

# 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 MDMA<sup>1</sup>. Among people 18 to 24 years old, MDMA experimentation was more frequent than cocaine experimentation (3.9% vs 3.1%)<sup>1</sup>. In 2018, 18,2% of French medical students ever experienced MDMA<sup>2</sup>. MDMA consumption is often under-estimated because it has different names in the market<sup>3</sup>. 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

1,Results from 2017 national Report, French Observatory of drugs and drug addiction (OFDT).

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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

