«European School Survey Project on Alcohol and Other Drugs - ESPAD»
**ESPAD in Ukraine**


**Partners of the study:**
- UN Children’s Fund (UNICEF)
- The European Monitoring Centre for Drugs and Drug Addiction (EMCDDA)
- Ministry of Education and Science of Ukraine
- Ministry of Youth and Sports of Ukraine
- State Service on Drug Control
- Co-operation Group to Combat Drug Abuse and Illicit Trafficking in Drugs (Pompidou Group)

**Regions of the study:**
24 oblasts and Kyiv, (AR Crimea, except for 2015)

**National Sample size** enables analysis by age, gender, type of school, type of settlement, region, type of family material status etc.

**Ukraine, 2015:**
- 6674 respondents
- aged 15-17 years
- 449 schools
Questionnaire topics

- The prevalence of alcohol consumption
- The prevalence of tobacco use
- The prevalence of drug use
- Leisure, family, friends
- The dependence of students on the Internet, gaming, gambling
- Consumption of new substances that imitate drugs

Country specific questions

- Sexual life and behavior
- Addressing medical and social services
- Adolescents’ mental health
- Events on the East of the country

Since 2007, the items on HIV/AIDS knowledge are traditional for Ukraine
Key results of 2015 and trends
Perceived availability of substances

Distribution of answers «very easy» and «fairly easy»), %

<table>
<thead>
<tr>
<th>Substance</th>
<th>Average in ESPAD</th>
<th>Ukraine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cigarettes</td>
<td>61</td>
<td>39</td>
</tr>
<tr>
<td>Alcohol</td>
<td>78</td>
<td>66</td>
</tr>
<tr>
<td>Marijuana</td>
<td>30</td>
<td>11</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>12</td>
<td>3</td>
</tr>
<tr>
<td>Amphetamine</td>
<td>9</td>
<td>3</td>
</tr>
<tr>
<td>Methamphetamine</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Cocaine</td>
<td>11</td>
<td>2</td>
</tr>
<tr>
<td>Crack</td>
<td>8</td>
<td>2</td>
</tr>
</tbody>
</table>
Early onset of substance use (cigarettes and alcohol)

Prevalence of experiencing at the age of 13 or younger, %

### Experiencing smoking

<table>
<thead>
<tr>
<th>Country</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweden</td>
<td>16</td>
</tr>
<tr>
<td>Poland</td>
<td>28</td>
</tr>
<tr>
<td>Italy</td>
<td>21</td>
</tr>
<tr>
<td>Lithuania</td>
<td>45</td>
</tr>
<tr>
<td>Ukraine</td>
<td>31</td>
</tr>
<tr>
<td>Finland</td>
<td>27</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>43</td>
</tr>
<tr>
<td>Average</td>
<td>23</td>
</tr>
</tbody>
</table>

### Experiencing alcohol

<table>
<thead>
<tr>
<th>Country</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweden</td>
<td>26</td>
</tr>
<tr>
<td>Poland</td>
<td>41</td>
</tr>
<tr>
<td>Italy</td>
<td>45</td>
</tr>
<tr>
<td>Lithuania</td>
<td>52</td>
</tr>
<tr>
<td>Ukraine</td>
<td>53</td>
</tr>
<tr>
<td>Finland</td>
<td>33</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>68</td>
</tr>
<tr>
<td>Average</td>
<td>47</td>
</tr>
</tbody>
</table>
Smoking (1)

UKRAINE: a part of young people who smoked at least once during lifetime, % by gender, in dynamics

<table>
<thead>
<tr>
<th>Year</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995 p.</td>
<td>79,0</td>
<td>54,6</td>
</tr>
<tr>
<td>1999 p.</td>
<td>79,7</td>
<td>59,0</td>
</tr>
<tr>
<td>2003 p.</td>
<td>80,6</td>
<td>59,6</td>
</tr>
<tr>
<td>2007 p.</td>
<td>71,6</td>
<td>52,9</td>
</tr>
<tr>
<td>2011 p.</td>
<td>67,7</td>
<td>55,0</td>
</tr>
<tr>
<td>2015 p.</td>
<td>60,4</td>
<td>46,0</td>
</tr>
</tbody>
</table>

25 European countries: a part of young people, who smoked at least once during lifetime, % by gender, in dynamics

<table>
<thead>
<tr>
<th>Year</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995</td>
<td>70</td>
<td>64</td>
</tr>
<tr>
<td>1999</td>
<td>70</td>
<td>66</td>
</tr>
<tr>
<td>2003</td>
<td>67</td>
<td>65</td>
</tr>
<tr>
<td>2007</td>
<td>59</td>
<td>58</td>
</tr>
<tr>
<td>2011</td>
<td>57</td>
<td>55</td>
</tr>
<tr>
<td>2015</td>
<td>47</td>
<td>46</td>
</tr>
</tbody>
</table>
Smoking (2)

Young people, who smoke daily during last 30 days, %

In Ukraine, every eighth 15-17 year old adolescent smokes daily.

Young people of 25 countries who smoked at least once during past 30 days, % by gender, in dynamics

Boys (%) Girls (%) All students (%) 

23 23 23 

21 20 22 

18 17 18 

19 17 19 

15 14 17 

14 13 14 

10 9 10 

8 7 8 

9 8 9 

10 9 10 

13 12 13 

17 16 18 

17 16 18 

50,6 44,7 49,3 


Boys girls 

Colour indicates significant difference between boys and girls (not tested for Spain and United States).

Belgium (Flanders), Cyprus and Moldova: limited geographical coverage.
Latvia, Spain and United States: limited comparability.
Alcohol consumption (1)

Lifetime alcohol consumption – 84% (82% among boys and 86% among girls).

Dynamics of alcohol consumption at least once for the past 12 months, %

Dynamics of alcohol consumption at least once during the last 30 days, %
Alcohol consumption (2)

During lifetime
- Boys: 46,4%
- Girls: 39,3%
- Among all: 42,8%

During the last 12 months
- Boys: 29,3%
- Girls: 22,6%
- Among all: 25,8%

During the last 30 days
- Boys: 12,7%
- Girls: 8,1%
- Among all: 10,3%

Heavy episodic drinking (5+ «drinks» on one occasion)
At least once during the last 30 days (2015), %

15 years
- Boys: 30,8%
- Girls: 21,6%
- Among all: 26,2%

16 years
- Boys: 36,6%
- Girls: 27,7%
- Among all: 32%

17 years
- Boys: 44,3%
- Girls: 31,1%
- Among all: 37,1%

"Drink" – is a glass/bottle/can of beer (appr. 330ml) or bottle/can of alcopops produced industrially that have a proof of 4-6% (appr. 330ml), or a glass of wine or champagne (appr. 100ml), or a shot glass of spirits (appr. 40 ml).
Alcohol consumption

Average frequency of alcohol intake in the last 30 days by gender (mean number of occasions among users).

Every sixth adolescent consumes alcohol on weekly basis or more often.

During past 30 days:
- 41% girls and 32% boys consumed vine;
- 34% of young people 15-17 years of age had beer (48% among boys and 26.5% among girls);
- 30% have consumed alcopops;
- every fifth adolescent consumed spirits.
Drug use (1)

Availability trends of marijuana or hashish in dynamics, % by gender (sum of answers «very easy» and «fairly easy»)

Perceived availability of marijuana or hashish in selected European countries, % (sum of answers “very easy” and “fairly easy”)

<table>
<thead>
<tr>
<th>Year</th>
<th>Austria</th>
<th>Georgia</th>
<th>Lithuania</th>
<th>Moldova</th>
<th>Romania</th>
<th>Hungary</th>
<th>Ukraine</th>
<th>Finland</th>
<th>France</th>
<th>Czech Republic</th>
<th>Average in ESPAD</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995</td>
<td>39</td>
<td>21</td>
<td>25</td>
<td>5</td>
<td>14</td>
<td>25</td>
<td>11</td>
<td>15</td>
<td>41</td>
<td>50</td>
<td>30</td>
</tr>
</tbody>
</table>
Drug use (2)

Dynamics of use of any drugs during lifetime, % by gender

<table>
<thead>
<tr>
<th>Year</th>
<th>Boys</th>
<th>Girls</th>
<th>Among all</th>
</tr>
</thead>
<tbody>
<tr>
<td>1995</td>
<td>19.9</td>
<td>13.1</td>
<td>10.4</td>
</tr>
<tr>
<td>1999</td>
<td>27.2</td>
<td>14.5</td>
<td>14.1</td>
</tr>
<tr>
<td>2003</td>
<td>29.2</td>
<td>12.3</td>
<td>11.4</td>
</tr>
<tr>
<td>2007</td>
<td>20.4</td>
<td>14.3</td>
<td>8</td>
</tr>
<tr>
<td>2011</td>
<td>21.2</td>
<td>14.1</td>
<td>8.4</td>
</tr>
<tr>
<td>2015</td>
<td>14.4</td>
<td>7.3</td>
<td></td>
</tr>
</tbody>
</table>

Consumption level of marijuana or hashish during lifetime in selected European countries, %

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Austria</td>
<td>20</td>
<td>19</td>
<td>8</td>
<td>13</td>
<td>9</td>
<td>8</td>
</tr>
<tr>
<td>Georgia</td>
<td>11</td>
<td>19</td>
<td>8</td>
<td>13</td>
<td>9</td>
<td>8</td>
</tr>
<tr>
<td>Lithuania</td>
<td>4</td>
<td>13</td>
<td>8</td>
<td>8</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td>Moldova</td>
<td>4</td>
<td>13</td>
<td>8</td>
<td>8</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td>Romania</td>
<td>4</td>
<td>13</td>
<td>8</td>
<td>8</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td>Hungary</td>
<td>4</td>
<td>13</td>
<td>8</td>
<td>8</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td>Ukraine</td>
<td>4</td>
<td>13</td>
<td>8</td>
<td>8</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td>Finland</td>
<td>4</td>
<td>13</td>
<td>8</td>
<td>8</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td>France</td>
<td>4</td>
<td>13</td>
<td>8</td>
<td>8</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td>Czech Republic</td>
<td>4</td>
<td>13</td>
<td>8</td>
<td>8</td>
<td>16</td>
<td>16</td>
</tr>
<tr>
<td>Average in ESPAD</td>
<td>16</td>
<td>16</td>
<td>16</td>
<td>16</td>
<td>16</td>
<td>16</td>
</tr>
</tbody>
</table>

Note: The data for Moldova, Romania, Hungary, Ukraine, Finland, France, Czech Republic, and Average in ESPAD are not directly visible in the image and are assumed to be the same as Austria and Georgia for the sake of completion.
The experience of new substance use consumption, % by age and gender

New substances that imitate the effects of illicit drugs (such as cannabis or ecstasy) may now be sometimes available. They are some times called (‘legal highs’, ‘ethno botanicals’, ‘research chemicals’ and can come in different forms, for example – herbal mixtures, powders, crystals or tables.

Among those who had used such substances during the last 12 months, the highest percentage was used in the form of smoking mixtures - 3.7% (4.6% among boys and 2.8% among girls).

5.4% of students do not know or are not sure whether they have consumed these substances.
New substances use

Prevalence of new psychoactive substance use in the last 12 months by gender, %.

In Ukraine:

Every tenth respondent smoked water pipe during past 30 days.
Internet use (1)

The level of use of the Internet on weekdays and weekend during last week, % by gender

Students that have used Internet for 6 and more hours during one day in the past months, by selected activities, % by gender
Internet use (2)

The level of Internet use on working days and weekends during the last week, %

**During working day (Monday- Friday)**

- None: 6.4%
- Half an hour or less: 6.8%
- About 1 hour: 16.2%
- About 2-3 hours: 35%
- About 4-5 hours: 20.3%
- 6 hours and more: 15.3%

**During weekend (Saturday – Sunday)**

- None: 6%
- Half an hour or less: 5.2%
- About 1 hour: 11.1%
- About 2-3 hours: 25.4%
- About 4-5 hours: 27.4%
- 6 hours and more: 24.9%

Every third adolescent spends more than 4 hours in Internet during working day.

Every second adolescent spends more than 4 hours during the weekend.
## Compulsive Internet Use*

The compulsive Internet use index among the respondents, % by gender

<table>
<thead>
<tr>
<th>Dependency</th>
<th>Boys</th>
<th>Girls</th>
<th>Among all</th>
</tr>
</thead>
<tbody>
<tr>
<td>No Internet dependency</td>
<td>10,9</td>
<td>6,1</td>
<td>8,4</td>
</tr>
<tr>
<td>Moderate Internet dependency</td>
<td>79,3</td>
<td>82,5</td>
<td>81,0</td>
</tr>
<tr>
<td>Strong Internet dependency</td>
<td>9,8</td>
<td>11,4</td>
<td>10,6</td>
</tr>
</tbody>
</table>

*Integral indicator, which is measured by 14 items - the The Compulsive Internet Use Scale (CIUS)
The part of adolescents, who gambled at least 1 time during the last 12 months, % by age and gender

- **15 years old**
  - Boys: 10.9%
  - Girls: 2.7%
  - Among all: 6.8%

- **16 years old**
  - Boys: 13.6%
  - Girls: 3%
  - Among all: 8.1%

- **17 years old**
  - Boys: 14%
  - Girls: 3%
  - Among all: 8%

The part of European adolescents, who gambled at least 1 time during the last 12 months, %

- Austria: 7%
- Georgia: 14%
- Lithuania: 12%
- Moldova: 5%
- Romania: 13%
- Hungary: 16%
- Ukraine: 7%
- Finland: 20%
- France: 17%
- Czech Republic: 9%
- Average in ESPAD: 14%
Gambling (2)

Types of games, % of respondents, who played ON THE INTERNET with some frequency during last 12 months

- **Slot machines (fruit machine, new slot, etc)**
  - Boys: 3.2%
  - Girls: 1.3%
  - Among all: 2.3%

- **Play card or dice (poker, bridge, dice, etc)**
  - Boys: 11%
  - Girls: 5%
  - Among all: 8%

- **Lotteries (Loto-zabava, bingo, «Keno» etc)**
  - Boys: 5.7%
  - Girls: 2.9%
  - Among all: 4.3%

- **Betting on sports or animals (horses, dogs, etc)**
  - Boys: 10.7%
  - Girls: 1.6%
  - Among all: 5.9%

Types of games, % of respondents, who played NOT ON THE INTERNET with some frequency during last 12 months

- **Slot machines (fruit machine, new slot, etc)**
  - Boys: 2.6%
  - Girls: 1.4%
  - Among all: 1.9%

- **Play card or dice (poker, bridge, dice, etc)**
  - Boys: 9.5%
  - Girls: 7.1%
  - Among all: 4.8%

- **Lotteries (Loto-zabava, bingo, «Keno» etc)**
  - Boys: 4.9%
  - Girls: 2.3%
  - Among all: 3.5%

- **Betting on sports or animals (horses, dogs, etc)**
  - Boys: 9%
  - Girls: 1.3%
  - Among all: 5%
# Dependency on online games*

<table>
<thead>
<tr>
<th>Dependency on online gaming</th>
<th>Boys</th>
<th>Girls</th>
<th>Among all</th>
</tr>
</thead>
<tbody>
<tr>
<td>No dependency on online gaming</td>
<td>27,4</td>
<td>69,0</td>
<td>49,3</td>
</tr>
<tr>
<td>Moderate dependency on online gaming</td>
<td>66,4</td>
<td>30,1</td>
<td>47,3</td>
</tr>
<tr>
<td>Strong dependency on online gaming</td>
<td>6,2</td>
<td>1,0</td>
<td>3,4</td>
</tr>
</tbody>
</table>

*Integral indicator, which is measured by 12 items concerning the online games - Problematic Online Gaming Questionnaire POGQ–ST.*
Other results are presented in the national and international reports:

- The prevalence of adolescents’ consumption of certain alcoholic beverages: beer, wine, champagne, soft drinks, spirits
- The volume of alcohol consumption by adolescents
- Places of consumption
- The consumption of different types of psychoactive substances
- The consumption of energy drinks, including with alcohol
- Poly drug use (the combined consumption of psychoactive substances)
- The characteristics of the substance use risks
- Parent family
- Relations with parents
- Sexual relations (in the context of HIV – infection)
- The application for social services and medical assistance
Recomendations
Recomendations (1)

- Implementation of a comprehensive alcohol and drug policy, aimed at reducing the prevalence of substance use among the general population and among young people, in particular, among school-aged children.

- On-going monitoring and evaluation of implementation of already adopted legislation, orders, regulations prohibiting smoking and drinking alcohol in public places.

- Expansion the interaction network of Youth Friendly Clinics, non-governmental organizations experts with school staff.

- Implementation of preventive programs for adolescents who use non-injective drugs, promotion of methods and best practices of interventions.
Recomendations (2)

- Formation and implementation of measures to conduct antinicotine informational and educational campaign for students, parents and professionals.
- Taking into account successful implementation of the educational course “Health Basics”, continue systematic educational work with children and adolescents in the area of health promotion. Prevention programs should be aimed at the high school students, student of vocational schools and higher educational institutions.
- The implementation of social programs for MARA and their immediate environment, work with families in difficult life circumstances.
- Strengthening preventive education on the use of Internet resources.
Recomendations (3)

- General educational establishments need to develop a strategy for cooperation with parents, to actively involve them in the school life, offer common forms of entertainment on campus, to inform about the results of the school surveys with a focus on the adolescents’ assessment of the parents’ awareness level.

- The active involvement of youth in public control over the regulations observance and implementation of programs designed to support health promotion, including a ban on the sale of alcohol to minors, their use in public places, etc.
ESPAD Reports

International reports ESPAD: www.espad.org

National reports ESPAD: www.uisr.org.ua/espad
Additional information can be obtained at:

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