Effects of Dissuasion Intervention, based on CDTs* activity

**Research: Main results**

**Effects of CDTs intervention in indicted drug users on:**

- Pattern of psychoactive substance use
- Representations related with psychoactive substance use
- Life style

- **Quantitative study**
  - Census (N=1653)
  - Longitudinal
    - T0: before intervention (N=892: 54% response)
    - T1: after intervention (proceedings filed) (N=336: 20% response)

- **Self-report questionnaires**
  - T0/T1: by the indicted
  - Intervention: by CDT

**Illicit substance use**

- Start reporting illicit substance use (300 before)
  - 2% stop reporting (300 before)
  - 42% stop reporting (300 before)

- No alteration: 56%

- **Alcohol drinking**
  - Start reporting alcohol drinking (300 before)
  - 9% stop reporting (300 before)
  - 14% stop reporting (300 before)

- No alteration: 77%

**Problems with illicit substances**

- **YES**
  - 24%
- **TO**
  - 76%
- **NO**
  - 63%

- 63% stop reporting (T1)
- 6% start reporting (T1)

- Main problem: with the police/justice

**Problems with alcohol**

- **YES**
  - 8%
- **TO**
  - 92%
- **NO**
  - 78%

- 7% start reporting (T1)

- Main problem: with the police/justice

**Target population: Indicted**

- who went to the CDT in the course of an administrative offense proceeding between 15/09 and 15/12, 2014
- Not solved
- Proceedings filed until 31/03/2016
- 18 and older
- residents in continental-Portugal
- Portuguese literate
- in freedom

*CDT: Commission for the Dissuasion of Drug Addiction

- **Slight reduction in binge drinking frequency**

- **One quarter of alcohol/illicit substances users stop policonsumption**

**Experience of related substance use problems in the previous trimester**

- **Main effects**
  - **STOP USING**
    - 41%
  - **REDUCTION OF USE**
    - 25%
  - **4%**
  - **12%**
  - **74%**

**Do you think the contact with the CDT had some effect in your substance use?**

- **YES**
  - 20%
  - **illicit substances**
  - **alcohol**
Probability of occurring problems in case of substance use

Illicit substances: most probable problems (T0):
1°—with the police/justice 29%
2°—financial difficulties 20%
3°—dependency 16%

Alcohol beverages: most probable problems (T0):
1°—with the police/justice 17%
2°—financial difficulties 15%
3°—road accidents 15%

Higher probability conferred to each problem (exception to problems with police/justice)

Risk of cannabis use
A third increases risk perception (T1)

Do you think the contact with the CDT changed some of the ideas you had about illicit drugs?

YES: 61%

52%: INCREASED KNOWLEDGE OF THEIR RISKS
26%: INCREASED KNOWLEDGE OF THEIR EFFECTS

Life style

T0
• Less nights out and participation in cultural/sport activities (including music festivals)
• More critical assessment on the health aspect of their life style

T1

Do you think the contact with the CDT contributed to a change in your life style?

YES: 61%

39%: GREATER CARE WITH HEALTH
31%: DEVALUATION OF DRUGS’ ROLE IN LIFE

Importance and usefulness of the CDTs

CDT Functions

Help to abandon drug use 72%
To inform on drug-related problems 58%
To inform on Drug Law 25%
Help to change life style 49%
Refer to health services 7%

89% consider CDTs as an important/very important alternative to Court

Study report available at:
http://www.sicad.pt/PT/EstatisticaInvestigacao/EstudosConcluidos/Paginas/default.aspx

After intervention, CDTs are even more appreciated, in alternative to Courts