

Drug Use in Ireland and Northern Ireland

Bulletin 6

2002/2003 Drug Prevalence Survey: Sedatives, Tranquillisers or Anti-Depressants Results

This bulletin provides an analysis of data collected in the first drug prevalence survey of households in Ireland and Northern Ireland on the use of Sedatives, Tranquillisers or Anti-depressants. The survey sampled a representative number of people aged between 15 and 64 during late 2002 and early 2003. This bulletin contains data on lifetime (ever used), last year (recent use) and last month (current use). It also investigates age of first use, frequency of use, method of taking sedatives, tranquillisers or anti-depressants, how they were obtained and presents a profile of users in this study.

IRELAND – Key Findings

- Prevalence rates were higher among older respondents – the lifetime prevalence rate for those aged 35 to 64 (16%) was double that of those aged 15 to 34 (8%).
- Female respondents reported higher prevalence rates than males across all time periods.
- The average age respondents reported they had first used sedatives, tranquillisers or anti-depressants was 28 years for males and 30 for females.
- The majority of current users (81%) took sedatives, tranquillisers or anti-depressants daily or almost daily.
- Almost all current users (98%) took sedatives, tranquillisers or anti-depressants in tablet form.
- Most current users (95%) got their sedatives, tranquillisers or anti-depressants on prescription.
- Respondents who were separated, divorced or widowed reported higher prevalence rates than those who were single (never married), co-habiting or married.
- Associations were found between various indicators of deprivation and higher prevalence rates. These indicators included: being dependent on the state long term, not being in paid work, lower levels of educational attainment, leaving education before 15 years of age and living in local authority/housing association homes.

NORTHERN IRELAND – Key Findings

- Prevalence rates were higher among older respondents – the lifetime prevalence rate for those aged 35 to 64 was 27%, compared to 16% for respondents aged 15 to 34.
- Female respondents reported higher prevalence rates than males across all time periods.
- The average age that respondents reported they had first used sedatives, tranquillisers or anti-depressants was 32 years for males and 30 for females.
- The majority (84%) of current users took sedatives, tranquillisers or anti-depressants daily or almost daily.
- Almost all current users (99%) took sedatives, tranquillisers or anti-depressants in tablet form.
- Most current users (98%) got their sedatives, tranquillisers or anti-depressants on prescription.
- Respondents who were separated, divorced or widowed reported higher prevalence rates than those who were single (never married), co-habiting or married.
- Associations were found between various indicators of deprivation and higher prevalence rates. These indicators included: being dependent on the state long term, not being in paid work, having no educational qualifications and living in Housing Executive/housing association homes.

IRELAND AND NORTHERN IRELAND COMPARISON – Key Findings

- In all instances, use of sedatives, tranquillisers or anti-depressants was higher in Northern Ireland than in Ireland.
- Females reported higher prevalence rates than males in both jurisdictions.
- Prevalence rates were higher amongst older respondents in both Ireland and Northern Ireland.
- Throughout the island of Ireland the pattern of obtaining sedatives, tranquillisers or anti-depressants was the same – nearly all users took tablets that they had obtained on prescription.
- Across the whole island of Ireland respondents who were separated, divorced or widowed reported higher prevalence rates than those who were single (never married), co-habiting or married.
- Associations were found between various indicators of deprivation and higher prevalence rates (lower socio-economic groups, not being in paid work, lower educational attainment and living in public housing). The pattern was the same in both Ireland and Northern Ireland.

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Introduction

The 2002/2003 Drug Prevalence Survey was commissioned by the National Advisory Committee on Drugs (NACD) in Ireland and the Drug and Alcohol Information and Research Unit (DAIRU) within the Department of Health, Social Services and Public Safety (DHSSPS) in Northern Ireland.

The main focus of the survey was to obtain prevalence rates for key illegal drugs, such as cannabis, ecstasy, cocaine, and heroin, on a lifetime (ever used), last year (recent use), and last month (current use) basis. Similar prevalence questions were also asked of alcohol, tobacco, and other drugs (e.g. tranquillisers); attitudinal and demographic information was also sought from respondents.

Following open tender, the contract for conducting the survey was awarded to MORI MRC.

Methodology

The questionnaire and methodology for this survey were based on best practice guidelines drawn up by the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA). The questionnaires were administered through face-to-face interviews with respondents aged between 15 and 64 years and who are normally resident in households in Ireland and Northern Ireland. Thus persons outside these age ranges, or who do not normally live in private households, have not been included in the survey. This approach is commonly used throughout the EU and because of the exclusion of those living in institutions (for example prisons, nursing homes etc.) this type of prevalence survey is usually known as a **general population survey**.

Fieldwork for the survey was carried out between October 2002 and April 2003 and the final achieved sample comprised of 8,434 respondents (4,918 in Ireland and 3,516 in Northern Ireland). The response rate for the survey was 70% in Ireland and 63% in Northern Ireland.

The sample was weighted by gender, age, Health Board¹ in Ireland and Health and Social Services Board area in Northern Ireland, to maximise its representativeness of the general population.

Details of the methodology have been summarised in a paper published on the websites of the NACD (<http://www.nacd.ie/>) and the DHSSPS (<http://www.dhsspsni.gov.uk/>) and a comprehensive technical report containing copies of the questionnaires used in both jurisdictions is published on both websites.

Confidence intervals for all prevalence data contained in Bulletins 1 and 2 are published on the websites above.

What is Prevalence?

The term **prevalence** refers to the proportion of a population who have used a drug over a particular time period. In general population surveys, prevalence is measured by asking respondents in a representative sample drawn from the population to recall their use of drugs. The three most widely used recall periods are: lifetime (ever used a drug), last year (used a drug in the last twelve months), and last month (used a drug in the last 30 days). Provided that a sample is representative of the total population, prevalence information obtained from a sample can be used to infer prevalence in the population.

Lifetime prevalence refers to the proportion of the sample that reported ever having used the named drug at the time they were surveyed. A person who records lifetime prevalence may or may not be currently using the drug. Lifetime prevalence should not be interpreted as meaning that people have necessarily used a drug over a long period of time or that they will use the drug in future.

Last year prevalence refers to the proportion of the sample that reported using a named drug in the year prior to the survey. For this reason, last year prevalence is often referred to as **recent use**.

Last month prevalence refers to the proportion of the sample that reported using a named drug in the 30 day period prior to the survey. Last month prevalence is often referred to as **current use**. A proportion of those reporting current use may be occasional (or first-time) users who happen to have used in the period leading up to the survey – it should therefore be appreciated that **current use** is not synonymous with regular use.

Previous Publications

Initial results from the 2002/2003 Drug Prevalence Survey were published in **Bulletin 1** (October 2003, revised June 2005), which gave lifetime, last year, and last month prevalence rates for key drugs for the island of Ireland, Ireland and Northern Ireland.

Bulletin 2, published in March 2004 (revised June 2005), contained comparable information for Ireland and its constituent Health Boards and Northern Ireland and its constituent Health and Social Services Board areas. Prevalence rates for alcohol and tobacco (and, relating to Northern Ireland only, for anabolic steroids and Nubain®) were also included in the tables.

¹ Since January 2005 the Health Boards in Ireland have undergone restructuring and are merged under one authority – the Health Service Executive. The above reference relates to the Health Board structure detailed in *Bulletin 2 – Drug Use in Ireland and Northern Ireland 2002/2003 Drug Prevalence Survey: Health Board (Ireland) & Health and Social Services Board (Northern Ireland) Results (Revised)*.

Bulletin 3 (2002/2003 Drug Prevalence Survey: Cannabis Results) published in October 2005, examined age of first use, regular use, type of cannabis used, method by which cannabis is used, how and where cannabis is obtained, reasons for stopping use, attitudes to cannabis use and perceptions of risk, together with the typical profile of cannabis users.

Bulletin 4 (2002/2003 Drug Prevalence Survey: Cocaine Results) published in January 2006, contained prevalence rates for the use of cocaine and other information relating to cocaine use in Ireland and Northern Ireland including – age of first use; regular use, type of cocaine used (powder or crack), method by which cocaine is consumed, how and where cocaine is obtained, reasons for stopping use, perceptions of risk and a typical profile of users.

Bulletin 5 (2002/2003 Drug Prevalence Survey: Polydrug Use Results) published in December 2006, contained findings on polydrug use (the use of more than one substance within a specific time period). Analysis was carried out on data collected for last month use for both legal and illegal drugs. A comparison of findings between Ireland and Northern Ireland was also made.

Understanding the Results of this Bulletin

This bulletin contains prevalence rates for the use of sedatives, tranquillisers or anti-depressants and other information relating to use of sedatives, tranquillisers or anti-depressants in Ireland and Northern Ireland. Results are given for all respondents aged between 15 and 64, by gender and by age group (15 to 34 and 35 to 64).

Respondents were asked about these drugs as a collective, i.e. did you ever use sedatives, tranquillisers or anti-depressants? A list of examples was provided to the interviewees and they were invited to reply “yes” or “no”. They were not asked to state which drug they had used as all three were grouped together. The list was not intended to be exhaustive and only acted as a prompt for the interviewees presenting a list of some names of sedatives, tranquillisers or anti-depressants. The data cannot therefore be broken down by drug group and cannot be interpreted to reflect any single drug group, but only the collective as asked “sedatives, tranquillisers or anti-depressants”.

Readers should note that the total sample size for each group is given at the head of each column. As in all sample surveys, the greater the sample size the more statistically reliable the results become.

Invalid responses have been excluded from all analyses. Percentages may not always sum to 100 due to either the effect of rounding or where respondents could give more than one answer.

Statistical significance tests (Chi-Square Tests) have been carried out on a range of variables. These tests are used to establish the degree of confidence with which we can infer that the observed findings are an accurate reflection of the views of the population. In this bulletin, where test results have emerged as statistically

significant, this has been reported at the 5% level of probability ($p \leq 0.05$). Therefore, where a value of p less than or equal to 0.05 was found, we can be confident that 95 times out of 100 the outcomes that we have observed are real, i.e. not due to sampling error.

In an attempt to compare prevalence rates for drug use across different social classes/socio-economic groups, the Standard Occupational Classification (SOC2000) was used. The SOC2000 is based on the employment status, level of responsibility and qualifications, of the chief income earner within a household. Further information is available in the technical report on the NACD website (http://www.nacd.ie/publications/prevalence_allireland.html)

Respondents were then coded into the following social grades:

- A** (Professionals, senior management and top civil servants)
- B** (Middle management, senior civil servants, managers and owners of businesses)
- C1** (Junior management and owners of small businesses)
- C2** (Skilled manual workers and manual workers responsible for other workers)
- D** (Semi-skilled and unskilled manual workers, trainees and apprentices)
- E** (All those dependant on the State long-term)

Glossary

Sedatives and tranquillisers

Sedatives and tranquillisers are commonly used terms for the same group of medicines which depress, slow down or calm the brain and central nervous system. They are mainly Benzodiazepines (“Benzos”) but other drugs with the same effects, e.g. Zolpidem and Zopiclone are included in this group. Medically they are often referred to as Hypnotics, which induce sleep and Anxiolytics or anti-anxiety agents.

The same drug can be used as a hypnotic or as an anti-anxiety agent depending on the dose used and on the time of day that they are used. Hypnotics are used to treat insomnia (lack of adequate restful sleep) which is causing distress. Anxiolytics are also referred to as “minor tranquillisers”. Benzodiazepine anxiolytics are the most common type used to obtain relief of severe and disabling anxiety.

Anti-depressants

These are medicines used to treat conditions such as the low or sad mood, loss of interest or pleasure in daily activities, fatigue & energy loss usually known as Depression. Different drug classes are available on prescription to treat Depression.

All of these drugs above are prescribed under medical supervision and can only be obtained by prescription from a pharmacist.

Results – Ireland

Prevalence of sedatives, tranquillisers or anti-depressants (Table 1)

Almost one-in-eight respondents (12%) aged 15 to 64 reported that they had taken sedatives, tranquillisers or anti-depressants at some stage in their lives, with 6% having used in the last year and 4% having used in the last month.

Age (Table 1)

Overall, prevalence rates were lower among younger respondents, with older age groups reporting higher prevalence rates. The lifetime prevalence rate for those aged 35 to 64 (16%) was nearly double that for those aged 15 to 34 (8%).

Gender (Table 1)

Female respondents reported higher prevalence rates than males across all time periods. The lifetime prevalence figure for females was 15% compared to 9% for males. Similarly, the figures for last year use were 7% for females and 4% for males, whilst the last month prevalence rate for females was 5% and 3% for males.

First use (Table 2)

The average² age that respondents reported they had first used sedatives, tranquillisers or anti-depressants was 30 years. The figure was 28 years for males and 30 for females. Younger respondents (aged 15 to 34) reported first using sedatives, tranquillisers or anti-depressants at 20 years. Older respondents (aged 35 to 64) reported an average age of first use of 35 years.

Frequency of use (Table 3)

More than four-in-five (81%) current users use sedatives, tranquillisers or anti-depressants on a daily or almost daily basis, 3% use them several times a week, 4% used them at least once a week and 10% use them less than once a week.

The frequency with which males and females used sedatives, tranquillisers or anti-depressants did not differ greatly. Over four-in-five (81%) of both males and females used them on a daily or almost daily basis.

A greater proportion of young adults (23%) reported using sedatives, tranquillisers or anti-depressants less than once per week than did older adults (5%).

Method of taking sedatives, tranquillisers or anti-depressants³ (Table 4)

The majority of current users (98%) take tablets. Only 2% inject sedatives, tranquillisers or anti-depressants. Just 1% reported using some other method. More males (5%) than females (1%) reported injecting/using a needle.

How sedatives, tranquillisers or anti-depressants were obtained (Table 5)

All current users of sedatives, tranquillisers or anti-depressants were asked how they had obtained their drugs. Nearly all respondents (95%) had got them on prescription. Only 2% of respondents had got them from someone else they knew. Just 1% had bought them without a prescription in a chemist.

Nearly all (98%) older respondents (those aged 35-64) who were currently using sedatives, tranquillisers or anti-depressants had obtained them on prescription. The corresponding figure for those aged 15-34 was 84%. Moreover, 8% of younger respondents had obtained them from someone else they knew. Only 0.5% of older respondents had obtained sedatives, tranquillisers or anti-depressants in this way.

User profile – sedatives, tranquillisers or anti-depressants

Gender (Table 6)

The results of all three chi-square tests were statistically significant. This indicates that there is an association between gender and use of sedatives, tranquillisers or anti-depressants. Females are more likely than males to have ever used sedatives, tranquillisers or anti-depressants, to have used them in the last twelve months and to have used them in the last month.

2 The median was used to measure central tendency in the case of age of first use to avoid extreme values skewing the results.

3 This was a multi-choice question and therefore percentages will not equal 100%.

Age (Table 7)

The results of all three chi-square tests were statistically significant. This indicates that there is an association between age and use of sedatives, tranquillisers or anti-depressants. Older respondents reported higher prevalence rates than expected across all three prevalence categories.

Socio-economic group (SEG)⁴ (Table 8)

The results of all three chi-square tests were statistically significant. This indicates that there is an association between SEG and use of sedatives, tranquillisers or anti-depressants on a lifetime, last year or last month basis. Respondents from SEG category E (all those dependant on the State long term) reported higher levels of use.

Work status (Table 9)

The results of the three chi-square tests were statistically significant. This indicates that there is an association between work status and use of sedatives, tranquillisers or anti-depressants. Respondents who reported they were not in paid work had higher than expected prevalence rates across all three time periods. This was also the case for respondents who reported their work status as something other than "in paid work", "not in paid work", or "student".

Housing tenure (Table 10)

The results of all three chi-square tests were statistically significant. This indicates that there is an association between housing tenure and use of sedatives, tranquillisers or anti-depressants. Respondents who rented their houses from a local authority or housing association reported higher levels of use on a lifetime, last year and last month basis.

Age education ceased (Table 11)

A general trend was observed where those respondents who had ceased education aged 15 years or under reported higher levels of use of sedatives, tranquillisers or anti-depressants. However, this association was only statistically significant for the data relating to use within the last year. It was not statistically significant for the lifetime or last month prevalence data.

Education Level (Table 12)

The results of all three chi-square tests were statistically significant. This indicates that there is an association between education level and use of sedatives, tranquillisers or anti-depressants. Respondents who had obtained an elementary school only level of education reported higher prevalence rates of use on a lifetime, last year and last month basis.

Marital Status (Table 13)

The results of all three chi-square tests were statistically significant. This indicates that there is an association between marital status and use of sedatives, tranquillisers or anti-depressants. Respondents who were separated, divorced or widowed reported higher prevalence rates over the three time periods.

4 See classification of Socio-Economic Groups on page 4.

Results – Northern Ireland

Prevalence of sedatives, tranquillisers or anti-depressants (Table 14)

Over one-in-five respondents (22%) aged 15 to 64 reported that they had taken sedatives, tranquillisers or anti-depressants at some stage in their lives, with 13% having used in the last year and 10% having used in the last month.

Age (Table 14)

Prevalence rates were lower among young respondents, and higher within older age groups. The lifetime prevalence rate for those aged 35 to 64 was 27%. The corresponding figure for those aged 15 to 34 was 16%.

Gender (Table 14)

Female respondents consistently reported higher prevalence rates than males. The lifetime prevalence figure for females was 29% compared to 16% for males. Similarly, the figures for last year use were 17% for females and 9% for males. The last month prevalence rate for females was 13% and 7% for males.

First use (Table 15)

The average⁵ age that respondents reported they had first used sedatives, tranquillisers or anti-depressants was 30 years. Males reported an average age of first use of 32 years. Females reported first using at the younger age of 30 years.

Younger respondents (aged 15 to 34) reported first using sedatives, tranquillisers or anti-depressants at 22 years. Older respondents (aged 35 to 64) reported an average age of first use of 37 years.

Frequency of use (Table 16)

More than four-in-five (84%) current users use sedatives, tranquillisers or anti-depressants on a daily or almost daily basis, 4% used them several times a week, 5% used them at least once a week and 6% used them less than once a week.

There was very little difference in the frequency of use between younger (15-34) and older (35-64) respondents.

The frequency with which males and females used sedatives, tranquillisers or anti-depressants did not differ greatly. Over four in five (82%) males (compared with 85% of females) used them on a daily or almost daily basis. A slightly larger proportion of males (8%) than females (5%) reported using them less than once a week.

Method of taking sedatives, tranquillisers or anti-depressants (Table 17)

The majority of current users (99%) take sedatives, tranquillisers or anti-depressants in tablet form. Only 2% reported injecting/using a needle and just 1% reported using some other method. A larger proportion of younger respondents (5%) reported injecting sedatives, tranquillisers or anti-depressants. Only 1% of older adults reported using this method.

How sedatives, tranquillisers or anti-depressants were obtained (Table 18)

Nearly every current user of sedatives, tranquillisers or anti-depressants (98%) had got them on prescription. This trend was apparent across gender and all age groups. Only 1% had bought them without a prescription in a chemist. Less than one per cent (0.3%) of respondents had got them from someone else they knew.

User profile – sedatives, tranquillisers or anti-depressants

Gender (Table 19)

The results of all three chi-square tests were statistically significant. This indicates that there is an association between gender and use of sedatives, tranquillisers or anti-depressants. Females are more likely than males to have ever used sedatives, tranquillisers or anti-depressants, used them in the last year and used them in the last month.

Age (Table 20)

The results of the three chi-square tests were statistically significant. This indicates that there is an association between age and use of sedatives, tranquillisers or anti-depressants. Older respondents reported higher prevalence rates across the three time periods.

5 The median was used to measure central tendency in the case of age of first use to avoid extreme values skewing the results.

Socio-economic group (SEG)⁶ (Table 21)

The results of all three chi-square tests were statistically significant. This indicates that there is an association between SEG and use of sedatives, tranquillisers or anti-depressants on a lifetime, last year or last month basis. Respondents from SEG category E (all those dependant on the State long term) reported higher prevalence rates in all three time periods.

Work status (Table 22)

The results of the three chi-square tests were statistically significant. This indicates that there is an association between work status and use of sedatives, tranquillisers or anti-depressants. Respondents who were not in paid work had higher than expected prevalence rates for lifetime, last year and last month use of sedatives, tranquillisers or anti-depressants. Students reported very low prevalence rates in all three prevalence categories.

Housing tenure (Table 23)

The results of all three chi-square tests were statistically significant. This indicates that there is an association between housing tenure and use of sedatives, tranquillisers or anti-depressants. Respondents who rented their houses from the Housing Executive or a local housing association reported higher prevalence rates for lifetime, last year and last month basis.

Educational qualifications (Table 24)

The results of all three chi-square tests were statistically significant. This indicates that there is an association between educational qualifications and use of sedatives, tranquillisers or anti-depressants. Respondents with no qualifications reported higher lifetime, last year and last month prevalence rates.

Marital Status (Table 25)

The results of all three chi-square tests were statistically significant. This indicates that there is an association between marital status and use of sedatives, tranquillisers or anti-depressants. Respondents who were separated, divorced or widowed reported higher prevalence rates over the three time periods.

6 See classification of Socio-Economic Groups on page 4.

Comparison – Ireland and Northern Ireland

Prevalence

In all instances, use of sedatives, tranquillisers or anti-depressants was higher in Northern Ireland than in Ireland. The figure for lifetime use in Northern Ireland (22%) was nearly double that reported for Ireland (12%). The figures for recent use were similarly proportioned. The last year prevalence rate was 13% in Northern Ireland and 6% in Ireland. Likewise, the figure for current use was higher in Northern Ireland (10%) than it was in Ireland (4%).

Obtaining sedatives, tranquillisers or anti-depressants

Throughout the island of Ireland the pattern was the same – nearly all users took tablets that they had obtained on prescription.

Profile of users

The profile of those who used sedatives, tranquillisers or anti-depressants was similar throughout the island of Ireland.

Females and older respondents reported higher prevalence rates. These associations were found to be statistically significant in both jurisdictions.

There were also statistically significant associations between marital status and use in both Ireland and Northern Ireland. Respondents who were separated, divorced or widowed were more likely than respondents who were single (never married), cohabiting or married to use sedatives, tranquillisers or anti-depressants.

Significant associations were also found between social class and the use of sedatives, tranquillisers or anti-depressants. Those respondents who were dependent upon the State long term in both Ireland and Northern Ireland reported higher prevalence rates. Similarly, associations between working status and use of these drugs were also noted. Those who were not in paid work in both Ireland and Northern Ireland reported higher prevalence rates.

Further associations were found between educational level attained in Ireland (lower levels of attainment such as “primary/elementary school only” were associated with higher levels of use) and educational qualification in Northern Ireland (those with no qualifications reported higher prevalence rates). Significant associations were also found between age education ceased and use of sedatives, tranquillisers and anti-depressants in Ireland on a last year and last month basis. More respondents who left school before 15 years-of-age reported using sedatives, tranquillisers or anti-depressants.

In addition to these trends associations between housing tenure and use of sedatives, tranquillisers or anti-depressants were evident in both jurisdictions. In Ireland people who rented their houses from a local authority or housing association reported higher levels of use. A similar trend was noted in Northern Ireland. Those respondents who rented their homes from the Housing Executive or a local housing association used sedatives, tranquillisers or anti-depressants more than those who owned their home or rented privately.

Table 1: Ireland

Sedatives, Tranquillisers or Anti-depressants – Prevalence Rates (%)					
	All adults		Young adults	Older adults	
	15-64	Males Females		15-34	35-64
<i>Total Weighted N (valid responses)</i>	(4918)	(2470) (2448)	(2333)	(2585)	
Lifetime Prevalence (%)	12.1	9.3 15.0	8.2	15.7	
Last Year Prevalence (Recent use) (%)	5.7	4.2 7.3	3.7	7.5	
Last Month Prevalence (Current use) (%)	4.0	3.0 4.9	4.0	3.0	

All figures are based on weighted data.
 All figures are rounded to the nearest decimal place.
 All figures are based on valid responses.

Table 2: Ireland

Age of First Use of Sedatives, Tranquillisers or Anti-depressants (All Users)					
	All adults		Young adults	Older adults	
	15-64	Males Females		15-34	35-64
<i>Total Weighted N (valid responses)</i>	(580)	(222) (358)	(184)	(396)	
Mean age of first use	32	32 32	21	37	
Median of age of first use ¹	30	28 30	20	35	

1. Median is used as a measure of central tendency to avoid extreme values skewing results.

All figures are based on weighted data.
 All figures are based on valid responses.

Table 3: Ireland

	All adults		Young adults	Older adults
	15-64	Males Females	15-34	35-64
<i>Total Weighted N (valid responses)</i>	(194)	(75) (119)	(48)	(146)
20 days or more	81.1	80.9 81.3	67.5	85.7
10-19 days	2.7	2.6 2.7	3.0	2.6
4-9 days	4.1	2.5 5.0	2.4	4.6
1-3 days	9.5	12.7 7.5	22.7	5.1
Don't know	2.6	1.3 3.5	4.4	2.0

* EMCDDA 'Handbook for Surveys on Drug Use Among the General Population' (Aug. 2002) defines frequency of drug use as:

20 days or more = daily or almost daily.

10-19 days = several times a week.

4-9 days = at least once a week.

1-3 days = less than once a week.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 4: Ireland

	All adults		Young adults	Older adults
	15-64	Males Females	15-34	35-64
<i>Total Weighted N (valid responses)</i>	(194)	(75) (119)	(48)	(146)
Tablets	97.9	97.1 98.5	96.2	98.5
Injection/Needle	2.2	4.6 0.6	1.4	2.4
Other	1.2	1.5 0.9	2.3	0.8
Don't Know	0.0	0.0 0.0	0.0	0.0

This was a multi-choice question, therefore percentages may not total 100%.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 5: Ireland

	All adults		Young adults	Older adults
	15-64	Males Females	15-34	35-64
<i>Total Weighted N (valid responses)</i>	(192)	(74) (118)	(48)	(144)
I got them on prescription	94.7	94.5 94.8	84.2	98.2
I got them from someone else I know	2.4	1.9 2.8	8.3	0.5
I bought them without a prescription in a chemist	1.1	0.0 1.9	2.9	0.6
None of the above	1.7	3.5 0.6	4.7	0.7

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 6: Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Gender (%)			
Lifetime*	Male	Female	Total
<i>Total Weighted N (valid responses)</i>	(2470)	(2448)	(4918)
No	90.7	85.0	87.9
Yes	9.3	15.0	12.1
Last Year*	Male	Female	Total
<i>Total Weighted N (valid responses)</i>	(2470)	(2448)	(4918)
No	95.8	92.7	94.3
Yes	4.2	7.3	5.7
Last Month*	Male	Female	Total
<i>Total Weighted N (valid responses)</i>	(2470)	(2448)	(4918)
No	97.0	95.1	96.0
Yes	3.0	4.9	4.0

* p <= 0.05.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 7: Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Age Group (%)			
Lifetime*	Young adults 15-34	Older adults 35-64	Total
<i>Total Weighted N (valid responses)</i>	(2333)	(2584)	(4917)
No	91.8	84.3	87.9
Yes	8.2	15.7	12.1
Last Year*	Young adults 15-34	Older adults 35-64	Total
<i>Total Weighted N (valid responses)</i>	(2333)	(2584)	(4917)
No	96.3	92.5	94.3
Yes	3.7	7.5	5.7
Last Month*	Young adults 15-34	Older adults 35-64	Total
<i>Total Weighted N (valid responses)</i>	(2333)	(2584)	(4917)
No	97.9	94.4	96.0
Yes	2.1	5.6	4.0

* p <= 0.05.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 8: Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Socio-Economic Group (%)							
Lifetime*	A	B	C1	C2	D	E	Total
<i>Total Weighted N (valid responses)</i>	(174)	(767)	(1573)	(1147)	(842)	(409)	(4912)
No	87.3	88.0	89.2	90.4	88.5	74.8	87.9
Yes	12.7	12.0	10.8	9.6	11.5	25.2	12.1
Last Year*	A	B	C1	C2	D	E	Total
<i>Total Weighted N (valid responses)</i>	(174)	(767)	(1573)	(1147)	(842)	(409)	(4912)
No	93.1	95.4	94.7	96.5	94.8	84.1	94.3
Yes	6.9	4.6	5.3	3.5	5.2	15.9	5.7
Last Month*	A	B	C1	C2	D	E	Total
<i>Total Weighted N (valid responses)</i>	(174)	(767)	(1573)	(1147)	(842)	(409)	(4912)
No	94.8	96.9	96.8	97.6	96.3	86.8	96.0
Yes	5.2	3.1	3.2	2.4	3.7	13.2	4.0

* $p \leq 0.05$.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 9: Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Work Status (%)					
Lifetime*	In paid work	Not in paid work	Student	Other	Total
<i>Total Weighted N (valid responses)</i>	(3139)	(1090)	(657)	(24)	(4910)
No	90.1	77.5	94.7	75.0	87.9
Yes	9.9	22.5	5.3	25.0	12.1
Last Year*	In paid work	Not in paid work	Student	Other	Total
<i>Total Weighted N (valid responses)</i>	(3139)	(1090)	(657)	(24)	(4910)
No	96.0	87.6	97.3	83.3	94.3
Yes	4.0	12.4	2.7	16.7	5.7
Last Month*	In paid work	Not in paid work	Student	Other	Total
<i>Total Weighted N (valid responses)</i>	(3139)	(1090)	(657)	(24)	(4910)
No	97.6	90.3	98.2	87.5	96.0
Yes	2.4	9.7	1.8	12.5	4.0

* $p \leq 0.05$.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 10: Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Housing Tenure (%)					
Lifetime*	Owned in part or full	Rented from private landlord	Rented from LA/HA	Other	Total
<i>Total Weighted N (valid responses)</i>	<i>(3719)</i>	<i>(607)</i>	<i>(453)</i>	<i>(139)</i>	<i>(4918)</i>
No	88.4	87.6	81.9	95.7	87.9
Yes	11.6	12.4	18.1	4.3	12.1
Last Year*	Owned in part or full	Rented from private landlord	Rented from LA/HA	Other	Total
<i>Total Weighted N (valid responses)</i>	<i>(3719)</i>	<i>(607)</i>	<i>(453)</i>	<i>(139)</i>	<i>(4918)</i>
No	94.4	95.6	90.3	99.3	94.3
Yes	5.6	4.4	9.7	0.7	5.7
Last Month*	Owned in part or full	Rented from private landlord	Rented from LA/HA	Other	Total
<i>Total Weighted N (valid responses)</i>	<i>(3719)</i>	<i>(607)</i>	<i>(453)</i>	<i>(139)</i>	<i>(4918)</i>
No	96.1	97.7	91.9	99.3	96.0
Yes	3.9	2.3	8.1	0.7	4.0

* p <= 0.05.

LA/HA = Local Authority or Housing Association.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 11: Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Age Education Ceased (%)				
Lifetime	15 years & under	16-19	20 years & over	Total
<i>Total Weighted N (valid responses)</i>	<i>(738)</i>	<i>(2051)</i>	<i>(1070)</i>	<i>(3859)</i>
No	84.3	87.7	87.2	86.9
Yes	15.7	12.3	12.8	13.1
Last Year*	15 years & under	16-19	20 years & over	Total
<i>Total Weighted N (valid responses)</i>	<i>(738)</i>	<i>(2051)</i>	<i>(1070)</i>	<i>(3859)</i>
No	91.2	94.6	94.5	93.9
Yes	8.8	5.4	5.5	6.1
Last Month	15 years & under	16-19	20 years & over	Total
<i>Total Weighted N (valid responses)</i>	<i>(738)</i>	<i>(2051)</i>	<i>(1070)</i>	<i>(3859)</i>
No	92.4	96.4	96.2	95.6
Yes	7.6	3.6	3.8	4.4

* $p \leq 0.05$.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 12: Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Highest Education Level Attained (%)

Lifetime*	Primary	Lower second level	Upper second level	Third level	Total
<i>Total Weighted N (valid responses)</i>	<i>(456)</i>	<i>(1551)</i>	<i>(1361)</i>	<i>(1545)</i>	<i>(4913)</i>
No	84.2	88.3	89.1	87.3	87.8
Yes	15.8	11.7	10.9	12.7	12.2

Last Year*	Primary	Lower second level	Upper second level	Third level	Total
<i>Total Weighted N (valid responses)</i>	<i>(456)</i>	<i>(1551)</i>	<i>(1361)</i>	<i>(1545)</i>	<i>(4913)</i>
No	90.1	94.7	94.8	94.6	94.3
Yes	9.9	5.3	5.2	5.4	5.7

Last Month*	Primary	Lower second level	Upper second level	Third level	Total
<i>Total Weighted N (valid responses)</i>	<i>(456)</i>	<i>(1551)</i>	<i>(1361)</i>	<i>(1545)</i>	<i>(4913)</i>
No	90.8	96.5	96.5	96.8	96.0
Yes	9.2	3.5	3.5	3.2	4.0

* p <= 0.05.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 13: Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Marital Status (%)							
Lifetime*	Single	Married	Co-habiting	Separated	Divorced	Widowed	Total
<i>Total Weighted N (valid responses)</i>	(2065)	(2281)	(241)	(178)	(45)	(105)	(4915)
No	89.8	88.6	87.1	73.6	57.8	72.4	87.9
Yes	10.2	11.4	12.9	26.4	42.2	27.6	12.1
Last Year*	Single	Married	Co-habiting	Separated	Divorced	Widowed	Total
<i>Total Weighted N (valid responses)</i>	(2065)	(2281)	(241)	(178)	(45)	(105)	(4915)
No	94.7	94.6	96.3	87.6	86.7	87.5	94.3
Yes	5.3	5.4	3.7	12.4	13.3	12.5	5.7
Last Month*	Single	Married	Co-habiting	Separated	Divorced	Widowed	Total
<i>Total Weighted N (valid responses)</i>	(2065)	(2281)	(241)	(178)	(45)	(105)	(4915)
No	96.5	96.2	97.9	89.3	93.5	90.4	96.0
Yes	3.5	3.8	2.1	10.7	6.5	9.6	4.0

* $p \leq 0.05$.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 14: Northern Ireland

Sedatives, Tranquillisers or Anti-depressants – Prevalence Rates (%)					
	All adults 15-64	Males	Females	Young adults 15-34	Older adults 35-64
<i>Total Weighted N (valid responses)</i>	(3516)	(1739)	(1777)	(1548)	(1966)
Lifetime Prevalence (%)	22.1	15.5	28.5	16.2	26.7
Last Year Prevalence (Recent use) (%)	12.6	8.7	16.5	8.6	15.8
Last Month Prevalence (Current use) (%)	9.8	7.0	12.5	5.4	13.2

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 15: Northern Ireland

Age of First Use of Sedatives, Tranquillisers or Anti-depressants (All Users)					
	All adults 15-64	Males	Females	Young adults 15-34	Older adults 35-64
<i>Total Weighted N (valid responses)</i>	(762)	(265)	(497)	(245)	(517)
Mean age of first use	33	33	32	23	37
Median of age of first use ¹	30	32	30	22	37

1. Median is used as a measure of central tendency to avoid extreme values skewing results.

All figures are based on weighted data.

All figures are based on valid responses.

Table 16: Northern Ireland

Frequency of Use* of Sedatives, Tranquillisers or Anti-depressants (Current Users) (%)					
Frequency of use (%)*	All adults			Young adults	Older adults
	15-64	Males	Females	15-34	35-64
<i>Total Weighted N (valid responses)</i>	(343)	(121)	(222)	(83)	(260)
20 days or more	83.8	82.1	84.7	84.7	83.5
10-19 days	4.2	4.5	4.1	3.7	4.4
4-9 days	5.2	4.7	5.5	4.7	5.4
1-3 days	6.3	8.1	5.4	6.8	6.2
Don't know	0.4	0.6	0.3	0.0	0.6

* EMCDDA 'Handbook for Surveys on Drug Use Among the General Population' (Aug. 2002) defines frequency of drug use as:

20 days or more = daily or almost daily. 10-19 days = several times a week. 4-9 days = at least once a week. 1-3 days = less than once a week.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 17: Northern Ireland

Method of Taking Sedatives, Tranquillisers or Anti-depressants (Current Users) (%)					
	All adults			Young adults	Older adults
	15-64	Males	Females	15-34	35-64
<i>Total Weighted N (valid responses)</i>	(343)	(121)	(222)	(83)	(260)
Tablets	98.7	99.1	98.5	96.0	99.6
Injection/Needle	2.3	2.6	2.2	5.3	1.4
Other	0.5	0.0	0.8	0.0	0.7
Don't Know	0.0	0.0	0.0	0.0	0.0

This was a multi-choice question, therefore percentages may not total 100%.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 18: Northern Ireland

How Sedatives, Tranquillisers or Anti-depressants were Obtained (Current Users) (%)

	All adults 15-64	Males	Females	Young adults 15-34	Older adults 35-64
<i>Total Weighted N (valid responses)</i>	(342)	(120)	(222)	(83)	(259)
I got them on prescription	97.6	97.5	97.7	97.2	97.7
I got them from someone else I know	0.3	1.0	0.0	0.0	0.4
I bought them without a prescription in a chemist	1.1	1.6	0.8	0.0	1.5
None of the above	0.9	0.0	1.5	2.8	0.3

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 19: Northern Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Gender (%)			
Lifetime*	Male	Female	Total
<i>Total Weighted N (valid responses)</i>			
	(1739)	(1777)	(3516)
No	84.5	71.5	77.9
Yes	15.5	28.5	22.1
Last Year*			
Male	Female	Total	
<i>Total Weighted N (valid responses)</i>			
	(1739)	(1777)	(3516)
No	91.3	83.5	87.4
Yes	8.7	16.5	12.6
Last Month*			
Male	Female	Total	
<i>Total Weighted N (valid responses)</i>			
	(1739)	(1777)	(3516)
No	93.0	87.5	90.2
Yes	7.0	12.5	9.8

* p <= 0.05.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 20: Northern Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Age Group (%)			
Lifetime*	Young adults 15-34	Older adults 35-64	Total
<i>Total Weighted N (valid responses)</i>			
	(1548)	(1967)	(3515)
No	83.9	73.3	77.9
Yes	16.1	26.7	22.1
Last Year*			
Young adults 15-34	Older adults 35-64	Total	
<i>Total Weighted N (valid responses)</i>			
	(1548)	(1967)	(3515)
No	91.4	84.2	87.4
Yes	8.6	15.8	12.6
Last Month*			
Young adults 15-34	Older adults 35-64	Total	
<i>Total Weighted N (valid responses)</i>			
	(1548)	(1967)	(3515)
No	94.6	86.8	90.2
Yes	5.4	13.2	9.8

* p <= 0.05.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 21: Northern Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Socio-Economic Group (%)							
Lifetime*	A	B	C1	C2	D	E	Total
<i>Total Weighted N (valid responses)</i>	(76)	(473)	(977)	(597)	(619)	(774)	(3516)
No	84.0	86.3	81.1	84.1	79.4	62.3	77.9
Yes	16.0	13.7	18.9	15.9	20.6	37.7	22.1
Last Year*	A	B	C1	C2	D	E	Total
<i>Total Weighted N (valid responses)</i>	(76)	(473)	(977)	(597)	(619)	(774)	(3516)
No	93.4	93.9	91.3	93.0	88.5	72.5	87.3
Yes	6.6	6.1	8.7	7.0	11.5	27.5	12.7
Last Month*	A	B	C1	C2	D	E	Total
<i>Total Weighted N (valid responses)</i>	(76)	(473)	(977)	(597)	(619)	(774)	(3516)
No	93.4	96.2	93.4	95.3	91.4	77.3	90.2
Yes	6.6	3.8	6.6	4.7	8.6	22.7	9.8

* $p \leq 0.05$.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 22: Northern Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Work Status (%)					
Lifetime*	In paid work	Not in paid work	Student	Other	Total
<i>Total Weighted N (valid responses)</i>	(2040)	(1130)	(333)	(13)	(3516)
No	83.4	62.8	95.8	75.0	77.9
Yes	16.6	37.2	4.2	25.0	22.1
Last Year*	In paid work	Not in paid work	Student	Other	Total
<i>Total Weighted N (valid responses)</i>	(2040)	(1130)	(333)	(13)	(3516)
No	92.1	75.5	98.5	92.3	87.4
Yes	7.9	24.5	1.5	7.7	12.6
Last Month*	In paid work	Not in paid work	Student	Other	Total
<i>Total Weighted N (valid responses)</i>	(2040)	(1130)	(333)	(13)	(3516)
No	94.6	79.5	99.4	100.0	90.2
Yes	5.4	20.5	0.6	0.0	9.8

* p ≤ 0.05.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 23: Northern Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Housing Tenure (%)

Lifetime*	Owned	Rented from private landlord	Other rented	Rent free	Other answer	Total
<i>Total Weighted N (valid responses)</i>	<i>(2448)</i>	<i>(275)</i>	<i>(752)</i>	<i>(19)</i>	<i>(6)</i>	<i>(3500)</i>
No	81.7	72.3	66.7	89.5	100.0	77.8
Yes	18.3	27.7	33.3	10.5	0.0	22.2

Last Year*	Owned	Rented from private landlord	Other rented	Rent free	Other answer	Total
<i>Total Weighted N (valid responses)</i>	<i>(2448)</i>	<i>(275)</i>	<i>(752)</i>	<i>(19)</i>	<i>(6)</i>	<i>(3500)</i>
No	90.9	83.3	76.8	89.5	100.0	87.3
Yes	9.1	16.7	23.2	10.5	0.0	12.7

Last Month*	Owned	Rented from private landlord	Other rented	Rent free	Other answer	Total
<i>Total Weighted N (valid responses)</i>	<i>(2448)</i>	<i>(275)</i>	<i>(752)</i>	<i>(19)</i>	<i>(6)</i>	<i>(3500)</i>
No	93.3	86.5	81.3	89.5	100.0	90.2
Yes	6.7	13.5	18.7	10.5	0.0	9.8

* p ≤ 0.05.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 24: Northern Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Educational Qualifications (%)			
Lifetime*	Qualifications	No Qualifications	Total
<i>Total Weighted N (valid responses)</i>	(2367)	(1145)	(3512)
No	79.9	74.0	78.0
Yes	20.1	26.0	22.0
Last Year*	Qualifications	No Qualifications	Total
<i>Total Weighted N (valid responses)</i>	(2367)	(1145)	(3512)
No	89.4	83.2	87.4
Yes	10.6	16.8	12.6
Last Month*	Qualifications	No Qualifications	Total
<i>Total Weighted N (valid responses)</i>	(2367)	(1145)	(3512)
No	92.5	85.4	90.2
Yes	7.5	14.6	9.8

* $p \leq 0.05$.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.

Table 25: Northern Ireland

Sedatives, Tranquillisers or Anti-depressants Prevalence by Marital Status (%)							
Lifetime*	Single	Married	Co-habiting	Separated	Divorced	Widowed	Total
<i>Total Weighted N (valid responses)</i>	<i>(1344)</i>	<i>(1490)</i>	<i>(178)</i>	<i>(213)</i>	<i>(202)</i>	<i>(85)</i>	<i>(3512)</i>
No	84.4	78.8	77.1	60.1	57.9	55.3	77.9
Yes	15.6	21.2	22.9	39.9	42.1	44.7	22.1
Last Year*	Single	Married	Co-habiting	Separated	Divorced	Widowed	Total
<i>Total Weighted N (valid responses)</i>	<i>(1344)</i>	<i>(1490)</i>	<i>(178)</i>	<i>(213)</i>	<i>(202)</i>	<i>(85)</i>	<i>(3512)</i>
No	90.8	88.7	86.0	74.2	74.3	77.4	87.4
Yes	9.2	11.3	14.0	25.8	25.7	22.6	12.6
Last Month*	Single	Married	Co-habiting	Separated	Divorced	Widowed	Total
<i>Total Weighted N (valid responses)</i>	<i>(1344)</i>	<i>(1490)</i>	<i>(178)</i>	<i>(213)</i>	<i>(202)</i>	<i>(85)</i>	<i>(3512)</i>
No	93.1	91.1	92.1	81.2	78.6	77.6	90.3
Yes	6.9	8.9	7.9	18.8	21.4	22.4	9.7

* p <= 0.05.

All figures are based on weighted data.

All figures are rounded to the nearest decimal place.

All figures are based on valid responses.



This joint initiative has been funded in Ireland through the National Development Plan 2000-2006 and in Northern Ireland through the Northern Ireland Drugs and Alcohol Campaign. The NACD and DAIRU wish to extend sincere gratitude to all those who have contributed to the development and implementation of the First Drug Prevalence Survey in Ireland and Northern Ireland.

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ISBN: 0-7557-7516-3

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