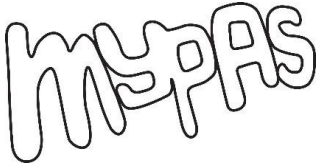


# MYPAS

Promoting the **health** and **wellbeing**  
of young people in East Lothian  
and Midlothian

Young Peoples Substance Use Survey- How is  
Coronavirus Affecting You?

Report



## Young People's Substance Use Survey- How is Coronavirus Affecting You?

### **Purpose**

The purpose of the survey was to gain a deeper understanding of young people living in East Lothian and Midlothian's substance use throughout COVID-19. Focussing on increasing or decreasing substance use, why it has increased or decreased, what types of substances are being used, accessibility, and to provide a platform to offer support.

### **Duration**

The survey ran for 4 weeks and 2 days from 29<sup>th</sup> April 2020 till 29<sup>th</sup> May 2020.

### **Publicity**

The survey was compiled using survey monkey. Offering a confidential, accessible platform for young people to be open and honest about their substance use while remaining anonymous.

The survey was advertised through the following mediums:

- MYPAS social media sites- Facebook and Twitter.
- Email to partner agencies in East Lothian and Midlothian.
- Staff advertised to current clients through telephone calls and text messages.

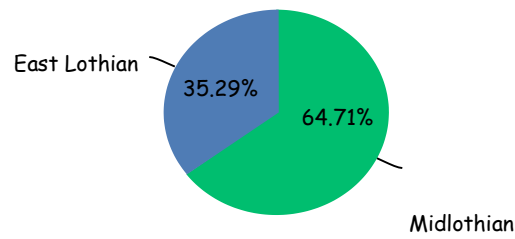
### **Summary of Findings**

51 surveys were completed. Out of the 51 surveys, 17 were completed by young people who reported that they do not use any substances. For the purpose of this report these 17 surveys were removed to show the finding of substance users only (34 surveys).

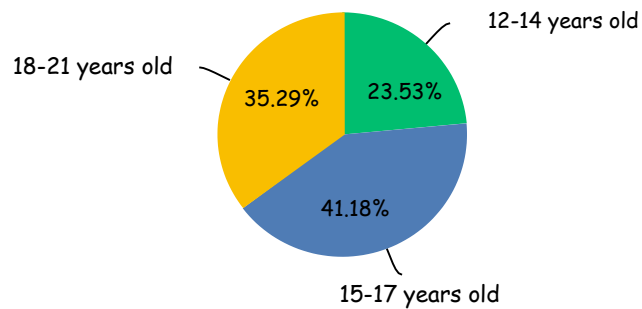
12 surveys were completed using the social media link and 22 were completed using the online link.

## Location and Ages of participants

Participants came from the following areas:



Age range of participants:



## Main Findings:

Just under three quarters (73.53%) of young people who completed the survey said their substance use had changed during COVID 19 with 47.06% saying it is more than before and 26.47% saying it's less than before.

57.14% said feeling low and 53.57% said feeling bored during COVID-19 were the main contributors to an increase in their substance use.

33.33% of participants stated the decrease in their substance use was due to it being difficult to get hold of and 20% put their reduction down to not being allowed to use substances at home.

### Increase in Substance Use

The three most popular substances indicated by those who stated their substance use had increased during COVID-19 were Alcohol (48.39%), Cannabis (32.26%) and Tobacco (32.26%).

The following table shows the percentage of young people who said their substance use had increased by age and substance:

Age	Alcohol	Cannabis	Tobacco	MDMA	Cocaine	Speed	Ketamine	Diazepam	LSD
12-14 yrs	37.5%	12.5%							12.5%
15-17 yrs	60%	40%	33.33%					6.67%	
18-21 yrs	25%	25%	33.33%	16.67%	8.33%	8.33%		16.67%	

### Decrease in substance use:

The three most popular substances indicated by those who said their substance use had decreased during COVID-19 was Alcohol (39.29%), Cannabis (32.14%) and MDMA (21.43%).

The following table shows the percentage of young people who said their substance use had decreased by age and substance:

Age	Alcohol	Cannabis	Tobacco	MDMA	Cocaine	Speed	Ketamine	Diazepam	LSD
12-14 yrs	62.54%	37.5%	37.5%	12.5%					
15-17 yrs	14.29%	28.57%		21.43%	7.14%		7.14%		
18-21 yrs	33.33%	16.67%	8.33%	16.67%					

### Substance accessibility:

#### Alcohol:

Over half (54.55%) of young people said there was no change in getting access to alcohol, while 6.06% said it was easier than before COVID-19 and 18.18% said it was harder than before COVID-19.

#### Drugs:

Just less than one quarter (32.35%) of young people said it was harder to get access to drugs, while 20.59% said it was same as before COVID-19 and 11.76% said it was easier than before COVID-19.

### Going Forward:

We plan on undertaking another survey once schools return. The findings will be compared to substance use during COVID-19 and a report will follow.