

Impact of the War on Young People Mental Health, Alcohol Consumption and Drug Use in Ukraine

**Based on the Survey
held on 20 April - 1 May 2022**

Introductory data

Organizers:

- [Institute of Psychiatry, Forensic Psychiatric Examination and Drug Monitoring of the Ministry of Health of Ukraine](#)
- [Youth Movement Teenergizer](#)
- [European Monitoring Centre for Drugs and Drug Addiction](#)

The aim of the survey :

to discover findings on how the full-scale war waged by the Russian Federation on 24 February 2022 affected the Ukrainian young people in terms of:

- mental health
- alcohol consumption
- illicit drug use

Target audience: Residents of Ukraine aged 13-34+

Duration of the survey : 12 days

General results

Channels of survey distribution:

- Social media advertising (Instagram)
- Other (emails, word of mouth)

Target country: Ukraine

Reach by advertising:

30152 individuals with 1812 clicks to the survey link:

- 13-17: 20128 individuals with 1029 clicks to the survey link
- 18-24: 7704 individuals with 634 clicks to the survey link
- 25-34: 2320 individuals with 148 clicks to the survey link

Questionnaires:

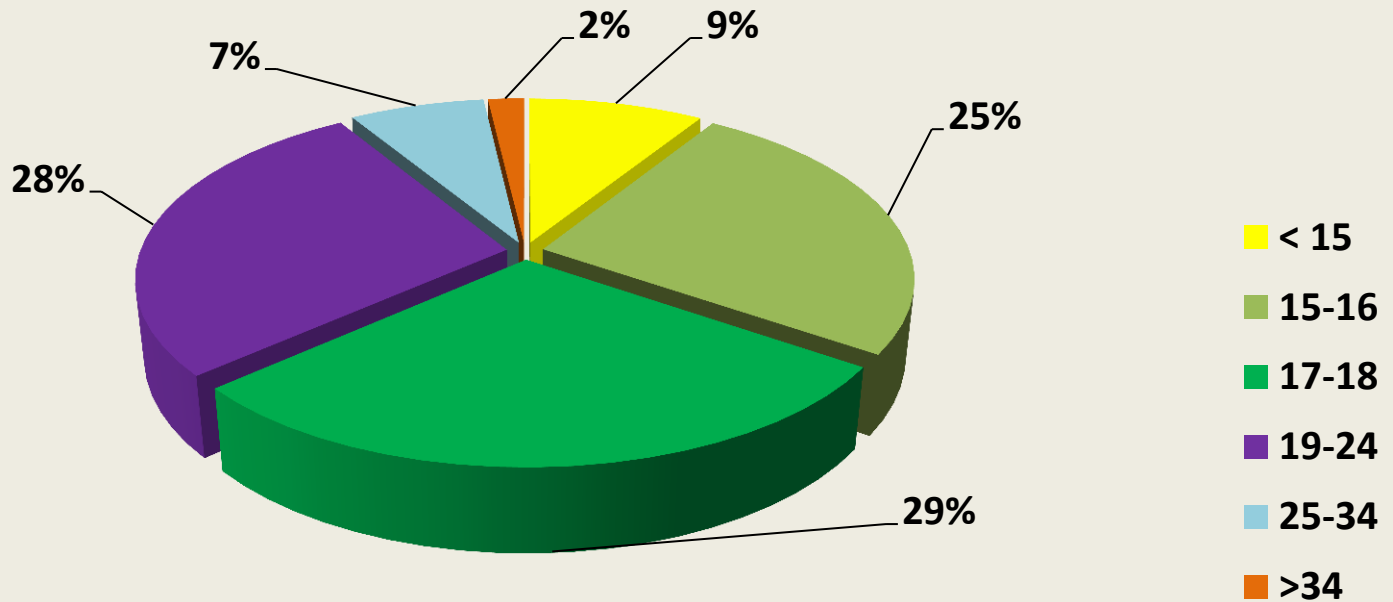
- submitted: 1512
- remained in drafts: 122

Demography

- **Age**
- **Did you reside permanently in Ukraine before 24 February 2022?**
- **Gender**
- **Region of permanent residence in Ukraine before the war**
- **Did you change your place of residence due to military operations?**

Demography: Age

Proportion of all the Respondents by Age Group (%)



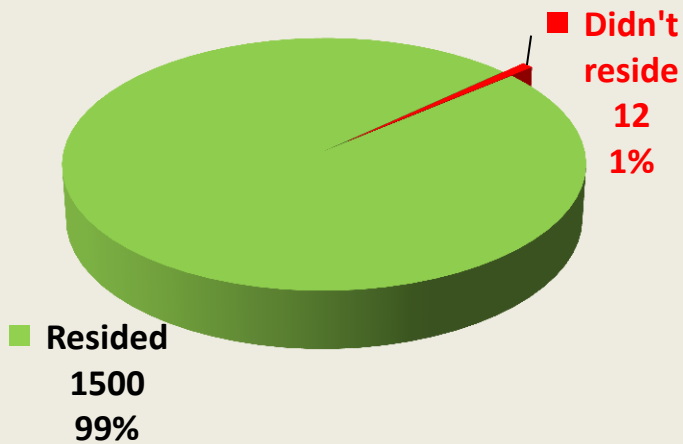
1) The “age target” of the Survey was completed at 100%.

2) The majority of respondents represent the age groups:

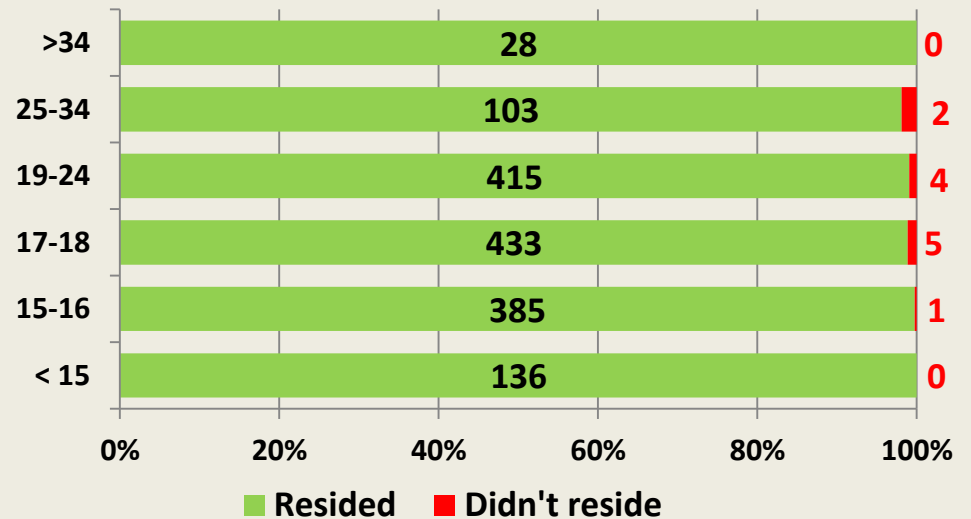
- 17-18 years old
- 19-24 years old
- 15-16 years old

Demography: Place of Residence

Respondents who resided in Ukraine before 24 February 2022 (persons and %)



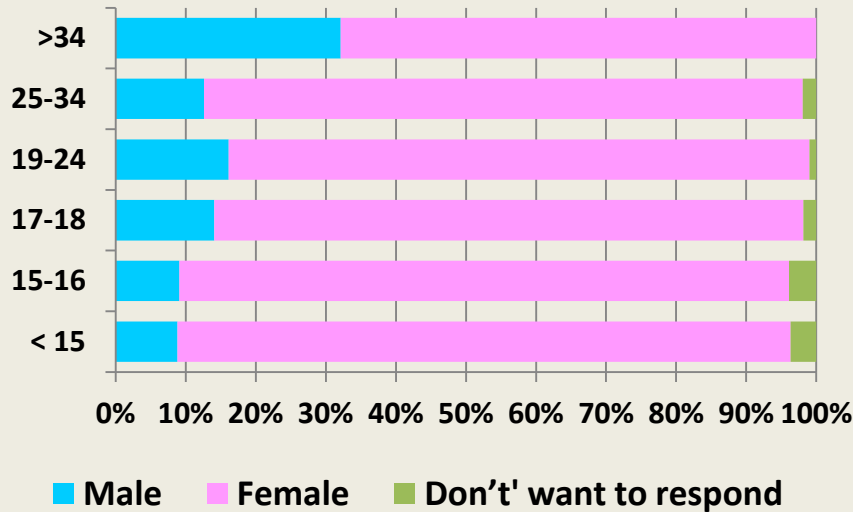
Respondents who resided in Ukraine before 24 February 2022 by Age Group



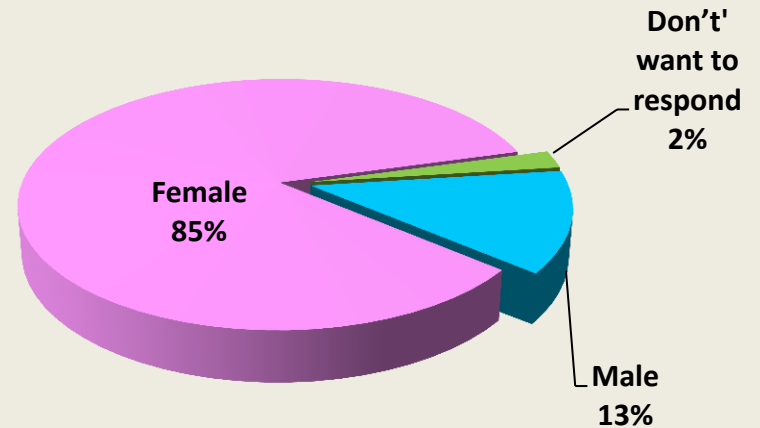
The "place of residence target" of the Survey was completed at 99%

Demography: Gender

Gender of respondents who resided permanently in Ukraine before 24 February 2022. By Age Group



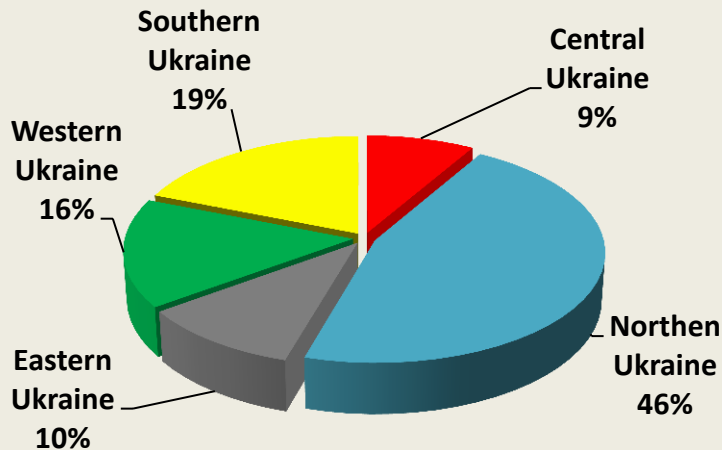
Gender of respondents who resided permanently in Ukraine before 24 February 2022. Total respondents (%)



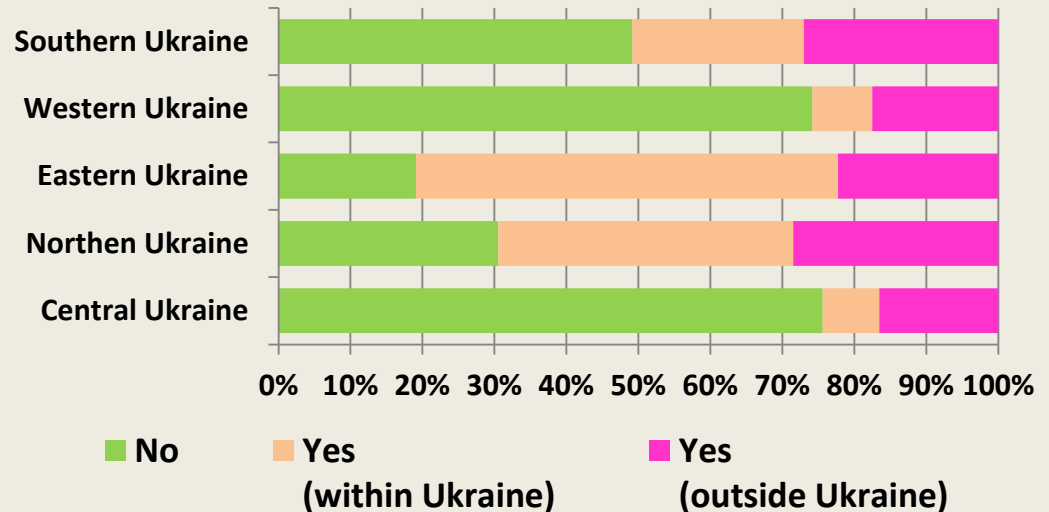
The overwhelming majority (85%) of respondents are females

Demography: Geography

Proportion of Respondents by Geographic Area (%)



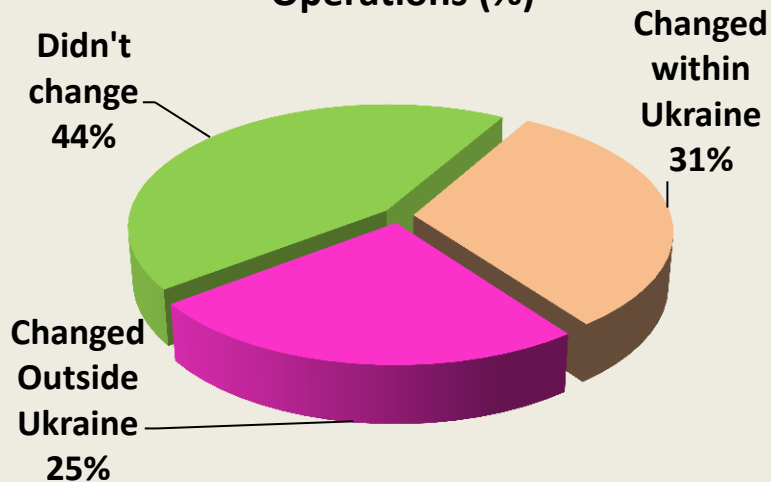
Respondents by Geographic Area and Change of Place of Residence



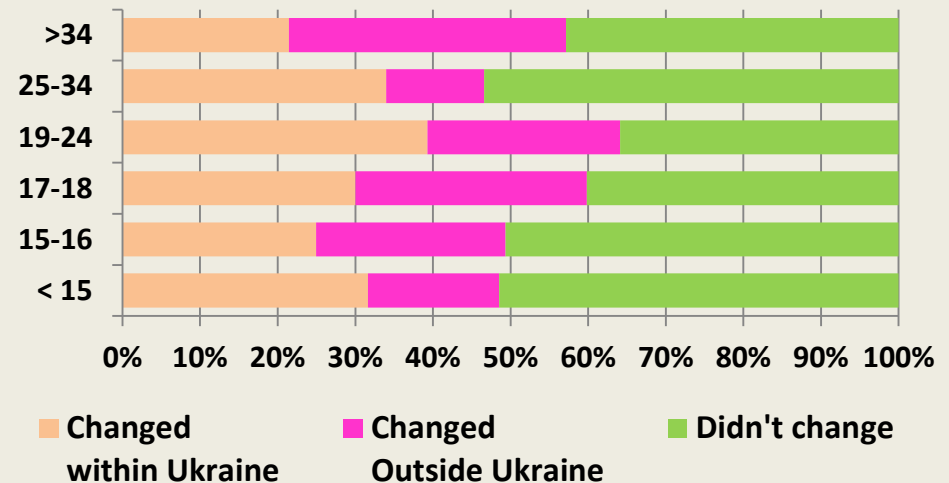
- 1) 27 Ukraine's administrative regions are grouped in 5 geographic areas
- 2) The majority (85%) of respondents reside in Northern Ukraine (City of Kyiv, Kyiv Region, Chernigiv Region, Sumy Region, Zhytomyr Region – all of these areas were assaulted by Russian Armed Forces on 24 February 2022)
- 3) Zero respondents from the Crimea and City of Sevastopol, occupied by Russia in 2014, and very few respondents from Lugansk and Donetsk Regions (the main regions under attack)

Demography: Change of place of residence due to military operations

Proportion of Respondents by Change of Place of Residence due to Military Operations (%)



Change of place of residence due to military operations by Age Group



- 1) The majority of respondents (44%) didn't change the place of their residence
- 2) The fewest proportion of respondents who moved outside Ukraine belong to the age groups of <15 and 25-34
- 3) The largest proportion of respondents, who changed their place, belong to the age groups of 19-24
- 4) The equal proportions of respondents who evacuated within and outside Ukraine belong to the age groups of 15-16 and 17-18

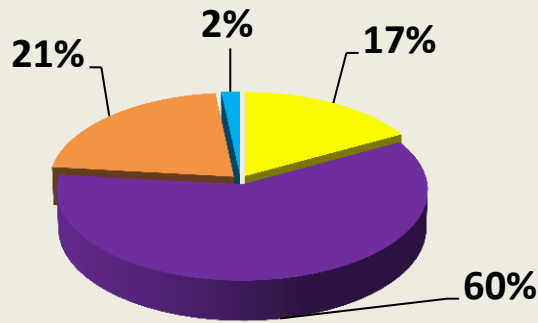
Alcohol Consumption

- **Have you ever used alcohol in your life?**
 - Low-alcohol drinks (beer, cider, bottled or canned low-alcohol cocktails, etc.)
 - Strong alcoholic drinks (vodka, cognac, brandy, liqueur, wine, rum, gin, whiskey, tequila, etc.)

- **Has the war had any impact on your alcohol consumption?**
 - No, my alcohol consumption has not changed
 - Yes, I began to consume alcohol
 - Yes, my alcohol consumption increased
 - Yes, my alcohol consumption decreased
 - Yes, I stopped consuming alcohol
 - Other (specify)

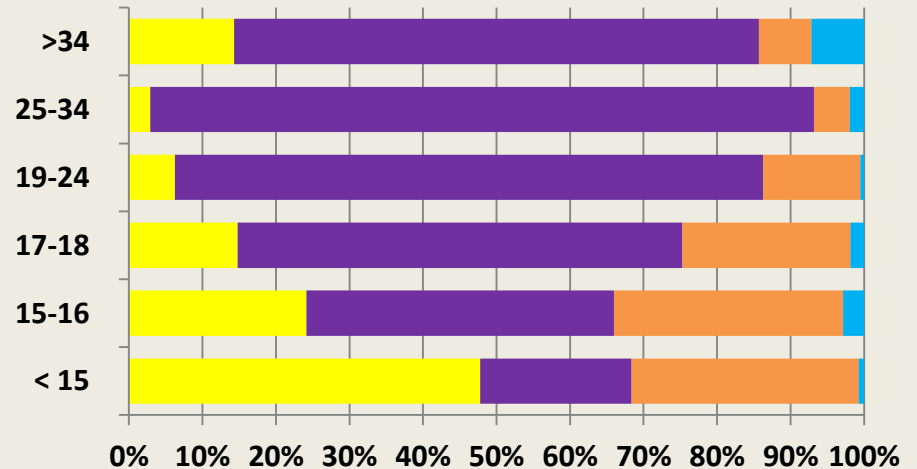
Alcohol Consumption: Drinks

Proportion of Respondents by Alcohol Consumption and Type of Drinks (%)



- Never consumed any alcohol
- Consumed both types of alcohol
- Consumed only low-alcohol drinks
- Consumed only strong alcoholic drinks

Respondents by Alcohol Consumption and Age Group

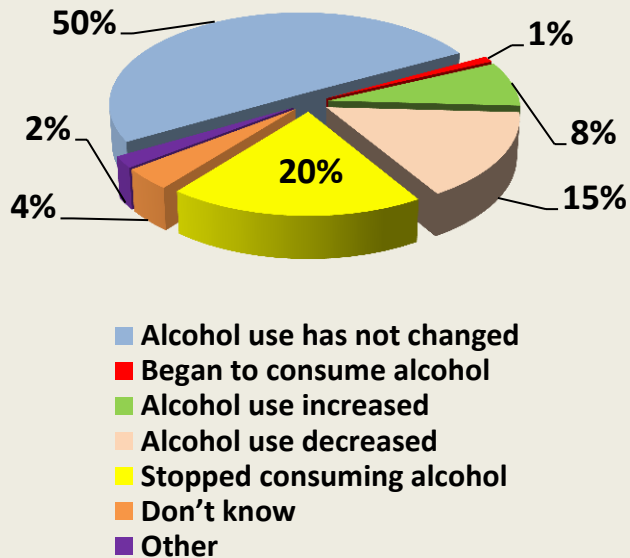


- Never consumed any alcohol
- Consumed both types of alcohol
- Consumed only low-alcohol drinks
- Consumed only strong alcoholic drinks

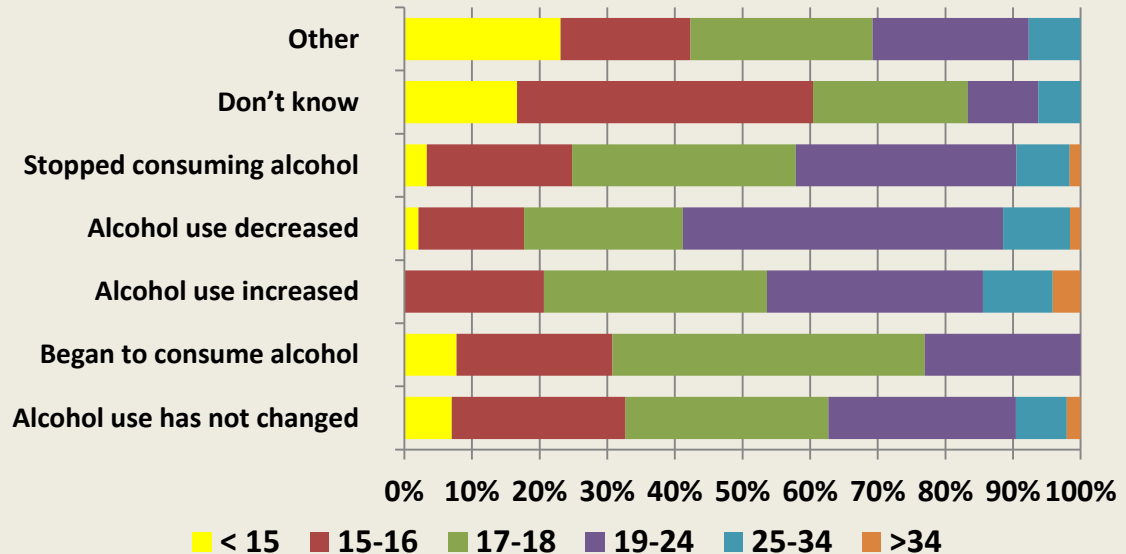
- 1) The vast majority of respondents (60%) consumed both low-alcohol and strong drinks
- 2) The least majority of respondents (2%) consumed only strong drinks
- 3) The highest proportion of respondents who never consumed alcohol belong to the age group of <15
- 4) The highest proportion of alcohol consumers belong to the age groups of 19-24, 25-35, >34

Alcohol Consumption: Impact of War

Change of Alcohol Use by Impact (%)



Change of Alcohol Use by Impact and Age Group



- 1) 1/3 of respondents stopped (20%) or decreased (15%) consuming alcohol, while only 1% of respondents report starting alcohol use
- 2) Half of the respondents report no changes in their alcohol consumption
- 3) Alcohol use increase is reported mostly by respondents aged 15-24, but the decrease figures are 1,5-1,5-3 times higher than the Increase figures among the age groups of 15-16, 17-18, 19-24, respectively
- 4) The most frequent answers within the "Other" category refer to "stopping alcohol use long before the war" and "very rare drinking"

Drug Use

➤ Have you ever used illicit drugs in your life?

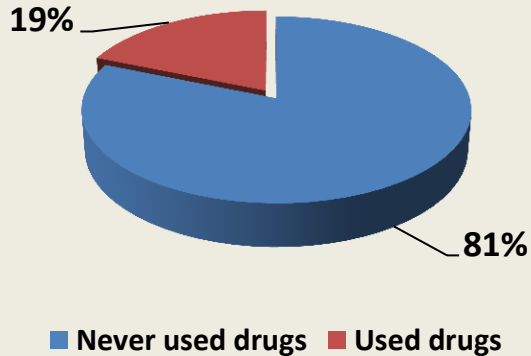
- | | |
|---|--|
| <ul style="list-style-type: none">▪Cannabis (grass, resin)▪Cocaine▪Heroin▪Amphetamine▪Methamphetamine▪MDMA/Ecstasy | <ul style="list-style-type: none">▪ LSD▪ NPS▪ Ketamine▪ Morphine, methadone, codeine▪ Other opioids▪ Other stimulants |
|---|--|

➤ Has the war had any impact on your drug use?

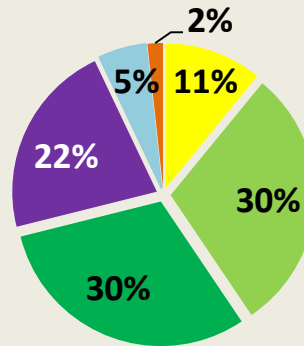
- | | |
|---|--|
| <ul style="list-style-type: none">▪No, I didn't start using dugs▪Yes, I began to use drugs▪Yes, my drug use increased▪Yes, my drug use decreased | <ul style="list-style-type: none">▪Yes, I changed the drug type▪Yes, I stopped using drugs▪Don't know▪Other (specify) |
|---|--|

Drug Use: Consumption

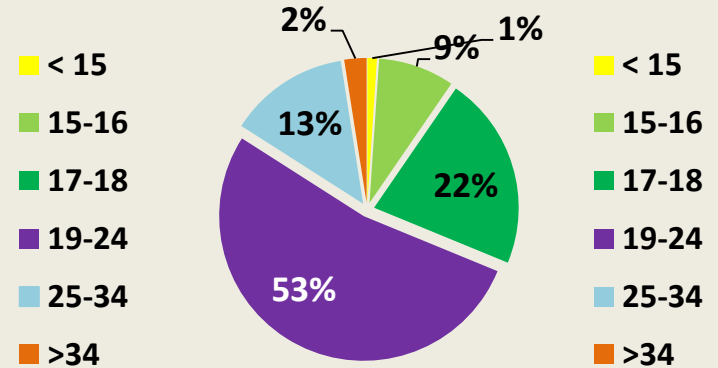
Use of Drugs (%)



Never used drugs by Age Group (%)



Used drugs by Age Group (%)

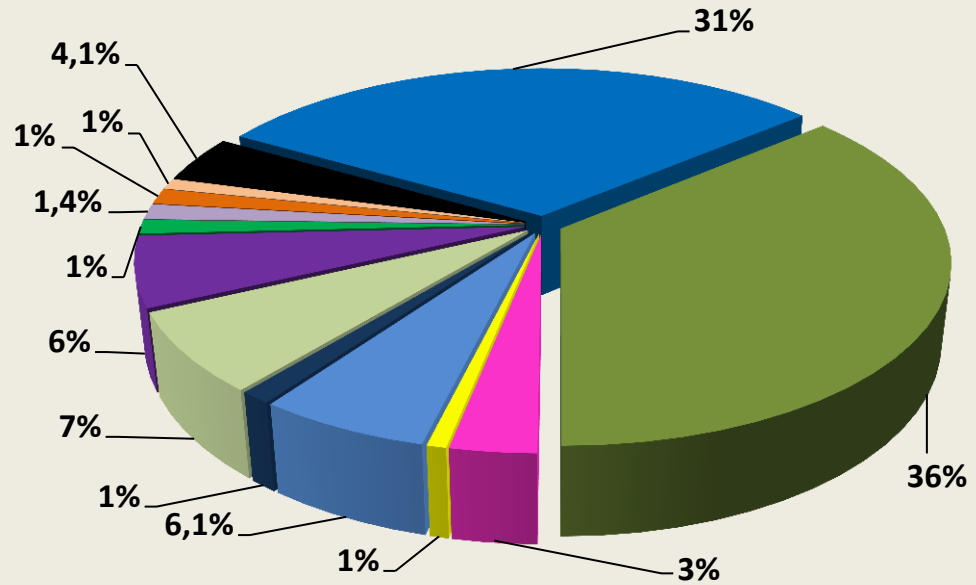


- 1) 81% of respondents reported never using drugs, at that nearly 1/3 of them belong to the age group of 15-16 and another 1/3 to the age group of 17-18
- 2) Over a half (53%) of respondents who used drugs belong to the age group of 19-24

Drug Use: Substances

Proportion of Respondents by Substances (%)

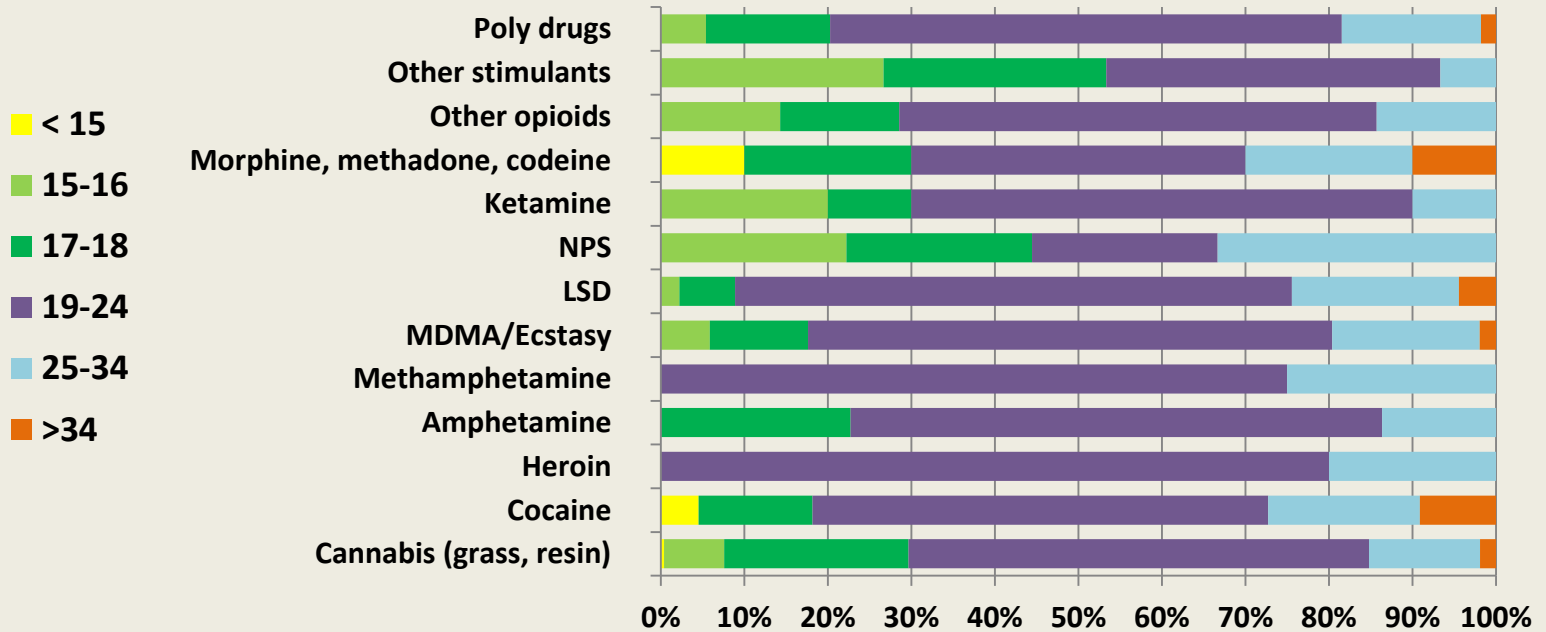
- Cannabis (grass, resin)
- Cocaine
- Heroin
- Amphetamine
- Methamphetamine
- MDMA/Ecstasy
- LSD
- NPS
- Ketamine
- Morphine, methadone, codeine
- Other opioids
- Other stimulants
- Poly drugs



- 1) The leader of substance use among the respondents is cannabis (36%), followed by poly drugs use (31%)
- 2) Other “leaders” are MDMA (7%), Amphetamine and LSD (6% each), and Other Stimulants (4%)

Drug Use: Substances and Age

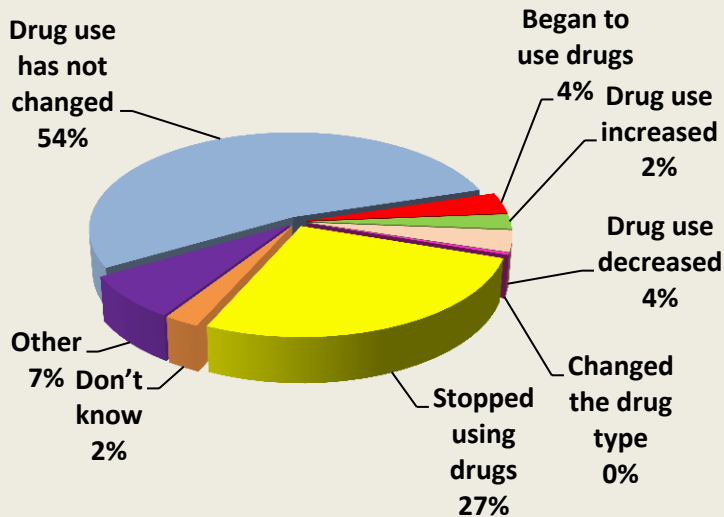
Respondents by Substances and Age Group



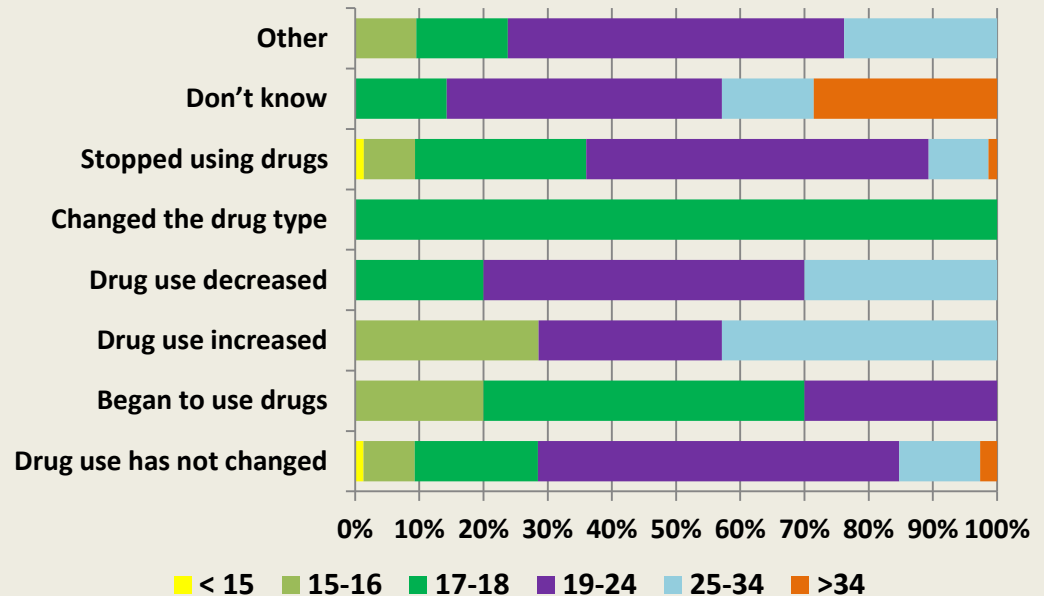
- 1) The age group of 19-24 is “more experienced” in drug use, followed by those aged 17-18 and 25-34, respectively
- 2) We can affirm that young people under 15 don't use drugs, starting trying substances from 15 (mainly cannabis)

Drug Use: Impact of War

Change of Drug Use by Impact (%)



Change of Drug Use by Age Group



- 1) 27% of respondents stopped drug use (mostly aged 17-24), while few respondents (4%) report starting
- 2) 54% of the respondents report no changes in their drug use, mostly persons aged 19-34
- 3) Drug use increase is reported by very few (7 persons) respondents aged 15-16, and 19-34
- 4) Drug use decrease is reported by very few (10 persons) respondents aged 17-34
- 5) The most frequent answers within the "Other" category refer to "stopping drug use long before the war" and "tried drugs a few times before the war"

Mental Health

➤ **How do you assess your current mental health status/condition?**

5-point scale: 5 – Excellent, 4 – Good, 3 – Average, 2 – Bad, 1 - Very bad

➤ **Has the war had any impact on your mental health status?**

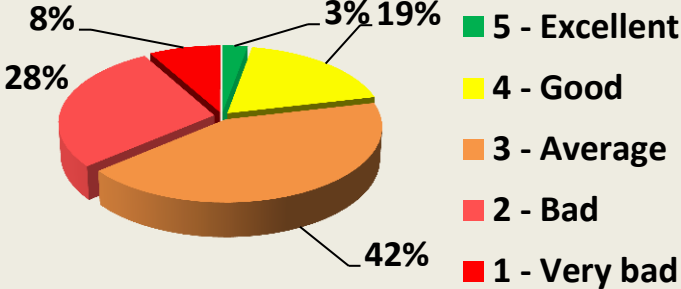
- It has stayed the same as before the war
- It has improved
- It has worsened

➤ **Do you use currently any medications or substances to treat depression / anxiety / sleep better?**

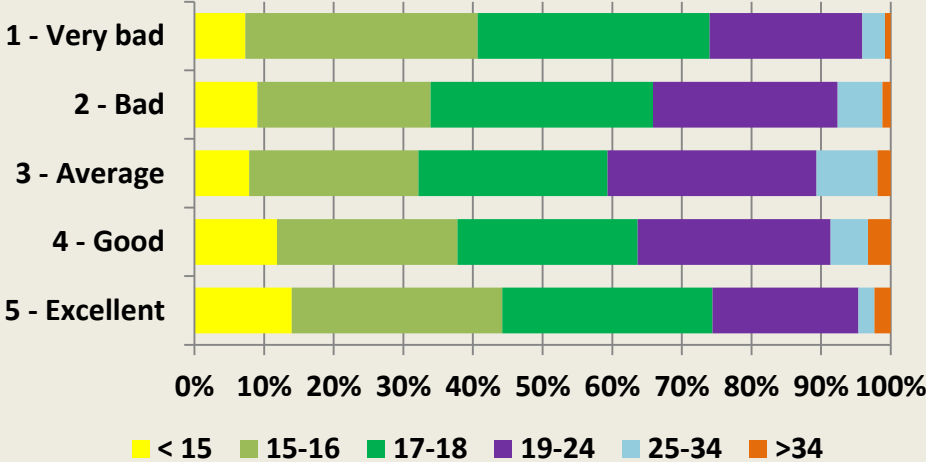
- Antidepressants
- Tranquilizers
- Alcohol
- Drugs
- Other (specify)

Mental Health: Assessment

Proportion of Total Respondents by Assessment of current Mental Health Status (%)



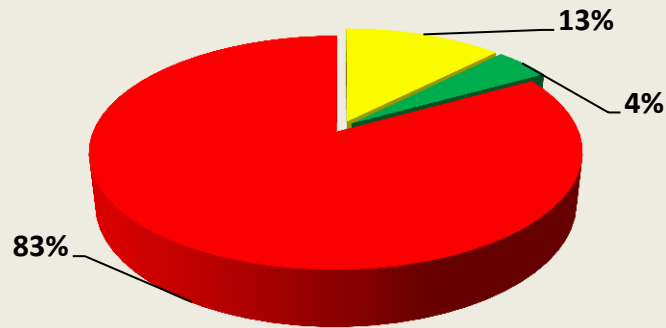
Respondents who assessed their current mental health status by Age Group



- 1) 36% of respondents assessed their mental health status as bad (28%) and very bad (8%)
- 2) The very bad mental health assessment is reported mainly by the children below the age of 18

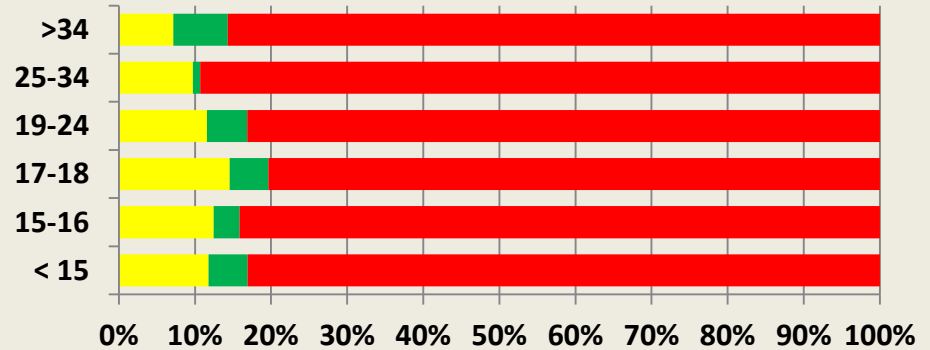
Mental Health: Impact of War

Change of mental health status due to the war (%)



■ Stayed the same ■ Improved ■ Worsened

Change of mental health status due to the war by Age Group

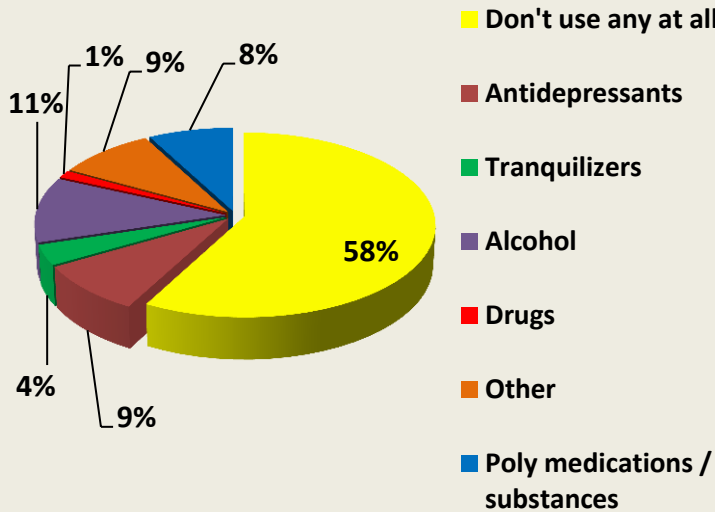


■ Stayed the same ■ Improved ■ Worsened

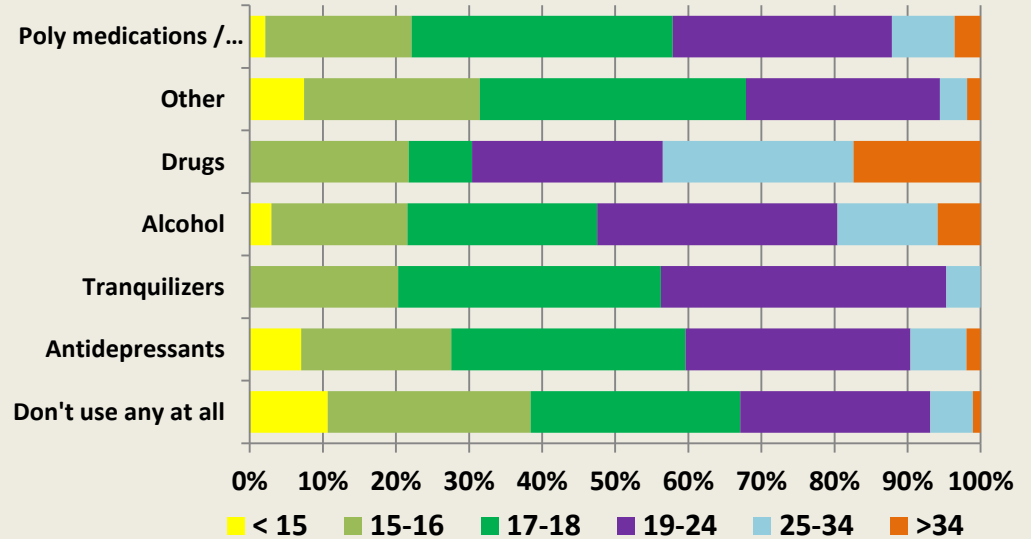
- 1) 83% of respondents report their mental health has worsened, while the proportion of “optimistic” respondents is 4%
- 2) The highest proportion of respondents reporting their status unchanged belong to the age group of 17-18
- 3) The lowest proportion of respondents reporting improvements in their status belong to the age group of 25-34

Mental Health: Medications/ Substances

Proportion of Respondents by Medications Use (%)



Respondents by Medications Use and Age Group



- 1) Most respondents (58%) report no using any medications/ substances to treat depression / anxiety / sleep better
- 2) The most popular substances are: alcohol, antidepressants, combined substances, and other (tobacco)
- 3) The most frequent answers within the "Other" category refer to "smoking" and "sedatives"

War Impact on the Youth Mental Health and Use in Ukraine

Alcohol:

- Totally over 1/3 of respondents stopped (20%) or decreased (15%) consuming alcohol, while only 1% of respondents started alcohol use
- 50% of the respondents report no changes in their alcohol consumption
- The most popular are low-alcohol drinks (21%)

Drugs:

- 27% of respondents stopped drug use (mostly aged 17-24), while 4% report starting drug use
- 54% of the respondents report no changes in their drug use, mostly persons aged 19-34
- The leader among illicit substances is cannabis (36%), MDMA (7%), Amphetamine and LSD (6% each), and Other Stimulants (4%)

Mental health:

- 36% of respondents assessed their mental health status as bad (28%) and very bad (8%)
- 83% of respondents report their mental health status has worsened
- However, most of the respondents (58%) don't use medications or substances to treat depression/anxiety/sleep better
- The most popular "treatment" substances are alcohol, antidepressants, combined substances, and others (tobacco and sedatives)

Survey Limitations

1. 12 days is a very short period for surveying
2. Most of the respondents are females, while according to the statistics, a higher level of alcohol and drug use is observed among males. It can be proved, for example, by [Drug- and Alcohol-Related Deaths indicators](#)

Probable reasons for this situation:

- The main channel for survey distribution was Instagram, which is [more popular among females in Ukraine](#).
- During the war the key priority for males are military-oriented activities, and part of them was recruited to the armed forces or joined territorial defense forces.
- We assume (but it is not evidence-proven) that females are more proactive in terms of participation in various surveys.
- Due to the destroyed infrastructure (including communications) many people in the assaulted areas were not able to take part in the Survey.

SO: The results of this Survey cannot be treated as representative enough