

**2007-2008 SURVEY
ON PSYCHOACTIVE SUBSTANCE USE AT THE
WORKPLACE IN SPAIN**

Spanish Observatory on Drugs



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2007-2008 Survey on Psychoactive Substance Use at the Workplace in Spain

Spanish Observatory on Drugs

*A*s part of its activity in the field of researching the situation of drug dependence in Spain, the Government Delegation for the National Plan on Drugs has been conducting a biennial nationwide survey since 1995 for the purpose of ascertaining different aspects the drug use among the age 15-64 population.

Prior to conducting the latest edition of this survey, we believe it would be of interest to take advantage of this survey to delve deeper into one specific subject, such as that of the way in which drug uses have a bearing on the potentially working-age population (i.e. those people who are working or, currently being unemployed, possess working experience).

This Delegation has had a specialized body for several years for dealing with these issues, such as the National Commission for the Prevention and Treatment of Drug Dependence at the Workplace, comprised of representatives from Spain's most representative trade unions ("Comisiones Obreras" and "UGT"), from the Spanish Confederation of Businessmen's Organizations (CEOE) as well as from the Delegation proper.

In view of the foregoing, the decision was made to set up a working group, in which not only the aforementioned institutions took part, but also different specialists and experts from the Autonomous Community Plans on Drugs, the objective of which was to draft a specific module which, on being incorporated into the regular survey questionnaire, would make it possible to gather specific information regarding the current status of the issue at hand among the aforementioned group comprised of the workforce.

The main results of the aforesaid study are included in this publication you have before you, in which we have attempted to set out the same clearly and explicatively so that it will reach the largest possible number of readers. We are of the opinion that the knowledge this module provides us is going to allow us to take action with a better knowledge of the underlying reasons and therefore more effectively within the framework of the policies and programs targeting the potentially gainfully employed population more directly.

All of the above is additionally within the framework of that which is stipulated under the 2009-2016 National Strategy on Drugs approved by the Government in January 2009 and under the Plan for Action further expanding thereupon for the first four-year period (2009-2012) that the same will be in effect.

I would like to highlight the great degree of collaboration and understanding which has been ever-present in the work carried out by the working group which has taken part in preparing this module and in which an interest in gaining a more profound knowledge of the current situation of drug use among the working-age population has been given utmost importance, above any other aspect, in order to better understand their needs.

I would like to express my deepest acknowledgement to all the members of that group and to all those who have made it possible to conduct this study, compile the data and to make the subsequent analysis thereof, and my willingness to continue working on all that which may redound in better health for workers and better working conditions and, in general, in a society of higher levels of social welfare and healthy well-being.

Nuria Espí de Navas
Government Delegate for the
National Plan on Drugs



CONTENTS

1. Introduction	9
2. Objectives	10
3. Methodology	10
4. Results	11
4.1. Prevalence of psychoactive substance use among the working-age population according to different variables (sociodemographic, employment and working conditions)	12
4.1.1. Alcoholic beverages	12
4.1.2. Tobacco	14
4.1.3. Sedative-hypnotic drugs	16
4.1.4. Cannabis	18
4.1.5. Cocaine	20
4.1.6. Ecstasy	22
4.1.7. Amphetamines	24
4.1.8. Hallucinogens	26
4.1.9. Volatile substances	28
4.1.10. Heroin	28
4.2. Perception of psychoactive substance use at the workplace	29
4.3. Information and other measures taken by the Company on prevention of psychoactive substance use.	30
4.4. Occupational health and drugs within the international scope ..	31
5. Conclusions	32

1. 1. Introduction

The use of psychoactive substances is quite widespread among the general population, those used most prevalently being legal substances, alcohol and tobacco, and illegal substances such as cannabis or cocaine also being used. Great debate exists at many different levels concerning the possible causes and consequences stemming from the use of these substances. In addition to the strictly health-related consequences, their use has a repercussion on other aspects, including the social and economic aspects and, more specifically, on the employment situation and the conditions of employment and working conditions.

Focusing on the working environment, drug use can have major repercussions for workers, both due to affecting their performing tasks they must perform in their working environment as well as due to the socio-sanitary problems to which they may give rise in the family environment and on an individual basis. Additionally, in some cases, the use of these substances can affect others by contributing to causing occupational accidents or causing unwanted exposures, such as in the case of non-smokers being exposed to tobacco smoke. Similarly, some conditions or characteristics of the working environment or the work, or the fact of not having any can act like risk factors or protection factors against drug use.

Some investigations in this field provide interesting information. Some studies on black economy and illicit work, mention the relationship between the type of employer-employee relationship and drug use, although the causal direction thereof is debated; that is to say, whether the cause of the substance abuse is the work situation or whether it is the drug use which leads to unemployment. On the other hand, the quality of the employment and the stability thereof have been associated with drinking alcohol, especially among those individuals who have negative feelings and low motivation regarding the job. Some studies show job insecurity to have considerable effects on the use of some illegal drugs and alcohol ¹, whilst the characteristics of the activity proper have effects of a lesser degree.

In short, job quality seems to be a determining social factor of major importance with regard to explaining both individual as well as collective health ², which can be mediated, in part, by the use of psychoactive substances. Besides, this complex relationship between employment and the use of psychoactive substances currently has one aspect of particular interest which is a result of the economic crisis we are experiencing, which could have a bearing on how the population is acting regarding drug use.

The subject has scarcely been studied until now on either a nationwide or an international scale ³. In Spain, some specific surveys have been conducted aimed at ascertaining the prevalence of drug use among the group of workers and unemployed. Some of these surveys were conducted at the Autonomous Community and Autonomous City level and others on a nationwide basis.

Within this context, it becomes necessary to carry out measures which will make it possible to gain a better knowledge of the current drug situation at the workplace in Spain.

The Spanish Drug Monitoring System has been conducting a regular survey every two years since 1995, the Household Survey on Alcohol and Drugs in Spain (EDADES) ⁴. The 2007-2008 round included a specific module on the working-age population to expand the information available and contribute to guideline policies.

The inclusion of this module in the survey is for objectives, within the framework of the National Strategy on Drugs for the 2009-2016 ⁵ period, that of identifying priorities for the preventive action in the field of occupational health, as well as to put forth recommendations which may further enhance the information available on the complex relationship which exists between the use of psychoactive drugs and worker health.

¹ Kivimäki M, Vahtera J, Pentti J, Ferrie J. Factors underlying the effect of organisational downsizing on health of employees: longitudinal cohort study. *BMJ* 2000; 320; 971-715.

² Benavides FG, Benach J, Diez-Roux, AV, Román C. How do types of employment relate to health indicators? Findings from the Second European Survey on Working Conditions. *J. Epidem Community Health* 2000; 54,494-501.

³ Drug and alcohol abuse. An important workplace issue.; www.ilo.org/public/english/protection/safework/drug/impiss.htm

⁴ EDADES 2007/08_Methodology and findings in the 2009 Annual Spanish Drug Monitoring System Report. / www.pnsd.msc.es/Categoria2/observa/pdf/oed-2009.pdf

⁵ Estrategia Nacional sobre Drogas para el período 2009-2016. www.pnsd.msc.es/Categoria2/publica/pdf/EstrategiaPNSD2009-2016.pdf

2. Objectives

The main objective of the employment module on the 2007-2008 EDADES survey is to provide information on the current situation of both legal and illegal drugs at the workplace in Spain in order to be able to plan measures related to drug use in this environment.

The specific objectives related to the potentially active age 16-64 population in Spain are:

- To estimate the prevalence of psychoactive substance use.
- To analyze the association between the use of these substances and certain sociodemographic, work and working condition-related characteristics.
- To obtain data on the perception of psychoactive substance use at the workplace.
- To know about information strategies and other measures for preventing psychoactive substance use at the workplace.

3. Methodology

Summary of the main methodological aspects of the survey employment module:

Survey scope	<ul style="list-style-type: none"> • Population scope: Population residing in Spain, in family households, within 16-64 age range and potentially active, in other words, employed or unemployed with work experience (hereinafter, working-age population). • Geographical scope: The survey is conducted nationwide, being representative of all of Spain. • Time frame: The information was collected from November 2007 to March 2008 (except in January, due to being near the Christmas holidays).
Sample design	<ul style="list-style-type: none"> • Type of sampling and sample selection: three-stage conglomerate sampling without replacement, selecting in the first stage sections of the census randomly with probability proportional to the size of the section. In the second stage, households were selected following a systematic random procedure. Lastly, in the third stage, an individual was selected within each household. • Sample size: The 2007-2008 EDADES survey was conducted on 23,715 people and the employment module on 15,071. This module was to be answered solely by those people who, at the point in time of the interview, were employed or who, being unemployed, have prior work experience.
Variables	<ul style="list-style-type: none"> • Substances studied: alcoholic beverages, tobacco, sedative-hypnotics, cannabis, cocaine, amphetamines, ecstasy, hallucinogens, inhalable volatile substances and heroin. • Prevalence of use: lifetime (sometime in their life), within last 12 months, last 30 days or daily (these variables may vary depending on the substance analyzed). • Socio-demographic variables: age, gender, educational level, marital status and country where born. • Employment variables: employment situation, sector of activity, occupational category and type of working hours. • Working conditions: satisfaction, safety risks, psychosocial risks, employment conditions and initial harm to health. • Perception of the importance of the use of alcohol and other drugs and the problems associated with their use at the workplace. • Information and measures carried out by the Company regarding the use of alcohol, tobacco and other drugs and the importance placed on the different actions.

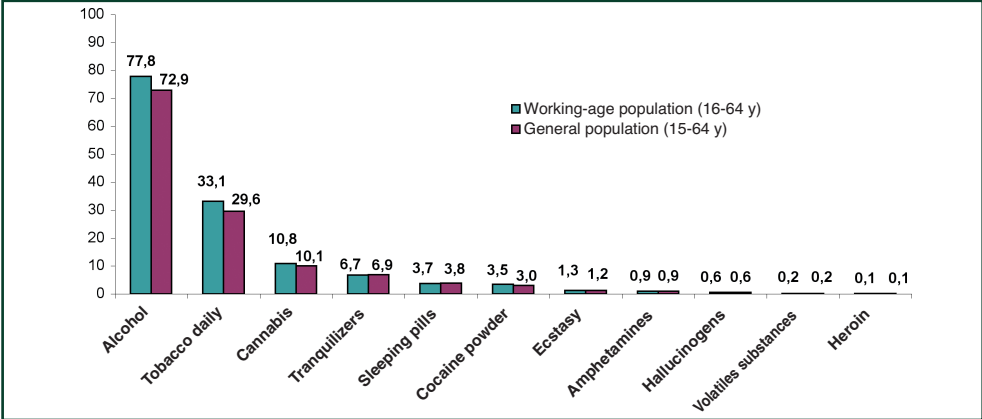
Information gathering	<ul style="list-style-type: none"> • At home by way of a questionnaire comprised of two parts: the first part is administered by way of a face-to-face interview and is filled out by the interviewer; and the second part, which includes the questions on drug use, is self-completed by the person being interviewed, with paper and pencil. • The specific questions of the employment module are included within the questionnaire done by the interviewer, consisting of 16 questions of sociodemographic classification and 26 directly related to drugs at the workplace.
Information analysis	<ul style="list-style-type: none"> • Based on the information obtained in the 2007-2008 EDADES survey, both in the general questions as well as in the specific employment module. • The descriptive analysis of the prevalence of the different substances was based on a calculation of percentages, and the analysis of the different variables was based on a bivariate analysis for some variables, on a raw estimate of the stratified prevalence for males and females and on the calculation of the odds ratio (OR) and its 95% confidence interval (95% CI) by comparing the prevalence of each one of the uses analyzed in the employment variables, taking as a reference the occupational category which was evaluated as the most favorable: employed (employment situation), split working hours (working hours), executive and professionals (occupational category) and industry (sector of activity). The ORs were adjusted by the variables of age, educational level, marital status and country of origin, provided that the quotient between the raw and adjusted OR were above or below 10%. For some analysis, those use indicators with a frequency of less than 1% are ruled out.

4. Results

Globally, the prevalence figures for drug use among the working-age population are similar to those found in the general population. In both populations, the psychoactive substances used by a larger percentage of people are the legal ones: alcohol in first place, followed by tobacco, and illegal drugs consumed by a larger percentage of people being cannabis, followed by cocaine powder.

Nevertheless, the prevalence of the different use indicators for tobacco, alcohol and illegal drugs are found to be slightly higher among the working-age population, with the exception of the use of tranquilizers and sleeping pills among the population within the 35-64 age range, which is lower among the working-age population.

Percentage of the working and general population⁶ which has used different psychoactive substances within the last 12 months (except daily tobacco). Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Drug Observatory on Drugs.

⁶ Supplementary information on prevalence and characteristics of psychoactive substance use among the general population available in the 2009 Spanish Drug Monitoring System Report. <http://www.pnsd.mspsi.es/Categoria2/observa/pdf/oed2009.pdf>

4.1. Prevalence of psychoactive substance use at the workplace according to different variables (sociodemographic, employment and working conditions).

4.1.1 Alcoholic beverages

As is the case for the general population, alcohol is the psychoactive drug most used among the working-age population. Lifetime prevalence is 92.7% among males and 87.6% among females; within the last 12 months, 82.4% among males and 71.3% among females; within the last 30 days, 73.7% among males and 53.8% among females; and daily use 15.3% among males and 4.7% among females.

At risk drinkers (more than 20 cc/day for females and more than 30 cc/day for males) total 12.2% of the males and 4.9% of the females; 5.0% of the males and 2.3% of the females being considered high-risk drinkers (>50 cc/day for males and > 30 cc/day for females). A total of 26.5% of the males and 14.0% of the females have experienced an episode of drunkenness within the last year. Binge drinking (drinking 5 or more standard units of alcohol within an approximate two-hour interval) totals 19.7% for males and 7.7% among females.

The prevalence figures for all of the alcohol use indicators are higher among males than among females. There are no major differences in the lifetime prevalence, within 12 months, within 30 days or on weekends by age group (16-34 and 35-64). However, the prevalence of daily use and weekday use is higher in the older age group, and the prevalence of binge drinking and episodes of drunkenness is greater among the younger individuals.

In the bivariate analysis, the following seem to be clearly associated with drinking alcohol daily: a low income, low educational level and working in the primary sector, in the construction industry or in the bar/restaurant/hotel industry. On the other hand, working in the construction industry and working on the night shift seems to be associated with binge drinking or experiencing episodes of drunkenness.

Both daily alcohol use and high-risk use among males is greater among executives/professionals. Among females, the differences are lesser, and no significant differences are found after adjusting by age, educational level, marital status and country of origin (save qualified female manual laborers who drink significantly less than female executives and professionals).

The males on part time/half day have more high-risk alcohol consumption. Among the females, this type of consumption is concentrated in straight afternoon shift and straight/rotating night shift.

The males who say they perform dangerous work or work under difficult conditions (heat, cold, bad odors, uncomfortable positions, etc.) are also those who report consuming more alcohol, especially the high-risk drinkers or those drinking alcoholic beverages daily. The females show a similar pattern.

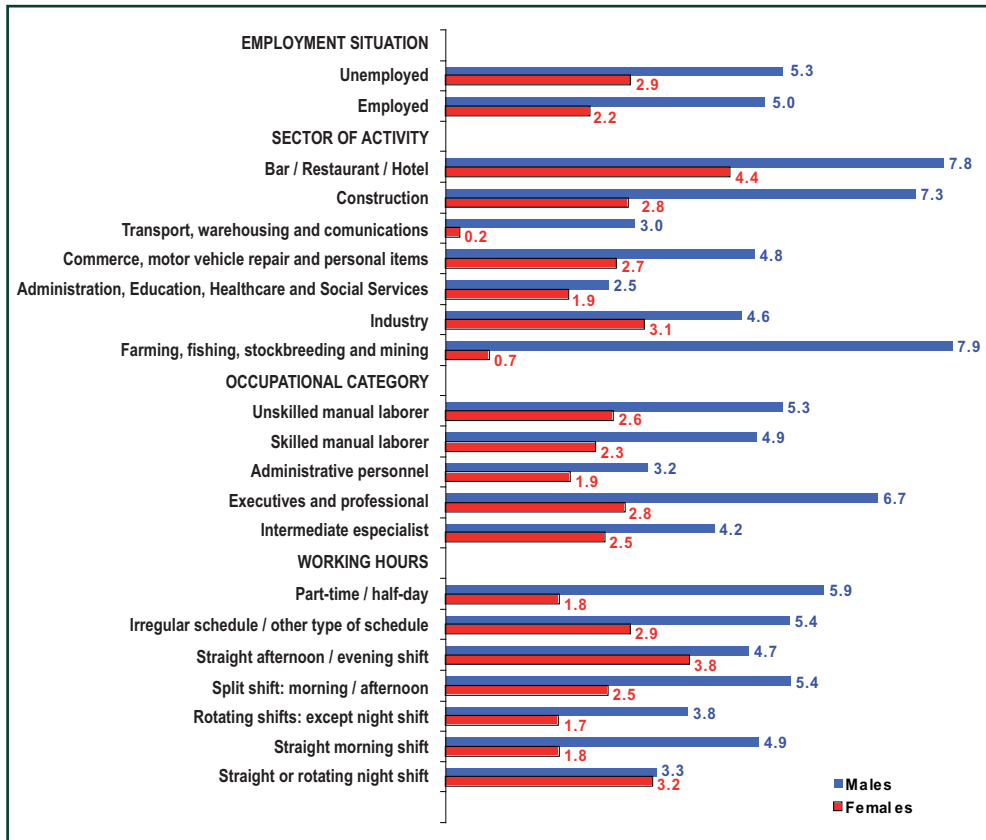
With regard to the psychosocial risks, a highly consistent pattern is found among the males, alcohol consumption always being higher among those workers who report being exposed to these risks. However, the employment conditions (wages and job security) seem to have little bearing on alcohol consumption

Percentage of the working-age population with HIGH-RISK ALCOHOL CONSUMPTION (>50 cc/day males and >30 cc/day females) according to the sociodemographic variables, broken down by gender. Spain 2008.

		MALES	FEMALES
AGE	16-34 years	5,0	2,6
	35-64 years	5,0	2,1
EDUCATIONAL LEVEL	No schooling/Elementary	8,7	3,3
	Secondary school	4,5	2,2
	College	2,9	2,0
MARITAL STATUS	Single	5,4	3,0
	Married Partnered	4,1	1,6
	Separated Divorced Widowed	11,0	3,4
COUNTRY OF BIRTH	Spain	5,2	2,4
	Others	4,1	2,2
TOTAL		5,0	2,3

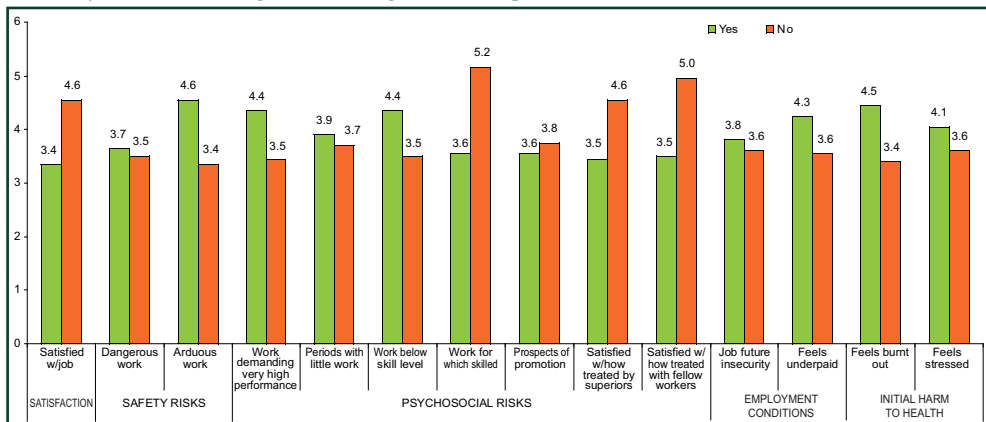
Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population with HIGH-RISK ALCOHOL CONSUMPTION (>50 cc/day males and >30 cc/day females) according to the employment variables, broken down by gender. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population with HIGH-RISK ALCOHOL CONSUMPTION (>50 cc/day males and >30 cc/day females) according to the working conditions. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

4.1.2 Tobacco

Tobacco is the substance showing the greatest prevalence of daily use.

Lifetime prevalence of tobacco use is 76.2% among males and 69.2% among females; within the last 12 months, 48.3% for males and 42.5% for females; and within the last 30 days, 45.5% for males and 39.8% for females; and daily use within the last 30 days, 35.2% for males and 30.0% for females.

The males show higher prevalences than the females in all frequencies of use. The youngest individuals (16-34 age range) use more tobacco within the last 12 months, within the last 30 days and daily (within the last 30 days) than the older age group (35-64 age range).

In the bivariate analysis, in addition to the fact of being a male, young and unemployed, the aspects associated with tobacco use are not having college studies, have a low income, working in the construction industry or in the bar/restaurant/hotel industry and working on the night shift.

Regarding the occupational category, among males, daily tobacco use is higher among manual laborers, especially among those who are unskilled. Among females, statistically significant differences are found, a downward curve being noted from female executives/professionals down to unskilled manual laborers.

Regarding psychosocial risks, a highly consistent pattern is noted in both genders, daily tobacco use always being higher among those workers who report being exposed to these risks. The employment conditions also have an influence, especially as far as employment insecurity is concerned, where the males feeling insecurity regarding their job future smoke more than those who do not feel so. Daily tobacco use is found to be greater among those workers who state feeling burned out or stressed.

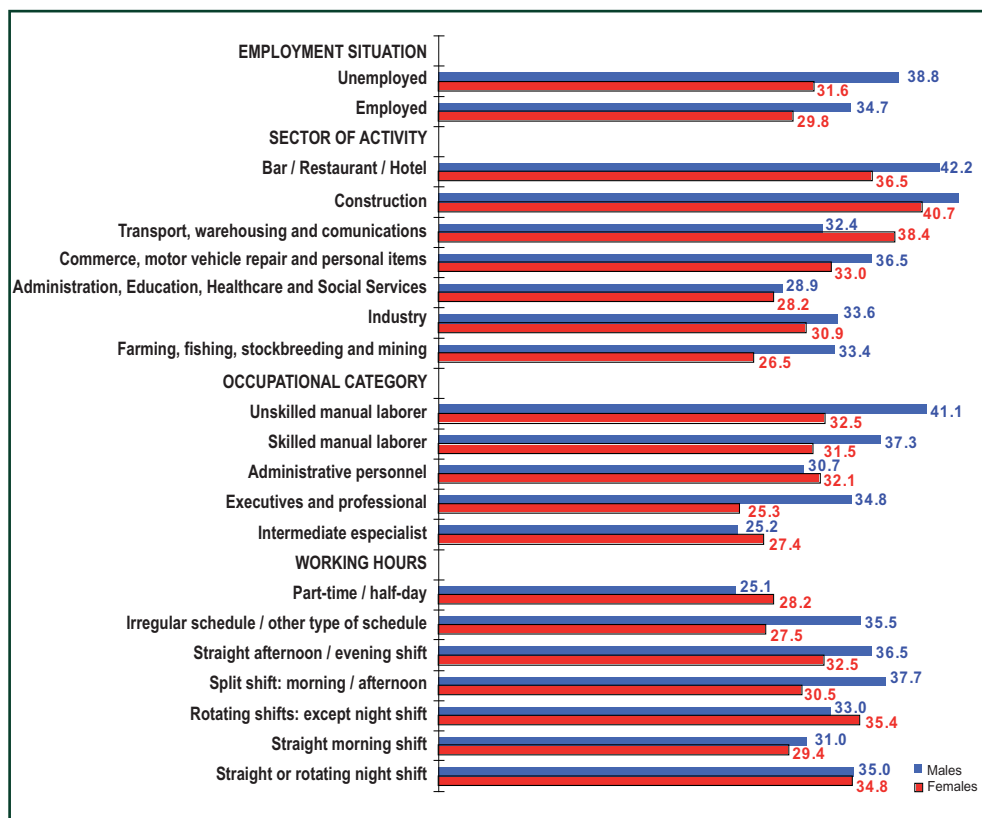
Regarding exposure to second-hand tobacco smoke, 26.2% of the working-age population reported having breathed tobacco smoke within the last 12 months at the workplace. At the point in time of the survey, breathing second-hand tobacco smoke throughout most of the working hours was reported by 13.5% of the males and 9.7% of the females; 16.4% of the males and 11.3% of the females having reported doing so throughout half or less of the working hours. Exposure to tobacco smoke affected a higher percentage of males (29.9%), workers within the 16-24 age range (33.6%), unskilled workers (31.2%), people working in the construction industry (42.9%) and especially in the bar/restaurant/hotel industry (58.1%). This situation may be changed by Law 42/2010 of December 30th entering into effect in amendment of Law 28/2005 of December 26th governing health measures regarding the smoking habit and regulating the sale, supply, use and advertising of tobacco products.

Percentage of the working-age population using TOBACCO DAILY according to the sociodemographic variables, broken down by gender. Spain 2008.

		MALES	FEMALES
AGE	16-34 years	35,9	32,9
	35-64 years	34,7	27,8
EDUCATIONAL LEVEL	No schooling/Elementary	38,1	29,0
	Secondary school	37,9	33,1
	College	25,2	24,5
MARITAL STATUS	Single	37,2	33,8
	Married Partnered	32,0	25,9
	Separated Divorced Widowed	51,3	38,0
COUNTRY OF BIRTH	Spain	36,7	32,1
	Others	27,0	19,0
TOTAL		35,2	30,0

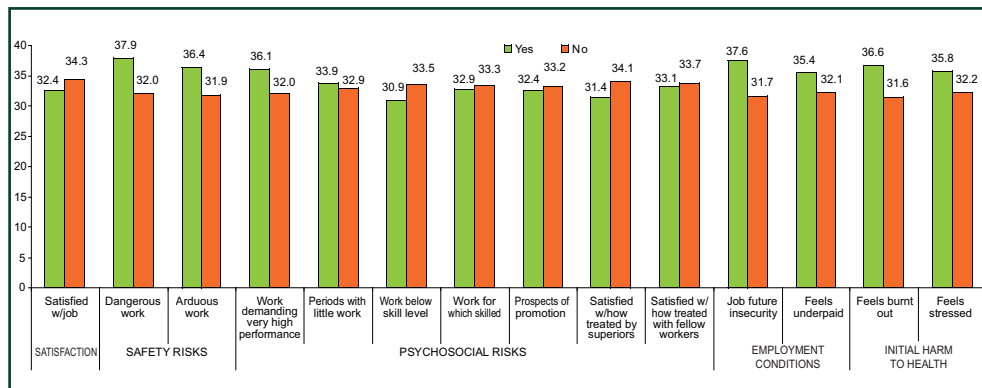
Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population using TOBACCO DAILY according to employment variables, broken down by gender. Spain 2008



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population using TOBACCO DAILY according to the working conditions. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

4.1.3 Sedative-Hypnotics

The prevalence of the use of sedative-hypnotics (tranquilizers and sleeping pills) within the last 30 days is 3.7% among males and 6.9% among females.

A total of 10.0% of the males and 17.6% of the females have used tranquilizers some time in their lives; 4.9% of the males and 9.3% of the females within the last 12 months; 2.7% of the males and 5.6% of the females within the last 30 days; and 1.2% of the males and 2.8% of the females on a daily basis. Regarding sleeping pills, 5.2% of the males and 7.8% of the females have used these pills some time in their lives; 2.9% of the males and 4.7% of the females within the last 12 months; 1.8% of the males and 1.1% of the females within the last 30 days; and 0.6% of the males and 1.1% of the females on a daily basis.

The sedative-hypnotics are the only psychoactive substances used by a larger percentage of females than males. The highest percentage of those using sedative-hypnotics is found in the older age group (35-64 age range). This same distribution, by gender and age, is also found to exist in the general population.

The prevalence of sedative-hypnotic use among males is two and a half times higher (OR=2.52) among the unemployed as compared to employed males, a statistically significant difference after adjusting by age, educational level, marital status and country of origin. Among the females, although the difference is smaller, it is also noted as being statistically significant.

By sectors of activity, no clear differences are noted in the prevalences of use, because they vary a great deal depending on age and gender. Among the males, the highest prevalence figures are found in the bar/restaurant/hotel industry and in the construction industry. On the contrary, among females, very high figures are found in the primary sector.

In the bivariate analysis, in addition to being a female, older-aged and unemployed, daily use of these substances is associated with: the level of studies or income, being an executive or middle-management employee, working in the primary sector and having a part-time working schedule.

Regarding the type of working hours, the highest prevalence figures for the use of these substances are found in males who have a part-time / half-day working hours and in females, those who work on a straight/rotating night shift.

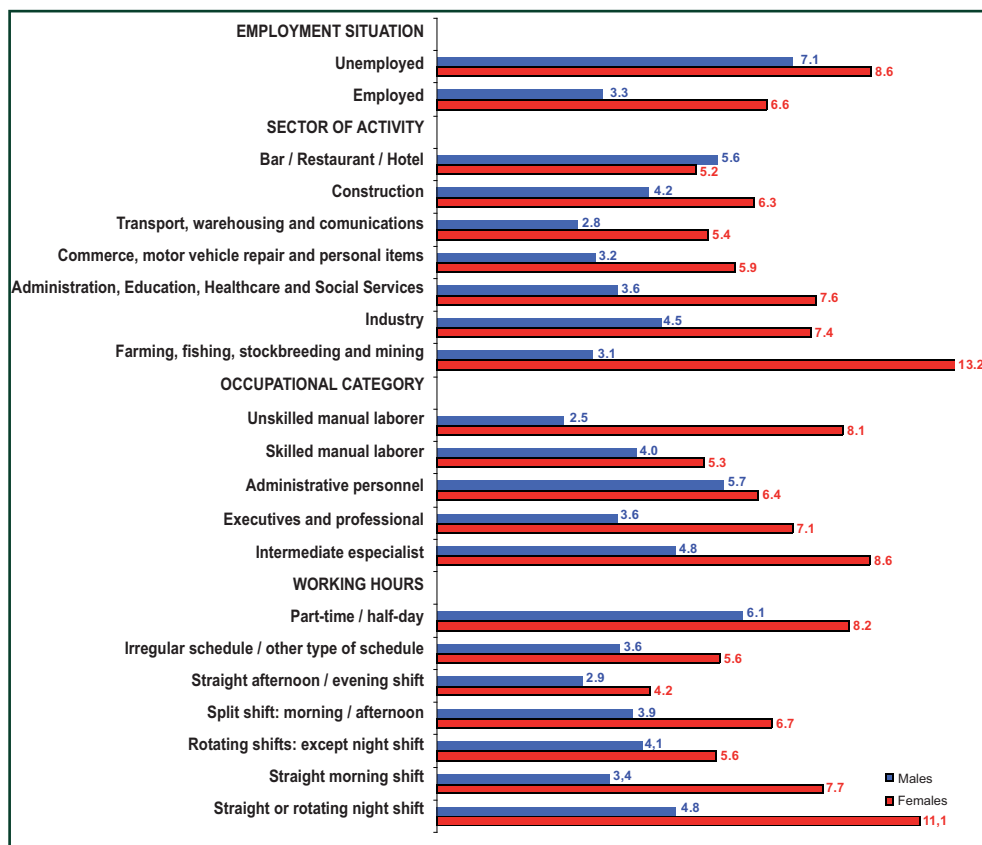
The males and females who state working at more dangerous or arduous jobs, with heat or cold, show higher prevalences of sedative-hypnotics use.

Percentage of the working-age population having used SEDATIVE-HYPNOTICS within the last 30 days according to the sociodemographic variables, broken down by gender. Spain 2008.

		MALES	FEMALES
AGE	16-34 years	2,2	4,3
	35-64 years	4,7	8,9
EDUCATIONAL LEVEL	No schooling/Elementary	4,1	8,7
	Secondary school	3,6	7,0
	College	3,7	5,8
MARITAL STATUS	Single	3,4	5,1
	Married Partnered	3,6	6,9
	Separated Divorced Widowed	6,8	12,6
COUNTRY OF BIRTH	Spain	4,1	7,5
	Others	1,6	3,8
TOTAL		3,7	6,9

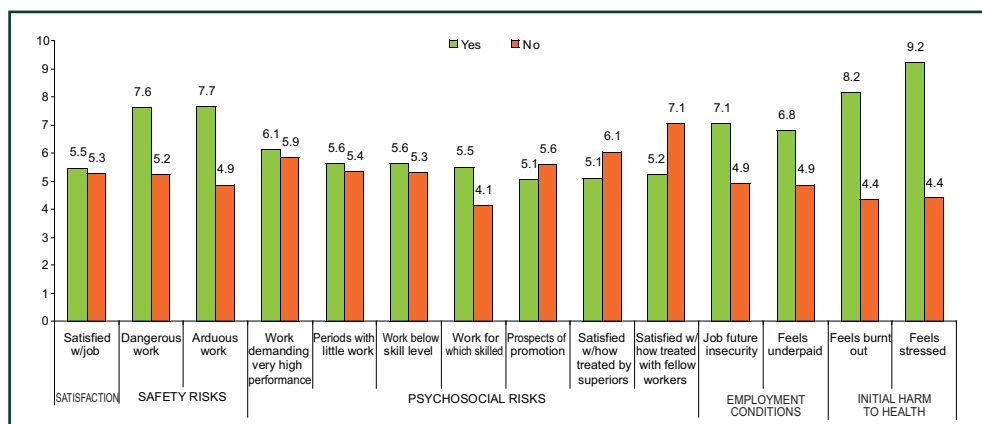
Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs

Percentage of the working-age population having used SEDATIVE-HYPNOTICS within the last 30 days according to the employment variables, broken down by gender. Spain 2008



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population having used SEDATIVE-HYPNOTICS within the last 30 days according to the working conditions. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

4.1.4 Cannabis

Cannabis is the illegal drug used most by the general and working-age populations.

In the working-age population, 36.4% of the males and 24.3% of the females report having used cannabis at some time in their lives; 13.3% of the males and 7.3 % of the females have used this substance within the last 12 months and 10.1% of the males and 4.5% of the females within the last 30 days; 1.8% of the males and 0.7% of the females on a daily basis.

With regard to the continuity of those who have used cannabis at some time in their lives, 34.4% continue using this substance within the last 12 months, and 24.8% within the last 30 days.

As it is the case among the general population, the prevalences of cannabis use are greater among the males and among the younger individuals. The prevalence of use among the unemployed and single individuals is higher as well.

By sectors of activity, the prevalence of use is significantly higher, for both genders, in the construction, bar/restaurant/hotel and transport/warehousing/communications industries. The findings are similar if all illegal drugs as a whole are taken into account instead of only cannabis.

Also as is the case for all of the other illegal drugs, outstanding is the use among males who have part-time/half-day working hours (24,1% uses some illegal drug). Among females, the highest prevalences are found among those who have a straight shift or rotating shifts. Among the males, use is more frequent among manual laborers and among females among the administrative personnel and intermediate specialists. Similarly, according to the occupational category, the highest prevalence figures are found in manual workers among the males, and in the administrative personnel and intermediate specialists, among the females.

In the bivariate analysis, in addition to being a male, young and unemployed, factors emerging as associated with the use of cannabis are: having a higher than elementary level education and working in the construction industry or in the bar/restaurant/hotel industry.

In relation to the working conditions, generally speaking, those individuals who have used more cannabis also report having worse conditions. For example, use is greater among both genders in those individuals who state having jobs requiring high performance, who are not satisfied with their work and with the way they are treated by their superiors or fellow workers or who perform dangerous work

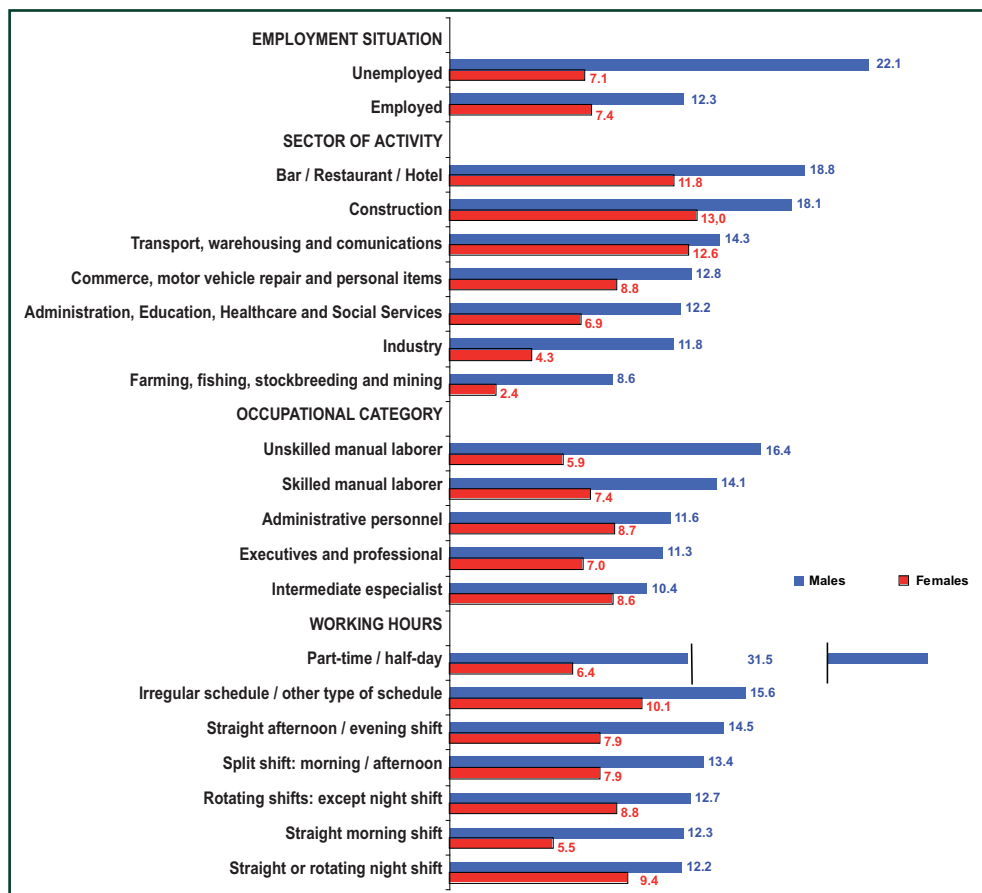
The following table and figures show some results on the use of cannabis within the last 12 months:

Percentage of the working-age population having used CANNABIS within the last 12 months according to the sociodemographic variables, broken down by gender. Spain 2008.

		MALES	FEMALES
AGE	16-34 years	23,8	13,0
	35-64 years	6,7	3,0
EDUCATIONAL LEVEL	No schooling/Elementary	11,8	3,1
	Secondary school	14,8	7,5
	College	11,4	9,7
MARITAL STATUS	Single	24,6	14,5
	Married Partnered	4,9	2,9
	Separated Divorced Widowed	12,9	6,1
COUNTRY OF BIRTH	Spain	14,0	7,9
	Others	10,4	4,9
TOTAL		13,4	7,3

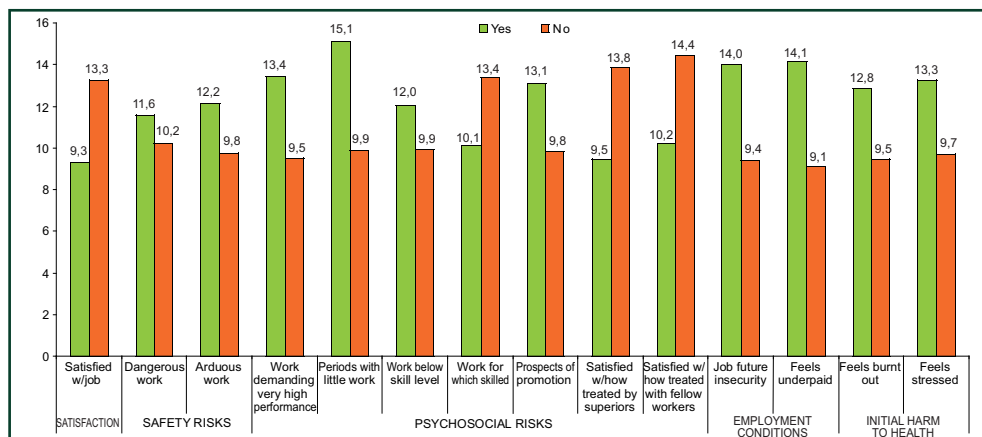
Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population having used CANNABIS within the last 12 months according to the employment variables, broken down by gender. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs

Percentage of the working-age population having used CANNABIS within the last 12 months according to the working conditions. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

4.1.5 Cocaine

Cocaine in salt form (chlorhydrate) or cocaine powder is the second most used illegal drug in Spain, both among the working-age population and the general population.

Among the working-age population, 12.8% of the males and 6.2% of the females report having used cocaine at some time in their lives; 4.7% of the males and 1.8% of the females having used cocaine within the last 12 months; 2.6% of the males and 0.9% of the females having used it within the last 30 days. Base cocaine is used by smaller percentage of people, 2.3% of those surveyed having used it at some time in their lives; 0.6% of the working-age population within the last 12 months and 0.3% within the last 30 days.

With regard to the continuity of those who have used cocaine powder at some time in their lives, 34.7% continued using this substance within the last 12 months; and 18.8% within the last 30 days.

The prevalences of cocaine use are higher among males and in the 16-34 age group. On the other hand, the prevalence of cocaine use is higher among the unemployed than among the employed, for all frequencies measured and in both genders.

Focusing the analysis on the use of cocaine powder within the last 12 months, special mention must be made of the following:

The construction industry is the sector of activity showing the highest prevalence of cocaine powder used within the last year (statistically significant difference). Among females, the highest figures are in the transport/warehousing/communications industry.

With regard to the occupational category, no statistically significant differences are found once the adjustment has been made by way of the sociodemographic variables.

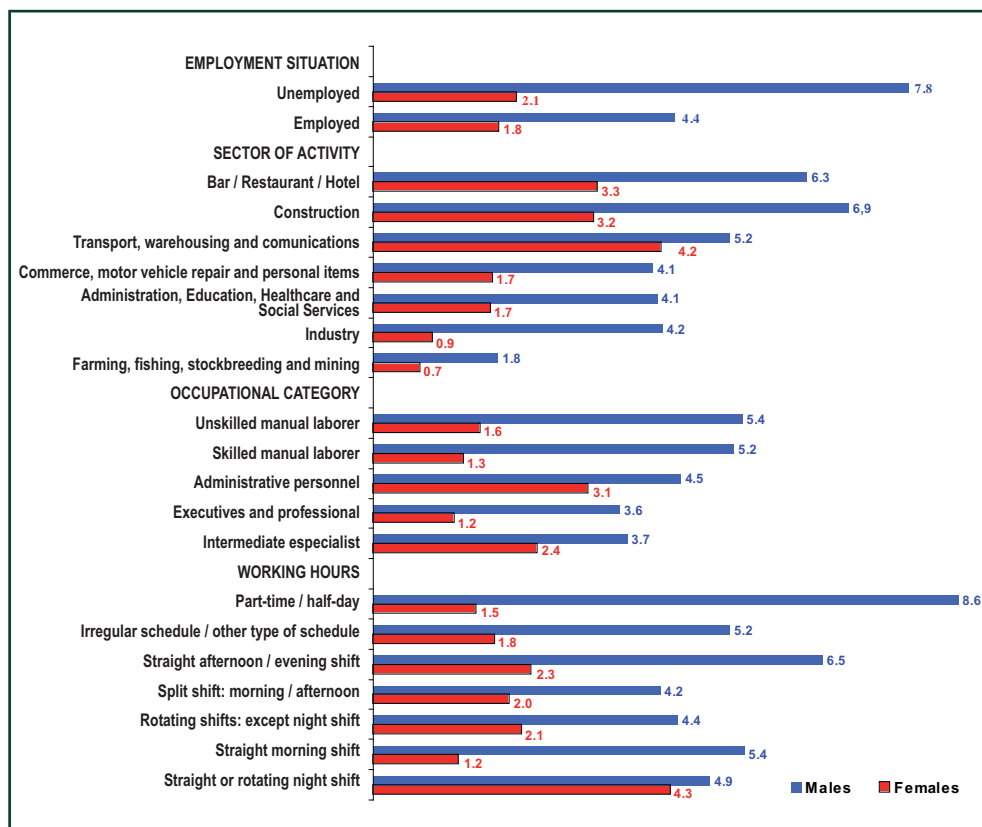
On noting the use and type of working hours, the highest percentage of users is for those who have half-day / part-time working hours among the males, and among the females who have a straight night shift.

Percentage of the working-age population having used COCAINE within the last 12 months according to the sociodemographic variables, broken down by gender. Spain 2008.

		MALES	FEMALES
AGE	16-34 years	8,3	3,6
	35-64 years	2,5	0,5
EDUCATIONAL LEVEL	No schooling/Elementary	4,9	2,1
	Secondary school	5,0	2,0
	College	3,9	2,1
MARITAL STATUS	Single	9,4	3,9
	Married Partnered	1,2	0,6
	Separated Divorced Widowed	5,7	1,5
COUNTRY OF BIRTH	Spain	5,0	1,9
	Others	3,2	1,5
TOTAL		4,7	1,8

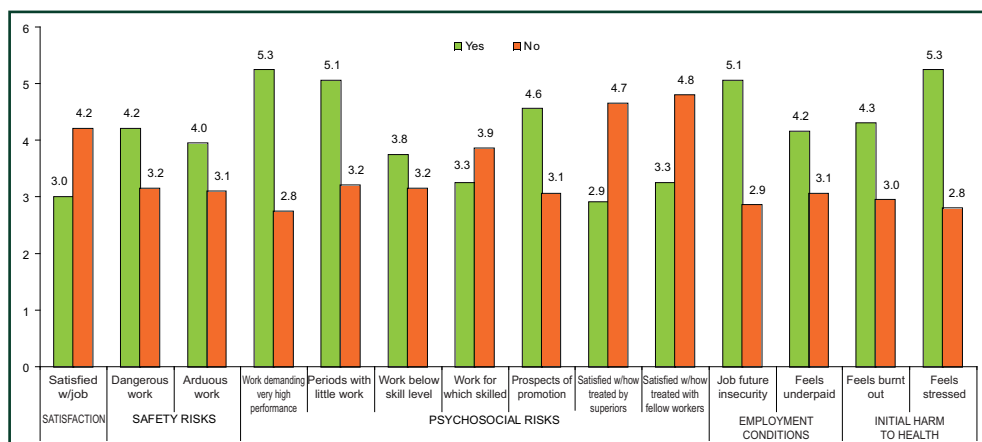
Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population having used COCAINE powder within the last 12 months according to the employment variables, broken down by gender. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population having used COCAINE powder within the last 12 months according to the working conditions. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

4.1.6 Ecstasy

Among the working-age population, 6.7% of the males and 3.0% of the females report having used ecstasy at some time in their lives; 1.7% of the males and 0.8% of the females within the last 12 months; and 0.6% of the males and 0.3% of the females within the last 30 days.

The highest prevalences of use are found among the males, the younger age group (16-34 age range), the unemployed and single individuals.

By sectors of activity, the most prevalent use is found among the males who work in the transport/warehousing/communications industry, and in the construction and bar/restaurant/hotel industries. Among the females, the greatest prevalences are found in the construction and bar/restaurant/hotel industries.

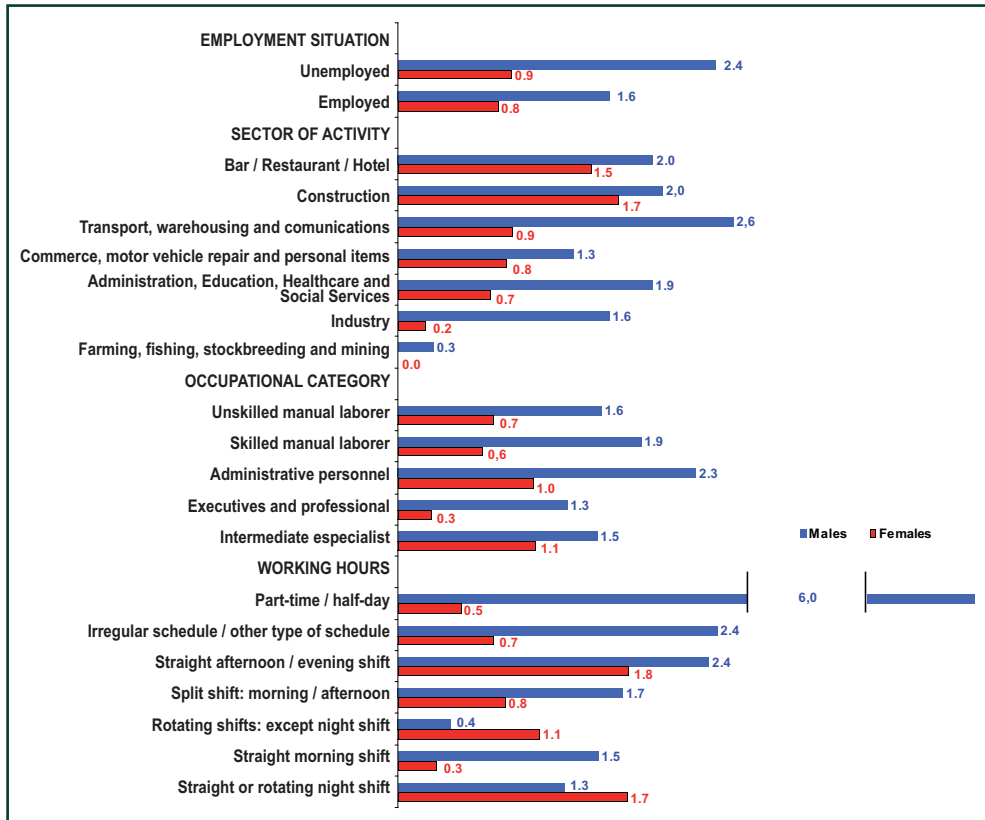
Regarding the occupational category, the most prevalent uses are among the administrative personnel. Similarly, the prevalences are greater among the males who have part-time / half-day working hours and among the females who work the afternoon shift or on a straight/rotating night shift.

Percentage of the working-age population having used ECSTASY within the last 12 months according to the sociodemographic variables, broken down by gender. Spain 2008

		MALES	FEMALES
AGE	16-34 years	3,3	1,6
	35-64 years	0,6	0,2
EDUCATIONAL LEVEL	No schooling/Elementary	0,8	0,2
	Secondary school	1,9	0,9
	College	2,0	0,8
MARITAL STATUS	Single	3,7	1,8
	Married Partnered	0,3	0,3
	Separated Divorced Widowed	1,4	0,2
COUNTRY OF BIRTH	Spain	1,8	0,8
	Others	1,3	0,7
TOTAL		1,7	0,8

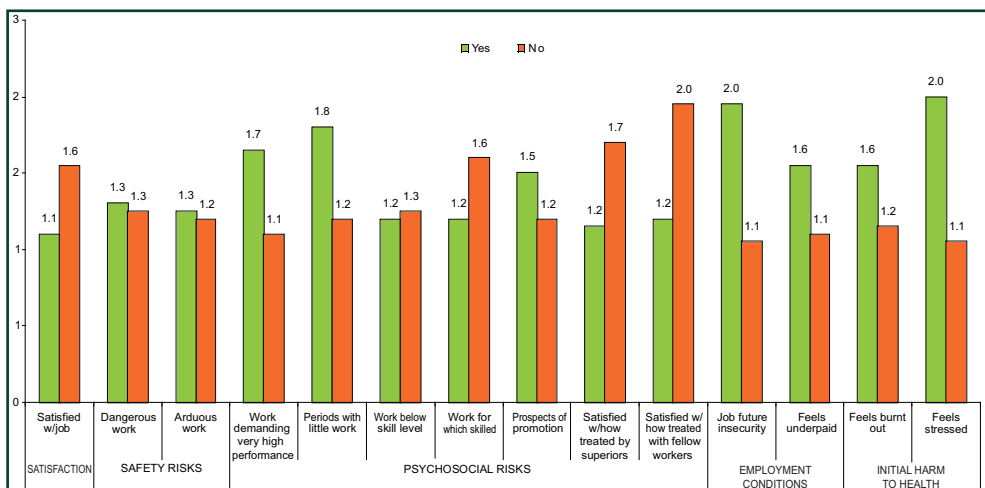
Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population having used ECSTASY within the last 12 months according to the employment variables, broken down by gender. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population having used ECSTASY within the last 12 months according to the working conditions. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

4.1.7 Amphetamines

Among the working-age population, 6.2% of the males and 2.6% of the females report having used amphetamines at some time in their lives; 1.2% of the males and 0.4% of the females within the last 12 months; and 0.4% of the males and 0.2% of the females within the last 30 days.

As is the case with other substances sold illegally, the prevalences of use are higher among the males, in the younger age group (16-34 age range), among the unemployed and among people with secondary-level studies.

With regard to the sector of activity, the most prevalent use is among the males who work in the transport and bar/restaurant/hotel industry and among women who work in the commercial and the bar/restaurant/hotel industries.

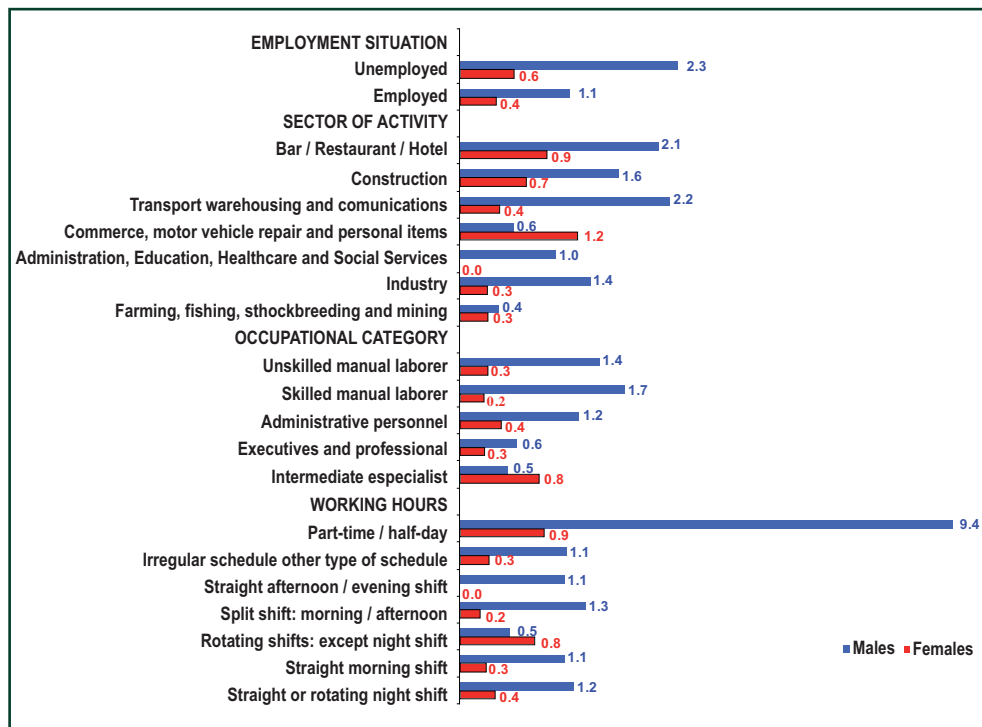
The jobs with a part-time/half-day working schedule among males once again show the highest prevalences of use.

Percentage of the working-age population having used AMPHETAMINES within the last 12 months according to the sociodemographic variables, broken down by gender. Spain 2008

		MALES	FEMALES
AGE	16-34 years	2,5	0,8
	35-64 years	0,4	0,1
EDUCATIONAL LEVEL	No schooling/Elementary	1,0	0,2
	Secondary school	1,5	0,5
	College	0,9	0,4
MARITAL STATUS	Single	2,7	0,9
	Married Partnered	0,2	0,1
	Separated Divorced Widowed	1,5	0,0
COUNTRY OF BIRTH	Spain	1,3	0,4
	Others	0,9	0,2
TOTAL		1,2	0,4

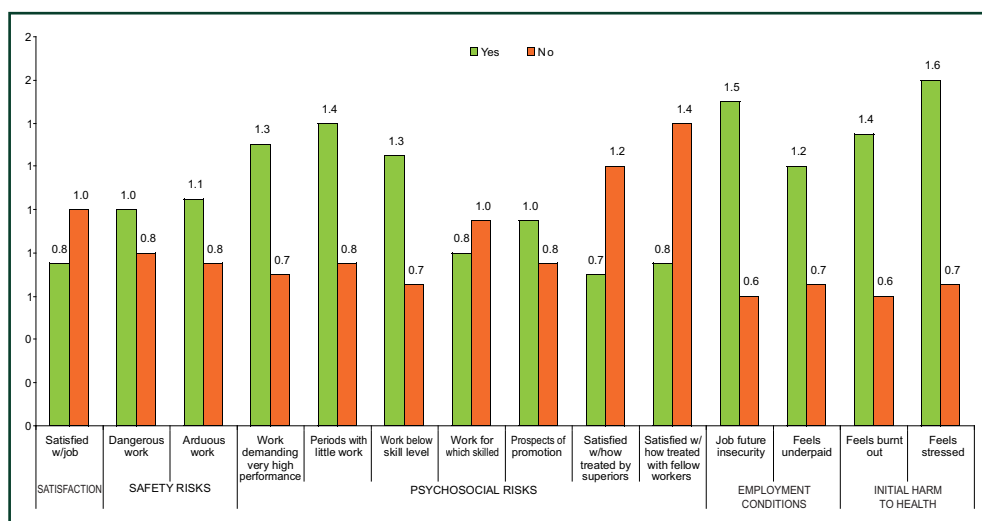
Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population having used AMPHETAMINES within the last 12 months according to the employment variables, broken down by gender. Spain 2008



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population having used AMPHETAMINES within the last 12 months according to the working conditions. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

4.1.8 Hallucinogens

Among the working-age population, 6.2% of the males and 2.5% of the females reported having used hallucinogens at some time in their lives; 0.8% of the males and 0.3% of the females within the last 12 months and 0.2% of the males and 0.0% of the females within the last 30 days.

The prevalence of use of hallucinogens is greater among the males than among the females and among the population within the 16-34 age range than among the population in the 35-64 age range, among individuals with a higher educational level and among single people.

Regarding the employment situation, higher prevalences of use are found among unemployed people who possess prior work experience than among employed individuals, for both genders.

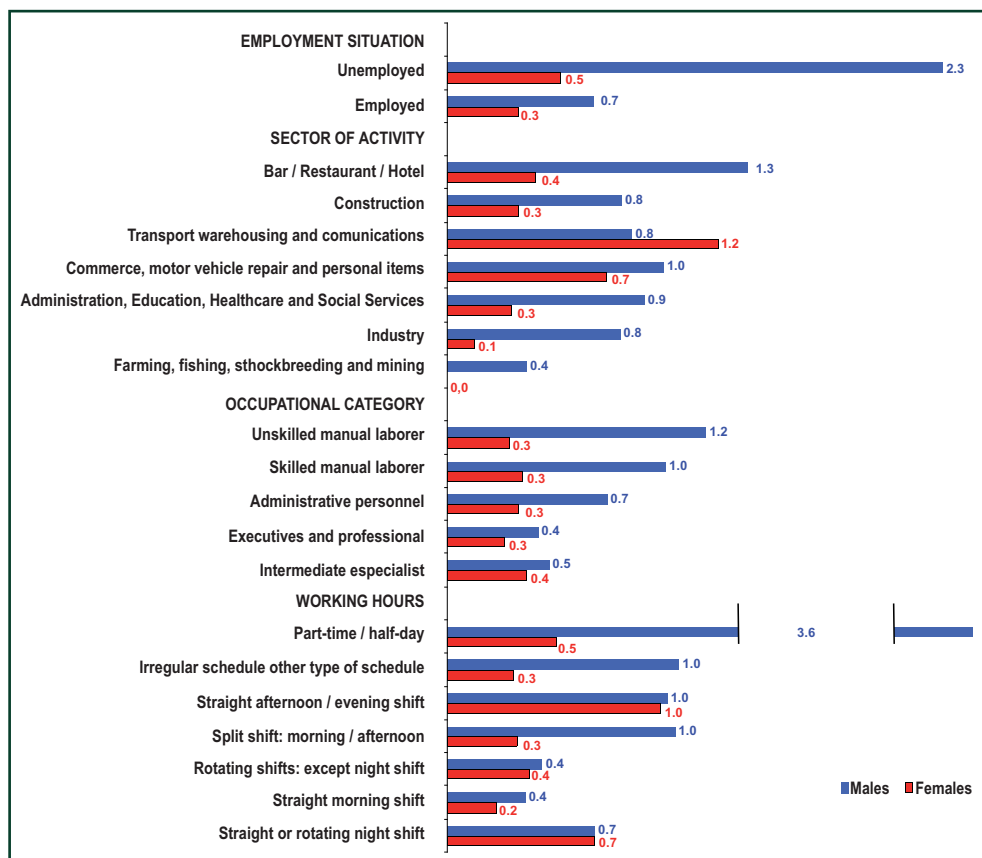
With regard to the occupational characteristics, use is more prevalent among the males, in the bar/restaurant/hotel and transport industries; and among the females, in those working in commercial and bar/restaurant/hotel industries. By occupational category, the highest prevalence figures are, for males, among the manual workers. Hardly any differences are found among the females. Lastly, according to the type of working hours, as is the case with the use of other illegal drugs, the most prevalent uses are found among the males who have part-time or half-day working hours.

Percentage of the working-age population having used HALLUCINOGENS within the last 12 months according to the sociodemographic variables, broken down by gender. Spain 2008.

		MALES	FEMALES
AGE	16-34 years	1,8	0,8
	35-64 years	0,2	0,0
EDUCATIONAL LEVEL	No schooling/Elementary	1,0	0,4
	Secondary school	0,8	0,3
	College	0,8	0,3
MARITAL STATUS	Single	1,9	0,7
	Married Partnered	0,0	0,2
	Separated Divorced Widowed	0,8	0,0
COUNTRY OF BIRTH	Spain	0,9	0,4
	Others	0,6	0,3
TOTAL		0,8	0,3

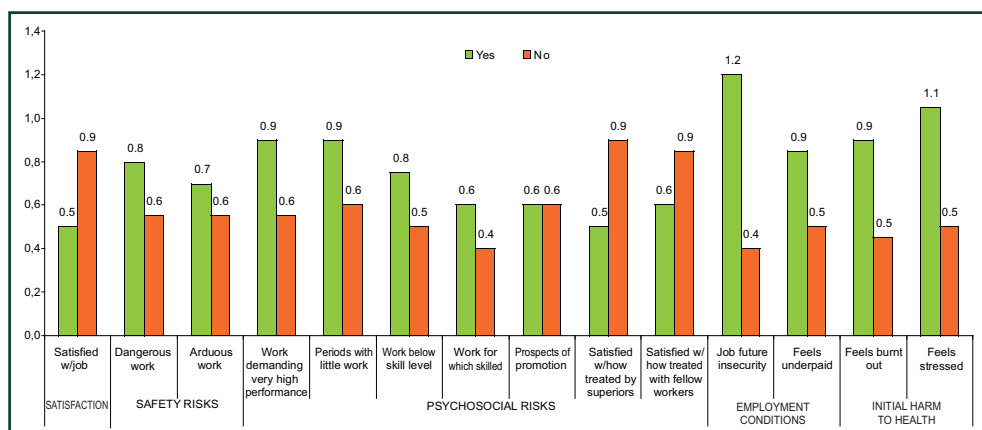
Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population having used HALLUCINOGENS within the last 12 months according to the employment variables, broken down by gender. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

Percentage of the working-age population having used HALLUCINOGENS within the last 12 months according to the working conditions. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

4.1.9 Volatile substances

In the same way as it is for the general population, the use of volatile substances is not very widespread among the working-age population, so the complete breakdown of the results is not provided as it has been for the rest of psychoactive substances.

Volatile substances had been used at some time in their lives by 2.0% of the males and 0.6% of the females, and by 0.2% of both genders within the last 12 months.

The highest prevalences were among the males, the youngest individuals (16-34 age range) and among the unemployed.

Percentage of the working-age population having used VOLATILE SUBSTANCES according to gender, age and employment situation, and broken down by frequency of use. Spain 2008.

Prevalence of consumption (%)	Total	Males	Females	16-34 age range	35-64 age range	Employed	Unemployed w/ prior work experience
Lifetime prevalence (some time in their lives)	1,4	2,0	0,6	2,1	1,0	1,3	2,1
Last 12 months prevalence	0,2	0,2	0,2	0,3	0,1	0,2	0,2

Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs

4.1.10 Heroin

Just as is the case in the general population, heroin use among the working-age population has decreased, currently showing low prevalence figures, as a result of which the complete breakdown of the results is not provided as it has been for the rest of psychoactive substances.

Heroin had been used at some time in their lives (lifetime prevalence) by 1.5% of the males and 0.3% of the females, and by 0.2% of the males and 0.0% of the females within the last 12 months.

The highest prevalences are found among the males, the younger age group (16-34 age range) and the unemployed.

Percentage of the working-age population having used HEROIN according to gender, age and employment situation, and broken down by frequency of use. Spain 2008.

Prevalence of consumption (%)	Total	Males	Females	16-34 age range	35-64 age range	Employed	Unemployed w/ prior work experience
Lifetime prevalence (some time in their lives)	1,0	1,5	0,3	0,7	1,2	0,8	2,1
Last 12 months prevalence	0,1	0,2	0,0	0,1	0,1	0,1	0,3

Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

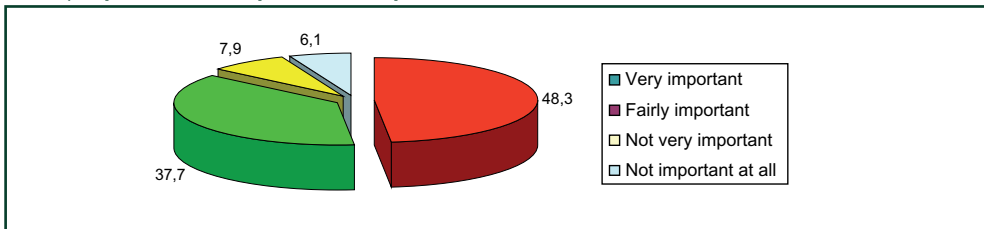
4.2 Perception of psychoactive substance use at the workplace

The phenomenon of the excessive use of alcohol and other drugs at the workplace is not really visible for workers. Up to two thirds of those surveyed (75.8%) stated not knowing or not having known any fellow worker who drank alcohol or other drugs, whilst 20.7% knew some, and only 3.4% knew or had known quite a few.

This “invisibility” is somewhat greater among those employed (76.6%), females (83.5%) and those within the 35-64 age range (77.4%), and less among the unemployed (69.9%), the males (70.4%) and those within the 16-34 age range (73.6%).

Despite practically 8 out of 10 surveyed individuals stated not knowing any fellow worker who consumed excessive alcohol or other drugs, nearly 9 out of 10 were of the opinion that drinking alcohol or using other drugs in the work environment was a fairly important or very important problem, without any significant differences being found in this case in terms of the gender, employment-related situation (employed/unemployed) or age variables.

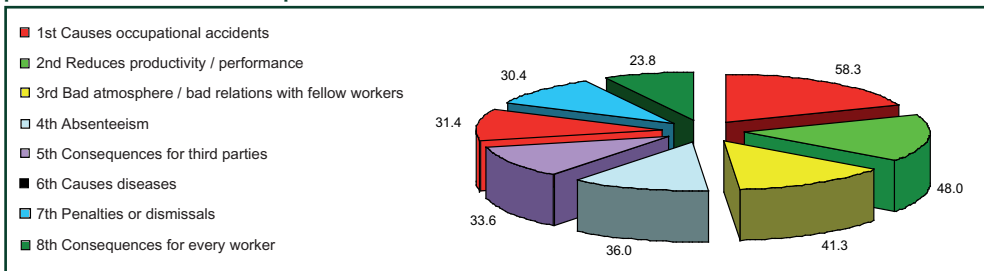
Percentage of the working-age population who consider the problem of drugs at the workplace to be very, fairly, not very important or not important at all. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

With regard to the main reasons for considering drinking alcohol and drug use to be an important problem at the workplace, the three most mentioned were: the possibility of being a cause of occupational accidents, of reducing productivity or performance and the fact that it often causes a bad atmosphere or bad relations with fellow workers. Although a general consensus exists between males and females and between the employed and unemployed in pointing out mainly these three reasons in the very same order, the females and the unemployed place greater stress on the reduction in productivity and performance (50.5% and 50.7%, respectively), and the bad atmosphere and bad relations with fellow workers (45.2% and 43%, respectively) than the males and those who are currently employed. On the contrary, no significant differences are found in terms of age.

Percentage of the working-age population who consider the problem of drugs at the workplace to be an important problem for different reasons. Spain 2008.



Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

4.3 Information and other measures taken by the Company on prevention of psychoactive substance abuse

A total of 84.5% of the working-age population reports not having received any type of information (pamphlet, informative material, lecture, course, etc.) offered by their Company concerning the risks and prevention of drinking alcoholic beverages, smoking tobacco or using other drugs within the twelve months immediately prior to being surveyed.

A total of 9% of those unemployed who had however been employed within the immediately previous twelve months had received this type of information. This figure reached 13.7% among those who were employed at the point in time of the survey.

The information with which these workers were provided by the Company or workplace concerning risks and prevention had mainly to do with smoking tobacco (73%) and drinking alcohol (70.3%) and to a lesser degree with cocaine (44.7%) and cannabis (41.8%). An even smaller percentage had been provided with information on heroin (35.1%) and other legal or illegal substances (<25%).

Some of the interventions most commonly carried out by the Companies included precisely that upon which a greater deal of importance was placed which was informing and training workers on drugs effects and prevention (11.8%). The other two interventions which the workers considered to be of greater importance (guidance for the workers with drinking problems to attend specialized care centers and promotion of social and healthcare services for drug users) had been carried out by solely 3.5% of the Companies of those surveyed.

Measures taken by the Company on prevention of psychoactive Substance abuse (%). Spain 2008.

(%)	Total	Males	Females	16-34 age range	35-64 age range
Informing and training employees on drug use prevention	56,0	57,2	54,2	55,6	56,3
Social and health care services for drug users	27,4	27,0	27,9	26,4	28,0
Assistance or counseling to families of drug users	23,9	22,2	26,3	24,5	23,5
Analysis to detect drugs in exhaled air, blood, hair or in any other organic sample	13,3	13,7	12,8	14,2	12,7
Conducting medical check-ups of workers with problems of alcohol or any other drug use	20,6	21,1	19,9	21,1	20,3
Provide guidance for workers with problems of alcohol or drug use to attend specialized care centers	34,9	34,7	35,2	35,5	34,6

Source: Household Survey on Alcohol and Drugs in Spain. EDADES 2007-08. Spanish Observatory on Drugs.

4.4 Occupational health and drugs within the international scope

Within the international scope, hardly any specific surveys on the use of psychoactive substances at the workplace are identified. By and large, use is made of the household surveys on the use of drugs to include a sociodemographic section with a classification by productive sectors and field of activity, in addition to a small module on the existence of written protocols on this subject at the Company, preventive programs at the Company or, as in the case of the U.S., on the characteristics of the drug detection system (mostly urine sample tests) and the consequences of the tests results for the workers. Finally, an analysis broken down by occupational activities is made.

Within this context, Spain's EDADES Survey, in which the employment module is included, is one of the most powerful surveys due to its large sample size and to that fact that it has one of the longest-standing historical series in all Europe.

Some results of the most relevant surveys within an international scope are presented, although the methodological differences must be taken into account for the purpose of drawing comparisons.

In the United Kingdom, according to the 2007 household survey (General Household Survey 2007), the group of workers within the 16-64 age range which showed a higher rate of alcoholic beverage consumption within the last week was that of those individuals holding executive or management positions (74%), following by others in an intermediate situation, such as self-employed workers and owners of small and medium-sized businesses (64%). Regarding the weekly household income level, the percentage of individuals who drank alcoholic beverages within the last week increased in proportion to the increase in family income.

In the United States, the National Survey on Drug Use and Health 2002-2004 (NSDUH) results showed that 8.2% of the workers within the 18-64 age range working full-time had used illegal drugs within the last month, and 8.8% had drunk 5 or more alcoholic beverages within less than 2 hours at least 5 or more days within the last month. The workers in the food product and bar/restaurant/hotel industry (16.9%), and the workers in the construction industry (13.7%) showed the highest rates of illegal drug use within the last month. The highest rates for problem drinking of alcoholic beverages were recorded among the workers in the construction industry (15.9%), those employed in show business (13.6%) and miners (13.3%).

With regard to the implemented interventions at the Companies in the United States, 32.1% of the workers who have used some illegal drug within the last month reports having received information, 45.4% reporting having taken part in some treatment program. Among the at-risk drinkers, 37.2% report having received information and 51.1% having taken part in some treatment program.

In Australia, a study was conducted on 26,000 individuals which showed alcohol consumption (6.1% of the population of working age) to be clearly correlated to occupation and gender, being the occupational categories in the cleaning industry among males (15.2%) and the social services among females (11.2%) those which showed the highest prevalence figures.

⁷ <https://www.statistics.gov.uk/statbase/>

⁸ <https://nsduhweb.rti.org/>

⁹ Smith DR, Leggat PA. Alcohol and occupation in Australia: results from the 2004-05 National Health Survey. Abstract book. EPI COH2007, 19th International Conference on Epidemiology in Occupational Health. Banff (Canada), October 9-12, 2007.

5. Conclusions

Prevalence of use

The psychoactive substances most used by the working-age population are alcohol and tobacco. The illegal drugs with the greatest prevalences of use are cannabis, followed by cocaine powder. Use is similar to that of the general population, although the working-age population shows slightly higher prevalences of psychoactive substance use, with the exception of the sedative-hypnotics.

Sociodemographic characteristics

For any of the psychoactive substances in question, except for the case of sedative-hypnotics, the percentage of male users is always higher than that of female users. Illegal drug use is concentrated in the younger age group (16-34 age range), whilst the use of sedative-hypnotics is predominant among older ages (35-64 age range). The prevalence of legal drug use is greater among the separated/divorced/widowed group, whilst the use of illegal drugs is predominant among single individuals.

Employment situation

Overall, the prevalences of use are greater -for all of the substances in question-, among the group of unemployed males as compared to the group of those employed. The greatest differences are found for the use of sedative-hypnotics. The trend is quite similar among females, although with some differences between the employed and unemployed groups, the sedative-hypnotics being used by a larger percentage of females among the latter.

Sector of activity

Daily, at-risk alcohol consumption is predominant in the group of males who work in the primary sector (agriculture, fishing, stockbreeding, and mining) and in the bar/restaurant/hotel and construction industries. Similarly, the prevalences of daily tobacco use are also greater in the construction and bar/restaurant/hotel industries, for both genders. The bar/restaurant/hotel industry is the sector in which exposure to tobacco smoke reaches its highest percentages, this being a fact which may be changing with the entry into effect of Law 42/2010 of December 30th . Among the females, the use of sedative-hypnotics is significantly more widespread within the primary activities sector. For both genders, the higher prevalences of illegal drug use are found in the bar/restaurant/hotel industry and in the construction industry, although the use-related figures are also considerable in the transport industry and commercial field. The bar/restaurant/hotel and construction industries should therefore be taken into consideration as a priority when designing and implementing preventive interventions regarding legal and illegal drug use.

Occupational category

At-risk alcohol consumption is more prevalent among executives and professionals than among other occupational categories, these differences being more patent among the males than among the females. Daily tobacco use is recorded more often among the group of manual workers. Illegal drug use is more widespread, among the males, in the manual worker category, whilst, among the females, it is predominant in the administrative personnel and intermediate specialist category.

Type of working hours

Among the males, the higher percentage of those using illegal drugs and sedative-hypnotics is found among the group of those who work on a part-time / half-day basis.

Job satisfaction

The degree of satisfaction achieved with the work done is not found to be clearly related to the use of alcohol and tobacco, either among males or among females. Higher drug prevalence figures are recorded solely for recent use of cannabis among males and females who report being dissatisfied with their jobs than among those who say they are satisfied.

¹⁰ Law 42/2010 of December 30th enacted in amendment of Law 28/2005 of December 26th governing healthcare measures regarding the tobacco smoking habit and regulating the sale, supply, smoking and advertising of tobacco products.

Safety hazards

Males performing dangerous work or work under arduous conditions (bad odors, body positions, cold, heat, etc.) are also those who report higher prevalences of alcohol and tobacco use. It is in this group in which drinkers who drink alcohol daily or show at-risk consumption patterns are found. For both genders, greater prevalences of sedative-hypnotics, cannabis and cocaine are found among those workers performing dangerous or arduous jobs.

Psychosocial risks

Illegal drug use and the presence of psychosocial risks show a clear association among the male working-age population. The use of alcohol and tobacco is always more prevalent among the workers who report being exposed to these risks. Paradoxically, higher prevalences of use are also found among those workers who report feeling well-trained for performing their job and among those who believe their skills and training are fairly suited to their jobs. Illegal drug use is found to be more prevalent among the workers of both genders who report being exposed to the psychosocial risk factors.

Employment conditions

The employment conditions (wages and job security) seem to have little bearing on alcohol consumption, but do indeed have a bearing on smoking tobacco. Hence, those workers who report feeling insecure about their occupational futures show greater prevalences of tobacco use. The existence of poor employment conditions is directly related to the prevalence of use of sedative-hypnotics, cannabis and cocaine, in both genders.

Initial harm to health

The prevalences of smoking tobacco daily and of exposure to tobacco smoke are higher among the male and female workers who report feeling burnt out and stressed (considering these two aspects as indicators of initial harm to health). On the other hand, the workers who report feeling burnt out and stressed show higher prevalences of use of sedative-hypnotics, cannabis and cocaine than those who report not finding themselves to be affected by these symptoms.

Perception of the use of alcohol and other drugs at the workplace

Nearly half of the working-age population is of the opinion that drinking alcohol and taking other drugs at the workplace is a highly important problem which may additionally affect productivity or job performance, give rise to bad relations among fellow workers and create a bad working atmosphere and even increase the risk of occupational accidents. However, 8 out of every 10 individuals surveyed reported not knowing or not having known any fellow worker who abused alcohol or other drugs.

Information and other measures of the Company regarding preventing drug use

Most of the working-age population (84.5%) states not having received any type of information offered by their Companies concerning the risks and the prevention of drinking alcohol, smoking tobacco or using other drugs throughout the twelve months immediately prior to being surveyed. The measures considered most important in this regard by those surveyed were those of informing and training the workers on drugs effects and prevention and providing guidance for those workers with problems regarding the use of alcohol or other drugs to specialized care providing centers.

Line of work and collaboration

The scant amount of information available within both the national as well as the international scope makes it necessary to continue along this line of work. The EDADES survey shows itself to be a useful tool for obtaining information of the use of psychoactive substances at the workplace. Therefore, it would be advisable to continue adapting the questionnaire and the analyses to be conducted so as to be able to avail of a historical series making it possible to evaluating trends. It is indispensable that the data obtained are comparable with other national and international data, which requires close collaboration and the use of validated scales.

The obtained results show the working conditions to apparently have a bearing on the prevalence and the pattern of use of psychoactive substances in Spain and serve as an orientation concerning what aspects must be addressed in greater depth. Collaboration among the different stakeholders involved (trade unions, Companies, Autonomous Communities, Municipal Governments, NGOs, universities, etc.) is necessary in order to obtain good quality information which will make it possible to design, plan and evaluate occupational safety and health policies in relation to the use of psychoactive substances on the basis of acquired knowledge.

SUPPLEMENTARY INFORMATION:

2009 Spanish Drug Monitoring System Report: Current Situation and Trends in Drug Problems in Spain.

Available at: www.pnsd.mspsi.es

INFORMATION, SUGGESTIONS AND REQUESTS:

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E IGUALDAD