During the pandemic: 54.4

75 years old or older
- Before the pandemic: 35.2
- During the pandemic: 33.1

Prevalence of use before and during the pandemic, by sex

Men
- Before the pandemic: 49.0
- During the pandemic: 45.6

Women
- Before the pandemic: 47.4
- During the pandemic: 41.2

All
- Before the pandemic: 47.1
- During the pandemic: 43.9
Face to face gambling

Before and during the pandemic

Prevalence of gambling before and during the pandemic, by sex

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<td>8.0</td>
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Higher face to face gambling in > 74 years old

During the pandemic, decrease in face to face gambling in both sexes

Prevalence of gambling before and during the pandemic, by age

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<tr>
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<tbody>
<tr>
<td>65-74 years old</td>
<td>6.8</td>
<td>4.8</td>
</tr>
<tr>
<td>75 years old or older</td>
<td>9.2</td>
<td>5.8</td>
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Online gambling is not detected in this population group.
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