

MDMA USE BY PARIS MEDICAL STUDENTS: characterisation, use disorder and stereotypes

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INTRODUCTION

In 2014, 3.8% of French adolescents 17 years old had tried MDMA¹. Among people 18 to 24 years old, MDMA experimentation was more frequent than cocaine experimentation (3.9% vs 3.1%)¹. In 2018, 18,2% of French medical students ever experienced MDMA². MDMA consumption is often under-estimated because it has different names in the market³. The characteristics of MDMA use are largely unknown.

METHODS

An observational, descriptive, analytical and single-center study
An online self-reporting questionnaire posted on facebook group of each promotion of PARIS VII medical students from 2 to 6 grade level
A questionnaire including 30 single or multiple-choice questions

OBJECTIVES

To characterize MDMA use in medical students

RESULTS :

Socio-demographics of medical students who experimented with MDMA (MDMA+) or never experimented with (MDMA-) using a logistic regression

Variable	MDMA+ (n=127)	MDMA-(n=465)	All students (n=592)	Statistic OR, 95%CI	P-value*
Women, % (n)	51.2% (65)	71.6% (333)	67.2% (398)	0.40, 0.29-0.67	< 0.001
Age, years, mean ±SD	22.8 (±1.93)	21.6 (±2.08)	21.8 (±2.1)	0.87, 0.77-0.98	0.02
Living with parents, % (n)	36.0% (46)	52.5% (244)	49.0% (290)	0.75, 0.48-1.17	0.2
1st degree, % (n)	21.3% (27)	44.9% (256)	40.0% (236)	0.52, 0.30-0.91	0.02
Fraternity, % (n)	7.1% (9)	2.6% (12)	3.5% (21)	1.83, 0.71-4.69	0.2

MDMA use disorder (DSM-V)

The prevalence of MDMA use disorder was:

-8.5% in our sample (n=52)

-40.9% among MDMA users

➔ 29.2% mild use disorder, 10.2% moderate use disorder and 1.6% severe use disorder

Other drugs taken by students during the MDMA use or the days afterward

Drug	During the MDMA use (n=127)	During the days afterward (n=127)
Tobacco, % (n)	70.9% (90)	40.9% (52)
Alcohol, % (n)	90.6% (115)	22.0% (28)
Cannabis, % (n)	42.0% (68)	29.1% (37)
Cocaine, % (n)	20.5% (26)	1.6% (2)
Benzodiazepines, % (n)	0.0% (0)	5.5% (7)
Opioids, % (n)	0.0% (0)	0.0% (0)
LSD, % (n)	3.6% (5)	0.0% (0)
Hypnotics, % (n)	0.0% (0)	1.6% (2)

Stereotypes about MDMA among students who experimented with MDMA (MDMA+) or never experimented with (MDMA-)

Statement	MDMA+ (n=127)	MDMA- (n=465)	All students (n=592)	Statistic	P-value*
Difference between MDMA and Ecstasy, % (n)	52.8% (67)	54.6% (254)	54.2% (321)	Chi2=0.14, df=1	0.7
Required delay of few days, % (n)	0.8% (1)	10.5% (49)	8.4% (50)	Fisher=0.07	< 0.001
Dangers of occasional intake, % (n)	66.9% (85)	83.9% (390)	80.2% (475)	Chi2=18.1, df=1	< 0.001
Dangerousness of regular intake, % (n)	79.6% (101)	86.0% (400)	84.6% (501)	Chi2=3.2, df=1	0.07
Addictive aspect, % (n)	74.0% (94)	90.3% (420)	86.8% (514)	Chi2=23.2, df=1	< 0.001

DISCUSSION:

A high and worrying prevalence of MDMA experimentation and MDMA use disorders

MDMA use is linked to specific sociodemographic data

There is a concomitant consumption of MDMA and other psychoactive drugs.

Users trivialized the dangers of MDMA and underestimated that it is an addictive substance.

Other studies focusing on drug consumption among students are necessary to define specific public health strategies of prevention and harmful reduction .

References

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3,Palamar JJ, Keyes K, Cleland CM. Underreporting of ecstasy use among high school seniors in the US. *Drug and Alcohol Dependence.* 2016;165:279-282. doi:10.1016/j.drugalcdep.2016.06.001

