























### SUMMARY

- Similar to previous waves, the ADAPT cohort participants who completed the Wave 4 survey comprised **mostly young, well-educated capital city dwellers**. Being a convenience sample, findings from the ADAPT study cannot be considered representative of all people that use drugs. It should be noted that the majority of Wave 4 data was collected prior to the current COVID-19 restrictions (i.e., mid-July 2021 onwards).
- In contrast to previous waves, **e-cigarettes (43%)** had the largest proportion of participants reporting that their use had **increased** in the last four weeks relative to before COVID-19 restrictions, overtaking **cannabis (33%)** and **alcohol (28%)** for the first time.
- However, there was considerable diversity in changes in consumption across individuals and drug types, highlighting the heterogeneity of experiences among people who use drugs.
- Perceived availability was reported as **'easy'/'very easy'** for most drugs, however, the perceived difficulty in obtaining **MDMA** increased at Waves 3-4. There was an increase at Wave 2 in the percentage of participants who reported that **meth/amphetamine** was **'very difficult'** to obtain, however this subsequently declined in Waves 3 and 4.
- At Wave 4, the percentage of participants reporting that they had **received drugs in person** almost returned to levels observed pre-COVID-19 restrictions, reflecting a steady increase across Waves 1 – 4. The percentage reporting **not obtaining illicit drugs** in the past month also continued to increase across waves (**19%** at Wave 4).
- Experience of **bingeing and overdose** remained relatively low and consistent across Waves 1 – 4, while **withdrawal** has declined across waves.
- Wave 4 saw a continued increase in perceived **'better' mental health** ratings (**44%**), while ratings of perceived **'better' physical health** have remained relatively consistent across waves.

### ACKNOWLEDGEMENTS

- The participants who contributed their valuable time to share their experiences.
- The Australian Injecting & Illicit Drug Users League (AIVL) for their support and advice in developing the project.
- All those who gave advice and shared information about the project.
- The National Drug and Alcohol Research Centre and the Australian Government Department of Health for funding support.

- Email [adaptstudy@unsw.edu.au](mailto:adaptstudy@unsw.edu.au)
- Check out our website at [www.adaptstudy.org.au](http://www.adaptstudy.org.au)
- Follow [@NDARCNews](#) or [#ADAPTStudy](#) on Twitter
- Follow [ADAPT Study](#) on Facebook