#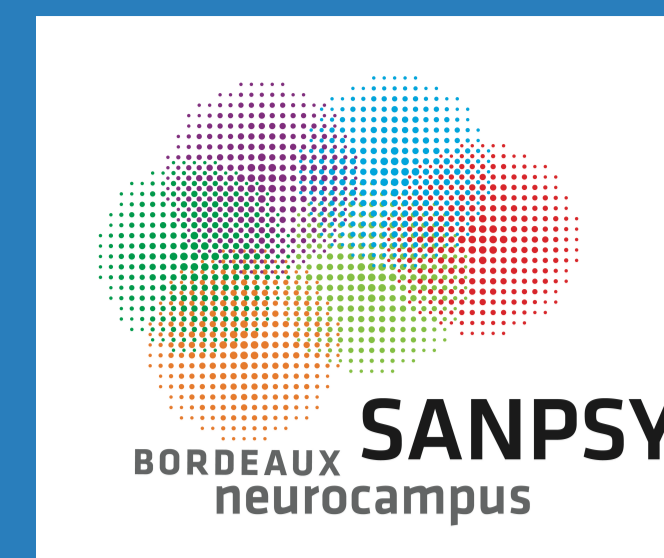 Survey of substance use and characteristics associated to problematic use in a French community structure for people with mental disorders

Doneche F.[1], Alexandre J-M.[2,3], Auriacombe M.[2,3]
[1] Pole Travail Adapei 65, Lourdes, France
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## Background

**ESAT: French organizations providing care through employment**

ESAT "Adapei 65": 328 adults workers with psychic or intellectual disability ; Indications of problematic use (medical records)
→ Assessment of needs prior to the opening of nursing consultation for addictology on site

## Aims

TO ASSESS ADULTS WORKERS WITH MENTAL DISABILITY ENGAGED IN A FRENCH HELP CENTER THROUGH WORK (ESAT Adapei 65)
→ To describe substance use
→ To screen for problematic use & associated characteristics

## Method

*Design* cross-sectional survey, 2021
- *Inclusion*: adult workers of ESAT Adapei > 1 month
- *Non inclusion:* severe intellectual disability and/or behavioral problems incompatible with the study

*Questionnaire*
- Lifetime/current use of tobacco, alcohol, cannabis, opiates, cocaine, stimulants, psychotropic drugs ;
- motivation for use (work-related?) ; past care
- Problematic use: adaptation of CAGE questionnaire for all substances (4 questions, 2+ *yes* = positive screening)
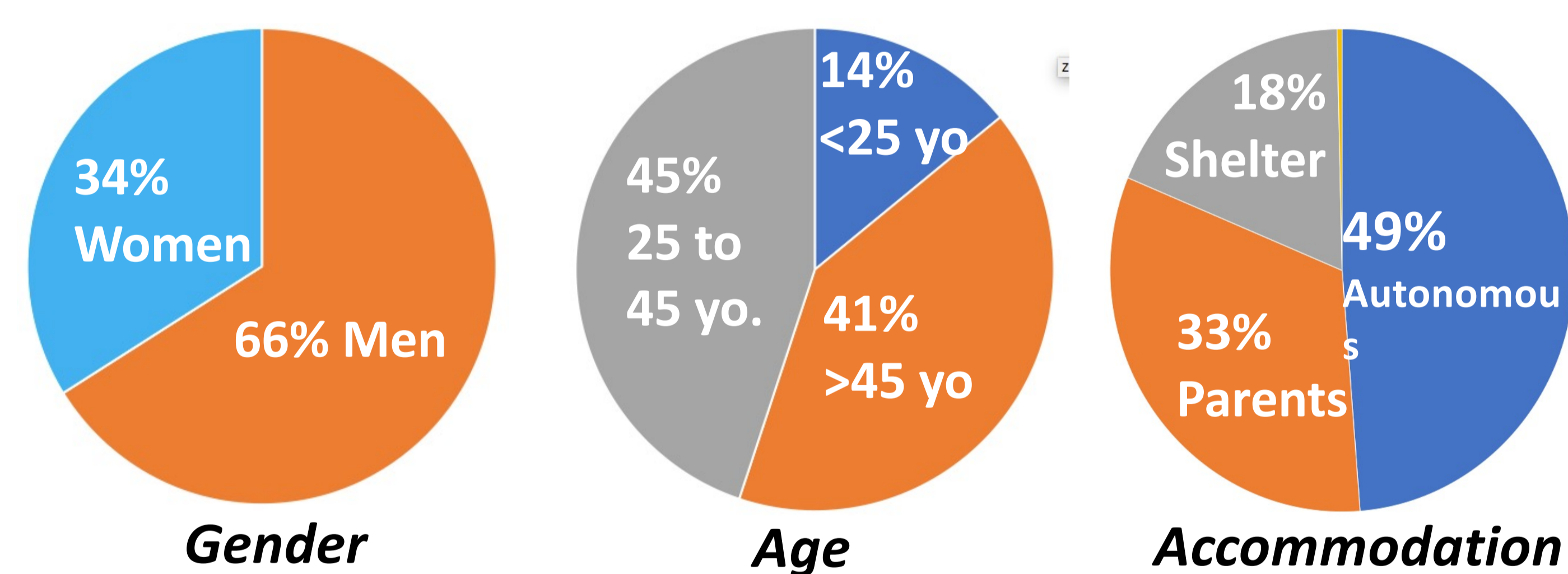- Type of disability, diploma, accommodation & autonomy

*Procedure* Trusted nurse moved to the work sites of the ESAT
Group presentation of the study to all workers of the site (30 min.)
Individual appointment: confidentiality, non judgmental attitude
- Checking inclusion criteria, agreement
- Presentation of the questionnaire, ensure comprehension
Subjects filled the questionnaire themselves with nurse available to help at request in the same room ; questionnaires were anonymous
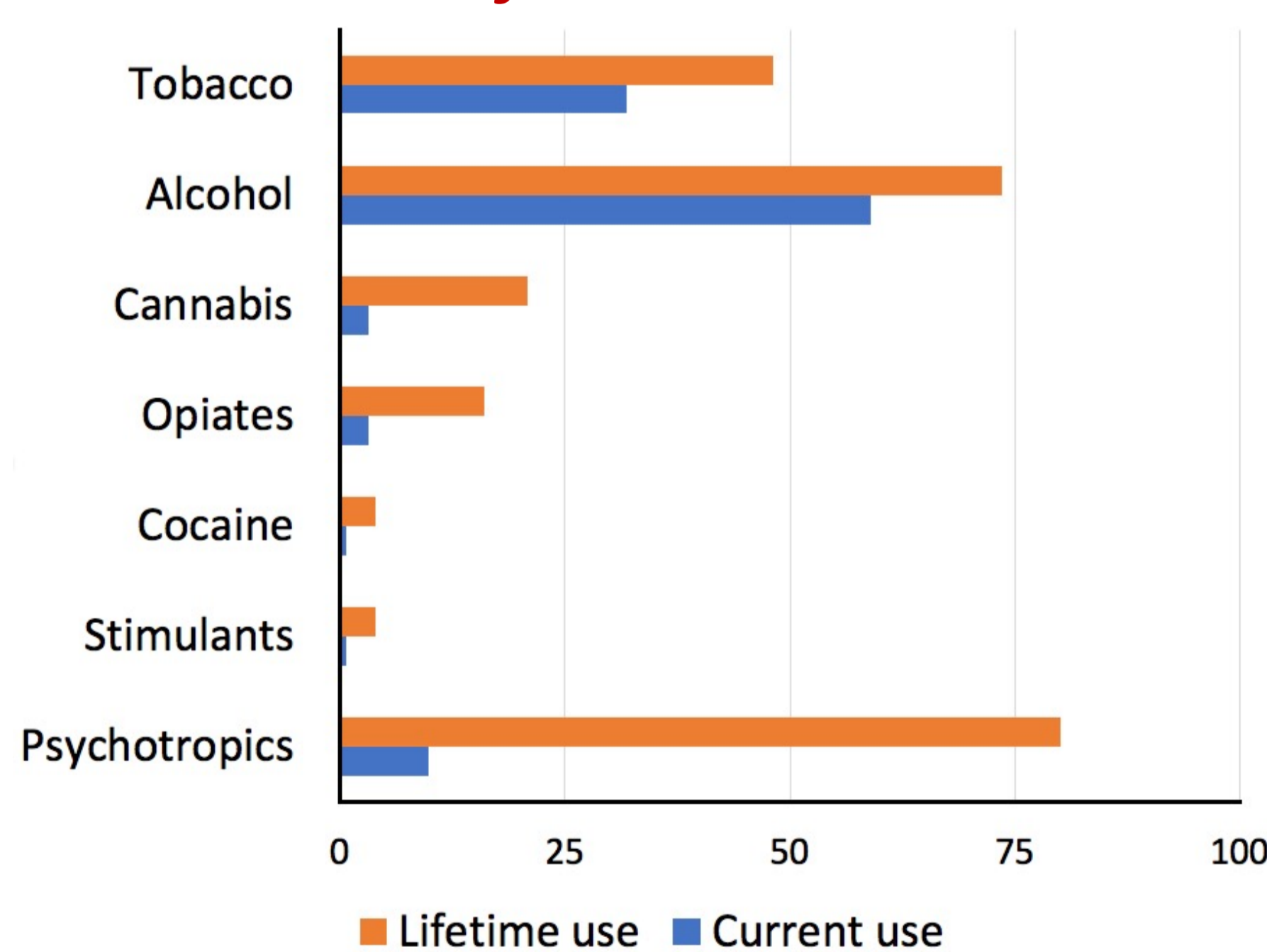
*Analyses* SANPSY UMR 6033 CNRS - University of Bordeaux

## Results

Response rate: **86.3%** (n= 282 /328)



*Gender* — 34% Women, 66% Men
*Age* — 14% <25 yo, 41% >45 yo, 45% 25 to 45 yo.
*Accommodation* — 18% Shelter, 33% Parents, 49% Autonomous

**Prevalence of substance use**



Tobacco, Alcohol, Cannabis, Opiates, Cocaine, Stimulants, Psychotropics
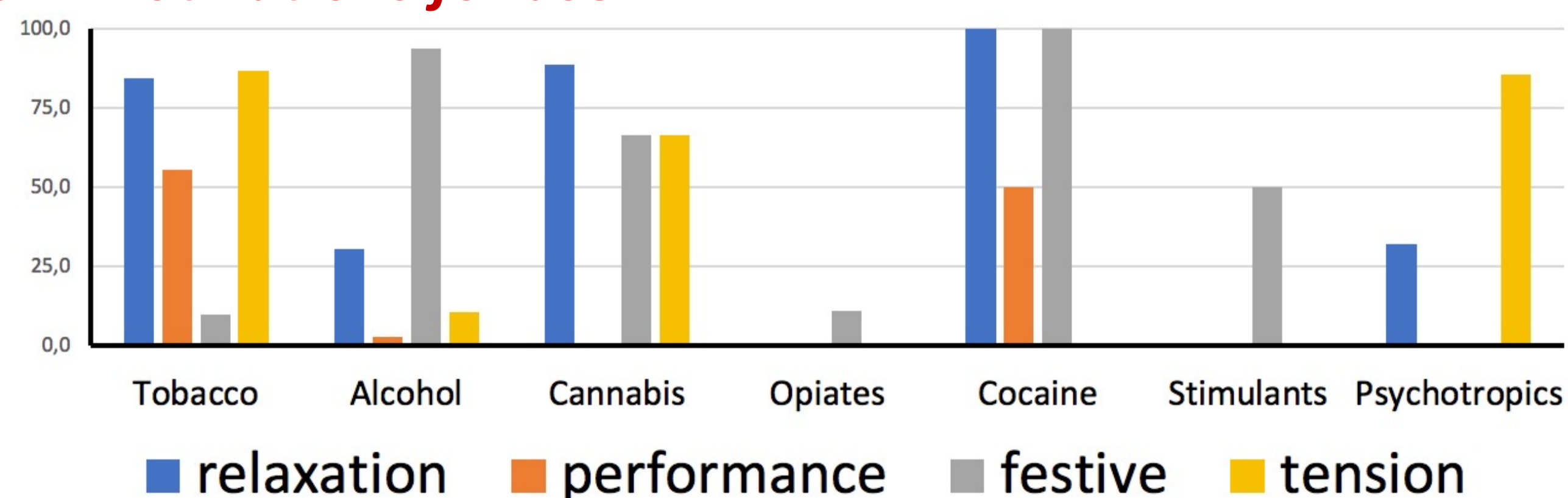Lifetime use / Current use

Current use:
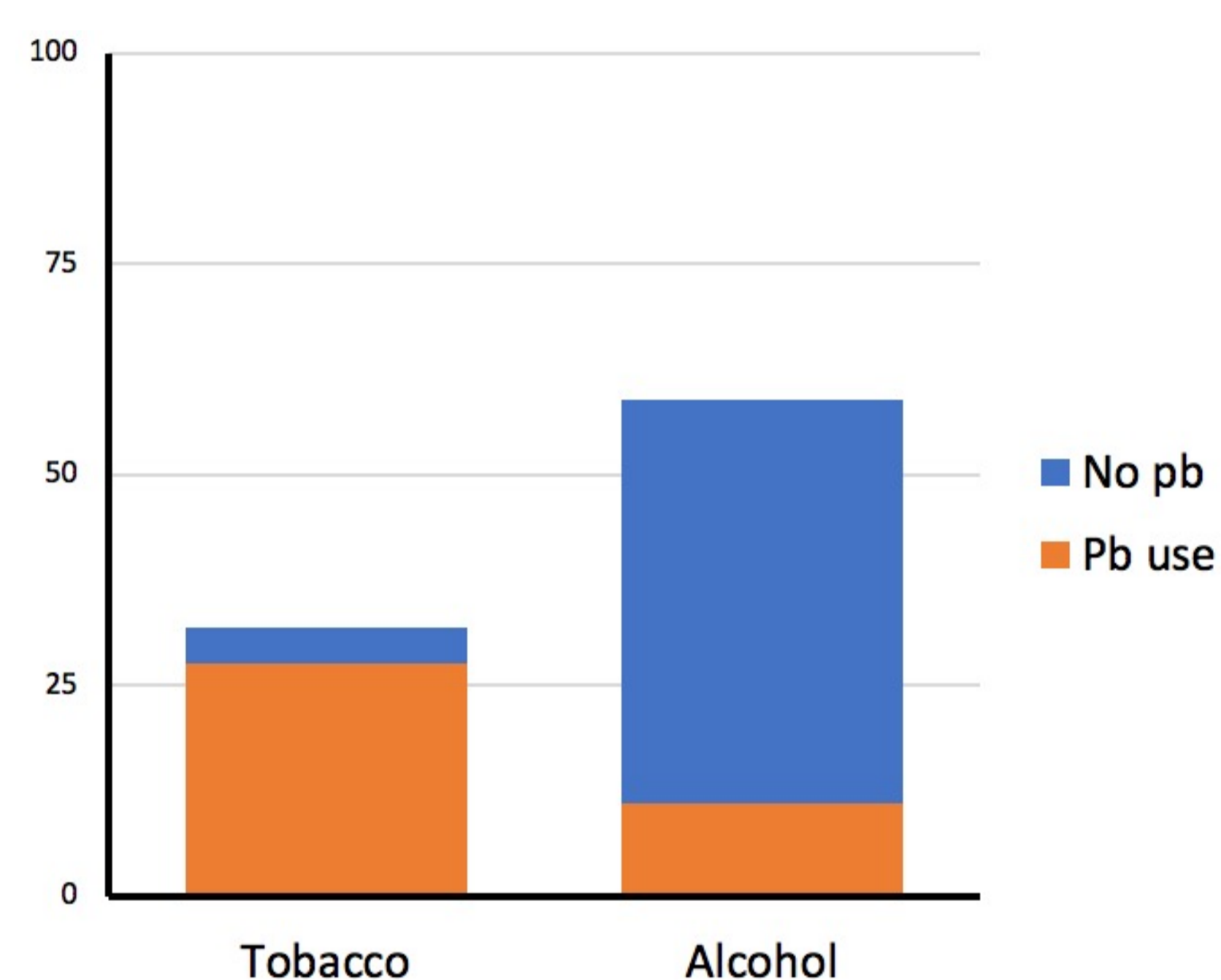Alcohol: 59.0% (n=167)
5+ drinks/day: 8.9% (n=25)

Tobacco: 31.9% (n=90)
> 20 cig/day: 9.2%

Psychotr. drugs: 9.9% (n=28)
Cannabis, Opiates: 3.2% (n=9)
Cocaine, Stimulants: < 1% (n=2)

**Main motivations for use**



Tobacco, Alcohol, Cannabis, Opiates, Cocaine, Stimulants, Psychotropics
relaxation — performance — festive — tension

**Screening of current problematic use:**



No pb / Pb use — Tobacco, Alcohol

**Adaptation of CAGE, score 2+/4**
**Tobacco: 27.7% (n=78)**
*86.7% of current users*

**Alcohol: 11.0% (n=31)**
*18.6% of current users*

**Cannabis: 2.1% (n=6)**
*66.7% of current users*
**Psychotr. drugs: 1.1% (n=3)**
*7.1% of current users*
**Opiates: < 1% (n=1)**
*11.1% of current users*
**Cocaine, Stimulants: 0**

**Characteristics associated to problematic use**
*Any substance problematic use*
*univariate analysis ; p< 0.01*

- **Gender (***Male***)**
- **Accommodation (***autonomous accommodation***)**
- **Education (***having at least 1 diploma***)**

**History of addiction treatment**

| | n | % sample | % current users |
|---|---|---|---|
| Tobacco | 33 | 11.7% | 36.7% |
| Alcohol | 20 | 7.1% | 12.0% |
| Cannabis | 9 | 3.2% | 100% |
| P. drugs | 8 | 2.8% | 28.6% |

| | n | % sample | % current users |
|---|---|---|---|
| Opiates | 6 | 2.1% | 66,7% |
| Cocaine | 4 | 1.4% | 50.0% |
| Stim. | 4 | 1.4% | 50.0% |
| **ALL** | **56** | **19.9%** | **29.5%** |

## Conclusion

→ **Subjects with mental disability met problematic use despite protective context of the ESAT**
→ **Several associated factor could help detection**
→ **These factors included better autonomy and higher education, which facilitate access to use**