

# **ALAMA-nightlife: A Longitudinal And Momentary Analysis in the European nightclub scene**

**UNDERSTANDING THE DYNAMICS AND CONSEQUENCES OF YOUNG ADULT SUBSTANCE USE PATHWAYS**

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# Dancefeest in Concertgebouw afgebroken door onveilig plafond







# Collaborators

Netherlands	United Kingdom	Belgium	Italy	Sweden
Trimbos Institute: Netherlands Institute of Mental Health and Addiction	University College London - Clinical Psychopharmacology Unit	HoGent: University College Gent	IFC-CNR: National Research Council – Institute of Clinical Psychiology	Karolinska Institutet
		VAD: Flemish centre of expertise on alcohol and other drugs	Ce3s: Center for Statistical and Social Studies	STAD: Stockholm Förebygger Alcohol- och Droghproblem
			ECLECTICA	
			CNCA: National Coordination of Care Communities	

Check [www.emssurvey.eu](http://www.emssurvey.eu)

# Acknowledgements



Netherlands	United Kingdom	Belgium	Italy	Sweden
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ZonMW				



# Overview

- Background
- Objectives
- Work packages
  - EMSS
  - Analysis of nightlife culture
  - EMA
  - Breath sampling
- Planning

# Background

- Upsurge in nightlife and festival economy

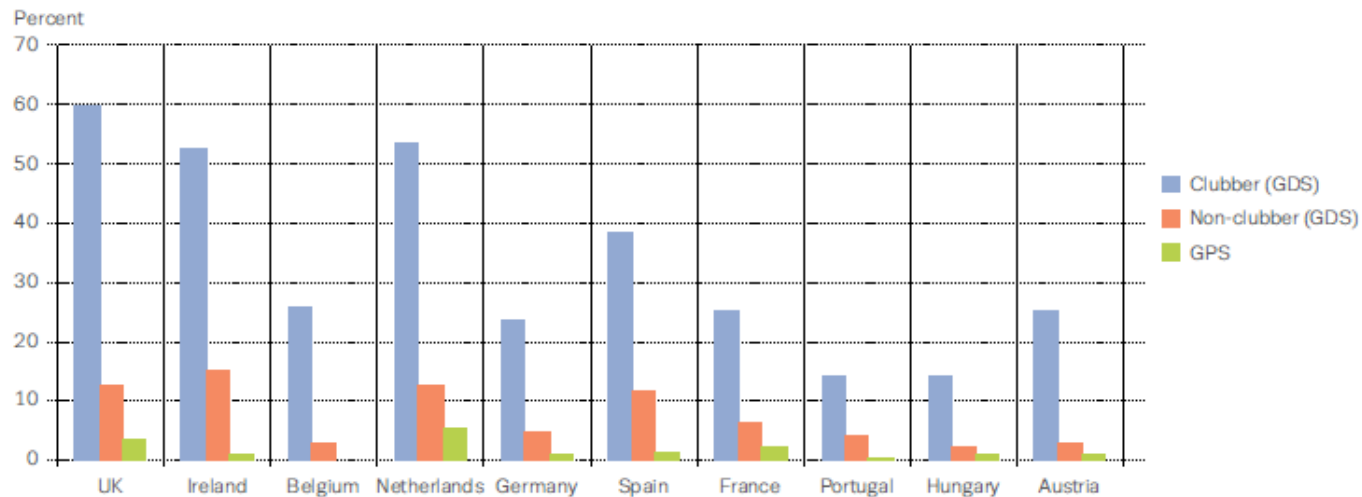


# Background

- Substance use is high in nightlife population

FIGURE 4

Recent MDMA use among young adults from different samples: general population surveys (GPS) and Global Drug Survey (GDS) (clubbers and non-clubbers)

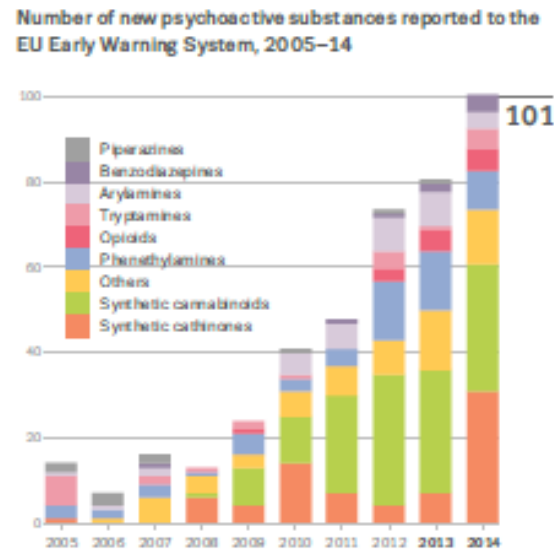


Source: EMCDDA Statistical Bulletin, available at <http://www.emcdda.europa.eu/data/stats2015> and 2014 Global Drug Survey (<http://www.globaldrugsurvey.com/>)

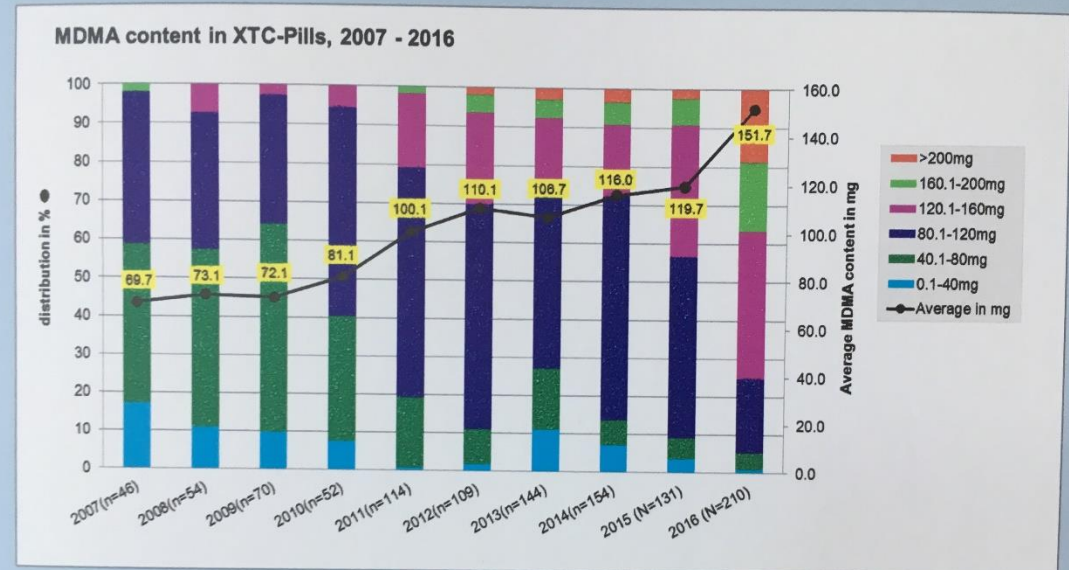


# Background

- Number of NPS's is rising fast
- Purity of drugs is on the rise



EMCDDA, 2015



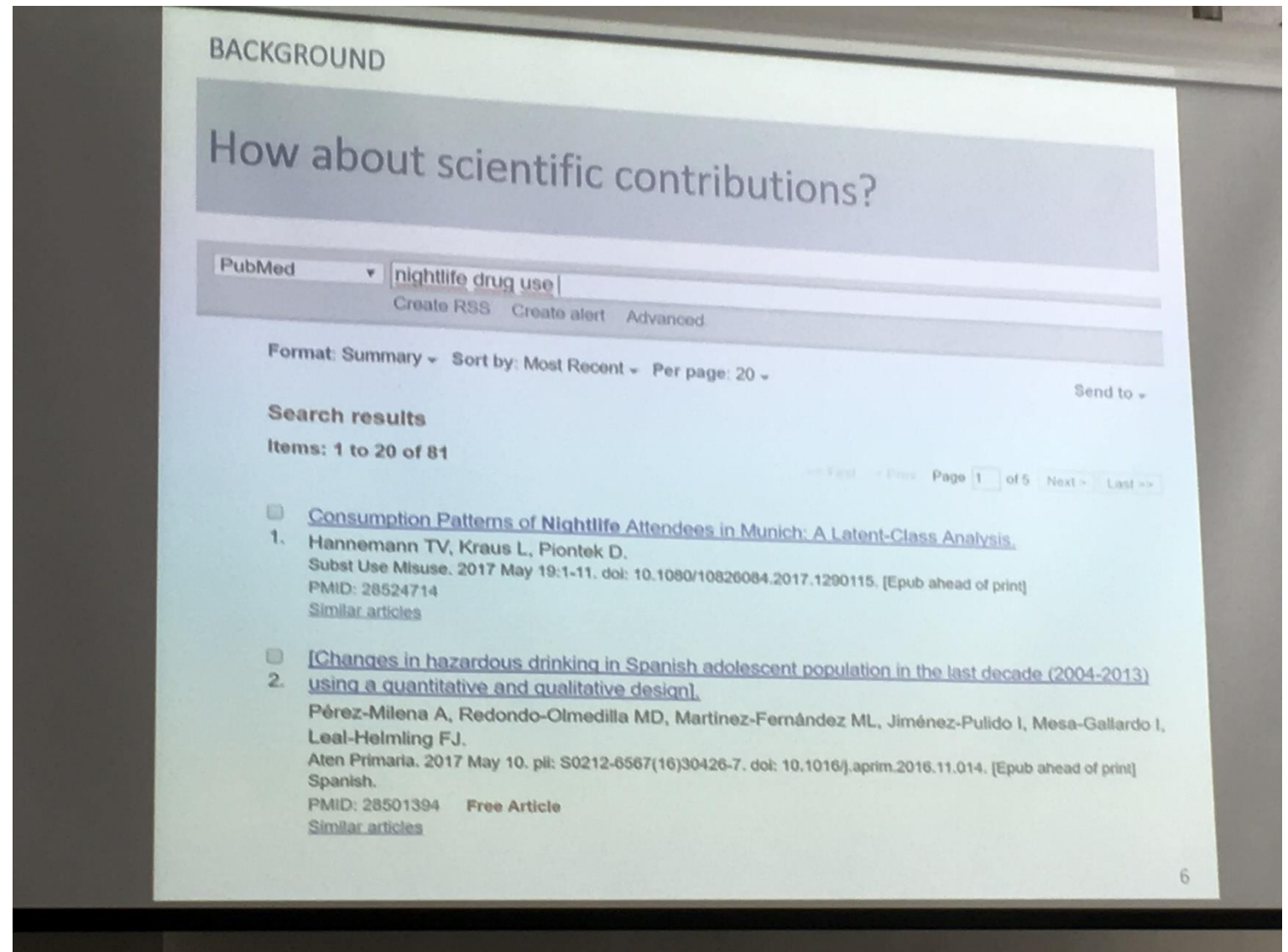
- In 2016 75.3 % of the analysed XTC-Pills contained more than 120 mg MDMA and therefore an alert was published
- In 2016 7.1 % of the analysed XTC-Pills contained unexpected substances and therefore an alert was published

# Background

- Short term risks
  - (Fatal) intoxication
  - Driving accidents
  - Risky or unwanted sex
  - Low mood
  - Reduced sleep (quality)
- Long term risks
  - Quality of life
  - Social and daily functioning

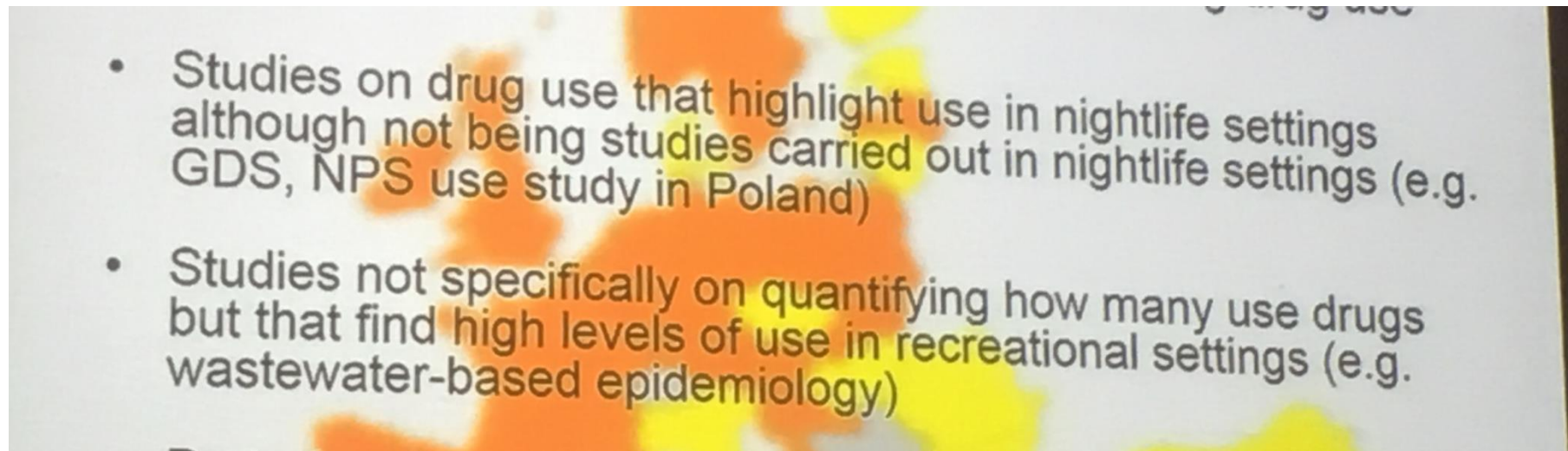
# Background

- Larissa Maier  
(yesterday)



# Background

- Joao Mathias (yesterday)



# Objectives

- Chart substance use profiles
- Investigate transistions in substance use
- Investigate short term consequences of substance use and nightlife participation
- Verify self-reported substance use
- Compare the five participating countries on substance use & nighttlife participation



# Work packages

- Electronic Music Scene Survey (EMSS)
  - Longitudinal survey with 1 year follow up
- Ecological Momentary Assessment
  - Daily questionnaires for 5 weeks on a mobile phone app
- Breath sampling study
  - Self-report measures will be validated with breath sampling
- Extensive contextual review of nightlife
  - The context of the settings in different countries will be analysed

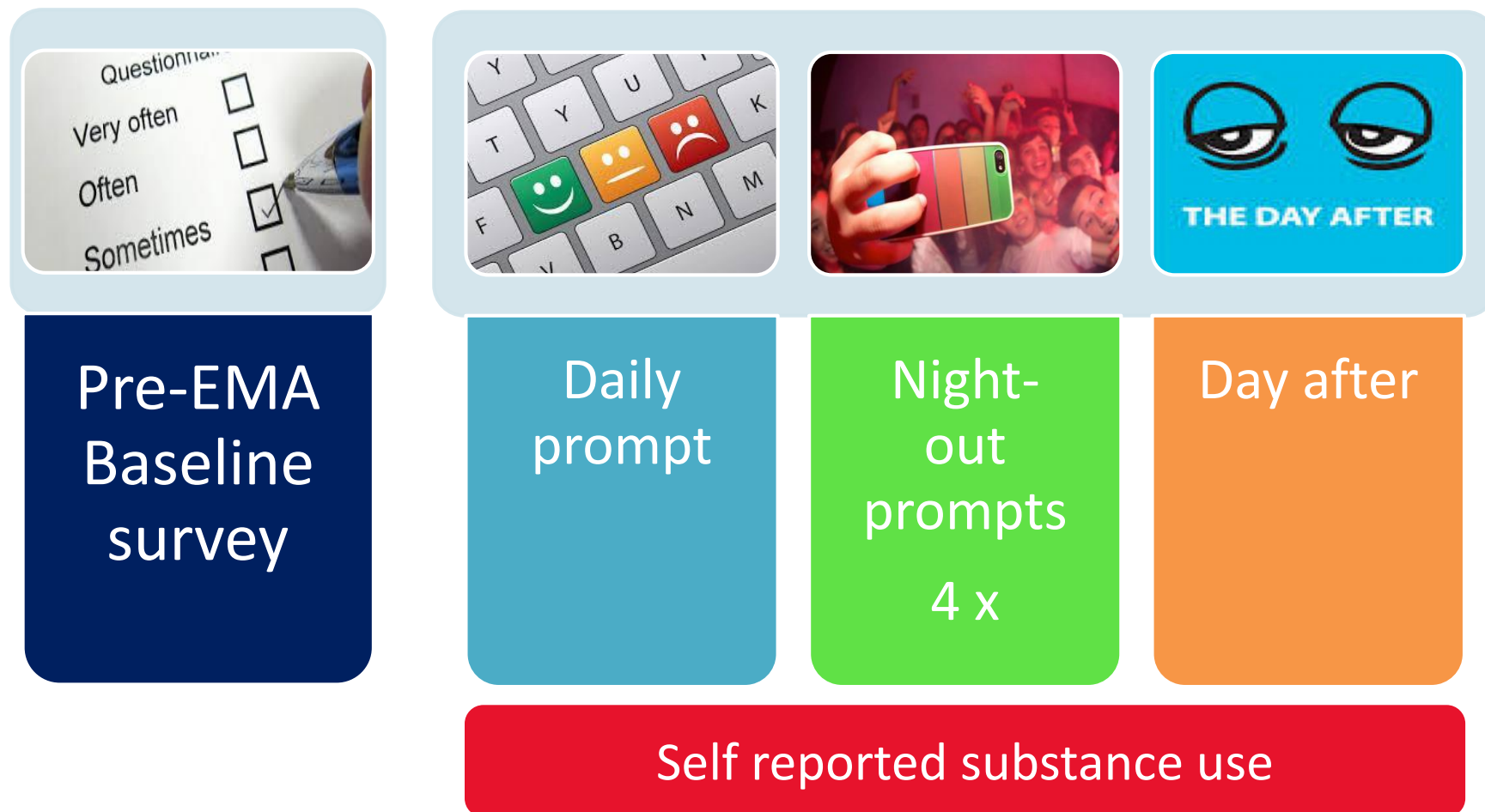
# Electronic Music Scene Survey (EMSS)

- Longitudinal design with one year follow up
- N=2000 per country
  - Nightlife attendance (retrospectively)
  - Substance use (retrospectively)
  - Harm reduction, risk perception, music preferences, motivates for EDM attendance
  - DUDIT, AUDIT-C, well being
  - Intense pleasure, enhanced perception, increased enjoyment of music, reduced inhibitions, feelings of love and empathy, expanded consciousness, increased sense of enlightenment, closeness to others

# Analysis of nightlife culture

- ResidentAdvisor.net and other online communities will be used to gather data
  - Policy
  - Hours
  - Cultural influences
- Help guide interpretation of the quantitative data
- See session 3A: Bert Hauspie (ask him) or abstract book page 25

# Ecological Momentary Assessment



# Ecological Momentary Assessment





# Breath sampling study

- N = 600 Sweden N = 300 Belgium
- Studies showed self-report might be off (Miller et al., 2015; Gripenberg-Abdon et al., 2012)
- Short self-report survey
- Breath analysis

# Results

- Updated picture of nightlife substance use
- Analysis of differences per country (quantitative and qualitative)
- The specifics of bingeing and stacking drugs
- Validate self-report measures

# Planning

- EMSS April 2017 – August 2017
- EMSS follow up April 2018 – August 2018
- Breath sampling June 2017 – August 2017
- EMA Q4 2017