Drug use and other risky behaviours in young people attending a music festival

Megan Lim
Centre for Population Health, Burnet Institute
• Held annually in cities across Australia and New Zealand
• Melbourne festival attended by >50,000 people each year
• Burnet Institute has conducted surveys annually since 2005
Why do research at the Big Day Out?

- To monitor risk behaviours among young people
  - Sexual risk behaviours
  - Alcohol use
  - Illicit drug use
  - Other behaviours

- Useful for informing
  - Research
  - Health promotion
  - Evaluation
  - Policy
Why do research at the Big Day Out?

Low frequency of drug use

High frequency of drug use

Population surveys

EDRS

IDRS

????????
Why do research at the Big Day Out?

• It’s efficient
Why do research at the Big Day Out?

• It’s fun
Methods
Questionnaire Contents

• Core Questions
  – Demographics
  – Sexual behaviour
  – Sexual health
  – Alcohol
  – Illicit drugs

• Additional Modules
  – More detail on sex and drugs
  – Mental health
  – Healthy diet and exercise
  – Other behaviours
  – Evaluation of recent campaigns
## Porn Star Name

<table>
<thead>
<tr>
<th>Your First Pet</th>
<th>Your First Street</th>
</tr>
</thead>
<tbody>
<tr>
<td>_______________</td>
<td>______________________</td>
</tr>
<tr>
<td></td>
<td>Kuching</td>
</tr>
<tr>
<td></td>
<td>Brandon Park</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Porn star name</th>
<th>Uniqueness</th>
<th>Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>99%</td>
<td>76%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>+month/year of birth</th>
<th>Uniqueness</th>
<th>Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>100%</td>
<td>96%</td>
</tr>
</tbody>
</table>
Results - Demographics

- 12,000 people over 9 years
RESULTS

DRUG TRENDS
Results – Drug trends

Ever used illicit drugs

- 2006
- 2007
- 2008
- 2009
- 2010
- 2011
- 2012
- 2013
Results – Drug trends

Any illicit drugs used in past month

2006 2007 2008 2009 2010 2011 2012 2013

0 10 20 30 40 50
Results – Drug trends

Drugs used past month

- Marijuana
- Speed/Meth
- Ecstasy

Comparison to other surveys

% using in past month

Marijuana
Amphetamine
Ecstasy
Results – Drug trends

Drugs used past month

% used

- Cocaine
- Hallucinogens
- Heroin

2006 2007 2008 2009 2010 2011 2012 2013
Results – Binge drinking trends

6+ drinks in a single session

- At least monthly
- At least weekly

% of participants

2009 2010 2011 2012 2013
Results - alcohol

- Median age of first drink was 15 years

- 21% had consumed more than 20 drinks in one session in the past year
  - 53% more than 10

- 35% reported alcohol-related injury

- 19% lost memory at least monthly

- 21% combined alcohol with energy drinks at least monthly
Results – Smoking
Emerging drugs (2012)

% Use in the past month

- Mephedrone
- Spice/Kronic
- Herbal Highs

Burnet Institute
RESULTS

OTHER BEHAVIOURS and their correlation with recent drug use
Sexual behaviours

- Ever had sex
- Multiple partners
- Inconsistent condom use
- Any same-sex partner
Sexual behaviours

- Ever had sex: All participants = 80%, Recent drug use = 90%
- Multiple partners: All participants = 30%, Recent drug use = 50%
- Inconsistent condom use: All participants = 40%, Recent drug use = 60%
- Any same-sex partner: All participants = 10%, Recent drug use = 10%
Results: SEX

**Type of Partners**

- **Regular**
- **Casual**
- **New**

- **p<0.01**
- **p<0.01**
- **p=0.50**
Results: SEX

Condom use by partner type

- Regular
- Casual
- New

p < 0.01
p = 0.73
p = 0.94
## STI knowledge

<table>
<thead>
<tr>
<th>TRUE OR FALSE.....</th>
<th>% correct</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlamydia can be diagnosed by a urine test</td>
<td>52</td>
</tr>
<tr>
<td>STIs can be treated with antibiotics</td>
<td>50</td>
</tr>
<tr>
<td>The pap smear can diagnose all the main STIs</td>
<td>34</td>
</tr>
<tr>
<td>Chlamydia can make women infertile</td>
<td>63</td>
</tr>
<tr>
<td>STIs may not always have symptoms</td>
<td>72</td>
</tr>
<tr>
<td>Chlamydia can last for years if untreated</td>
<td>73</td>
</tr>
</tbody>
</table>

Mean score 3.4/6
Sexting (n=1403)

- 40% had ever sexted
Healthy lifestyles

• 42% overweight or obese
  – Associated with recent drug use (OR 1.3, 95CI 1.1-1.5)

• Only 8% meet fruit/veg guidelines

• 55% watch TV 2+ hours per day
Gambling

- Gambling in past 12 months
  - 58% of males
  - 39% of females

- No association with recent drug use

- Online/apps less common than casino/TAB/pokies
Results – Mental health problems

• 21% report any mental health problems in the past 6 months

• More common in females (26%) than males (13%)

• Associated with recent illicit drug use (OR 1.7, 95CI: 1.3-2.3)
Self-rated mental health

- Excellent
- Very good
- Good
- Fair
- Poor

- Recent Drug Use
- No recent use
Bonus:
Health promotion
Bonus:
Health promotion
Bonus:
Health promotion
Bonus:
Health promotion

Roses are red, daisies are white, use a condom if you get lucky tonight. Happy Valentines Day!

Protect your or your partners eggs this Easter with a condom. Chlamydia can cause infertility. Enjoy

Chlamydia, hard to spell easy to catch, use a
Limitations

- Representativeness
- Self-report
- Cross-sectional
New questions

- Emerging substances
- Buying drugs online
- Bullying
- First sexual experience
- Pornography
Thank you!