

APPENDIX – Recreational drug use during COVID-19

The full report can be found [here](#).

Figure 1 - In what country are you living?

United Kingdom	866	Switzerland	7	North Korea	1
United States	528	Finland	7	Antigua and Barbuda	1
Lithuania	234	Argentina	7	Barbados	1
Spain	111	Greece	6	Belize	1
Australia	84	Peru	6	Namibia	1
Canada	68	South Africa	6	Botswana	1
Malta	65	Israel	5	Estonia	1
Ireland	59	Portugal	5	Egypt	1
Germany	52	Slovenia	5	Taiwan	1
Netherlands	37	Czech Republic	5	Thailand	1
France	24	Russia	5	Afghanistan	1
New Zealand	24	Denmark	4	Uruguay	1
Italy	20	Turkey	4	Nigeria	1
Belgium	16	Latvia	3	Slovakia	1
Austria	14	Bulgaria	3	Dominican Republic	1
Poland	13	Ukraine	3	Ecuador	1
Sweden	13	Croatia	3	United Arab Emirates	1
Mexico	13	Morocco	3	Pakistan	1
Chile	13	China	3	Honduras	1
Brazil	12	Albania	3	Cuba	1
Norway	10	Algeria	3	Iraq	1
Romania	9	Saudi Arabia	2	Montenegro	1
Colombia	9	Liberia	2	Venezuela	1
Costa Rica	9	Indonesia	2	Armenia	1
Hungary	8	Iceland	2	Cyprus	1
India	8	Malaysia	1	Singapore	1

Figure 2 - What age are you?

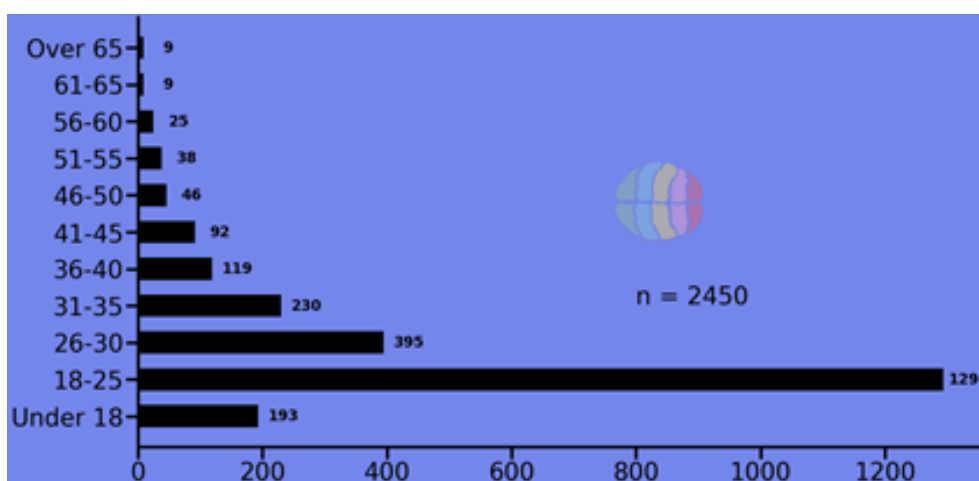


Figure 3 - How would you describe your gender?

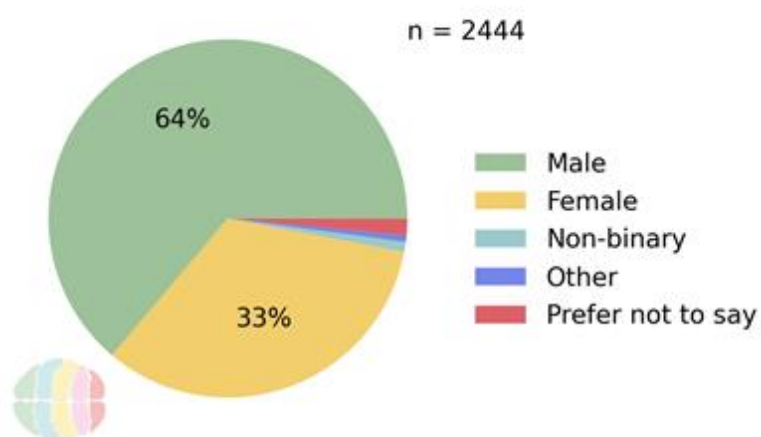


Figure 4 - How many people are there in your household?

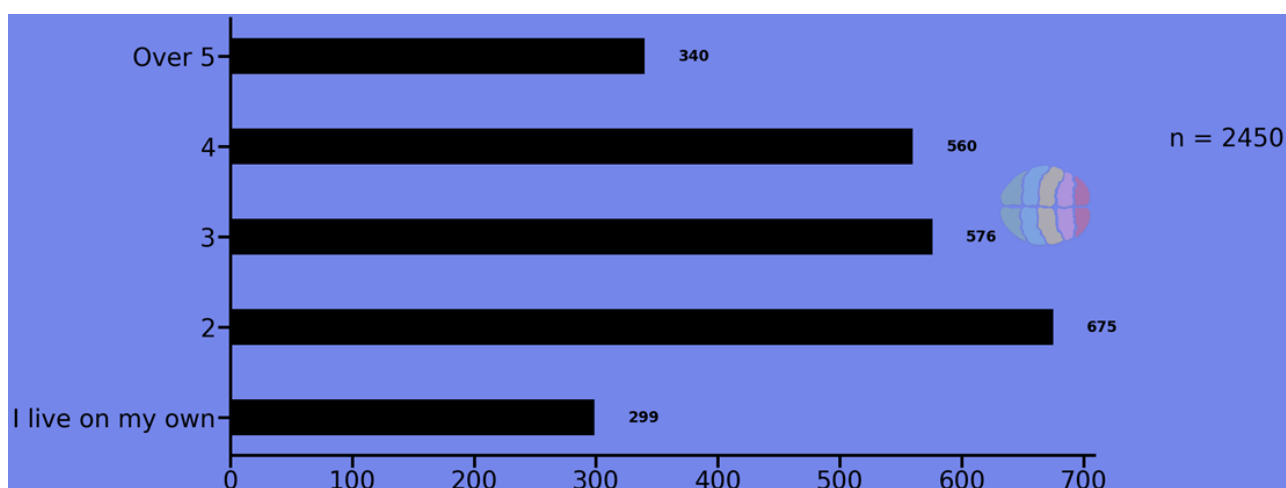


Figure 5 - Who do you live with?

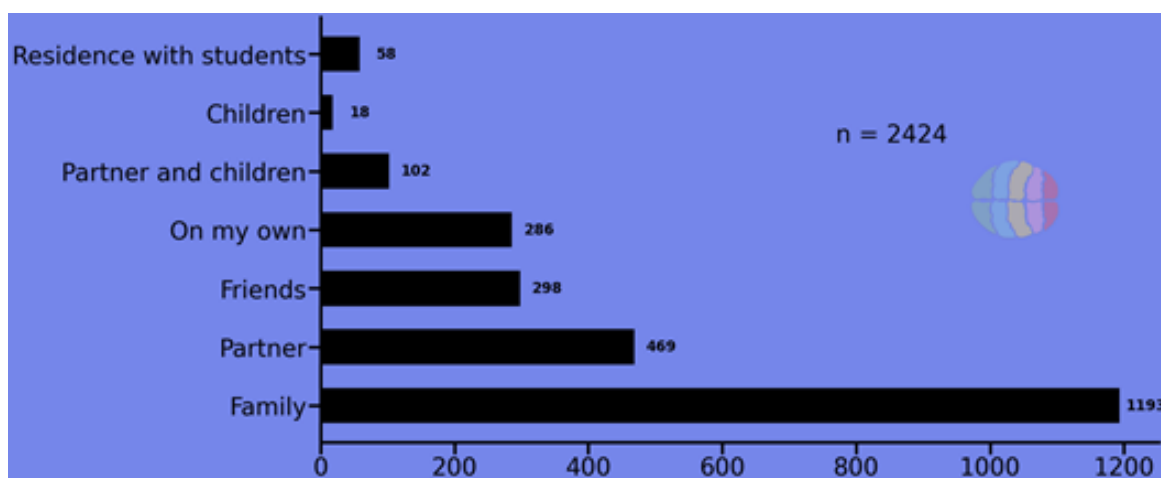


Figure 6 - How has your life changed due to the coronavirus outbreak?

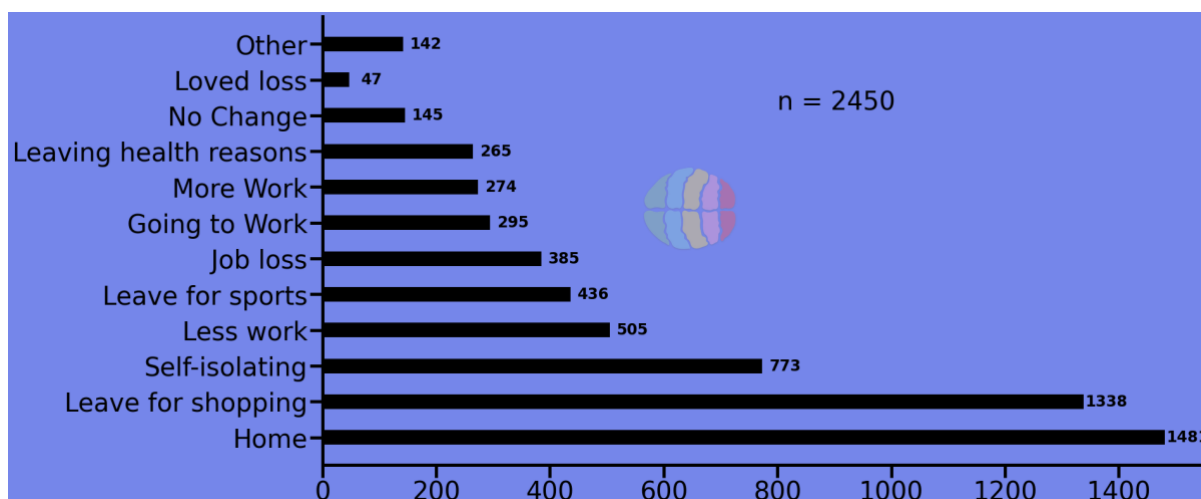


Figure 7 - Do you currently drink alcohol?

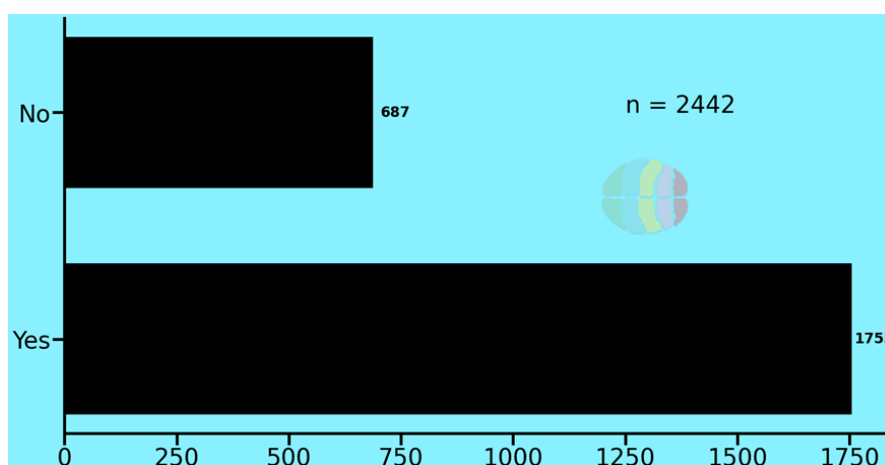


Figure 8 - Did you drink before the outbreak?

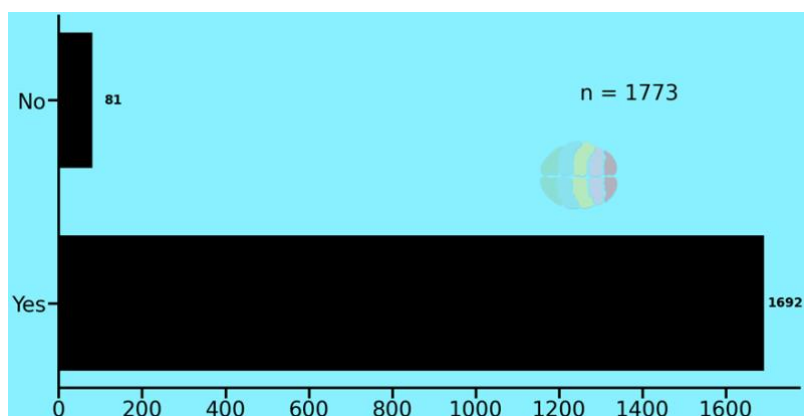
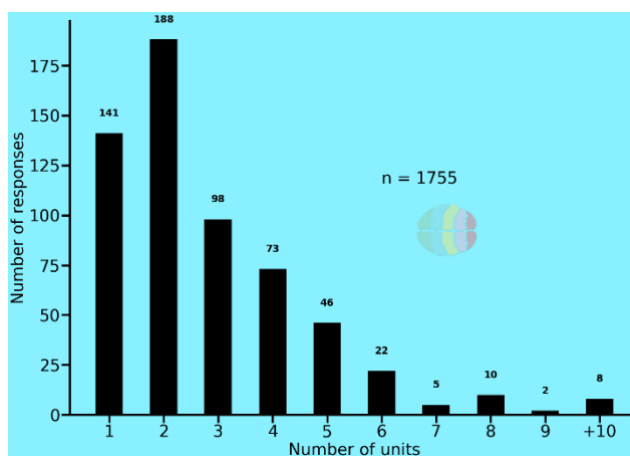
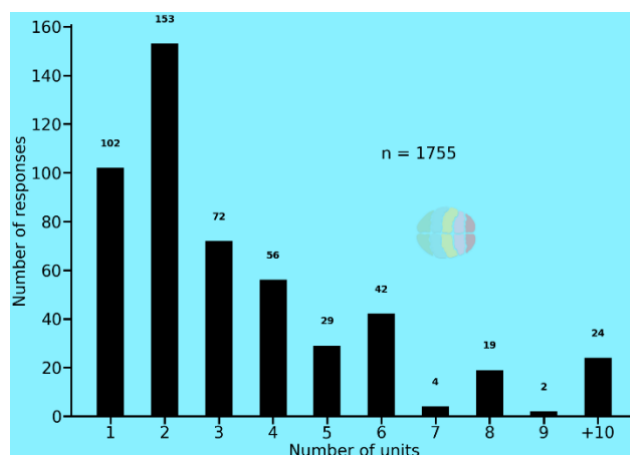


Figure 9 - On a drinking session during the outbreak, how much of each drink would you consume?

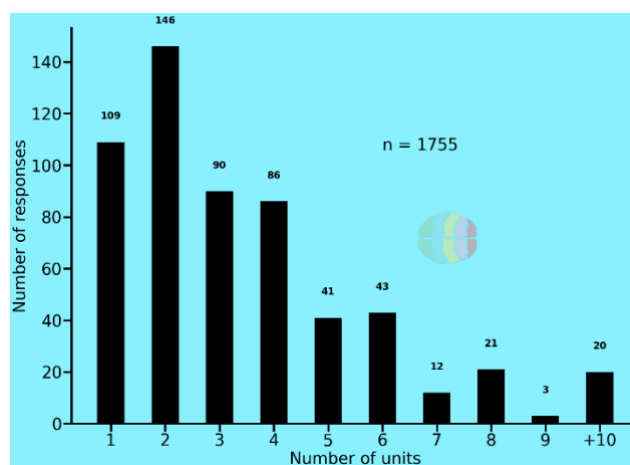
a - wine (glass - 175 ml)



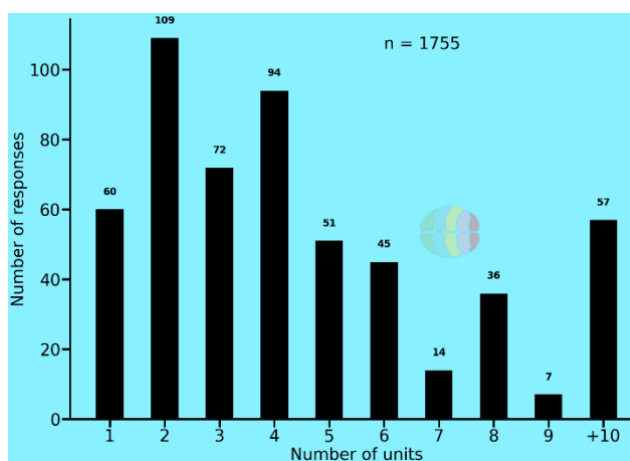
b - beer (can - 330 ml)



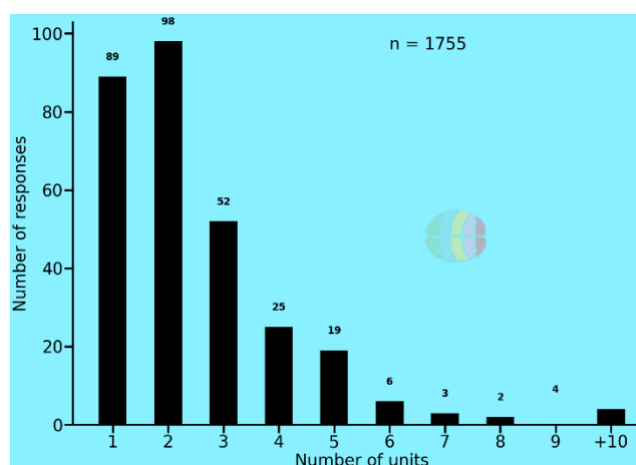
c - beer (pint - 568 ml)



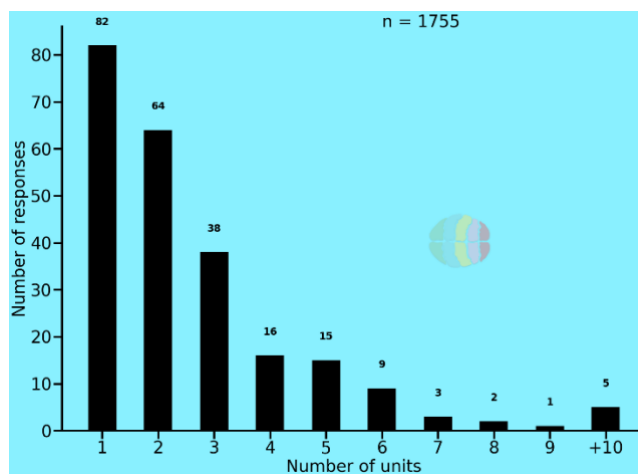
d - spirits (shot - 25 ml)



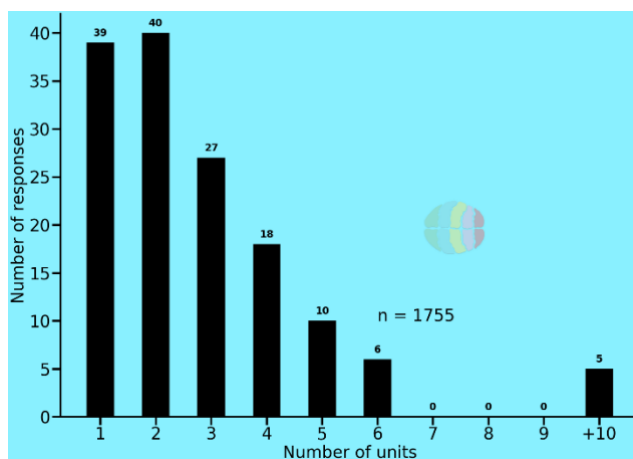
e - cocktails (standard glass)



f - cider (pint - 568 ml)



g - prosecco (125 ml)



h - alcopop (275 ml)

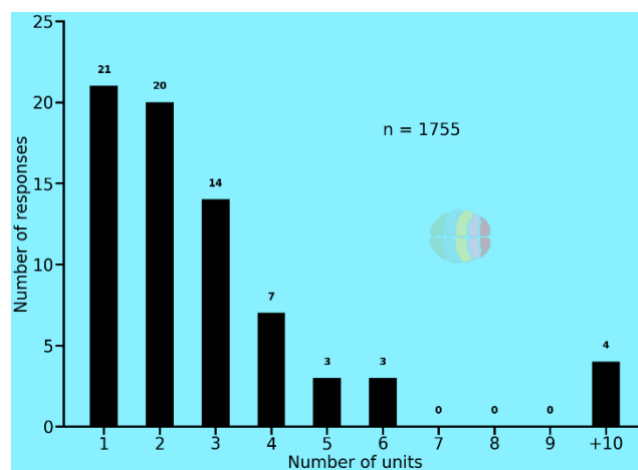


Figure 10 - *How many nights a week do you consume this amount during the outbreak?*

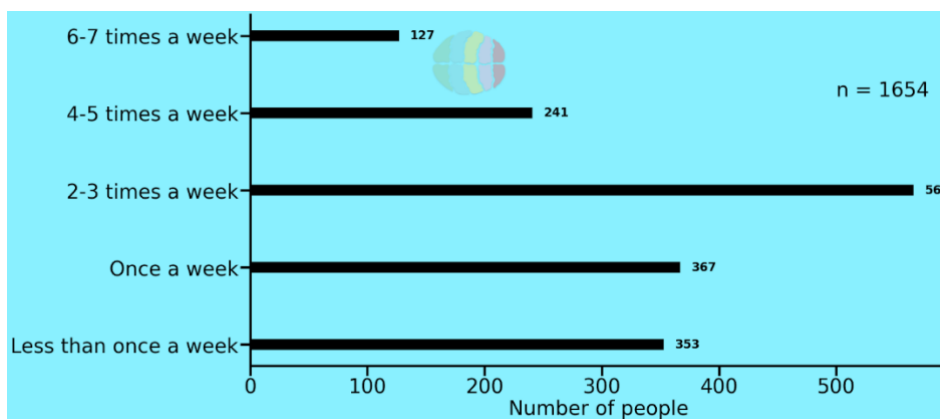


Figure 11 - *Do you currently consume nicotine?*

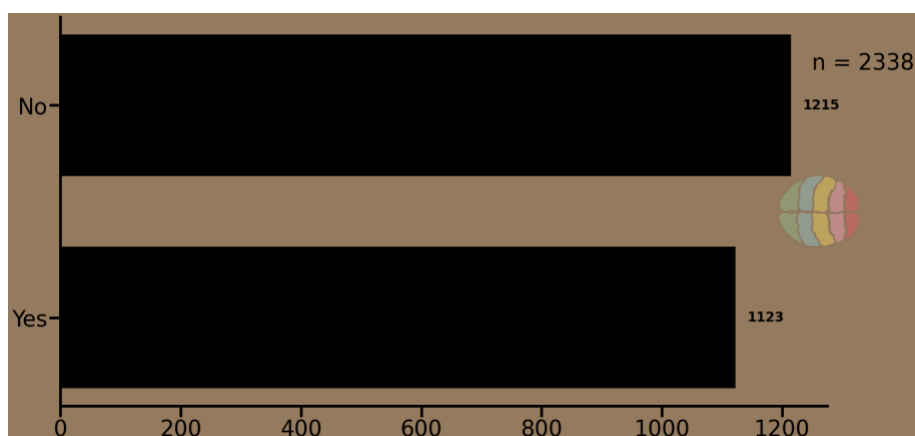


Figure 12 - *Do you smoke tobacco?*

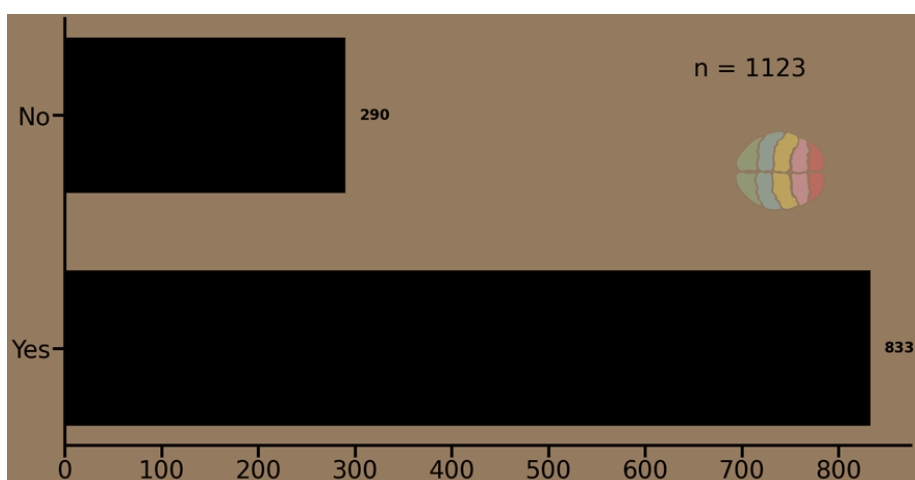


Figure 13 - How often do you smoke tobacco?

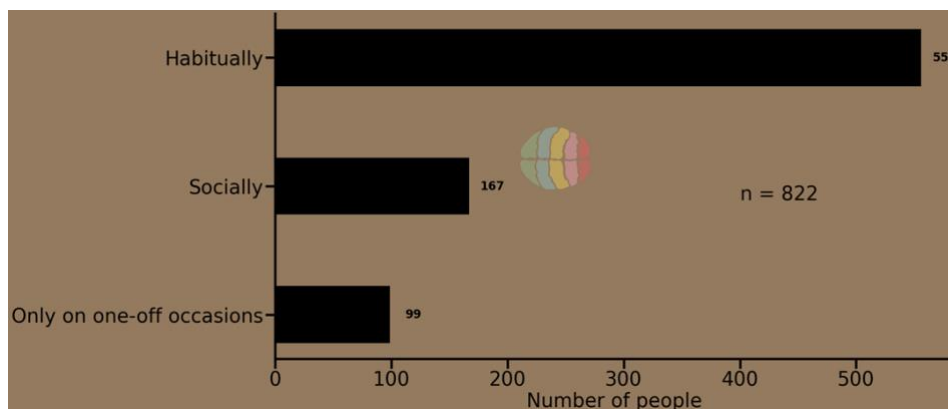


Figure 14 - On average, how many cigarettes/roll-ups do you smoke a day?

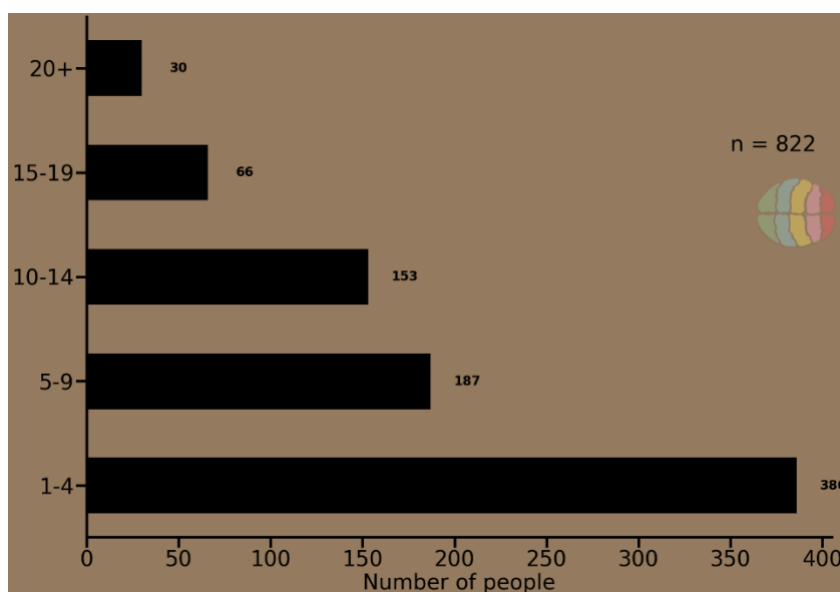


Figure 15 - Did you smoke tobacco before the outbreak?

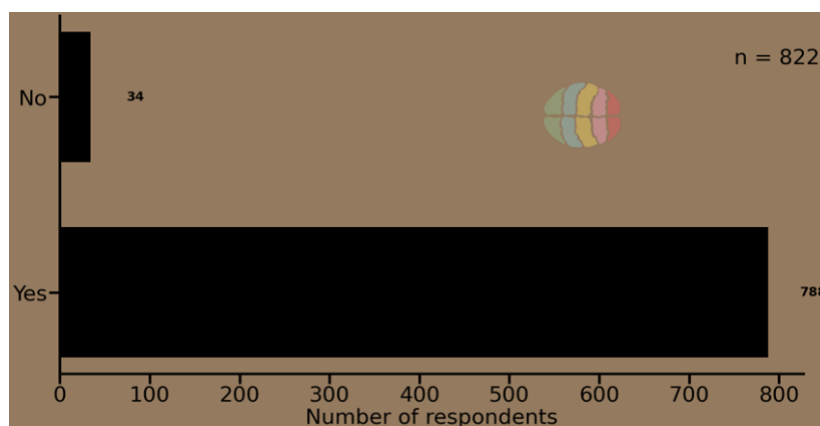


Figure 16 - Do you vape nicotine?

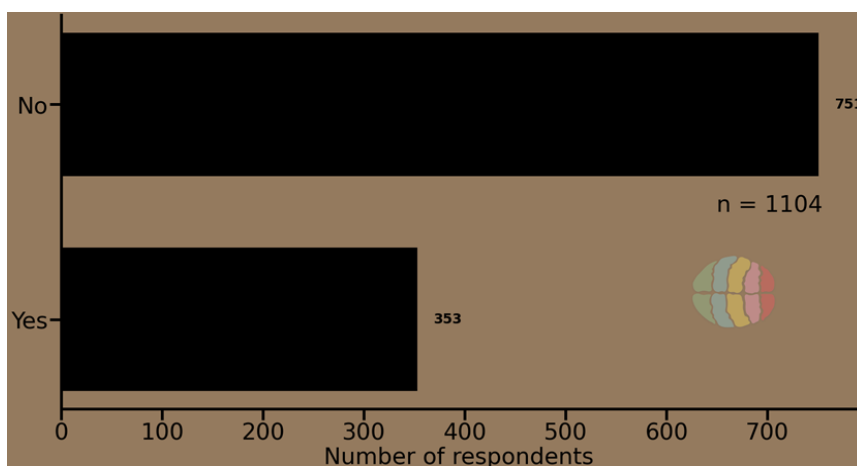


Figure 17 - How often do you use a nicotine vape?

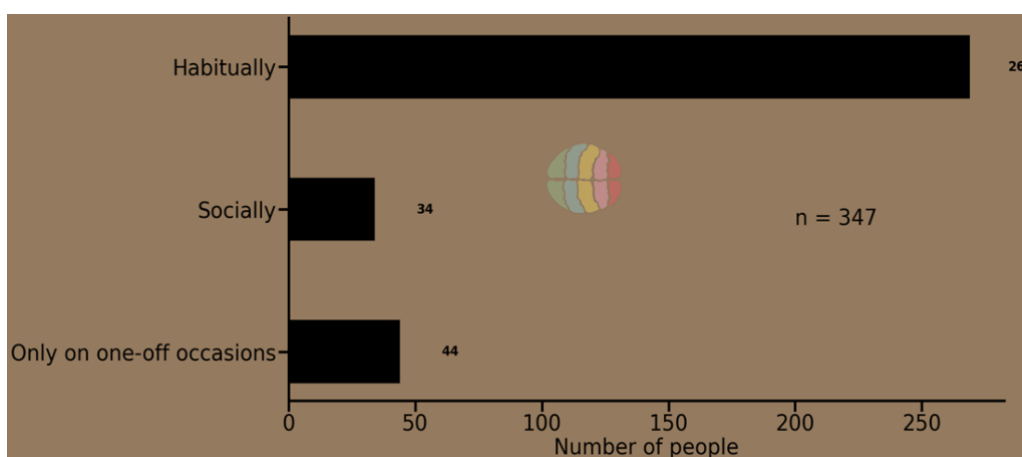


Figure 18 - On average, how many times do you vape a day?

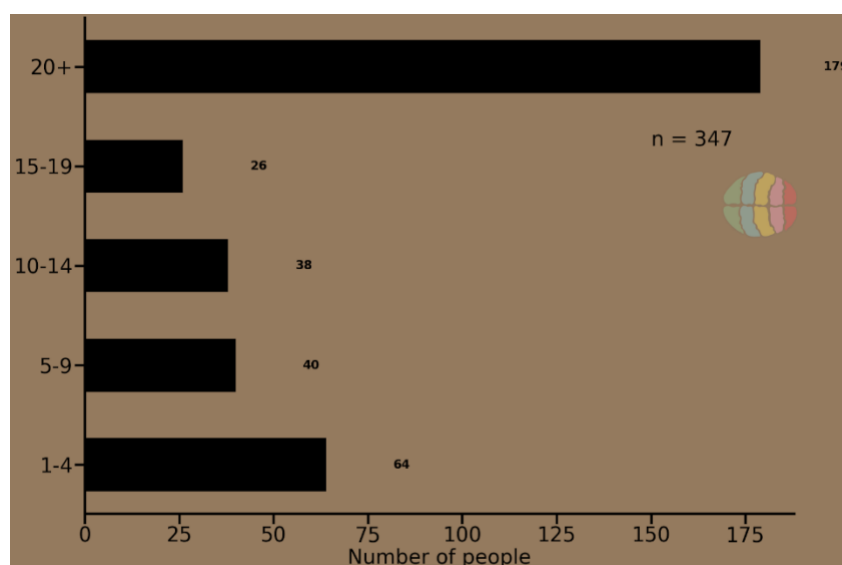


Figure 19 - Did you vape nicotine before the outbreak?

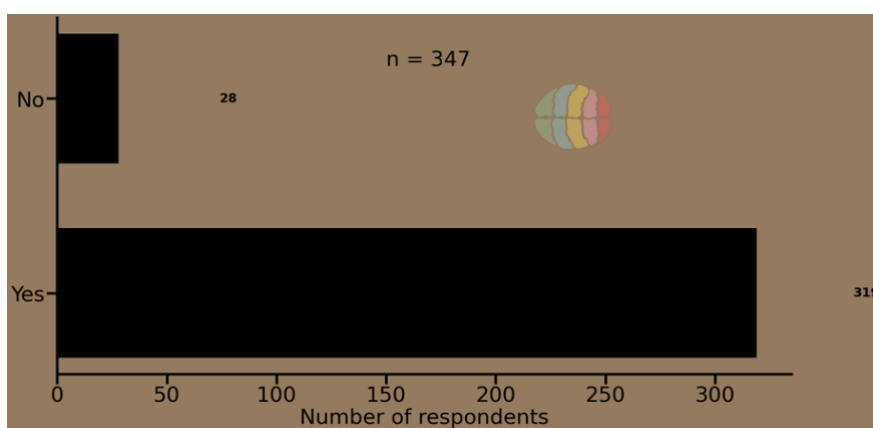


Figure 20 - Have you ever used any drug recreationally (to induce an altered state for enjoyment)?

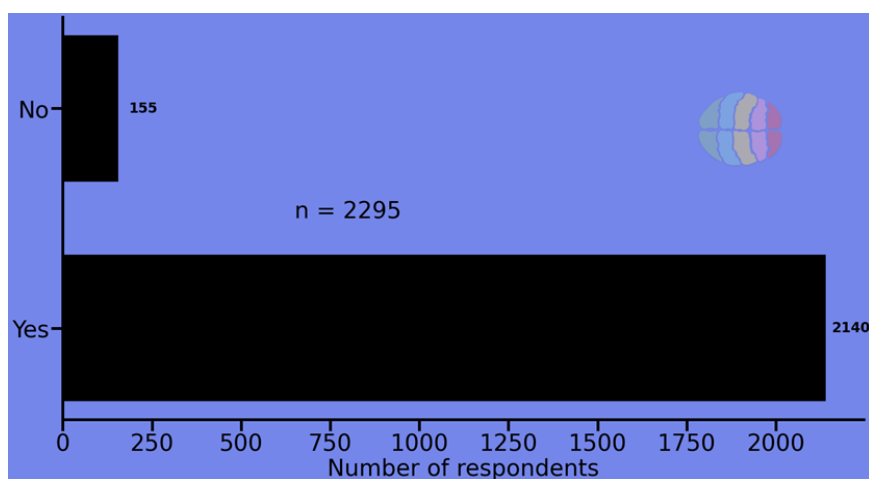


Figure 21 - Have you used any recreational drugs during the outbreak?

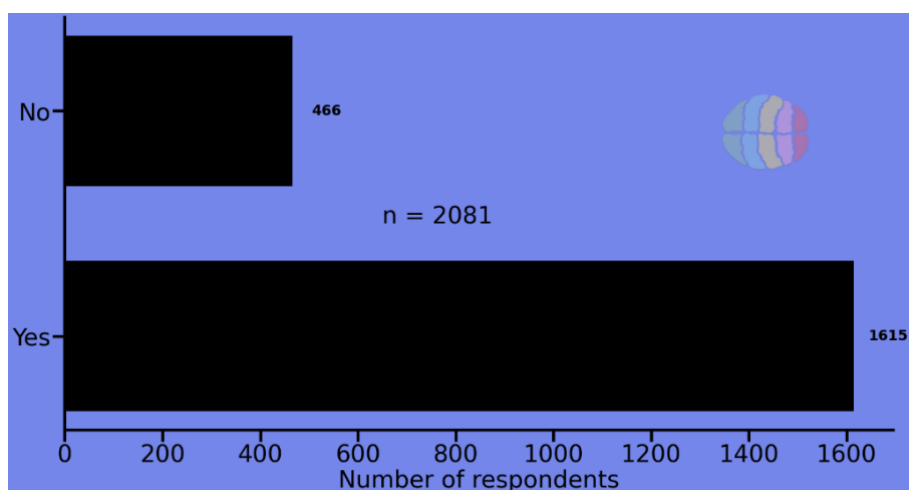


Figure 22 - Have you tried any new drugs while in the outbreak?

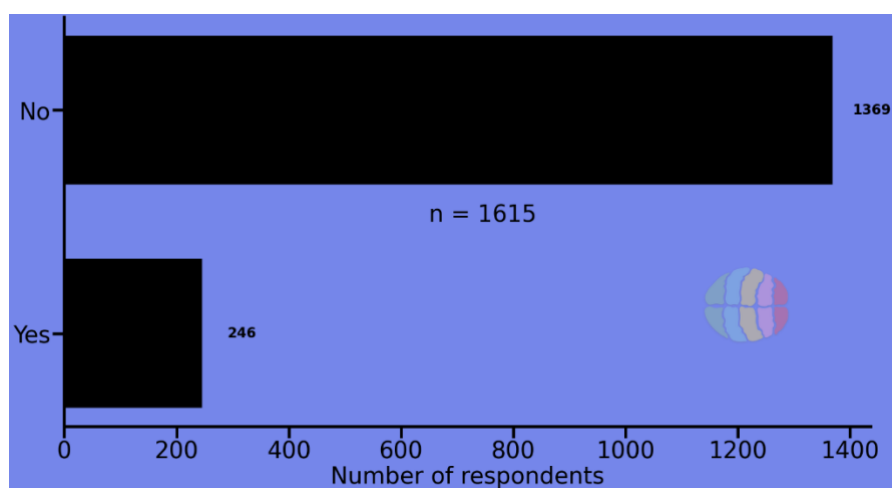


Figure 23 - Do you use any drugs to self-medicate during the outbreak?

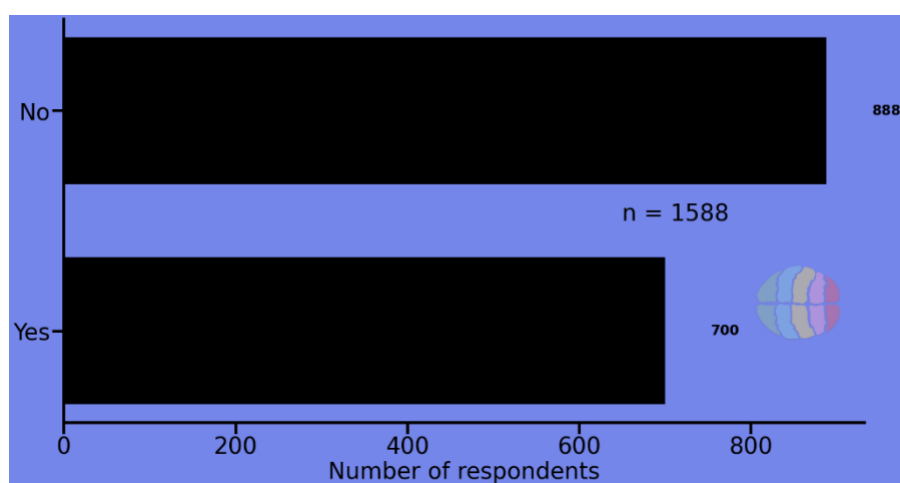


Figure 24 - Have you bought any drugs from a new supplier since the start of the outbreak?

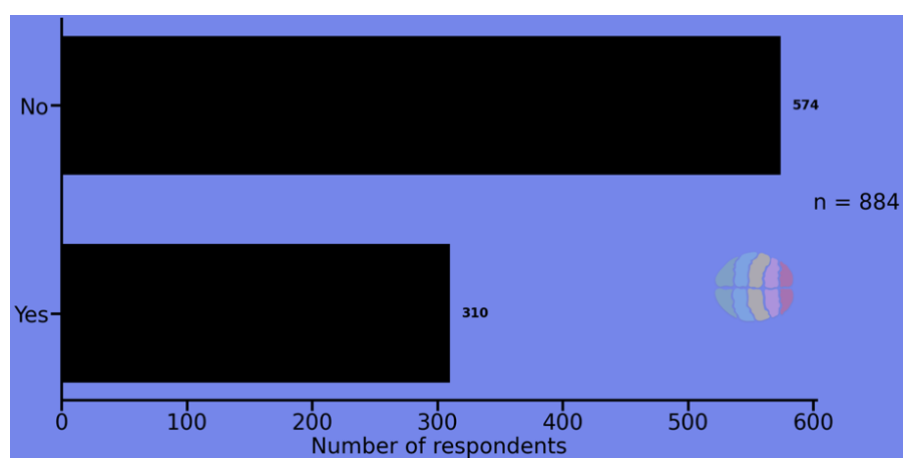


Figure 25 - Do you use any of these techniques when buying from a new supplier?

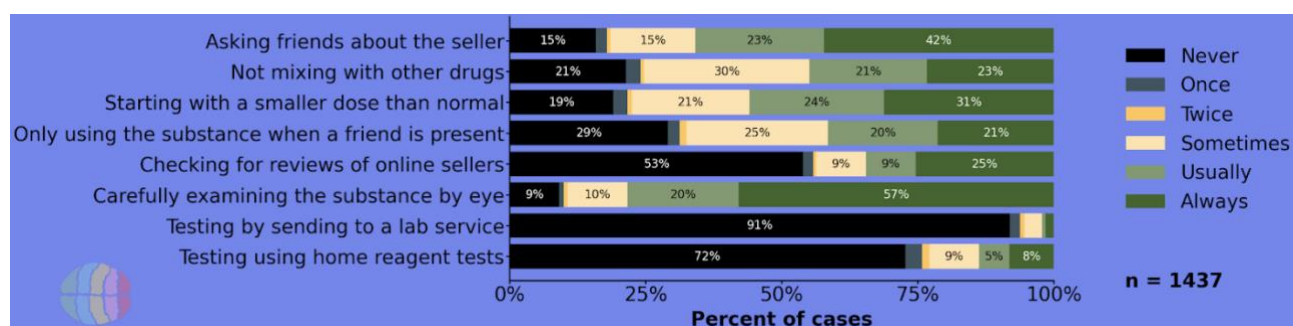


Figure 26 - If taking recreational drugs during the outbreak, do you drink alcohol as well?

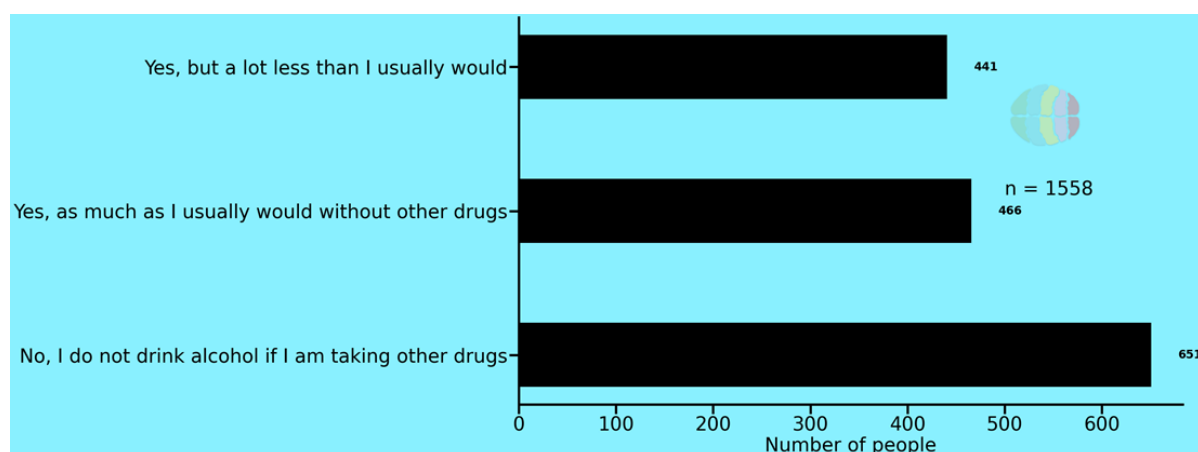


Figure 27 - What would you consume alcohol with?

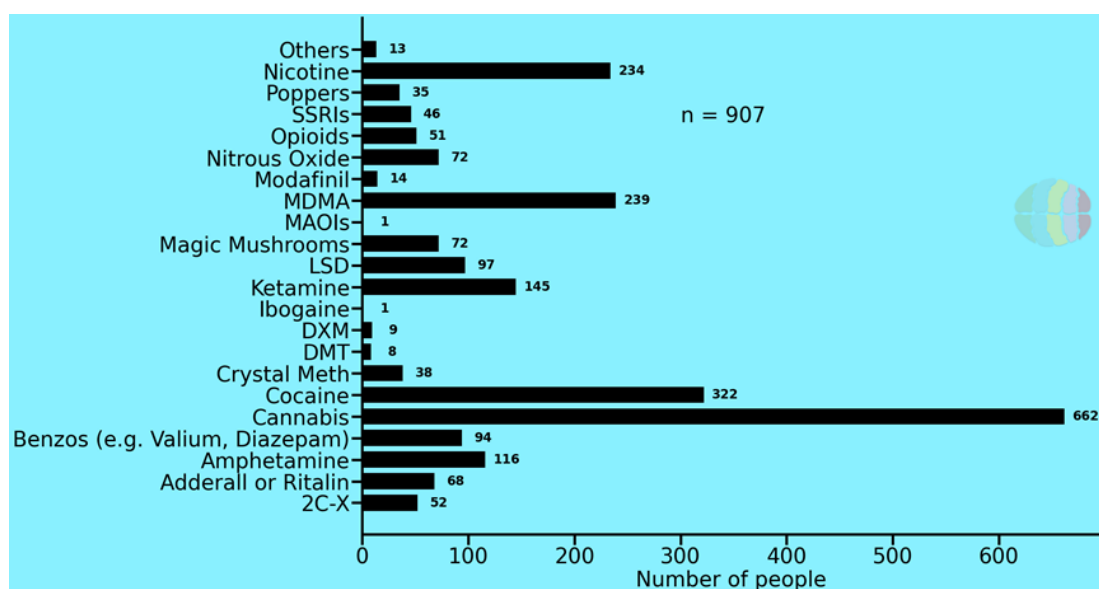


Figure 28 - Are you knowledgeable about how the drugs you combine interact?

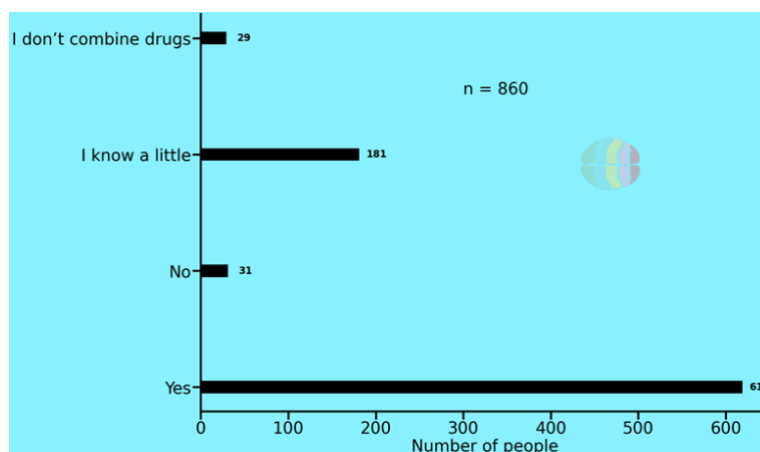


Figure 29 - What were your most common drug combinations during the outbreak?

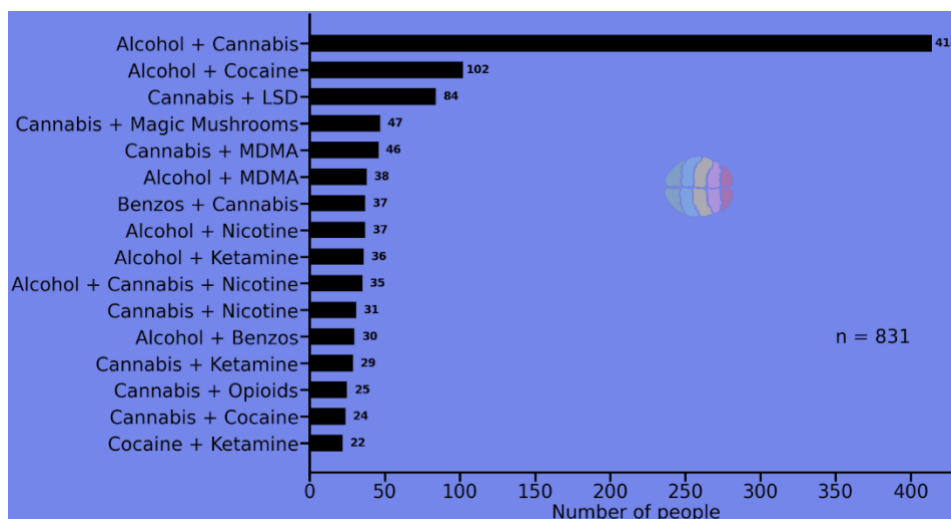


Figure 30 - Do you currently feel dependent on any drug?

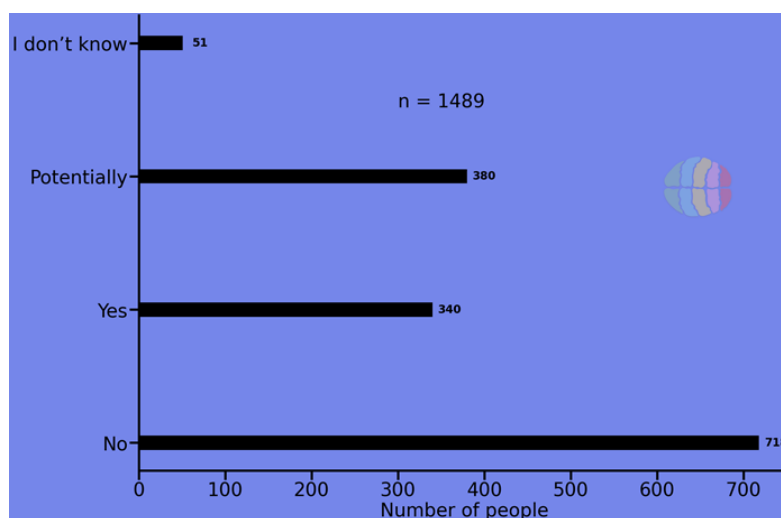


Figure 31 - Are there any drugs you currently want to stop taking?

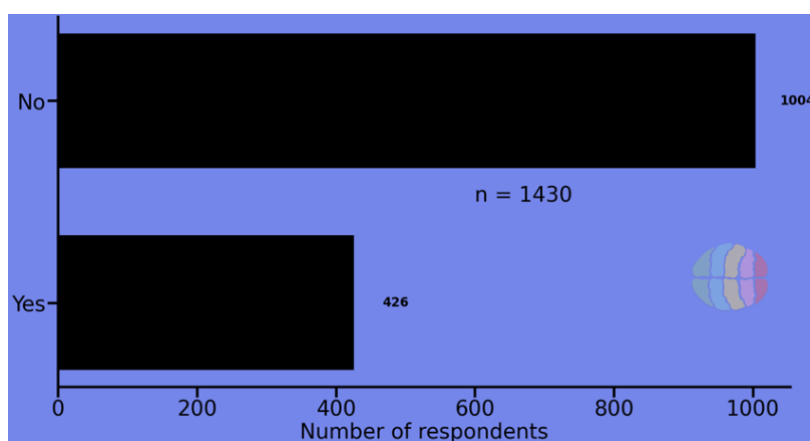


Figure 32 - How often during the outbreak have you found that you were not able to control your drug use?

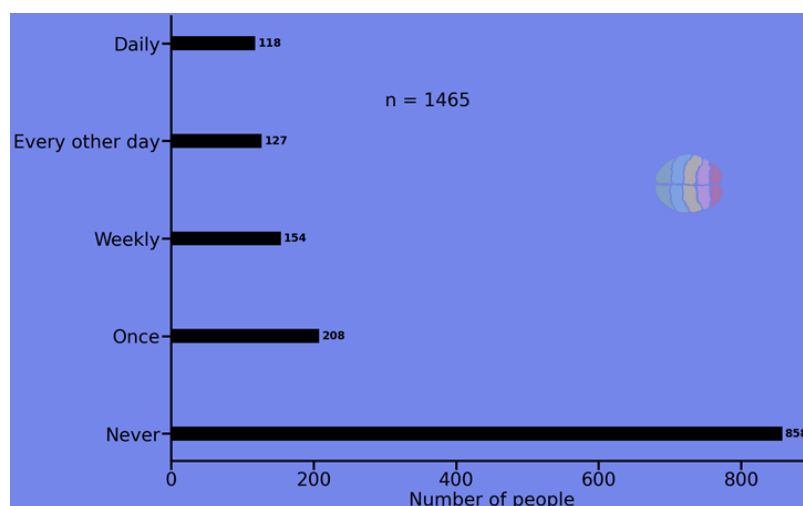


Figure 33 - How often during the outbreak have you needed a drug in the morning to get you going for the rest of the day?

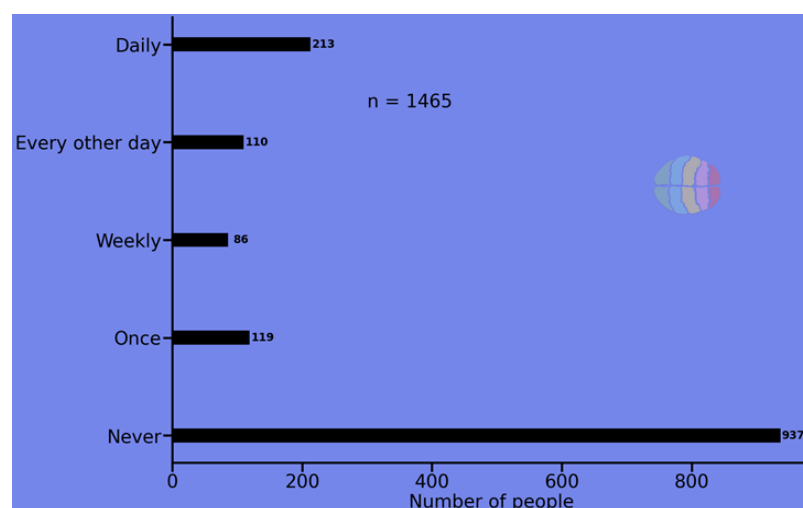


Figure 34 - Have you experienced unintended symptoms of withdrawal since the start of the outbreak?

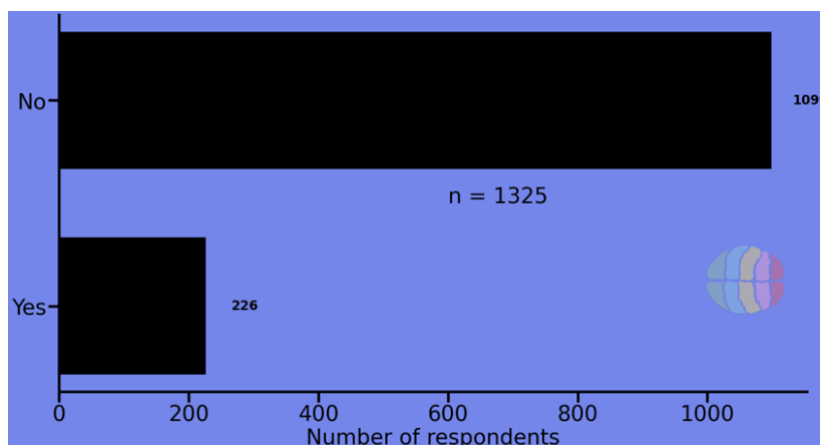


Figure 35 - What withdrawal symptoms have you experienced?

feeling tired and unable to concentrate
Agitation, nervousness
Clammy skin, ill appetite, inability to sleep
Body ache
irritable
insomnia
Dizzy and agitated
Anxiety headaches
Anger, anxiety, paranoia
Irritable
Anxiety, paranoia, difficulty sleeping
Longing for ket, irritability and loss of focus



The feeling that I have wanted to have the high of a certain drug
Loss of appetite, moodiness
Alergies respiratory
Depression, irritability, oversleeping, increased appetite, fatigue, nightmares, difficulty concentrating, anxiety
with
Irritability and headaches
Pains in the body, panic, Anxiety, low mood
Mood swings
Dizziness
Extreme sweating, depression, diarrheal, restless legs syndrome, headaches, nausea. (Was out of Tramadol)
shaking
Lack of motivation, irritability, mood swings, and sleep difficulty.
Anxiety
cravings, irritation
Insomnia,cold sweat, shakiness
Low energy, sweaty, restless body ,irritation ,throwing up,
insomnia, depression, mood swings
Insomnia, anxiety, tremors, fatigue
Sleepless, back pain



Fatigue, depression, low mood, anxiety
All of them
Soreness, lack energy, more anxiety when straight
Before I had access to cannabis, the first week of this situation I had a terrible time sleeping and eating
Extreme sleepiness, increased appetite, severe fatigue
just straight pain
insomnia
Headaches and loss of appetite, difficulties falling asleep
I had withdrawals from the Adderall which doesn't usually happen to me but sheer boredom during lock-down made it inevitable. I have depression and anxiety and complete lack of motivation which is usually fixed up with kratom but that did not work after this last round of Adderall. This is why I ...
Cognitive impairment, worsening depression/anhedonia, avolition, improper sleep schedule
Tremors, nausea, sweating, anxiety, fatigue, confusion, irritability, sore muscles
nausea, memory loss
Anxiety, depression
Anxiety, dizziness, lethargy, depression, manic episodes
Diarrhea, panic, suicidal thoughts
Anxiety, hopelessness, suicidal thoughts
Headache



Cold sweats and no sleep
tiredness, hopelessness, depression, loneliness, ect.
Increased anxiety, sweating, shaking
Opioid withdrawal - vomiting, nausea, sleeplessness, insomnia, depression, agitation/aggressive behaviour, short term memory loss, fever, cold sweats, body aches
Not many, as I try not to run out.... when I do: rls, depression, anxiety, feelings of hopelessness, cramping, chills/fever, anxiety, racing heart, depression
not being able to function and getting irritated or angry and sad
Lack of sleep and bad mood
Shakes and headaches
Anger, Stress
Tiredness, lack of hunger
Agitation, depression, nausea
Anxiety, vivid dreams, cravings, anger, agitated, sweating
Opiate withdrawal symptoms
Feeling down
Moody
Opiate withdrawal
Fever, Migraines, Insomnia, Cold sweats, Brain zaps, Chills, Appetite suppression, Depression, Anger issues
Depression is much worse, struggle to get out of bed, don't enjoy activities I normally love

Increased desire two consecutive days and alongside of anxiety and desire to get insight or spiritual insight and understanding into whats going on and choices of How to respond
I went camping and did coke and meth, hardly slept. When I got home I crashed and slept over hours. I was very groggy tired even after that, and am extremely low energy and motivation. All I can think about is how. ad I want another bag of meth. I am persevering tho, not gonna get one
Severe Depression
anger
depression
Fever sweating insomnia headache night terrors
Headaches, anxiety
tachycardia
depression, anxiety, fatigue, changes in appetite, nasal congestion, headaches, muscle weakness
Just wanna take some lines
Happy to stop that shit
Shakes, nausea,
Cravings
Anxiety, restlessness, mood shifts
Dizzy
Headaches
Coldness, Headaches, Exhaustion, Anxiety



Extra need of love & extra missing of everybody. Usually I don't give a fuck and try not to die.
Sweats irritability
amphetamine
lack of energy, no motivation
anxiety
Trouble sleeping when not consuming alcohol and/or cannabis
Sweats
Anxiety
Irritability, mood swings, lack of sleep
Feeling depressed and anxious
Increased depression
Anxiety
lack of motivation, clear thinking, ability to execute on desired goals
Sweating, shaking, panicking
Withdrawal
Hangover
Depression
Hazy thoughts
None



Mostly anxiety and paranoia
Pain, anxiety, depression, stress, less work, no sexual desire , chest pain, body pain, no mind relaxation,
anxiety, anger
Cough
Sweating, heightened emotions, anxiety
non stop crying,emptyness
Anxiety, psychosis
Lack of socialism
Opioid withdrawal
Anxiety, dizziness, headache, apathy
Headaches, lost focus
Anxiety
Bad mood and headaches
Restlessness, constipation, anxiety, need for a certain drug, brain fog, mood swings, mania, loss of appetite
Insomnia and depression
Anxiety
cough
Anxiety, irritation, dizziness, headache

Heightened anxiety (not knowing if my weed is safe to consume + breaking lockdown rules), mood swings, depression feelings, difficulties sleeping, short temper
Head aches
None
Unable to sleep anxiety mood swings
Irritability, Depression
Quite vivid, repeated, almost traumatising nightmares about me committing violent crimes or losing all of my loved ones
Depression, Mood Swing
Insomnia, irritability
Skakes, sweats, body aches and gerks, muscle spasms, unable to sleep, chills, fatigue, restlessness, anxiety
Shaking, anger, irritability, feeling of emptiness
Standard nicotine withdrawal symptoms, increased anxiety due to inaccessibility of cannabis and prescription SSRIs
Quit drinking so: insomnia, chills, depression, anxiety
Just urging cocaine when I drink
Opiate withdrawals
Anxiety, clammy skin
shakiness, unable to balance, vomiting, sweating
restless leg syndrome, insomnia, rashes, bigg boii time rebound anxiety, muscle spasms,



Panic attacks, decreased productivity + slight headaches, unable to sleep
HELL LITERAL HELL I SEE THINGS :(
anxiety, tachychardia, dry mouth, bodily sensations, restlessness, lost appetite, trouble urinating, shaky hands
Fatigue, lethargy
Headaches
Tired
wellbutrin withdrawal (mail order prescription system failed for a few weeks)
slight benzo withdrawel
anxiety and panic related symptoms
Fatigue, irritatibility, body/muscle pain and stiffness
Insomnia, no appetite
Drowsiness, mood swings
Chills+ extreme fatigue+ anxiety+depression+irritability+stomach issues
restlessness, pain, insomnia, nausea, throwing up, sweating
Cravings, Depression, Lethargy
Cold sweats and shakes
shortness of breath
Anxiety, hallucinations, confusion, delusions
Insomnia, loss of appetite, general lethargy and dysphoria



Depression, suicidal thoughts, anxiety
headache body aches stomach pains anxiety
Hot flashes, chills, anxiety, insomnia and depression
Fatigue from discontinuation of adderall
Nervousness
Depression low energy anxiety anger suicidal thoughts mood swings extreme lethargy
Insomnia
headache appetite loss took tramadol to cope with back pain
Shaking depression anxiety seizures appetite fluctuation
Flu like symptoms, diarrhea
Blood pressure, heart rate, pain in chest, muscle pain, headaches, shakes, delirium, confusion, restlessness, trouble sleeping, waking every hour, nightmares, needing to redose every half hour to feel sober
Hypotension, Swelling of joints, restlessness, anxiety, unable to sleep for days, burning sensation in the head,
Anxiety and pain
sleeplessness and poor mood
Nausea, headaches
Depression
Classic Opiate/Kratom WD & Malaise is no weed or alcohol
Anxiety



Headache, anxiety, insomnia
Not being able to sleep and feeling restless
shakes, chills, depression, insomnia, headaches, nausea, low energy/mood, loss of appetite, fluctuating temperature, hallucinations
Anxiety
not sure cuz but i think, abdominal cramps and severe headaches
Sleepyness, anxiety, craving
Lethargy and anxiety since I dont have access to adderall during the outbreak.
Rebound anxiety, headaches, paranoia
Anxiousness
Nauseous
Chills, sweats, rls, insomnia, body aches, anxiety
Headaches, irritability, anxiety
no dopamine left
Headache, nausea
Vast temperature changing, and stomach ache
Not being able to sleep (potential cannabis withdrawal?)
nervousness
Fatigue
A bit of anxiety

Anxiety, sleeping more, being angry, crying everyday...
Insomnia as a result of no access to zolpidem
Sadness
Depresión, insomnio, despersonalización...
Sadnes
Insomnia and Depression
Headache

Figure 36 - *During the outbreak, have you failed to do something expected of you because of your drug use?*

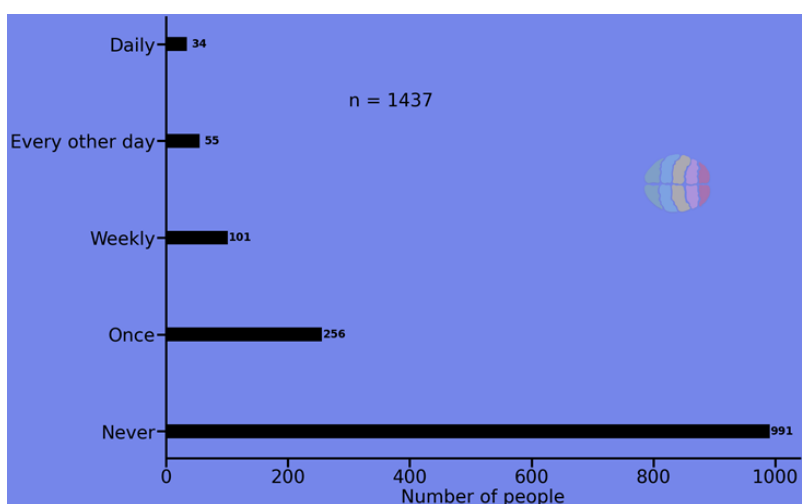


Figure 37 - *How is drug taking affecting your home working/studying habits?*

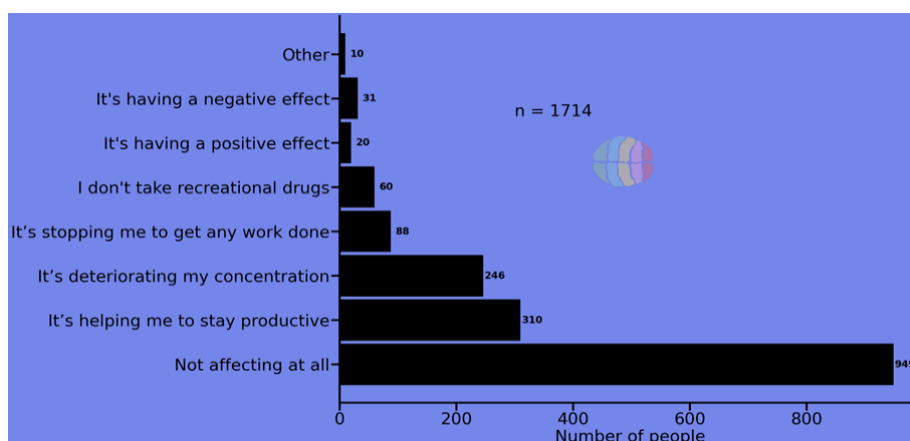


Figure 38 - *Has your employer/university/school provided you support concerning alcohol and other drugs during the outbreak?*

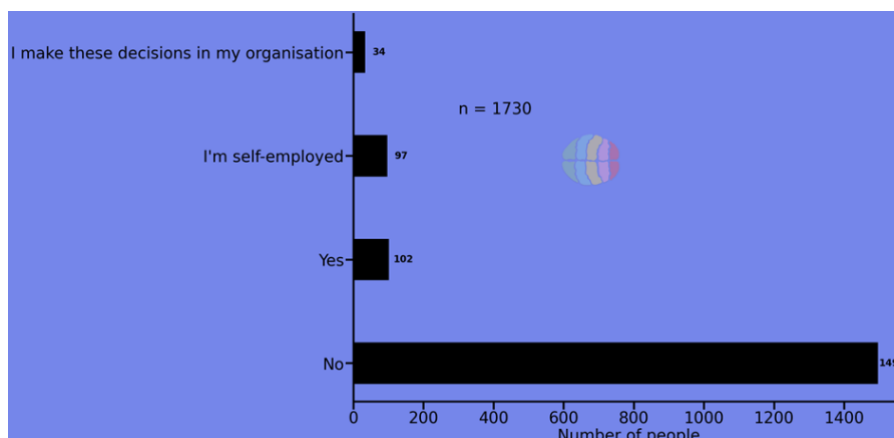


Figure 39 - *Before the outbreak, was there sufficient support for drug-related issues at your workplace/university/school?*

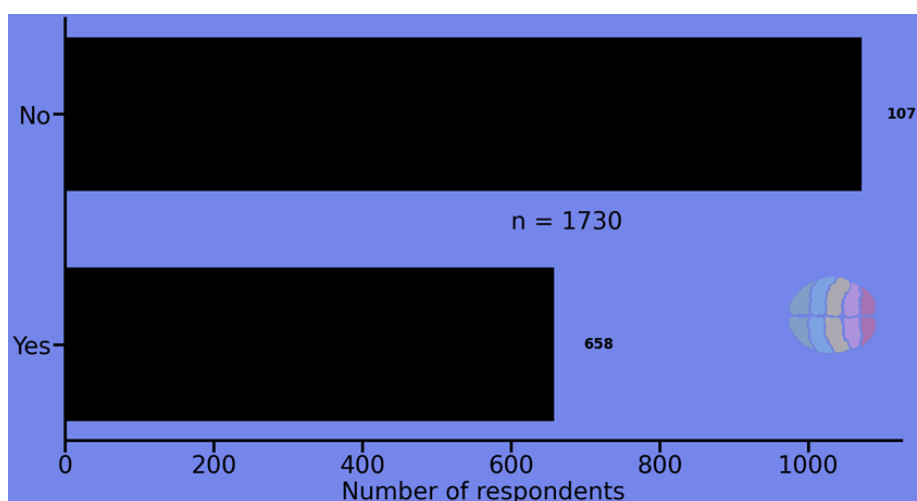


Figure 40 - *Would you consult your employer/university/school about your drug use?*

