

National surveys of people using IPEDs: a 'history' and the latest data

Prof Vivian Hope

&

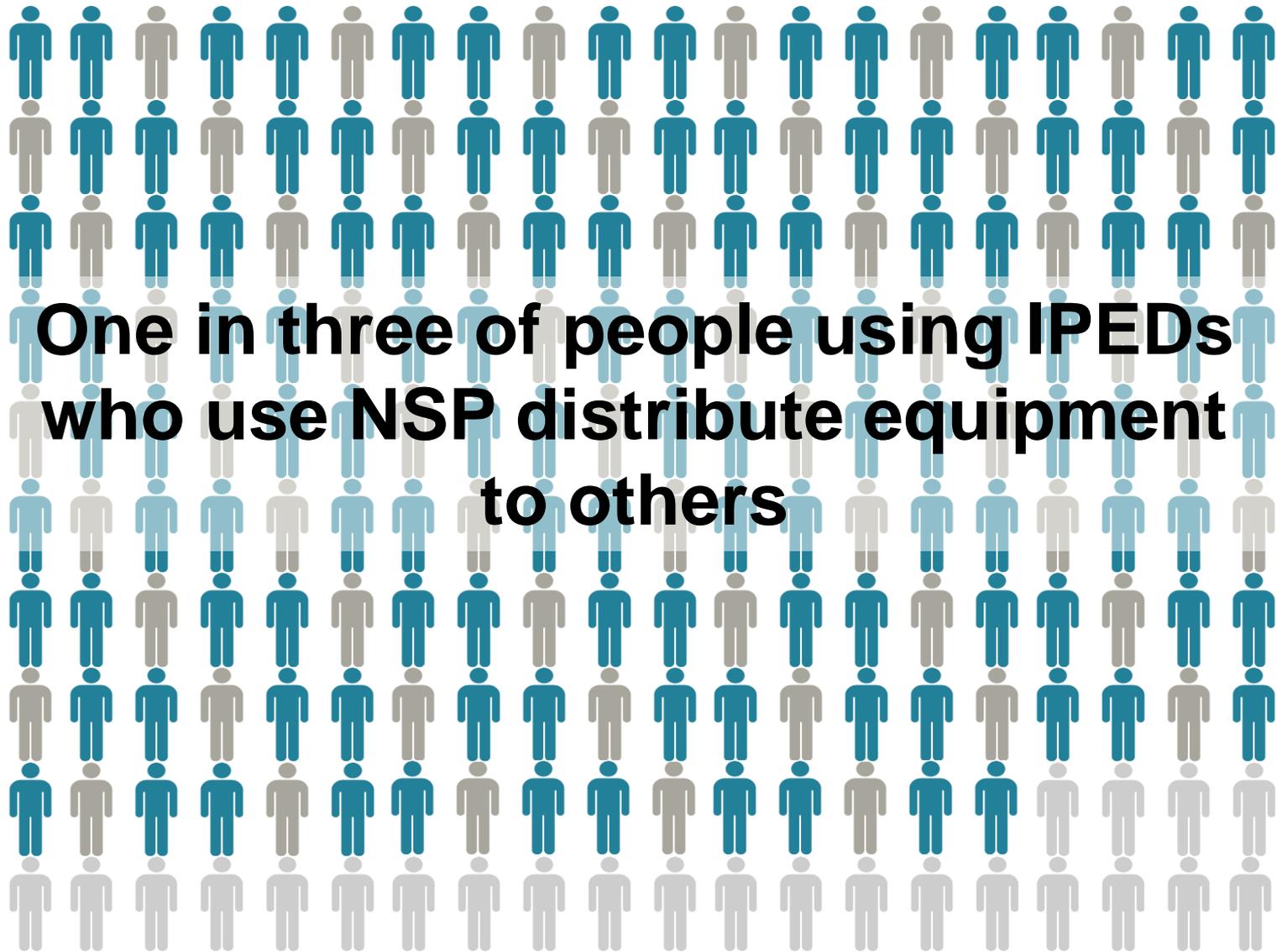
Emma Begley

There have been two UK survey programmes looking at IPED use

1. The Unlinked Anonymous Monitoring Survey of people injecting IPEDs – Coordinated by Public Health England with Public Health Wales and PHI.
2. The National IPEDinfo Survey – Coordinated by PHI and Public Health Wales, with NineZeroFive, Public Health England, and NHS Scotland.

The Unlinked Anonymous Monitoring Survey of people injecting IPEDs.

- The UAM survey started in 1990 as a response to the HIV epidemic and is focused on psychoactive drug use.
- A biennial sub-survey was implemented in 2011 in England and Wales which focused on IPED use.
- The survey recruits people who inject drugs through sentinel collaborating drug services, such as, needle & syringe programmes and outreach.
- Participants provide a dried blood sample and completed a short questionnaire.
- So far three survey waves have been completed.



From Glass R *et al* Secondary distribution of injecting equipment obtained from needle and syringe programmes by people injecting image and performance enhancing drugs: England & Wales, 2012-15.

Estimated extend of secondary distribution

There were 564 participants in the sample.
160 collected for others.

Minimum:

160 participants



667 others

Mid-point:

160 participants



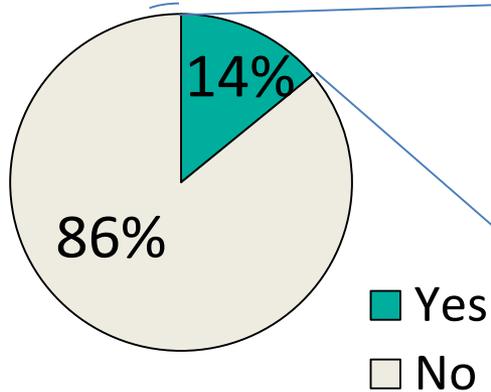
1,040 others

Range of users
which may
not be
engaging
with NSP
from our
sample

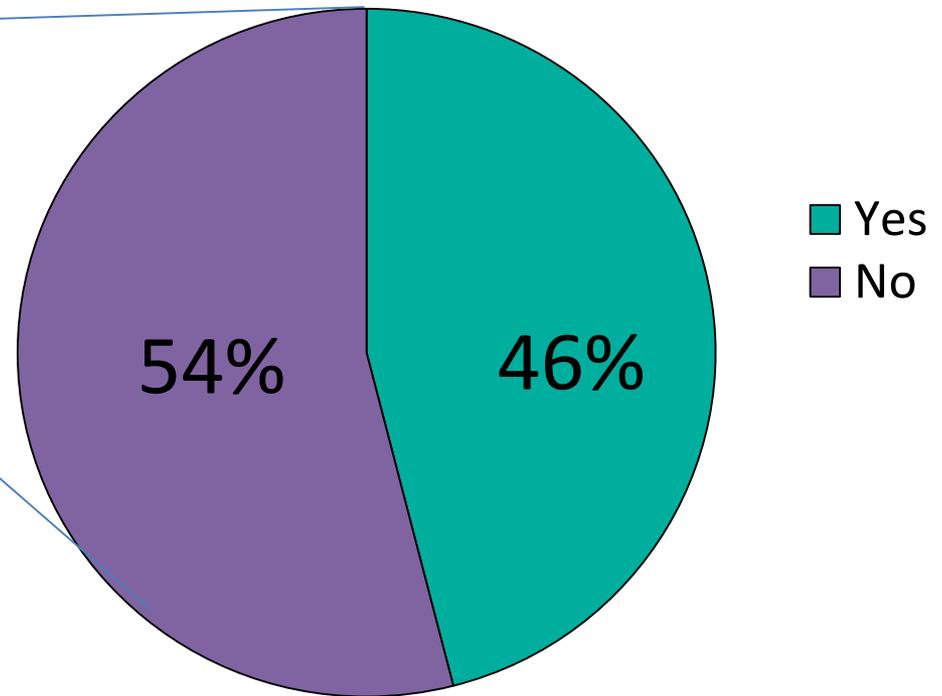


Injecting psychoactive drugs

Ever injected a psychoactive drug

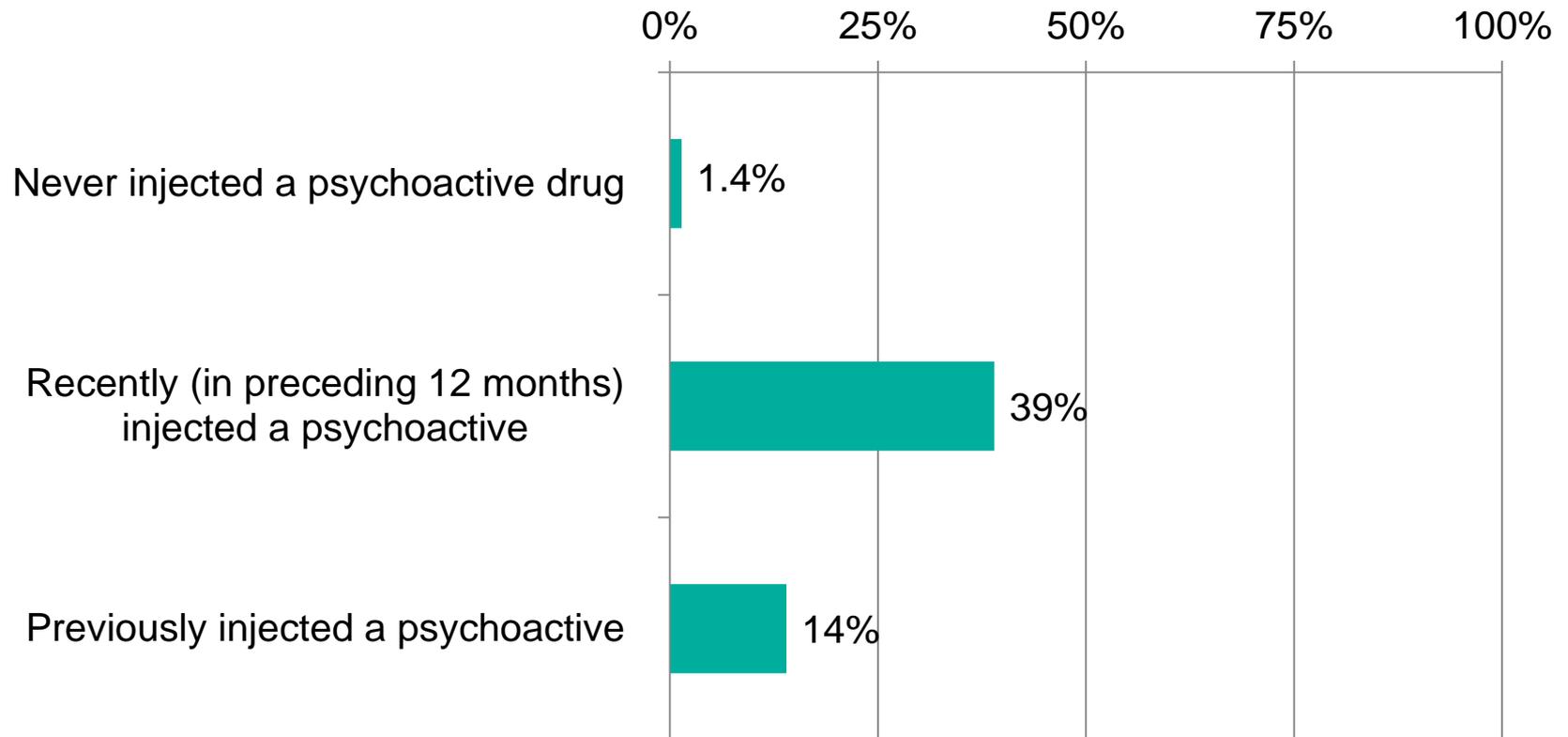


Injected psychoactive drugs during last year

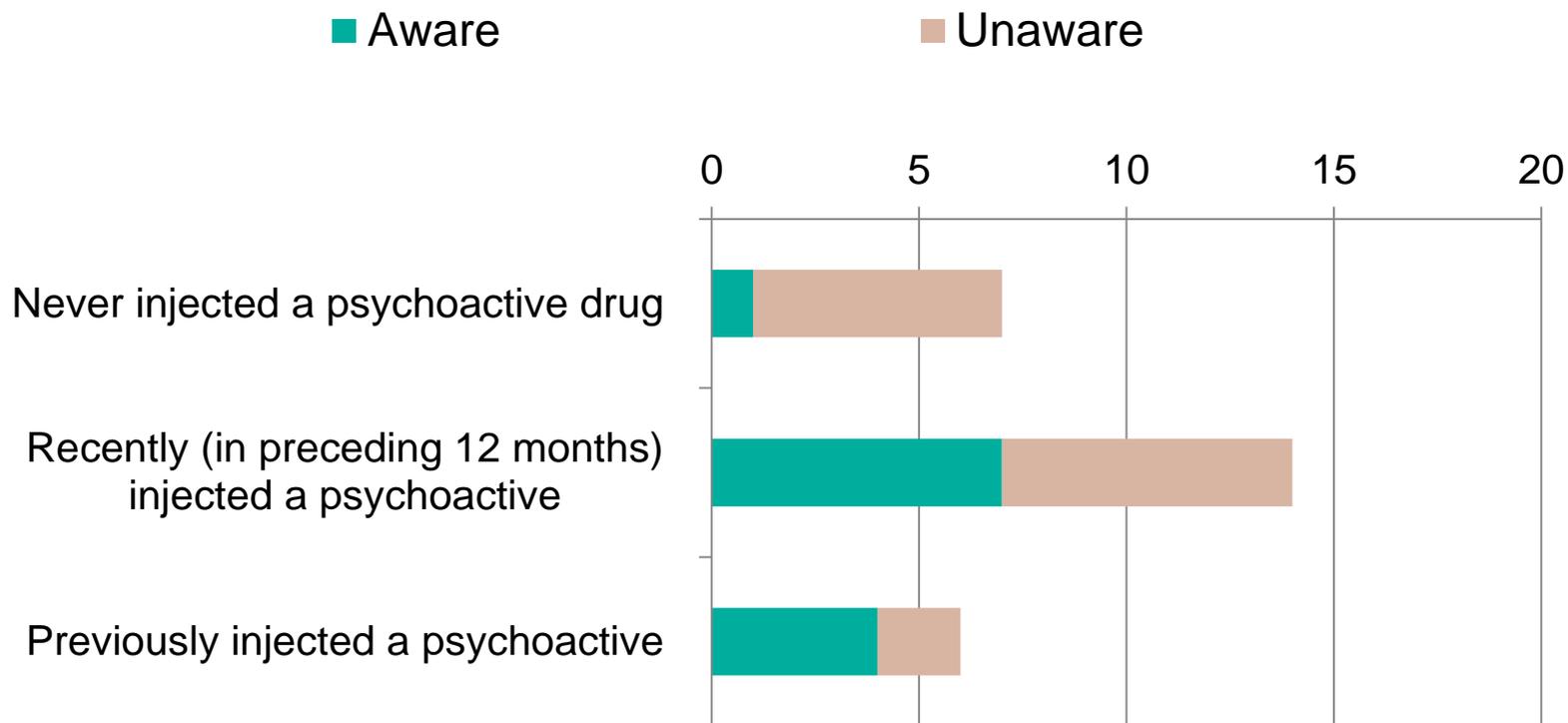


Prevalence of antibodies to hepatitis C

Overall one in twenty had antibodies



Awareness of having had hepatitis C



The National IPEDinfo Survey

Comprehensive survey designed to gain better insight into the nature and use of steroids and IPEDs.

Open to anyone who has ever used any IPEDs.

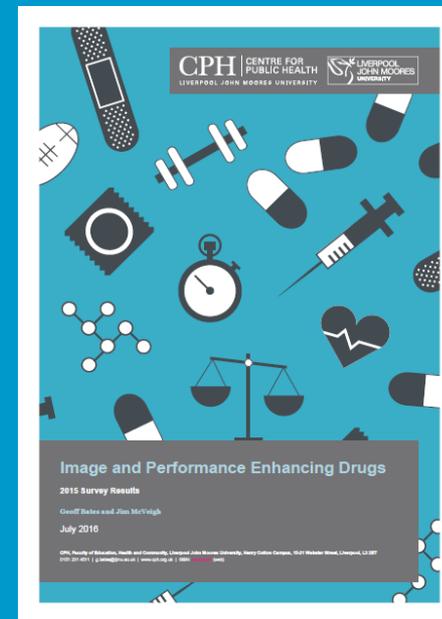
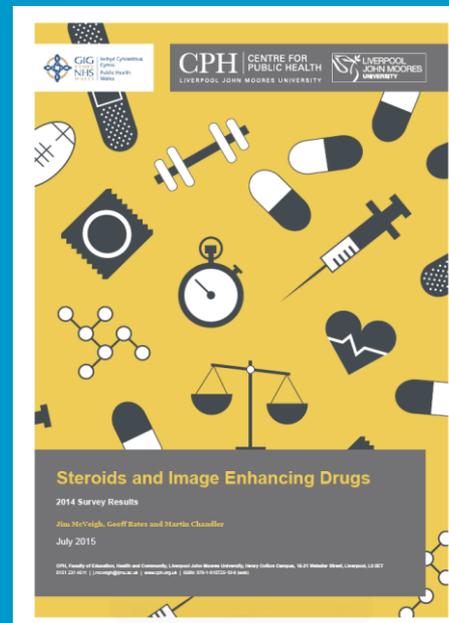
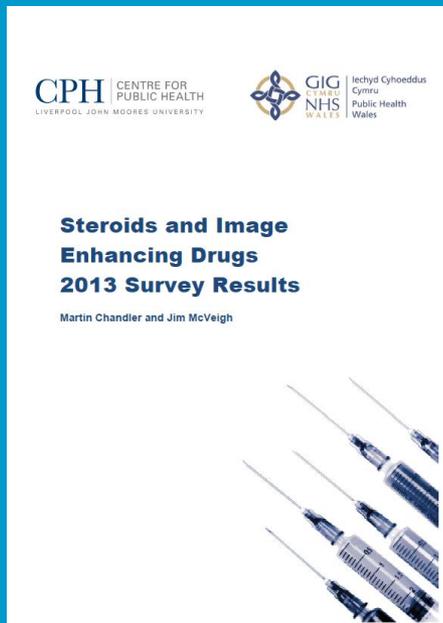
Survey examines:

- IPEDs used and nature of IPED cycles
- Other substance use
- Health, adverse effects, uptake of health services
- Risk behaviours e.g. needle and syringe sharing, sexual health



2013, 2014 & 2015 surveys

Recruitment predominantly through relevant internet forums and social media; and via needle and syringe programmes.



National
IPED INFO
Survey

ipedinfo.co.uk

2015 Survey findings: Alcohol use

Alcohol consumption amongst the sample was relatively low:

- Nearly 2/3 consume alcohol only once per month or less frequently.
- 1/4 reported that they never drink alcohol.

Indications of heavier drinking and binge drinking amongst a minority of participants:

- 4% reported drinking on 4 or more occasions each week.
- 9% reported drinking 8+ units of alcohol in a typical drinking day.
- 17% reported drinking 8+ units of alcohol once a week or more frequently.

National
IPED INFO
Survey

ipedinfo.co.uk

2015 survey Findings: Adverse health effects associated with IPED use

A range of harmful effects have been associated with using IPEDs in previous research e.g. cardiovascular disease, liver and kidney damage, injuries and psychological/ mood disorders.

Physiological impacts – past year

Injection site pain	27%	Nausea	6%
Testicular atrophy	25%	Unwanted hair	6%
Raised blood pressure	14%	Hair loss	5%
Gynaecomastia	13%	Acne	4%

Psychological impacts – past year

Mood swings	26%
Increased aggression	17%

National
IPED INFO
Survey

ipedinfo.co.uk

The 2016 survey

- Two survey programmes worked together to streamline the data collection and with increased emphasis on recruiting out-with needle and syringe programme settings.
- UAM Survey part is still ongoing – data collection will complete later this year, as this survey is continuing to recruit participants over a two year period.
- IPEDinfo survey results (i.e. questionnaire data) will be published next month.
- Here we give a overview of the survey and some selected findings.

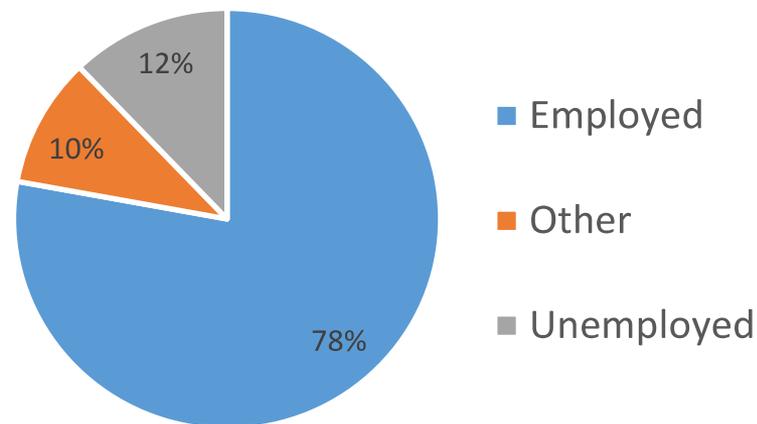
2016 IPED Survey results

Sample = 684

94% Male

Mean age 32

80% White British

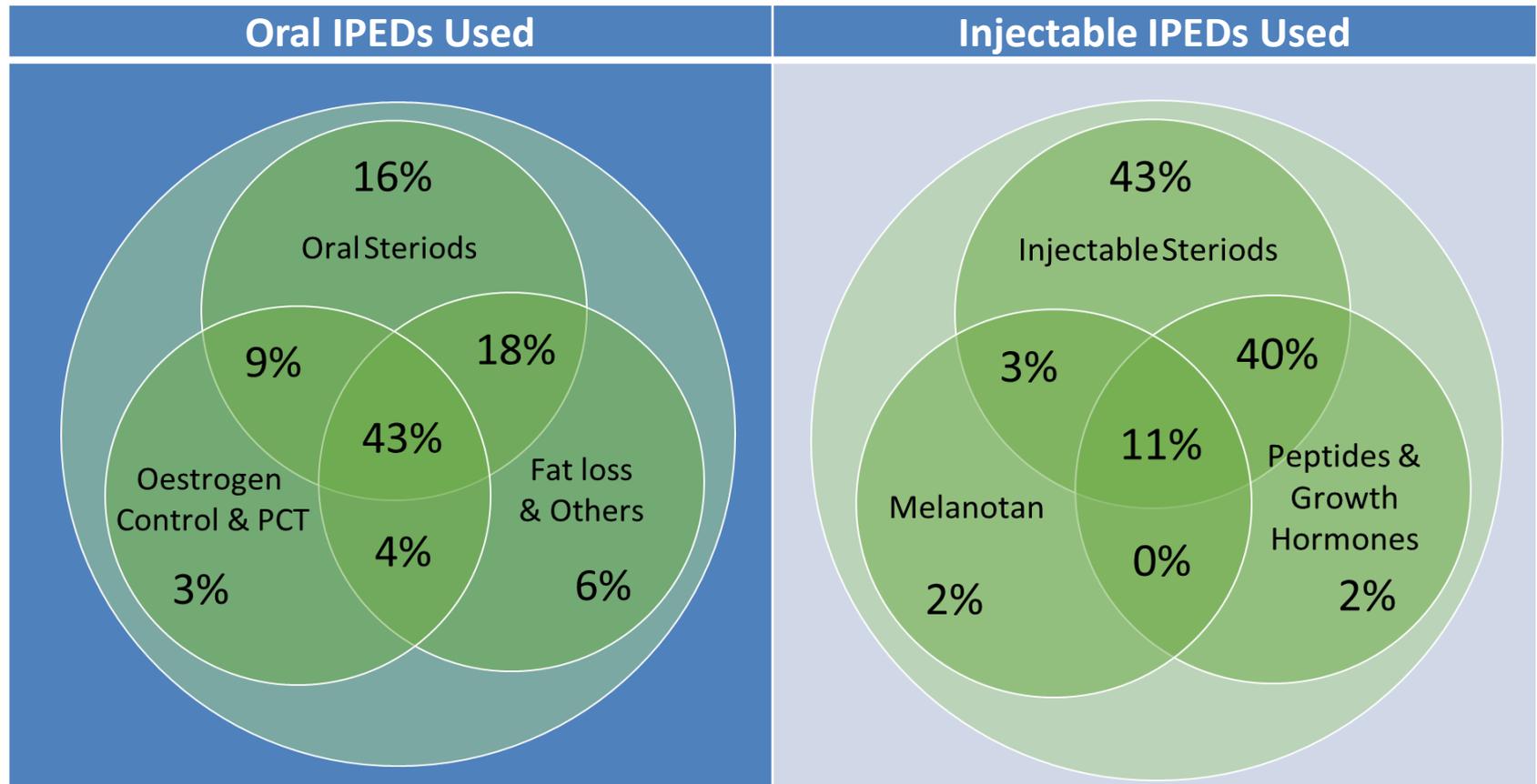


(Begley et al, in press)

Patterns of IPED use

- Nine-in-ten participants reported using IPEDs orally
- 85% reported using IPEDs through injection.
- 73% had used IPEDs both orally and by injection
- A concerning increase in the proportion of participants reporting the use of dinitrophenol (DNP) from 1.8% in 2015 to 3.1% in 2016.

Types of IPEDs used



Traditional motivations

To improve performance and win

- Enhance/strengthen muscle or physical performance
- Perceptions of the ideal body

Body Dissatisfaction

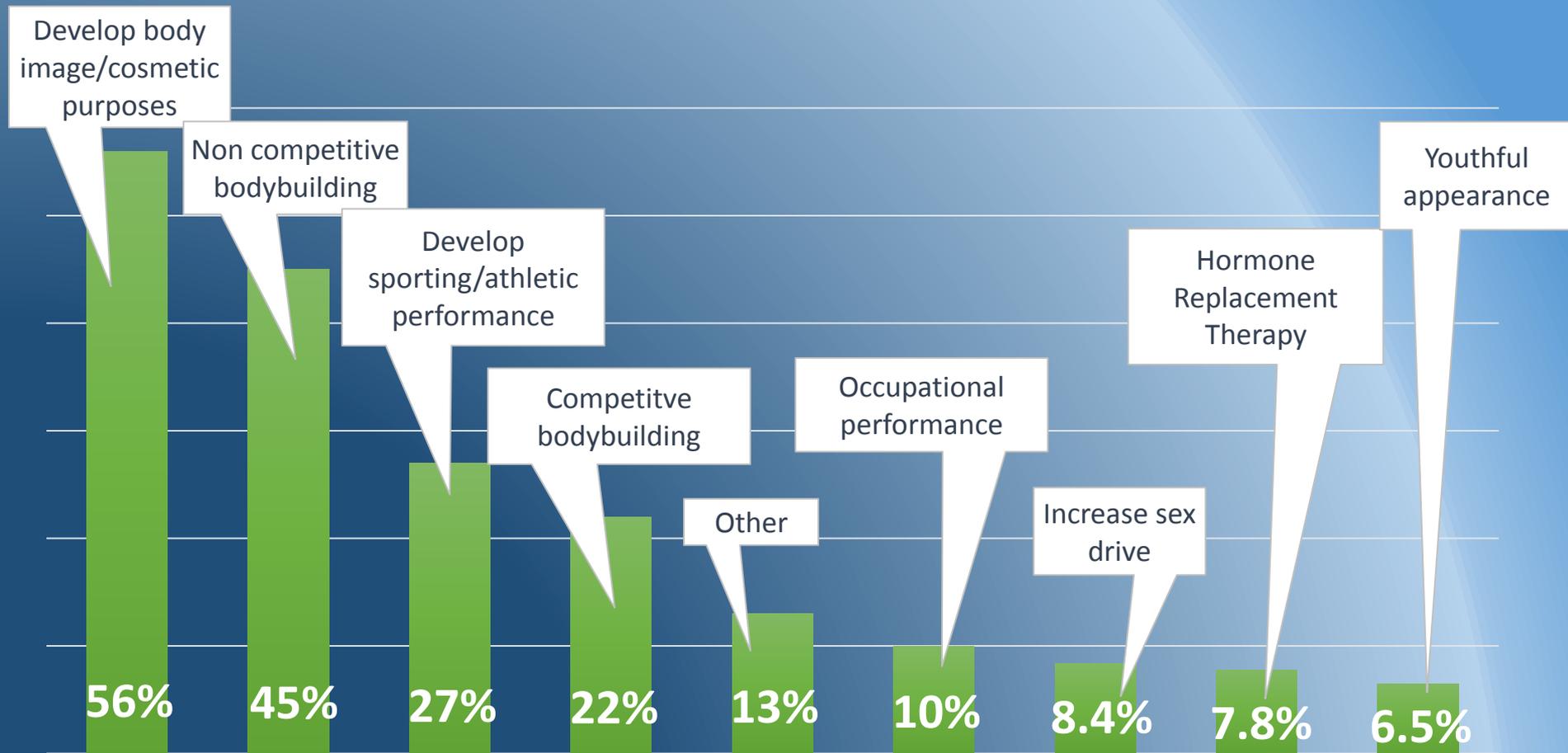
- Weight loss
- Cosmetic appearance of the skin and hair

IPEInfo Survey 2017

29. From the following goals, please score from 1-10 how important each goal is to your own IPEd use. (10 = extremely important; 1 = not at all important; 0 = not applicable)

Develop sporting/athletic performance (non-bodybuilding)		Support occupational performance	
Bodybuilding (competitive)		Increase sex drive	
Bodybuilding (non-competitive)		Hormone Replacement Therapy (HRT)	
Develop body image / cosmetic purposes		Retain/regain youthful appearance	
Other (please state):			

Motivation for IPED use



Other: Strength, injury pain, cope with depression/anxiety, confidence, and increase energy.

There are many more findings in the report which is set out in a readable format - using a *Question and Answer* approach.

Finally, the survey data indicated that just over half of those reporting side-effects waited for these to go away on their own without seeking medical help/advice, and that another third self-medicated.

We are about to commence a follow-up study with Public Health Wales looking at barriers and facilitators to healthcare use in response.



www.ipedinfo.co.uk