

PARTY PANEL

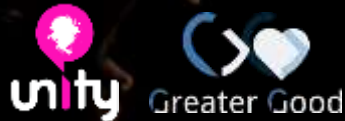
HOW DO WE PARTY, WHAT RISKS ARE WE
WILLING TO TAKE AND WHY?

GJALT-JORN PETERS*, JUDITH NOIJEN & UNITY

* OPEN UNIVERSITY OF THE NETHERLANDS AND GREATER GOOD

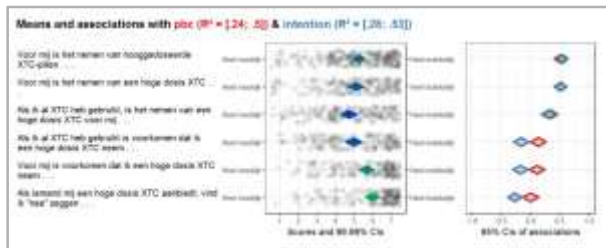
* GJALT-JORN@BEHAVIORCHANGE.EU

* [HTTP://BEHAVIORCHANGE.EU](http://BEHAVIORCHANGE.EU)





Ministry of Health, Welfare and Sport



USING ALCOHOL OR OTHER DRUGS IS NEVER WITHOUT RISK

BE GENTLE FOR YOUR EARS

THINK FOR YOURSELF, CARE ABOUT OTHERS

PACE YOURSELF: EAT, SLEEP, RAVE

DON'T PUSH YOUR LIMITS. BE RESPONSIBLE

BE PREPARED FOR ANY TYPE OF WEATHER

TAKE YOUR TIME TO CHILL

SAFE SEX, ALWAYS

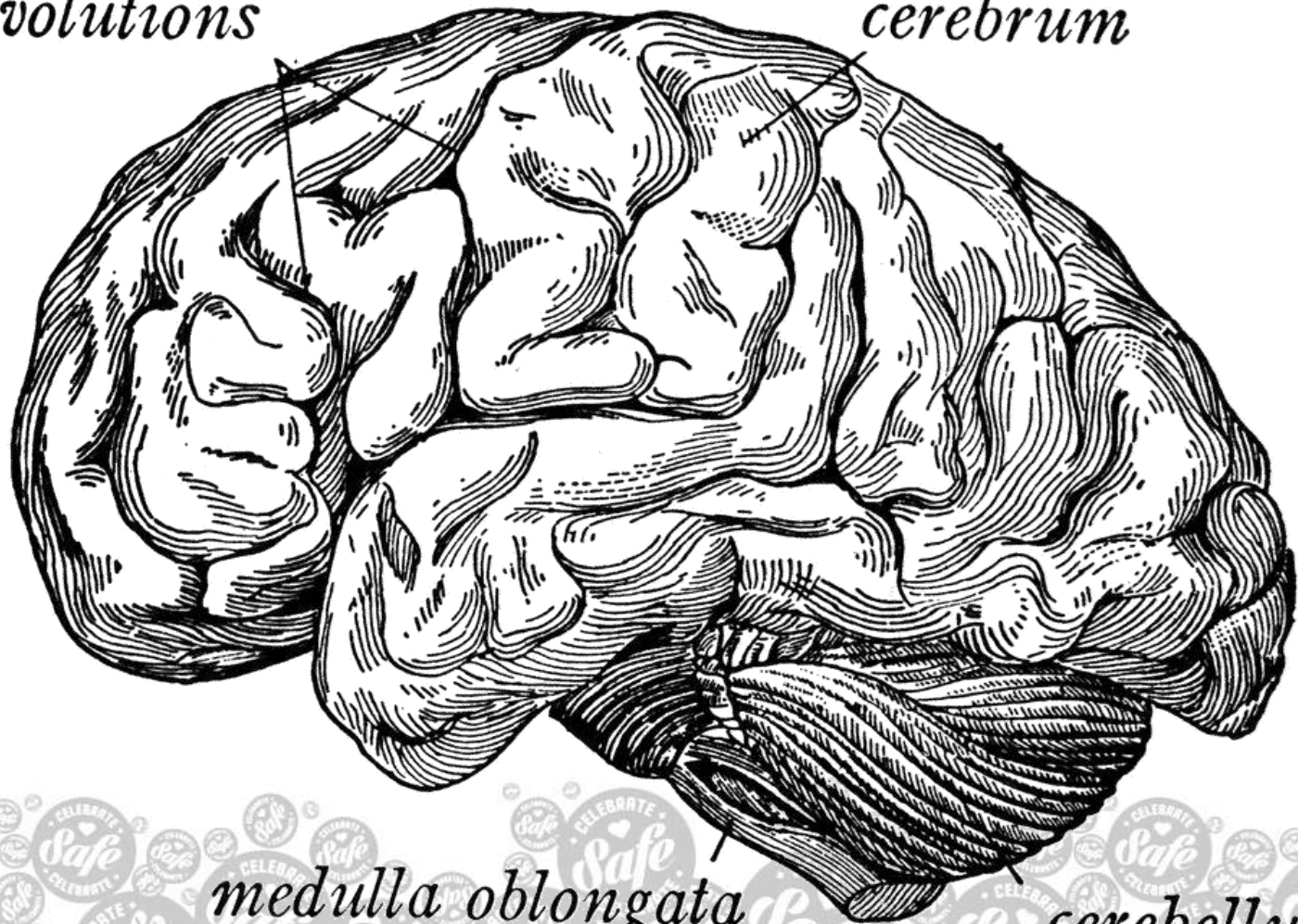
THE FIRST AID TEAM IS YOUR FRIEND

DON'T DRINK OR DRUGS AND DRIVE
YOU ARE A GREAT RISK FOR YOURSELF AND OTHERS



convolutions

cerebrum



medulla oblongata

cerebellum

HOW TO MAKE THE WORLD (OR NIGHTLIFE) A BETTER PLACE

Psychology of Addictive Behaviors
2016, Vol. 30, No. 4, 500–508

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Using the Theory of Planned Behavior to Predict Implementation of Harm Reduction Strategies Among MDMA/Ecstasy Users

Alan K. Davis and Harold Rosenberg
Bowling Green State University

This prospective study was designed to test whether the variables proposed by the Theory of Planned Behavior (TPB) were associated with baseline intention to implement and subsequent use of 2 MDMA/ecstasy-specific harm reduction interventions: *preloading/postloading* and *pill testing/pill checking*. Using targeted Facebook advertisements, an international sample of 391 recreational ecstasy users were recruited to complete questionnaires assessing their ecstasy consumption history, and their attitudes, subjective norms, perceived behavioral control, habit strength (past strategy use), and intention to use these two strategies. Attitudes, subjective norms, and perceived behavioral control were significantly associated with baseline intention to *preload/postload* and *pill test/pill check*. Out of the 391 baseline participants, 100 completed the two-month follow-up assessment. Baseline habit strength and frequency of ecstasy consumption during the three months prior to baseline were the only significant predictors of how often participants used the *preloading/postloading* strategy during the follow-up. Baseline intention to *pill test/pill check* was the only significant predictor of how often participants used this strategy during the follow-up. These findings provide partial support for TPB variables as both correlates of baseline intention to implement and predictors of subsequent use of these two strategies. Future investigations could assess whether factors related to ecstasy consumption (e.g., subjective level of intoxication



HOW TO MAKE THE WORLD (OR NIGHTLIFE) A BETTER PLACE

Frequency of Ecstasy Use at Baseline for Each Strategy

Variables	1	2	3	4
Preloading/Postloading				
1. TPB: Attitudes	—			
2. TPB: Subjective norms	.67***	—		
3. TPB: Perceived behavioral control	.74***	.64***	—	
4. Frequency of ecstasy use during previous 3 months	.08	.12*	.08	—
Pill testing/pill checking				
1. TPB: Attitudes	—			
2. TPB: Subjective norms	.63***	—		
3. TPB: Perceived behavioral control	.62***	.67***	—	
4. Frequency of ecstasy use during previous 3 months	.03	.11*	.15**	—



convolutions

cerebrum

ATTITUDE

INTENTION

PERCEIVED NORM

**PERCEIVED
BEHAVIORAL CONTROL**

medulla oblongata

cerebellum

HOW TO MAKE THE WORLD (OR NIGHTLIFE) A BETTER PLACE

ATTITUDE

PERCEIVED NORM

INTENTION

BEHAVIOR

**PERCEIVED
BEHAVIORAL CONTROL**



HOW TO MAKE THE WORLD (OR NIGHTLIFE) A BETTER PLACE



RESEARCH REPORT

Social cognitive determinants of ecstasy target in evidence-based intervention: a meta-analytical review

Gjalit-Jorn Y. Peters¹, Gerjo Kok¹ & Charles Abraham²

¹Department of Work and Social Psychology, Faculty of Psychology, Maastricht University, the Netherlands
²UK

OnlineOpen: This article is available free online at www.blackwell-synergy.com

ABSTRACT

Aims The health hazards and prevalence of ecstasy use have been documented in review reporting on potentially modifiable antecedents of use is available, systematically research identifying cognitive correlates of ecstasy use. Such targets for evidence-based interventions designed to discourage use. **Methods** were searched, inclusion criteria applied to resulting hits, and descriptency selected publications. Reported associations between cognitive determinants use measures, were synthesized by calculating a weighted mean effect size, *r*, to support both to the theory of planned behaviour (TPB) and the expectancy useful determinants. Attitudes were associated most strongly with intention to perceived behavioural control. **Conclusions** Consideration of the strength-ability of identified cognitions suggests that evidence-based interventions negative expectancies, perceived behavioural control and anticipated regret, journal control elements.

Keywords Determinants, drugs, ecstasy, expectancies, review, theory of

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BMC Public Health



Research article

Open Access

A structured review of reasons for ecstasy use and related behaviours: pointers for future research

Gjalit-Jorn Ygram Peters* and Gerjo Kok

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Abstract

Background: While the health risks of using ecstasy warrant intervention development, a recent meta-analysis of determinants of ecstasy use identified a number of lacunae in the literature. Specifically, no studies were included that address behaviours other than 'using ecstasy' (e.g. 'trying out ecstasy' or 'creating ecstasy use'). However, because meta-analyses aim to integrate study results quantitatively, the resulting rigid exclusion criteria cause many studies to be discarded on the basis of their qualitative methodology. Such qualitative studies may nonetheless provide valuable insights to guide future research. To provide an overview of these insights regarding ecstasy use, the current study summarizes and combines what is known from qualitative and exploratory quantitative literature on ecstasy use.

Methods: The databases PsycINFO and MedLine were searched for publications reporting reasons for ecstasy use and related behaviour, and the results were structured and discussed per behaviour and compared over behaviours.

Results: Two main categories of reasons were found. The first category comprised reasons to start using ecstasy, use ecstasy, use ecstasy more often, and refrain from ceasing ecstasy use. The second category comprised reasons to refrain from starting to use ecstasy, use less ecstasy, and cease using ecstasy. Reasons for related behaviours within each of these two categories appear to differ, but not as substantially as between the two categories. A large number of reasons that were not yet explored in quantitative research emerged.

Conclusion: The current summary and combination of exploratory studies yields useful lists of reasons for each behaviour. Before these lists can inform interventions, however, they beg quantitative verification. Also, similarity of determinant configurations of different behaviours can be assessed by addressing determinants of several behaviours in one study. Another important

HOW TO MAKE THE WORLD (OR NIGHTLIFE) A BETTER PLACE

ATTITUDE

PERCEIVED NORM

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BEHAVIOR

**PERCEIVED
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ATTITUDE

PERCEIVED NORM

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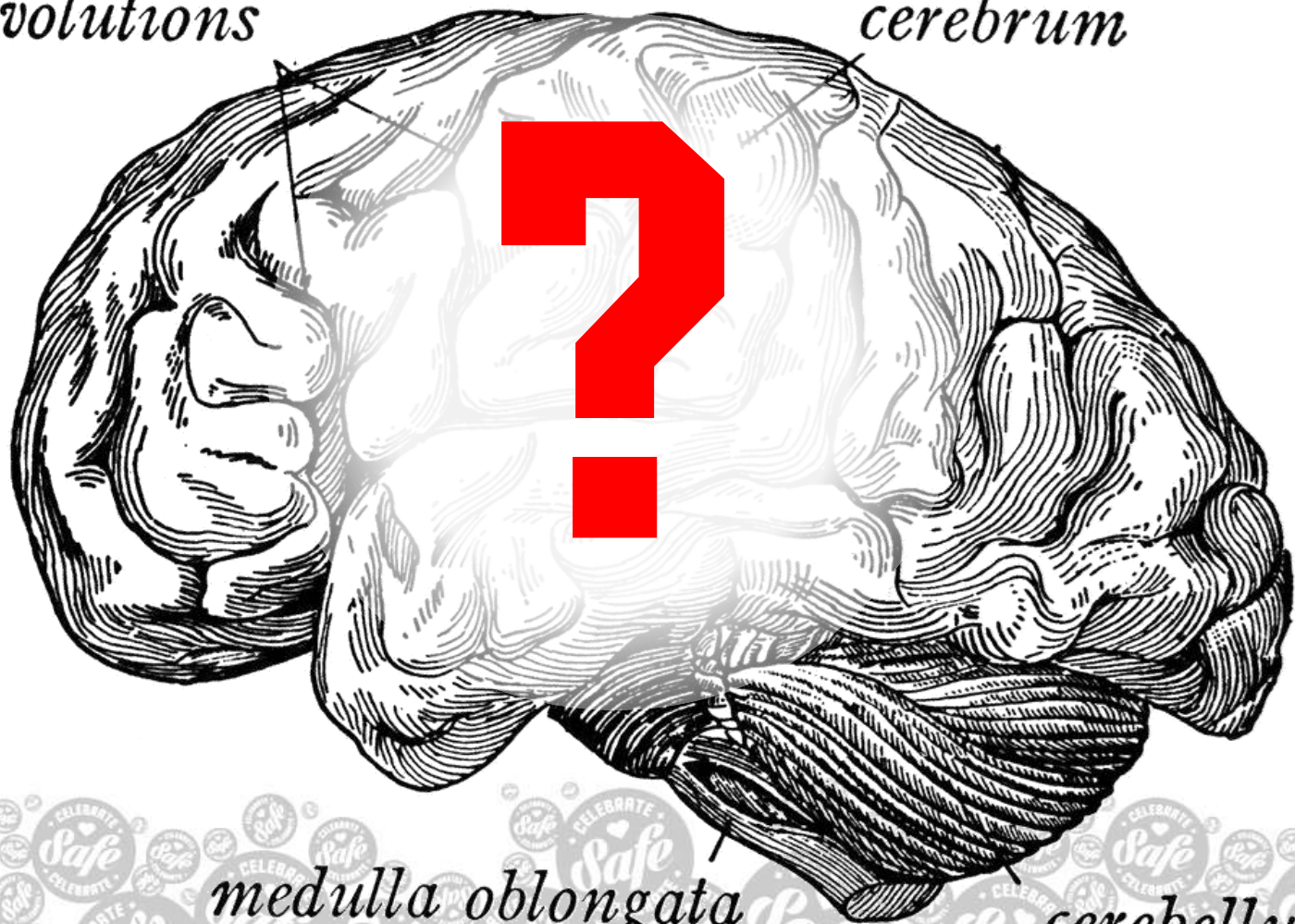


HOW TO MAKE THE WORLD (OR NIGHTLIFE) A BETTER PLACE



convolutions

cerebrum



medulla oblongata

cerebellum

HOW TO MAKE THE WORLD (OR NIGHTLIFE) A BETTER PLACE

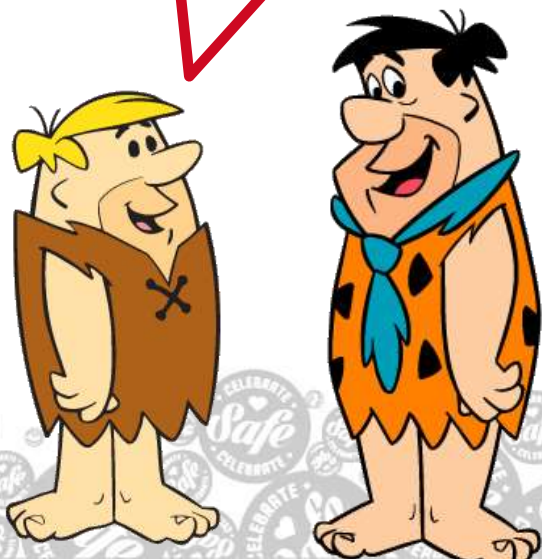


What a cute
cuddly animal!
I'll go pet it.

Ouch.

Grrrrr.

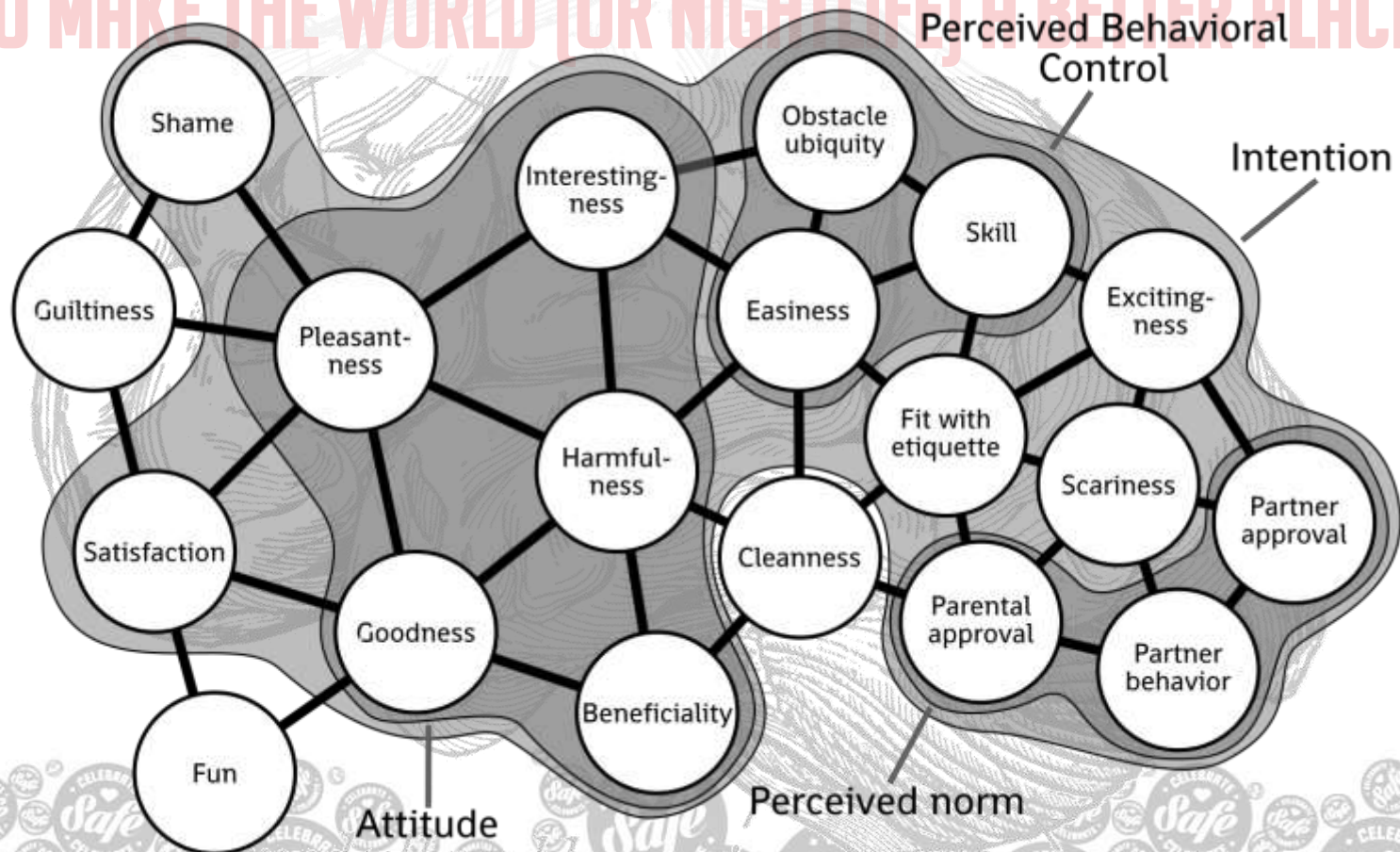
More
grrrrr.



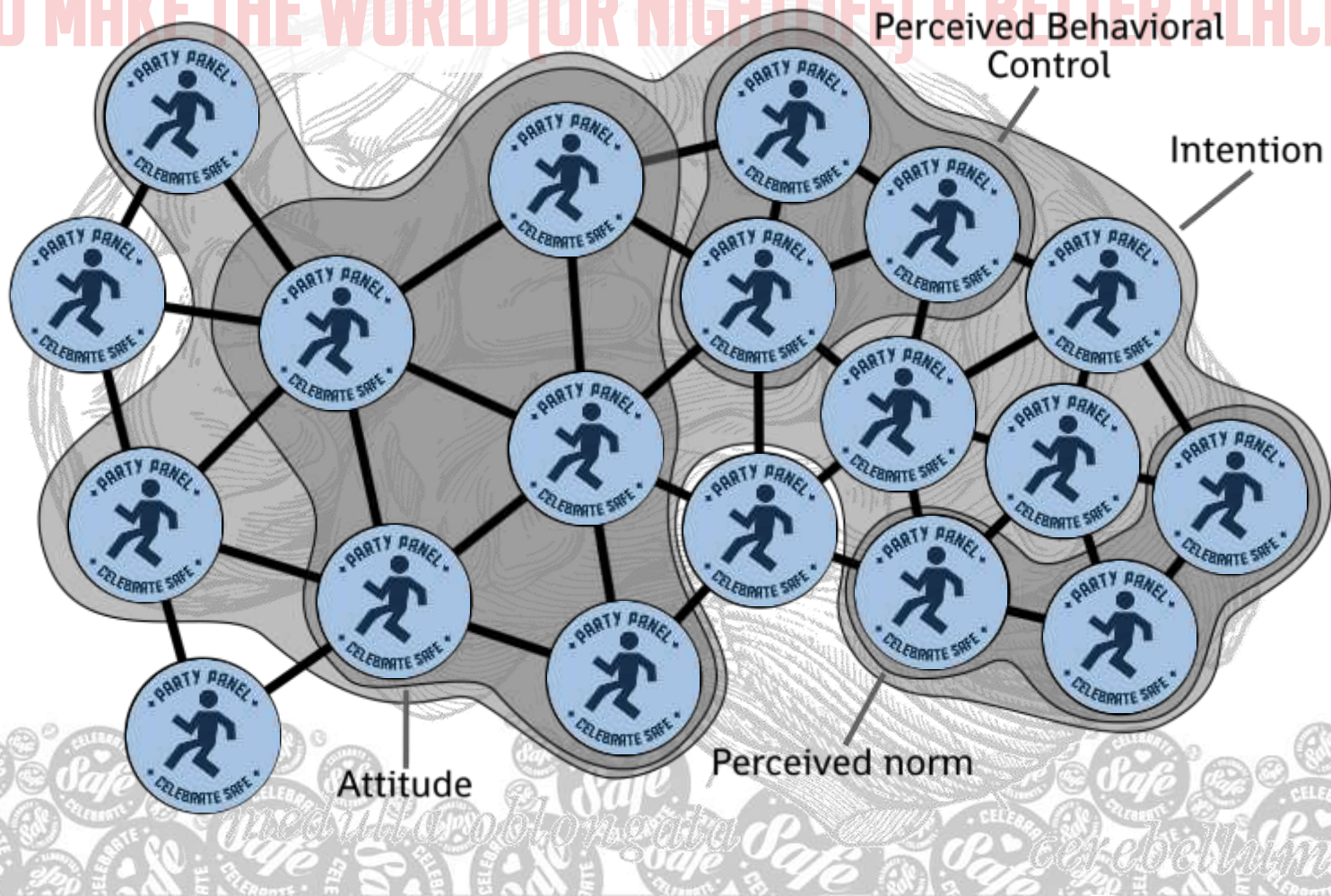
HOW TO MAKE THE WORLD (OR NIGHTLIFE) A BETTER PLACE



HOW TO MAKE THE WORLD (OR NIGHTLIFE) A BETTER PLACE



HOW TO MAKE THE WORLD (OR NIGHTLIFE) A BETTER PLACE



DETERMINING TARGET BEHAVIOR



'BELIEF ELICITATION'



QUANTITATIVE MEASUREMENTS



Project committee



Advisors/experts



Unity Peers



Nightlife participants



QUANTITATIVE MEASUREMENTS



‘BELIEF ELICITATION’



Project committee



Advisors/experts



Unity Peers



Nightlife participants



**QUANTITATIVE
MEASUREMENTS**

INFOGRAPHIC

**DATA OPEN ACCESS
(2 YEARS LATER)**

UNITY PEERS

**RECOMMENDATIONS
FOR PREVENTION**



USING ALCOHOL OR OTHER DRUGS IS NEVER WITHOUT RISK

I LOVE MY EARS

THINK FOR YOURSELF, CARE ABOUT OTHERS

PACE YOURSELF: EAT, SLEEP, RAVE.

DON'T PUSH YOUR LIMITS. BE RESPONSIBLE

BE PREPARED FOR ANY TYPE OF WEATHER

TAKE YOUR TIME TO CHILL

ALWAYS HAVE SAFE SEX

THE FIRST AID TEAM IS YOUR FRIEND.

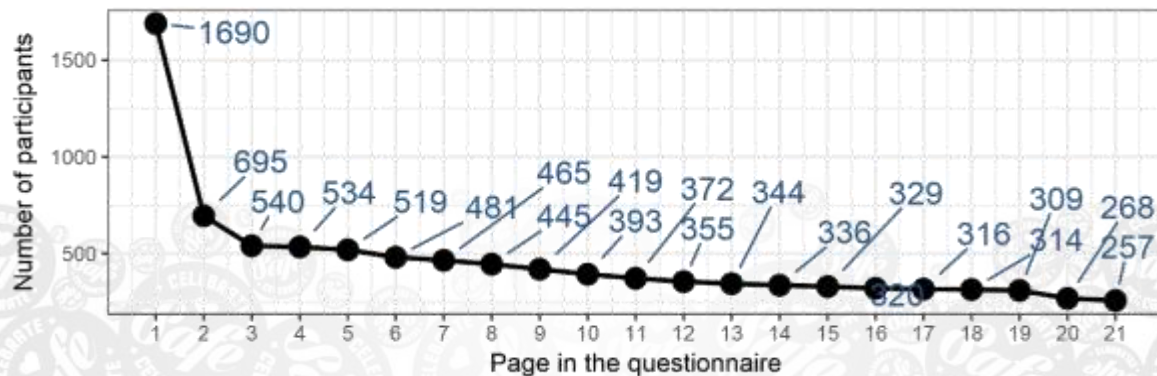
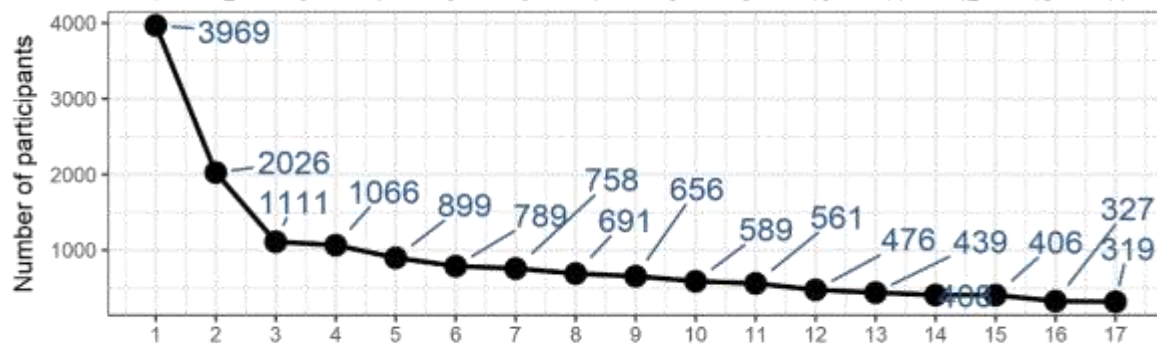
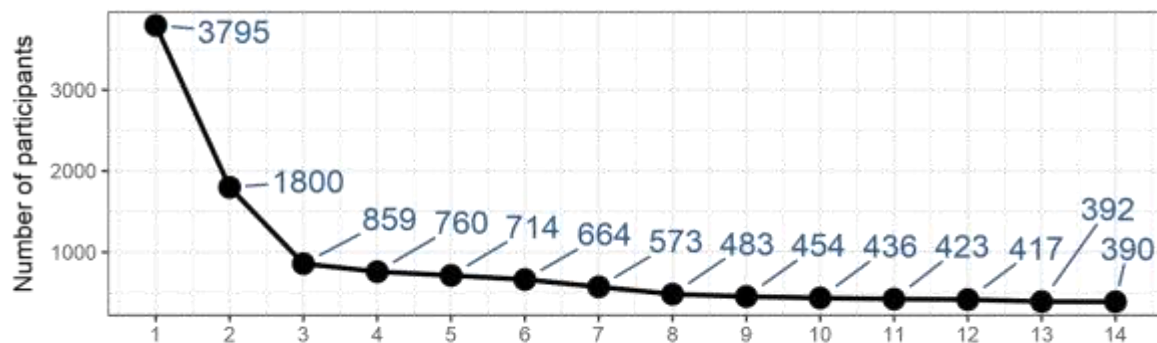
DON'T DRINK, DRUG AND DRIVE. YOU ARE A BIG RISK FOR YOURSELF AND OTHERS.

15.1

17.1

16.1





Welkom!

Wat uitleg over de vragenlijst

Het doel van Party Panel is om samen met jou bij te dragen aan goede communicatie over gezond en leuk uitgaan.

De vragenlijst (na deze introductie) is zes pagina's lang. We schatten dat je ongeveer 20 minuten bezig bent.

Als je na afloop je emailadres achterlaat (dit wordt apart opgeslagen van je antwoorden, zodat het onmogelijk is die te koppelen) sturen we je de resultaten van deze vragenlijst toe als hij is afgerond.

- ☐ Zet hier een vinkje als je meer informatie wilt lezen

Voordat je kunt starten willen we je vragen akkoord te gaan met de zogenaamde 'informed consent'. Dit is nodig voor wetenschappelijk onderzoek. Het is namelijk belangrijk dat jij:

- de gelegenheid hebt gehad om de achtergrond-informatie te lezen (die staat op <http://partypanel.nl/?info>);
- de gelegenheid hebt gehad om vragen te stellen (dat kan via <http://partypanel.nl/?contact>);
- de gelegenheid hebt gehad om over je deelname na te denken (neem de tijd);
- en begrijpt dat je op elk moment met het onderzoek kunt stoppen.

Hieronder kun je dit bevestigen, en dan kun je starten met de vragenlijst.

Heel erg bedankt alvast voor het meedoen, en veel plezier met het invullen van de vragenlijst!

- ☐ Ja, ik ga akkoord met deelname!
- ☐ Nee, ik wil toch niet meedoen.

Volgende ▶

Laad onvoltooide vragenlijst

Later verdergaan



Party Panel 15.1

Eerst willen we vragen hoe jij graag uitgaat. Op die manier hebben we een beeld van onze deelnemers.

Kun je aangeven hoe vaak je het afgelopen half jaar (de afgelopen 6 maanden) naar elk van deze gelegenheden bent geweest?

		Per week	Per maand	In totaal (per 6 maanden)
Een feestje bij mensen thuis	<input type="text"/> keer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Een café, kroeg, of bar	<input type="text"/> keer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Een discotheek of club	<input type="text"/> keer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Een optreden van een band	<input type="text"/> keer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Een kleinschalig binnenfeest of -festival (minder dan 5000 bezoekers)	<input type="text"/> keer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Een groot binnenfeest of -festival (meer dan 5000 bezoekers)	<input type="text"/> keer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Een groot buitenfeest of -festival (meer dan 5000 bezoekers)	<input type="text"/> keer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Vergeet niet aan te geven of je het aantal keer per week, per maand, of in totaal intypt! Als je ergens helemaal niet bent geweest, type dan 0 in.

Naar welke muziek luister je thuis het liefst?

Favoriete muziekgenre voor thuis:

Op-een-na favoriete genre voor thuis:

Op-twee-na favoriete genre voor thuis:

Sommige mensen luisteren naar andere muziek als ze uitgaan. Naar welke muziek luister jij het liefst als je uitgaat?



Party Panel 17.1

0%  100%

Het doel van Party Panel is om samen met jou de voorlichting over gezond en leuk uitgaan te verbeteren. Deze derde ronde gaat over bescherming van je gehoor bij harde muziek.

Als je meedoet kun je oordopjes winnen ([kijk hier voor meer informatie](#)).

Daarvoor moet je na het invullen je emailadres achterlaten. Je emailadres wordt niet gekoppeld aan je antwoorden.

☐

Zet hier een vinkje als je meer informatie wilt lezen

Voordat je kunt starten willen we je vragen akkoord te gaan met de zogenaamde 'informed consent'. Dit is nodig voor wetenschappelijk onderzoek.

Door akkoord te gaan met deze informed consent

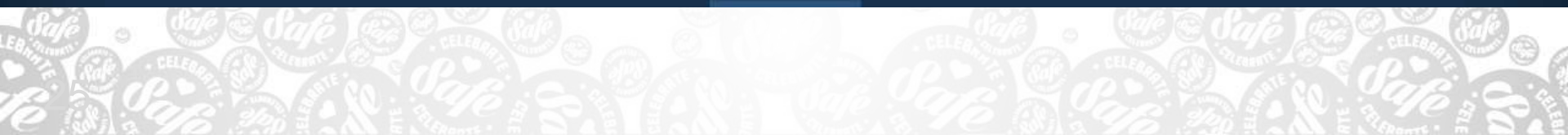
Heel erg bedankt alvast voor het meedoen, en veel plezier met het invullen van de vragenlijst!

☐

Ja, ik ga akkoord met deelname!

☐

Nee, ik wil toch niet meedoen.



Party Panel 17.1

0%  100%

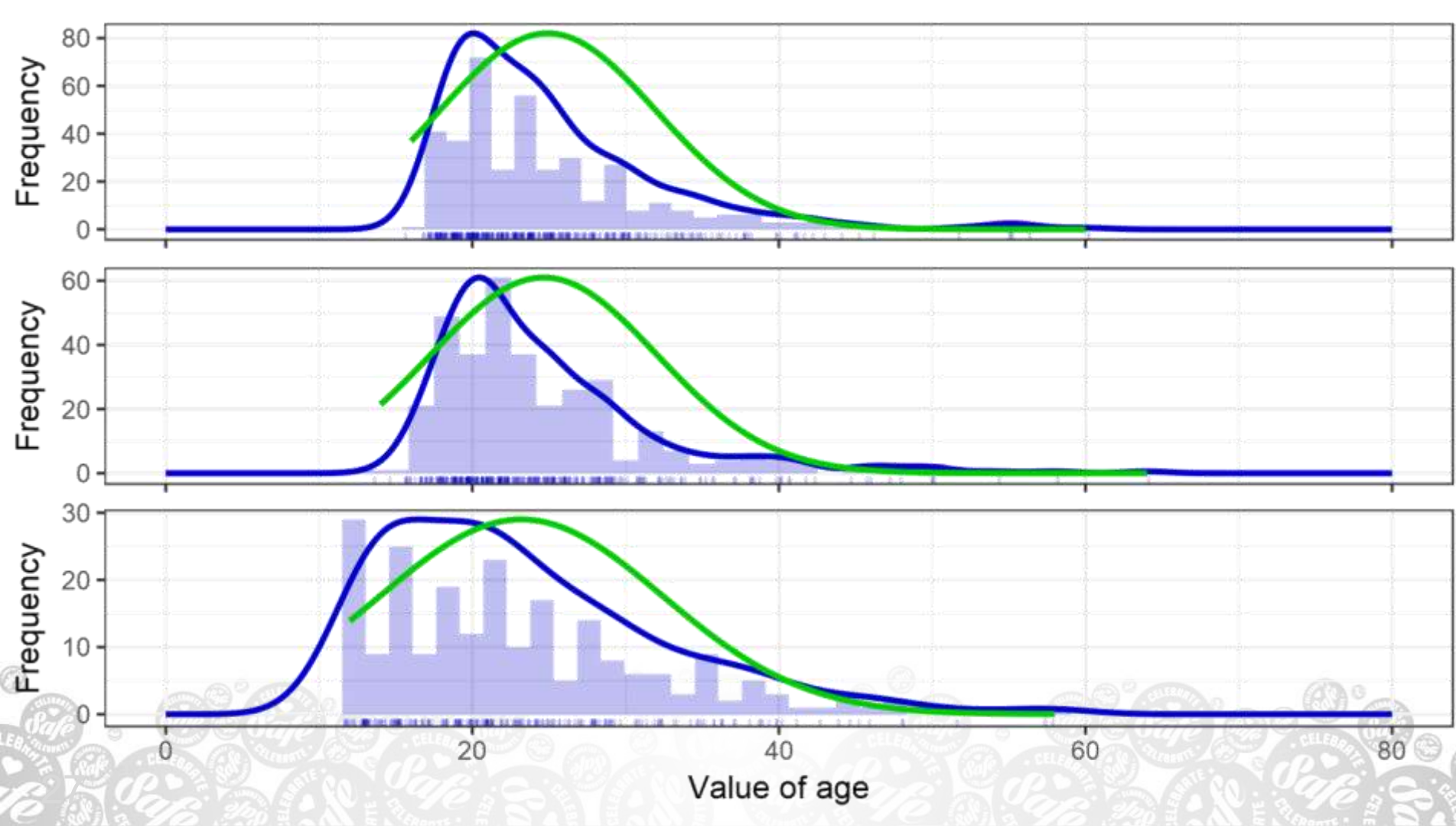
Kun je aangeven hoe vaak je het afgelopen half jaar (de afgelopen 6 maanden) naar elk van deze gelegenheden bent geweest?

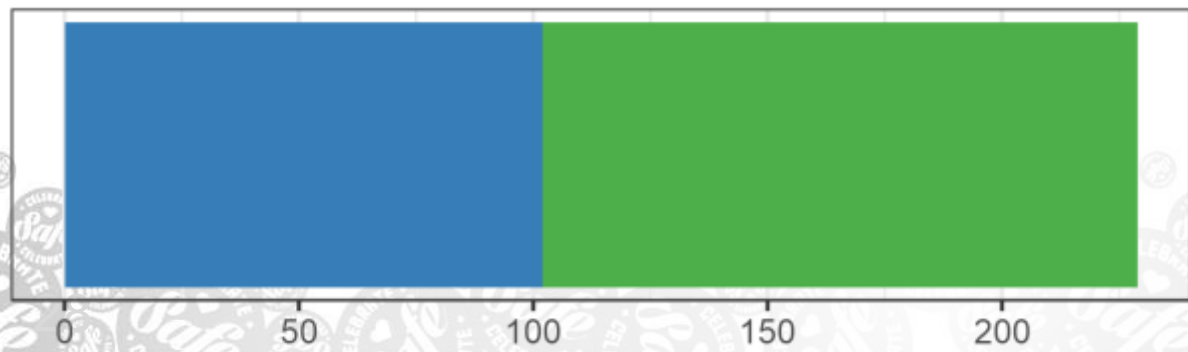
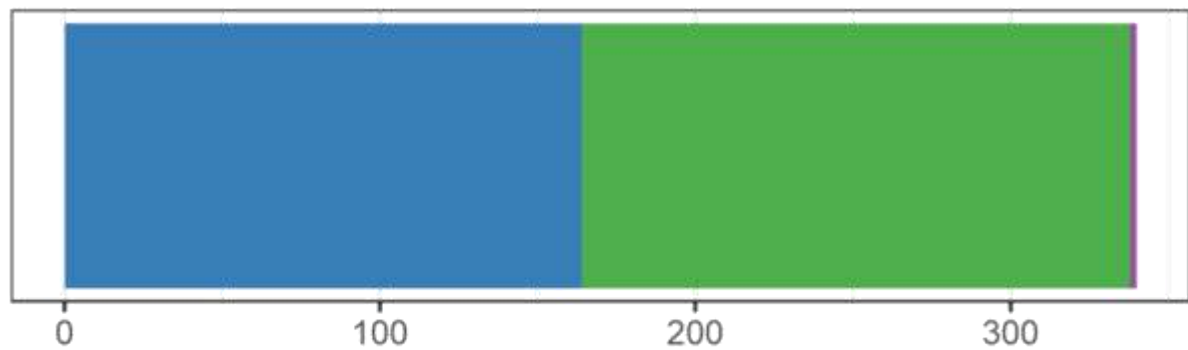
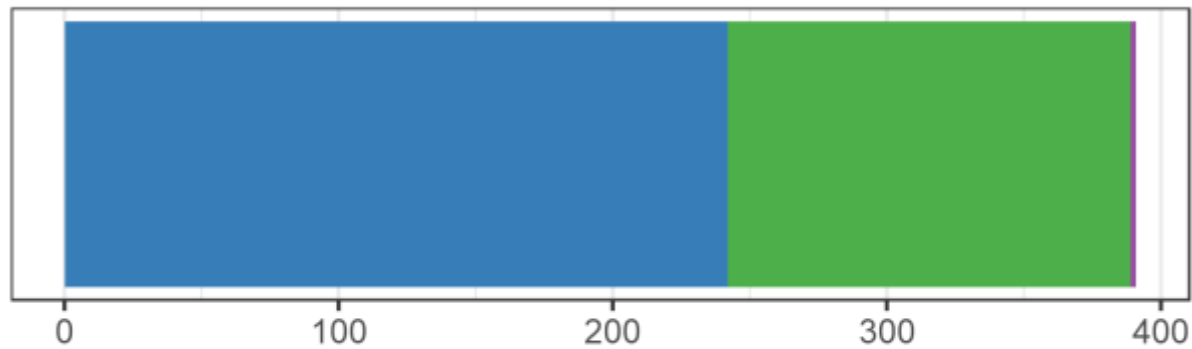
		... per week	... per maand	... in totaal (per 6 maanden)
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Een kleinschalig buitenfeest of -festival (minder dan 5000 bezoekers)	<input type="text"/> keer ...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Een groot buitenfeest of -festival (meer dan 5000 bezoekers)	<input type="text"/> keer ...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Vergeet niet aan te geven of je het aantal keer per week, per maand, of in totaal intypt! Als je ergens helemaal niet bent geweest, type dan 0







gender

- Decline to answer
- Male
- Female
- Other (e.g. genderqueer, nonbinary)



Means and associations with **attitude** ($R^2 = [.51; .68]$) & **intention** ($R^2 = [.31; .52]$)

My experience with using a high dose of ecstasy is...

For my health, using a high dose of ecstasy is...

With a high dose of ecstasy, the happy, euphoric feeling is...

If I use a high dose of ecstasy, I can make contact with others...

If I use a high dose of ecstasy, I feel...

If I use a high dose of ecstasy, I learn...

If I use a high dose of ecstasy, the music sounds...

If I use a high dose of ecstasy, afterwards I remember...

If I use a high dose of ecstasy, I feel like having sex...

If I use a high dose of ecstasy, my trip is...

worse

much worse

much weaker

much harder

much less connected to others

much less about myself

much worse

much less

much less

shorter

better

much better

much stronger

much easier

much more connected to others

much more about myself

much better

much more

much more

longer

EFFECTS

TOP 5 MOST DESIRABLE EFFECTS OF MDMA



Euphoria



Music sounds better



Feeling connected



Made contact more easily



More energy

TOP 3 MOST UNDESIRABLE EFFECTS OF MDMA



Become introspective



Time passes quickly



Hallucinate

TOP 5 MOST EXPECTED EFFECTS OF A HIGH DOSE OF MDMA



Get too wasted



More intense trip



Time passes quickly

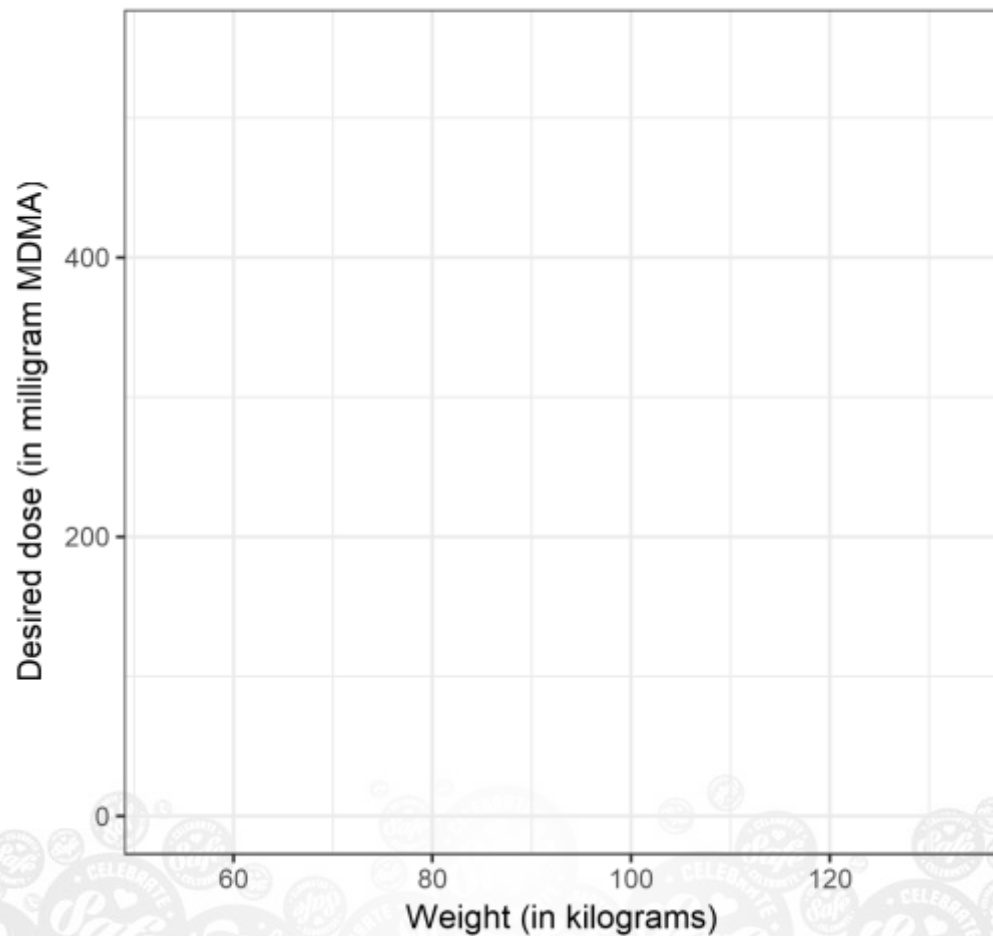


More hallucinations

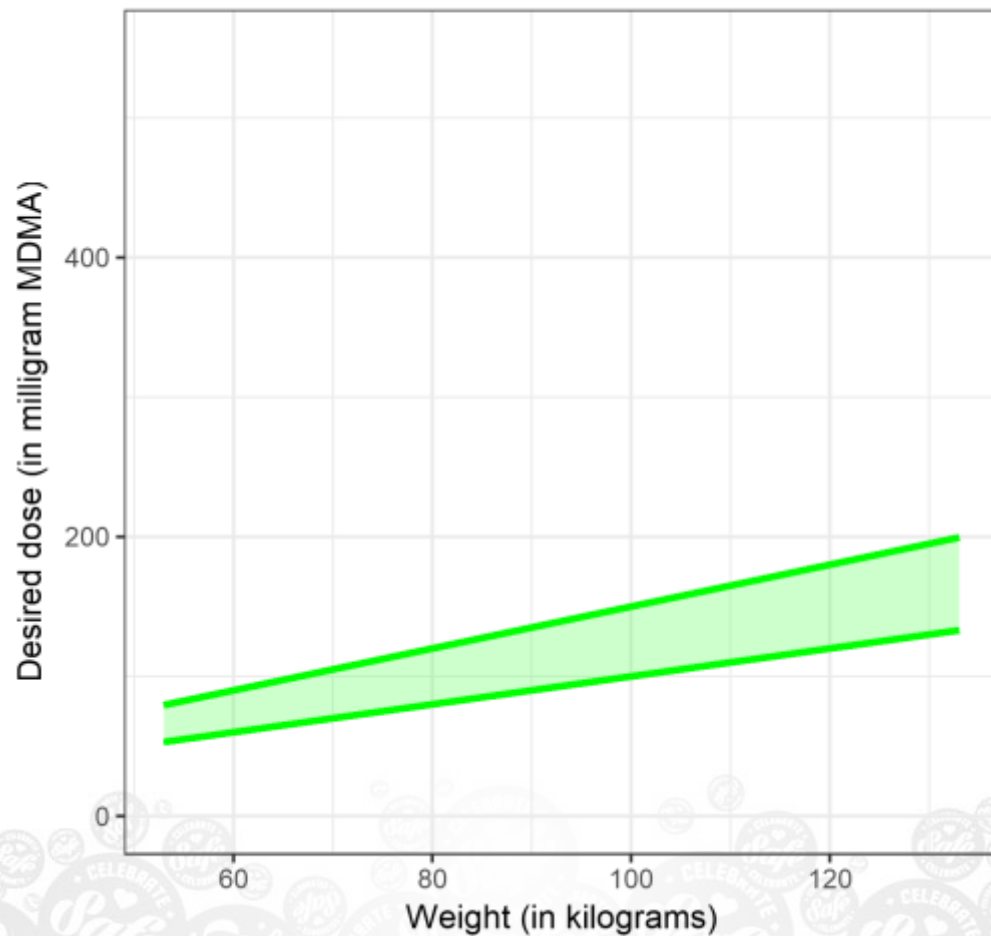


Longer trip

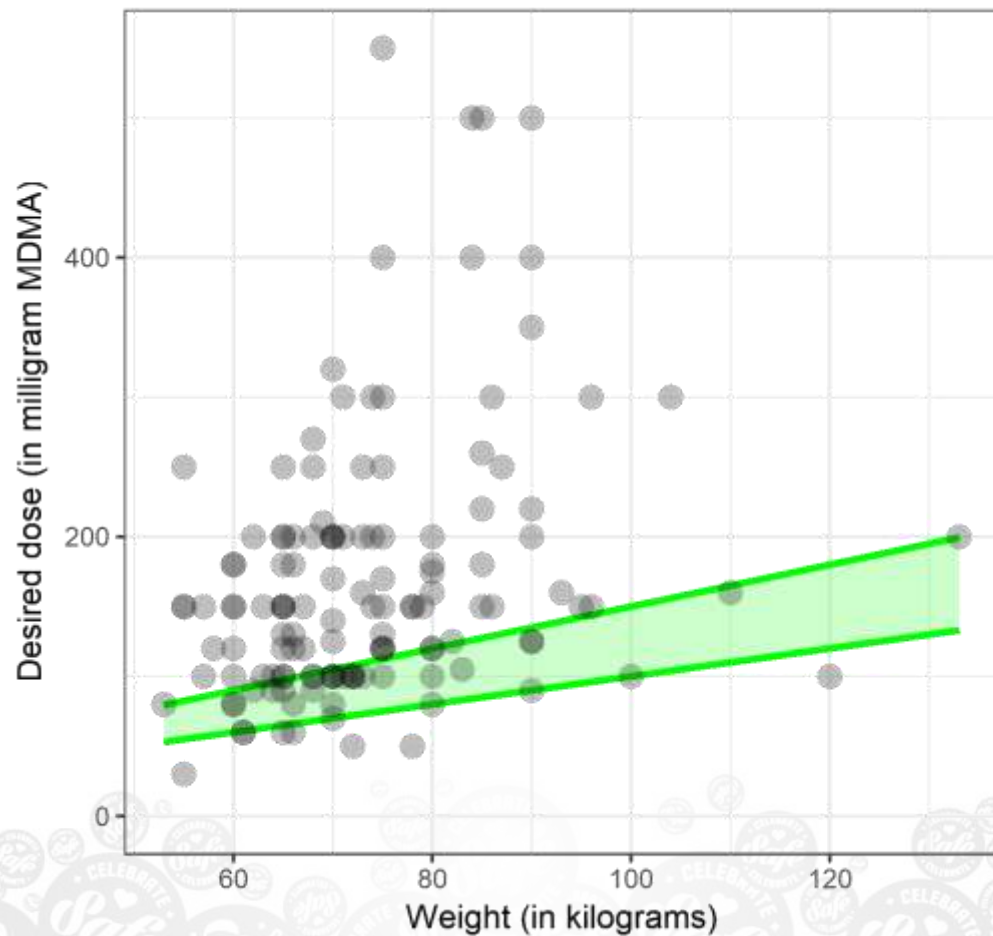
Association between weight and desired dose



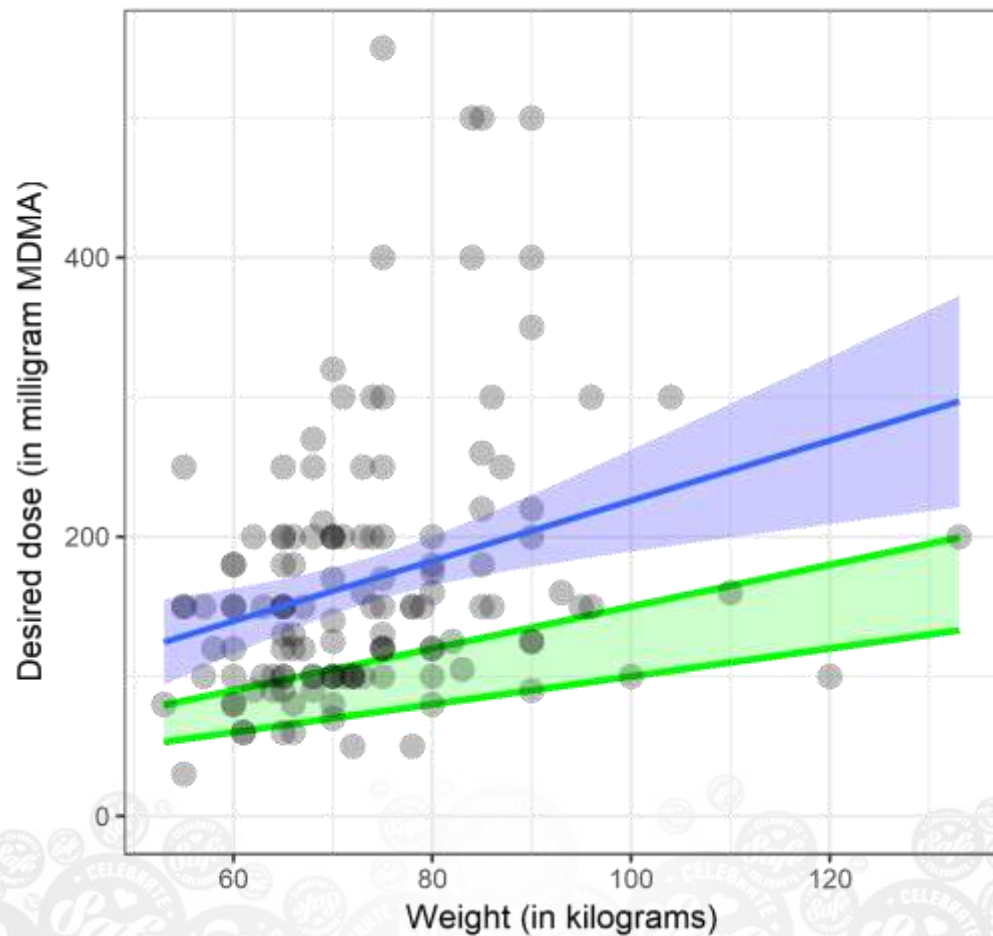
Association between weight and desired dose



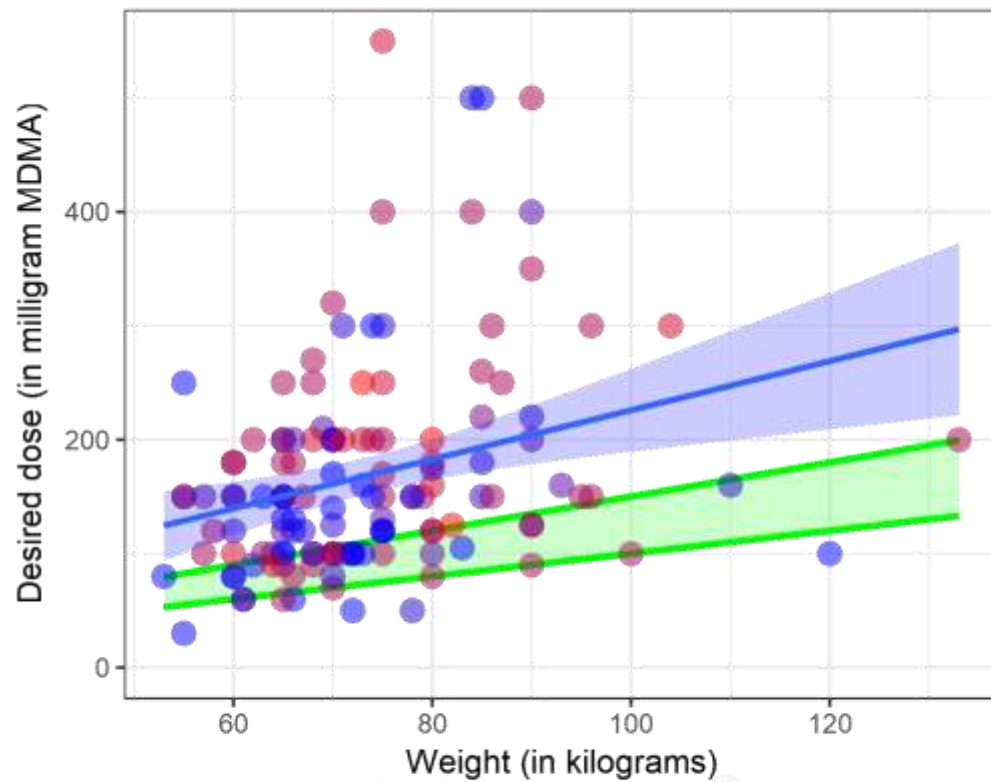
Association between weight and desired dose



Association between weight and desired dose

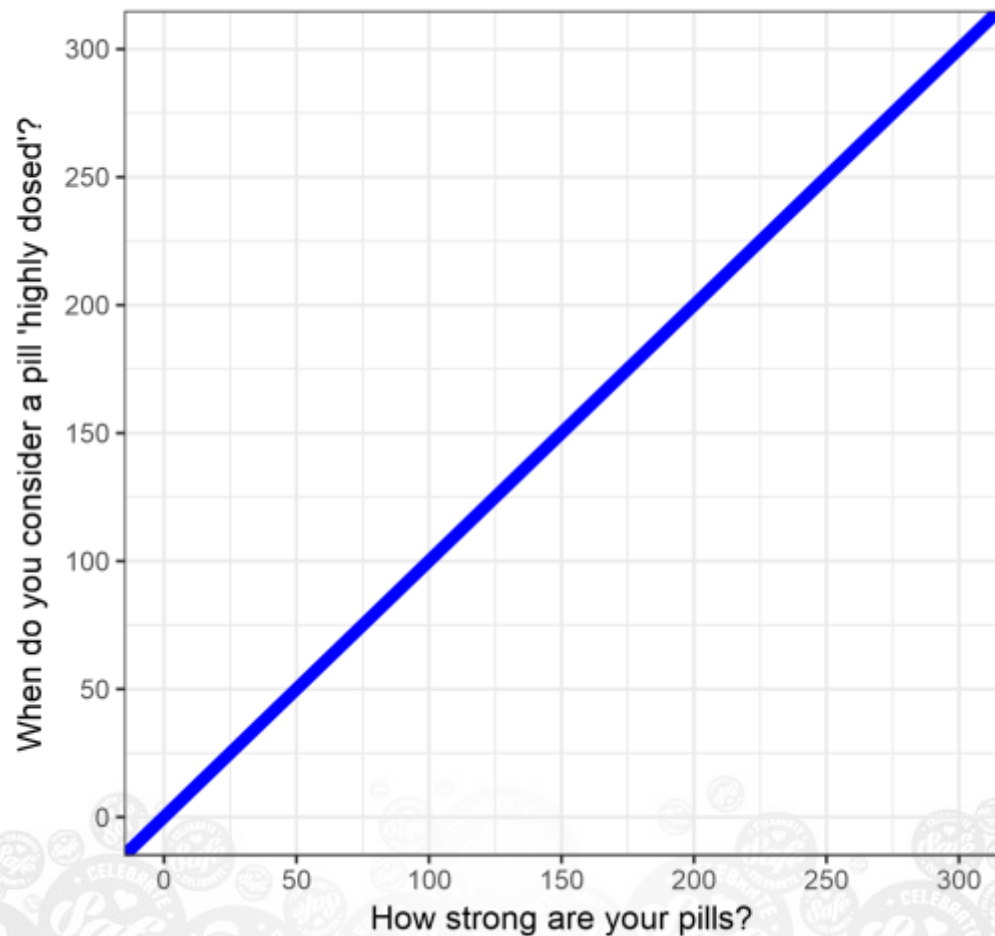


Association between weight and desired dose

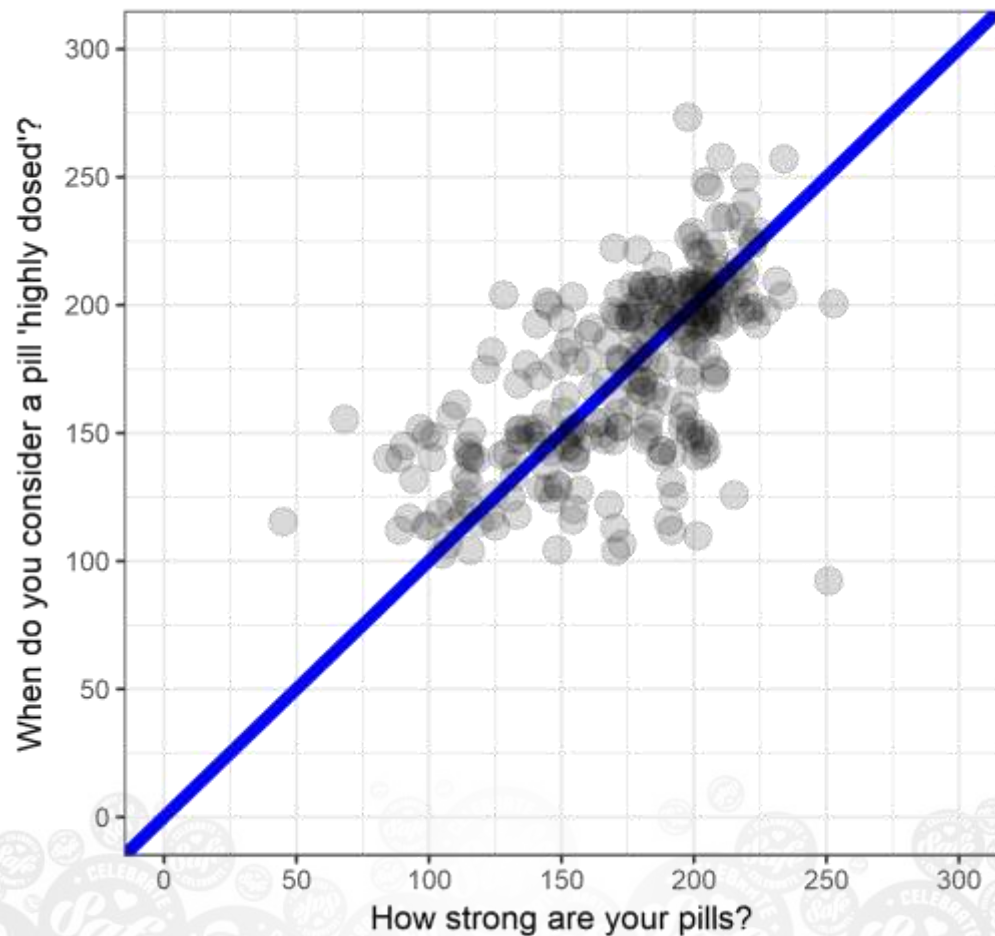


● 1 ● 2 ● 3 ● 4 ● 5 ● 6 ● 7
Self-reported tolerance

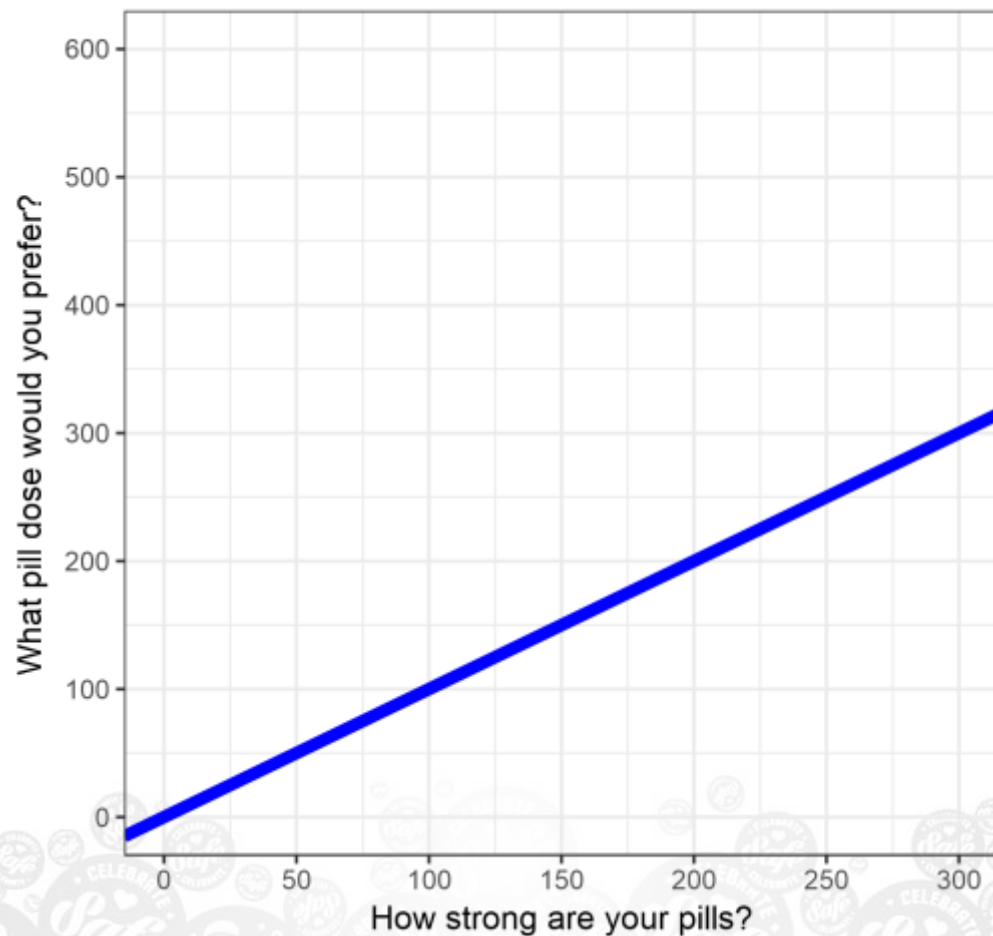
Own pill dose vs definition of 'high dose'



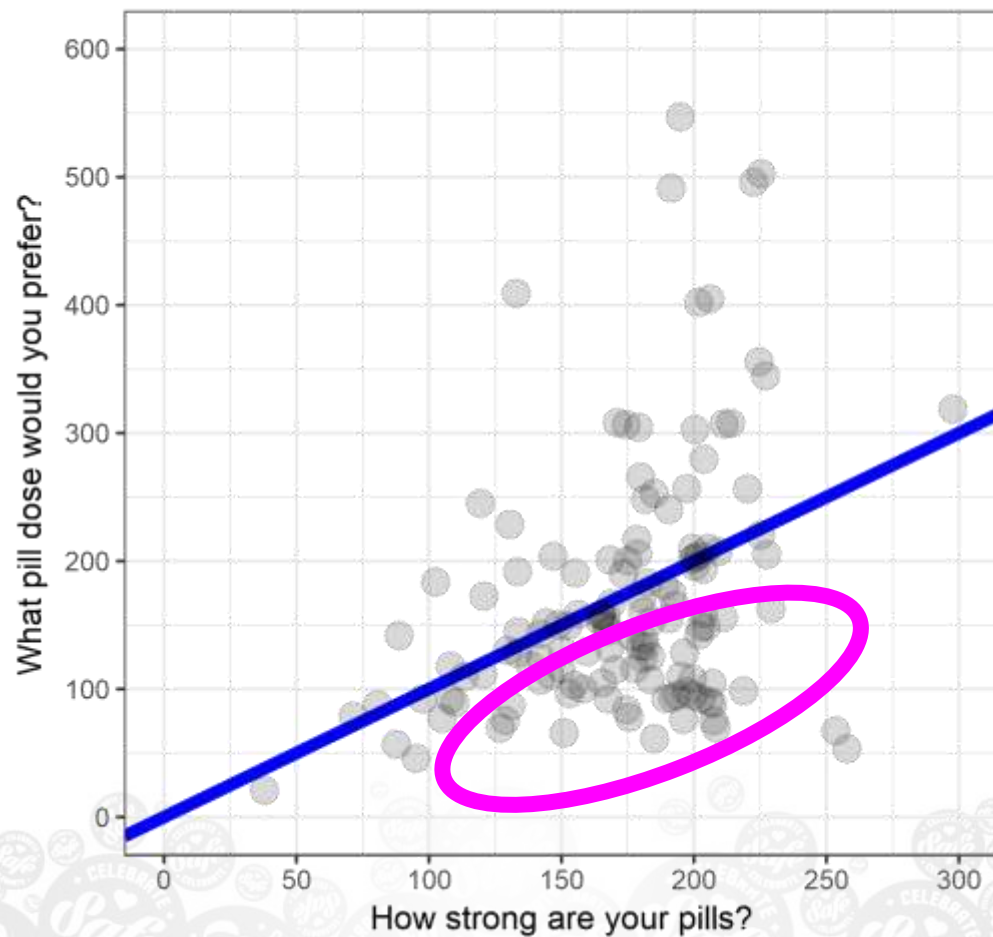
Own pill dose vs definition of 'high dose'



Own pill dose versus preferred pill dose



Own pill dose versus preferred pill dose



4-FA VERSUS MDMA VERSUS ECSTASY

- Imagine that soon you'll be going to a party that you really looked forward to. It's the type of night where you're sure you feel like using drugs. You can choose one drug to use from this list. None of the drugs is contaminated. Which one would you prefer to take, and how much (it's only for you)?



4-FA VERSUS MDMA VERSUS ECSTASY

4-FA, 075mg (2%)	4-FA, 200mg (10%)			XTC pills, 075mg (8%)		
4-FA, 100mg (2%)						
4-FA, 150mg (10%)	MDMA powder, 075mg (2%)	MDMA powder, 100mg (3%)	MDMA powder, 150mg (2%)	XTC pills, 150mg (13%)		XTC pills, 200mg (28%)
	MDMA powder, 200mg (7%)					

REASONS TO PREFER 4-FA

- “MDMA hinders my communication. 4-FA provides euphoria and easy talking.”
- “Because I definitely like a pill, but I think that on 4-FA, I have a more chill vibe. One where I don’t look like some vague masticator.”



THE END – THANK YOU FOR YOUR ATTENTION

- Contact: google “gjalt-jorn”
- More information and background:
 - <http://partypanel.eu> (<http://partypanel.nl>)
 - <http://effectivebehaviorchange.com>
 - <http://pragmaticnihilism.com>



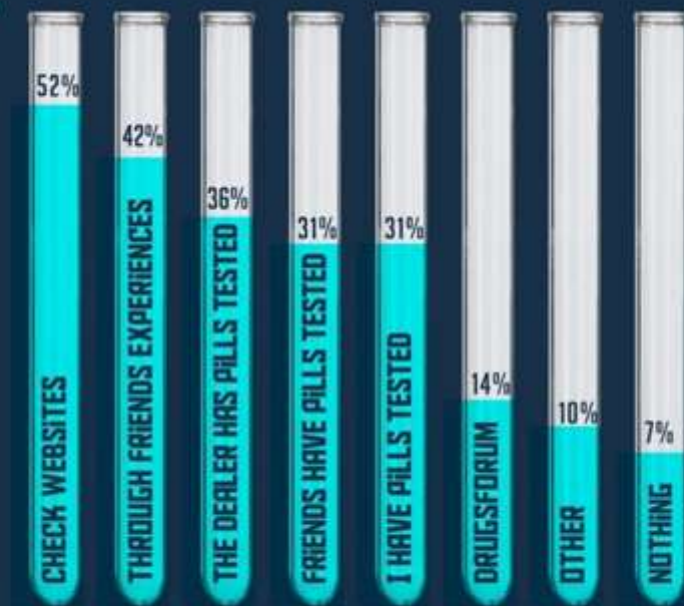
Use of mdma during
the last 6 months

XTC / MDMA





How do you
check the dose?



DOSING

WHEN DO YOU THINK A PILL
IS HIGH DOSED?



WHAT IS YOUR PREFERABLE DOSE OF
MDMA TO TAKE DURING A SESSION?

