

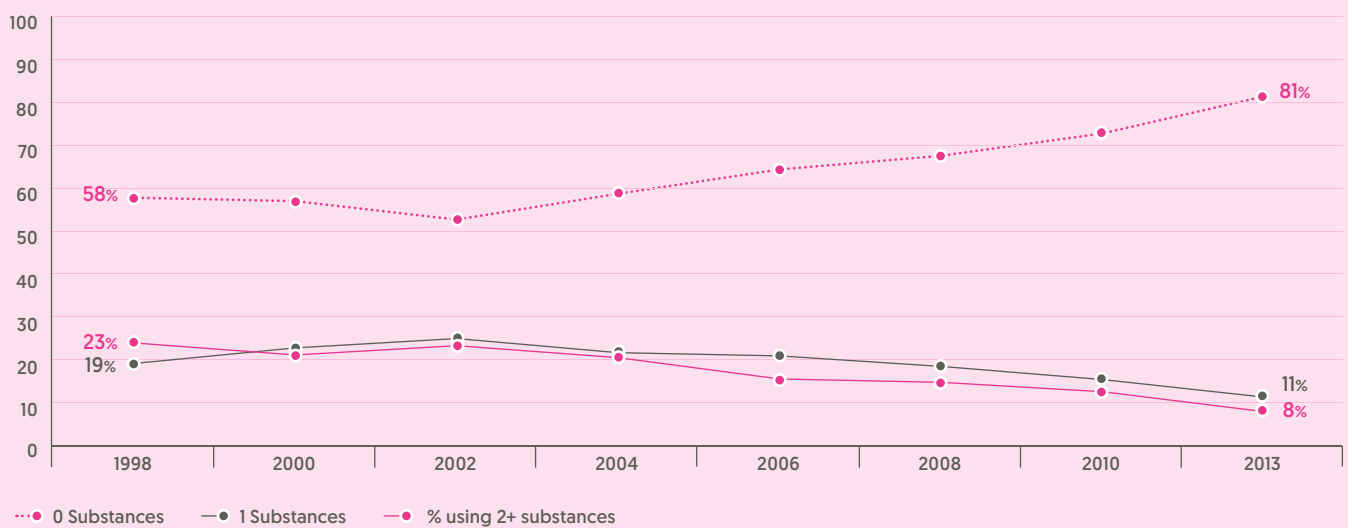
SCOTTISH SCHOOLS ADOLESCENT LIFESTYLE AND SUBSTANCE USE SURVEY

MULTIPLE SUBSTANCE USE INFORMATION SHEET

SALSUS provides measures of progress every two years towards **Scottish Government** targets for **Smoking, Drinking and Drug-use**.

Here, we explore the profile of young people who **regularly** use **more than one substance** [e.g. a regular smoker who drank in the last week].

% of 15 year olds using substances over time



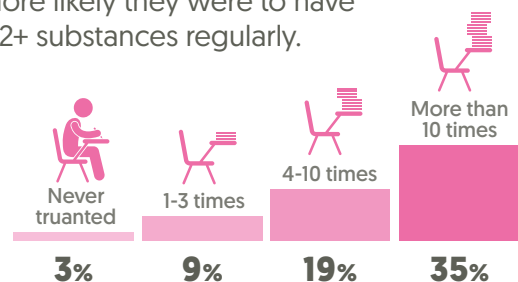
Exclusion from school

26% of pupils who had been **excluded from school** regularly used 2+ substances, compared with 5% of pupils who had not.



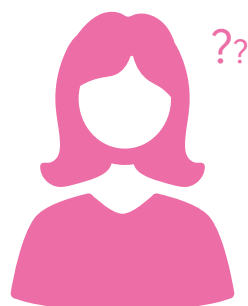
Truancing

The more frequently a pupil **truanted**, the more likely they were to have used 2+ substances regularly.



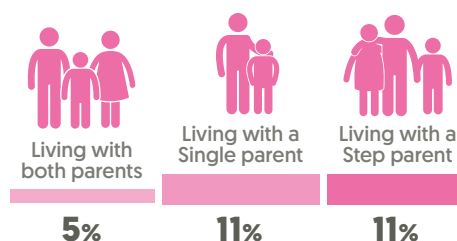
Parental monitoring

12% of pupils whose **mother had below average knowledge of what they did** regularly used 2+ substances, compared with 4% of those whose mother had average or above average knowledge.



Family status

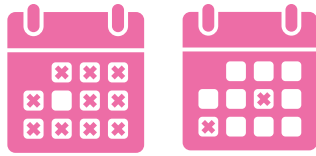
Pupils who **lived with both parents** were least likely to use 2+ substances regularly.



Time spent with friends

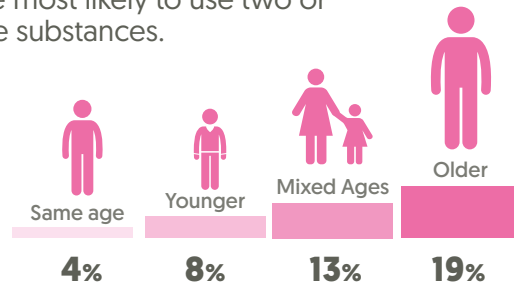
22% of pupils who spent **6 or more nights a week out with friends** took 2+ substances regularly,

compared with 2% who spent 1 night or less a week out with friends.



Age of friends

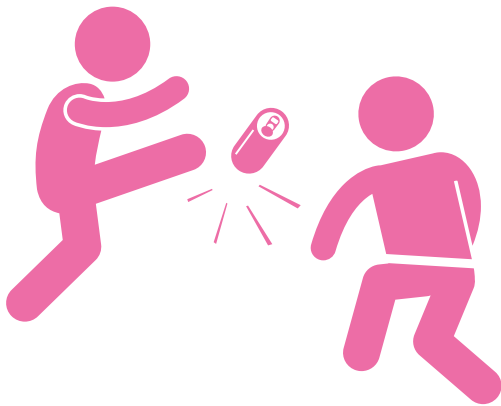
Pupils who **mostly had older friends** were most likely to use two or more substances.



Leisure time

16% of pupils who **hung out on the street at least once a week** used 2+ substances regularly,

compared with 3% who did not hang out on the street.



Mental health

17% of pupils with **low mental health and wellbeing** used 2+ substance regularly,

compared with 5% of pupils with better mental health and wellbeing.



Free school meals

14% of pupils who **receive free school meals** used 2+ substances regularly,

compared with 6% of those that did not.



Predicting multiple substance use

Which variables best predict whether a pupil would use multiple substances.

- Age of friends
- Number of close friends
- Maternal knowledge
- Hanging out on the street

Other contributing factors

Strongest impact

Multiple substance use



Exclusion from school



Truancy



Evenings spent with friends

Results shown are based on a self-completion survey of 33,685 S2 and S4 pupil. Fieldwork was conducted between September 2013 and March 2014. Trend data was taken from the SALSUS time trends dataset, which contains data from SALSUS and its predecessors (1990-2013). Data are weighted by local authority, year group, sex, school denomination, school sector, and area type (i.e. urban/rural) using the Scottish Government's pupil census data, independent schools data and urban/rural classification.

The full results and technical details are available here isdscotland.org/Health-Topics/Public-Health/SALSUS. For more information on SALSUS please contact salsus@gov.scot. This information sheet was published on the 17th March 2016.