



Innovative teaching and learning path for the prevention of new drugs abuse (INES)

Survey on NPS learning needs for students

New Psychoactive Substances (NPS) represent a large and increasing group of chemical compounds characterized by pharmacological and toxicological properties particularly dangerous for the health of consumers. They include stimulants, many synthetic substances intended to mimic the effects of controlled drugs and are treated as legal replacements for them. They may be sold in a range of products under the guise of “legal highs”, “researched chemicals”, or “dietary supplements”. As underlined in the last European Drug Report (EMCDDA, 2018) the “New psychoactive substances continue to challenge public health: [the priority is] to identify and respond to the emergence of drugs that has been lacking elsewhere”.

Aiming to promote student’s strengths, their reflexive capacity, and key competencies to tackle the abuse of the above-mentioned substances, the project **Innovative teaching and learning paths for the prevention of new drugs abuse - INES**, (2021-1-IT02-KA220-SCH-000032570 - Cooperation Partnership in School Education) was granted with financial support from the Erasmus+ program. The project is developed under the coordination of Bologna University (Italy) and gathers European partnership comprising Porto University (Portugal), Transilvania University of Brasov (Romania), Technical and Economic Institute (ITC) "G. Salvemini" (Italy), Mircea Cristea Technical College (Romania), Secondary School João Gonçalves Zarco (Portugal) and Productions Associees company (Belgium).

In this context, a survey was developed to find your opinion regarding the complex and challenging subject of NPS and how it is currently approached in the educational environment. Your answers are valuable for the prevention of new drugs abuse, by developing innovative didactic strategies and resources for students and teachers in high schools.

Your participation is voluntary, anonymous and the information is confidential. We assure you that there are no right or wrong answers. We also assure you that all data collected through this survey will be processed and analyzed by the project team for project implementation, respecting the requirements imposed by the directive for protection of personal information and image rights.

Thank you for agreeing to complete our survey!

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1. How well-informed do you consider yourself on the topic of NPS?	1. Not at all informed	2. Very little informed	3. Well informed	4. Very well informed
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2. How well-informed are you about the risks associated with NPS?	1. Not at all informed	2. Very little informed	3. Well informed	4. Very well informed
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3. Which of the following effects do you consider to be caused by the use of NPS? (multiple answers are possible)			
1. Shortened attention span	2. Reduced fatigue	3. Amnesia	4. Aggressive behaviour
5. Impaired speech	6. Reduced appetite	7. Detachment	8. A strong feeling of relaxation
9. Changes in sexual life	10. Panic attacks	11. Hallucinations	12. Increased/ Lowered blood pressure
13. Blurry vision	14. Loss of consciousness	15. Paranoia	16. Euphoria
17. Muscle spasms	18. Nausea	19. Tachycardia	20. Headache
21. I don't know	22. Other (please specify).....		

4. Which of the following do you think are negatively impacted by the use of NPS? (multiple answers are possible)	
1. Family relations	2. Relations among classmates
3. Friendships	4. NPS user's health
5. School performance	6. Others (<i>specify</i>)

5. Where do you think NPS are consumed/used? (multiple answers are possible)

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1. In bars	2. In quiet areas	3. At music festivals and concerts
4. In clubs	5. In neighbourhoods	6. At parties
7. In recreational areas	8. In parks	9. At schools
10. At home	11. At a friend's house	12. Somewhere else (<i>specify</i>):

6. How much do the following reasons influence the use of NPS?	
<i>Mark the answers using the indicated scale:</i>	
1. Never, 2. Partially, 3. Often, 4. Always, 5. I don't know	
1. To forget the worries, problems	1 2 3 4 5
2. To cheer the users up when they are in a bad mood	1 2 3 4 5
3. Because it helps the users when they feel depressed, anxious	1 2 3 4 5
4. To relieve boredom	1 2 3 4 5
5. To pass the time	1 2 3 4 5
6. Because the users like the feeling	1 2 3 4 5
7. Because it's fun	1 2 3 4 5
8. Because it's exciting	1 2 3 4 5
9. Because it makes the users feel good	1 2 3 4 5
10. To be sociable	1 2 3 4 5
11. Because it makes social gatherings more fun	1 2 3 4 5
12. Because it improves parties and celebrations	1 2 3 4 5

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13. Because it is customary on special occasions	1 2 3 4 5
14. Because the users feel more self-confident	1 2 3 4 5
15. To be liked	1 2 3 4 5
16. To fit in the group the users like	1 2 3 4 5
17. So the users don't feel left out	1 2 3 4 5
18. Because of peer pressure	1 2 3 4 5
19. To know themselves better	1 2 3 4 5
20. Because it helps the users to be more creative and original	1 2 3 4 5
21. To understand things differently	1 2 3 4 5
22. To be more open to experiences	1 2 3 4 5
23. To improve the users performances	1 2 3 4 5
24. To give the users more energy	1 2 3 4 5
25. To study or concentrate	1 2 3 4 5

7. How strongly do you consider the use of NPS impacts the user's behaviour/body? <i>Amark the answers using the indicated scale:</i>		
<i>1. not at all 2. a little 3. a lot 4 completely 5. I don't know</i>		
1. Satisfying curiosity	1 2 3 4	5. I don't know
2. Higher inclusion in the group (friends/ classmates/ acquaintances)	1 2 3 4	5. I don't know

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3. Well-being	1 2 3 4	5. I don't know
4. Health	1 2 3 4	95. I don't know

8. How strongly do you consider the use of NPS impacts the following aspects of the user's behaviour/body? Answer using the scale below:
1. represents a strong decrease and 5. represents a strong increase.

1. School performance	1 2 3 4 5	I don't know
2. Self-esteem, self-confidence	1 2 3 4 5	I don't know
3. Family relationships	1 2 3 4 5	I don't know
4. Appreciation within the group (friends/ classmates/ acquaintances)	1 2 3 4 5	I don't know
5. Health	1 2 3 4 5	I don't know

9. To what degree do you consider the addiction to NPS can be controlled by the user?

1. Not at all, 2. Somewhat, 3. Average, 4. Completely 5. I don't know

10. How would you describe a person who uses NPS? (multiple answers are possible).

1. Cool	2. Someone who enjoys and seeks thrills	3. Irresponsible
4. Emancipated	5. Popular	6. Easily influenced
7. Without prospects	8. Scared to be left out	9. Emotionally unstable
10. Extravagant	11. Addicted	12. Other (please specify).....

11. How would you describe a person who refuses to use NPS? (multiple answers are possible)

1. Strong, resists peer pressure	2. Mature
3. Selective about his/her friend group	4. Responsible
5. Someone who doesn't know what they're missing out on	6. Self-confident
7. Someone who is able to anticipate the aftermath of drug use	8. Cool
9. Emancipated	10. Popular
11. Extravagant	12. Others (please specify).....

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12. What type of actions/knowledge do you think could lead to the prevention or reduced use of NPS? (multiple answers are possible)	
1. Informing and getting knowledge about NPS	2. Informing and getting knowledge of the legal aspects regarding illicit substances
3. Informing and getting knowledge of the negative effects of NPS on the user's health	4. Requesting help and support
5. Informing and getting knowledge of the negative effects of NPS on the friends	6. Informing and getting knowledge of the negative effects of NPS on the family
7. Informing and getting knowledge of the negative effects of NPS on the society	8. Others (<i>please specify</i>)

13. Have you ever taken part in activities focusing on drug use prevention, done by authorized staff (teachers, specialists, authorities, others)?	
1. Yes	2. No

14. How useful did you consider the drug use prevention activity that you have participated in?			
1. Not useful at all	2. Not useful	3. Somewhat useful	4. Very useful
5. I have never taken part in any drug use prevention activity		6. I don't remember/ I don't know	

15. Were NPS discussed during the drug use prevention activity that you have taken part in?	
1. Yes	3. I have never taken part in any drug use prevention activity
2. No	4. I don't remember/ I don't know

16. Did you appreciate the approach to the topic in the drug use prevention activity that you have participated in?
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1. Yes	2. No	3. I have not taken part in any drug use prevention activities
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<p>17. How was the information presented in the drug use prevention activity? (multiple answers are possible).</p> <p>1. Oral presentation supported by PowerPoint slides (ppt). 2. Video presentation about drugs and their effects on the user 3. Video presentation about drugs and their effects on the user, as well as discussions based on the video 4. Free discussion on the topic of drug use 5. Games 6. Videogames 7. Building and analyzing possible scenarios about drugs use and their effects 8. I have not taken part in any drug use prevention activities 9. I don't remember 10. Others (please specify).....</p>

<p>18. How effectively do you consider the drug abuse prevention initiatives in your school to be? Answer using the indicated scale</p>				
1. Not efficient at all	2. Not efficient	3. Somewhat efficient	4. Very efficient	5. I don't know

<p>19. The interventions proposed by your school are:</p>		
1. episodic (1-2 times per year),	2. part of the school curriculum	3. no specific interventions are implemented

20. In your school's prevention activities, your involvement is mainly:

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1. "active" (I actively participate in the construction of educational proposals to address the issue of prevention)	2. "passive" (I listen and try to understand what is important).	3. no specific interventions are implemented
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21. How would you like to learn more about NPS, in school? Write down below your preferred means of learning.

1.
2.
3.

22. What are the people/institutions/sources that you find trustworthy when learning about NPS? (multiple answers are possible)

1. Family members	2. Friends	3. Teachers	4. Class-mates
5. Mass media	6. TikTok	7. Facebook	8. Twitter
9. YouTube	10. Wikipedia	11. Instagram	12. Podcasts
13. Internet forums		14. Specialists from different institutions/associations	
15. Others (Please specify)			

23. Where persons should look for help, in case they need support regarding NPS use prevention or reduction? (multiple answers are possible).

1. Family members	2. Friends	3. Specialized institutions or associations
4. Teachers	5. Psychologists/ Therapists	6. Forums on social media
7. Emergency phone number (112)	9. Others (please specify)	

24. Would you be willing to take part in activities to create and distribute informational materials on the topic of NPS?

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1. Yes	2. No	3. Maybe	4. I don't know
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25. Would you be interested in collaborating with your teachers and peers in the construction of Open Educational Resources to counter the NPS phenomenon?			
1. Yes	2. No	3. Maybe	4. I don't know

26. Which of the following didactic 'approaches' would you like to use to work on NPS prevention and education? (multiple answers are possible).			
1. practical cases and testimonies	2. group work (e.g. construction of information materials using digital technologies and online communication tools)	3. construction of digital educational proposals and resources that see my active participation (and not only receptor of information)	4. constructing a video game to deal with the problem of NPS
- other (specify).....			

27. The experts who are involved in prevention activities at school are: (multiple answers are possible).			
1. scientists	2. policemen	3. lawyers	4. teachers/educators from other schools,
5. teacher educators working in your school,	6. representatives of the Ministry of Education	7. representatives of the Ministry of Health,	8. privileged witnesses
9. other categories of experts (specify, if you know)			

28. What type of games do you enjoy playing?

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1. Online/virtual 2. Face-to-face 3. Others (*please specify*):

.....

29. Name a few games you enjoy playing in your free time?

.....

30. Who takes part in the games you enjoy playing? (multiple answers are possible).	31. Where do you usually enjoy playing games? (multiple answers are possible).
1. I play alone	1. At home
2. Friends	2. In school
3. Classmates	3. At a friend's / classmate's house
4. Neighbours	4. In the park
5. Acquaintances	5. At parties
6. I play with family	6. In the neighbourhood
7. I play with unknown persons, whomever is available at the time	7. I don't play games
8. I don't play games	
9. Others (<i>please specify</i>)	8. Other (<i>please specify</i>)
.....

32. What movies/ series where characters use NPS have made an impact on you?

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33. What books, where characters use NPS, have impressed you?

.....

34. Would you like to learn about NPS?

1. YES
2. NO

35. Your age

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