

DRUGS?

How are **CBD - Low THC products** used in Portugal



European Web Survey on Drugs

European Web Survey on Drugs - Portugal 2021

Online self-completion survey, an initiative of the European Monitoring Centre on Drugs and Drug Addiction, aimed at drug users aged 18 or over, applied between March and May 2021, in around 30 European countries, including Portugal, through SICAD - General-Directorate for Intervention on Addictive Behaviours and Dependencies.

Its objective is to deepen the knowledge about the patterns of use of illicit drugs, aiming at the better adequacy of public policies.

928 CBD or low THC (bought in stores) users participated in this survey in Portugal.



SNS SERVIÇO NACIONAL DE SAÚDE



SICAD Serviço de Intervenção nos Comportamentos Aditivos e nas Dependências

SOCIODEMOGRAPHIC TRAITS OF THE PORTUGUESE SAMPLE OF CBD - LOW THC PRODUCTS USERS

- ✓ 72% are men, 26% women (n=928), 68% from male gender, 28% female, 1% from non-binary gender (n=926), remaining cases corresponding to other conditions.
- ✓ 49% with 18-24 years, 35% with 25-34 years, 12% with 35-44 years, 3% with 45-54 years, 1% with 55-64 years (n=927).
- ✓ 38% with higher education (university) completed (+20% attending), 30% with secondary education completed (+8% attending), remaining with lower school education (n=788).
- ✓ 40% employed full-time (+ 4% part-time), 9% self-employed full-time (+2% part-time), 26% full-time students (+10% working-students), remaining non-employed (n=786).
- ✓ 45% living with parents, 19% living in couple without children at home (+7% with children), 12% living alone, 12% sharing house with peers, colleagues, remaining other types of situations (n=784).
- ✓ 72% living in the city, 18% in a town and remaining in the village/countryside (n=785).
- ✓ 46% living in Lisboa e Vale do Tejo, 26% in Norte, 19% in Centro, 3% in Alentejo, 3% in Algarve, 2% in Açores and 1% in Madeira (n=741).
- ✓ 37% with an average income, after tax, of less than 500€/month, 39% equal or higher than 500€ but lower than 1000€, 19% equal or higher than 1000€ but lower than 2000€, remaining with 2000€ or more (n=771).

Citation: SICAD (2022). Drugs - How are CBD - Low THC products used in Portugal? Results from the European Web Survey on Drugs - Patterns of Consumption Portugal 2021. Available at sicad.pt.

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Type of CBD or low THC products bought in stores in the previous 12 months



(n=928)

- ✓ FLOWERS (79%)
- ✓ CIGARETTES/JOINTS (25%)
- ✓ RESINE (24%)
- ✓ EDIBLES (15%)
- ✓ E-LIQUIDS (12%)
- ✓ CRYSTALS (7%)
- ✓ COSMETICS (7%)



MOTIVES TO USE CBD - LOW THC PRODUCTS

- ✓ To reduce stress/relax (71%)
- ✓ To reduce pain/inflammations (18%)
- ✓ To improve sleep (51%)
- ✓ To get high/for fun (16%)
- ✓ To treat depression/anxiety (38%)
- ✓ To socialize (13%)
- ✓ Out of curiosity/to experiment (34%)
- ✓ To enhance performance (school/work/sport/etc.) (12%)
- ✓ To avoid/reduce illegal cannabis use (19%)
- ✓ To treat cannabis withdrawal symptoms (9%)

(n=928)