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Acta Medica Iranica

2009;47(4) : 47-52

Original Article

Ecstasy Use Among High School Students in Lahidjan- 2005

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Received: February 14,2006

Accept : April 24,2006

Available online: January 5,2009

Abstract:

Background & Objectives: Ecstasy is a methamphetamine derivative becoming increasingly popular throughout the world, particularly among adolescents and young adults. Iran, situated between eastern and western societies, can serve as a significant source of information on ecstasy use and on the users' profile. The purpose of this study was to determine the prevalence of ecstasy use and high-risk behavior among high school students in Lahidjan.

Methods: We conducted a cross-sectional study of a representative sample drawn from high school students of Lahidjan in 2005, using multi-stage stratified random sampling. The study questionnaire was administered to 2345 students in grades 8 through 12. The questionnaire was adapted from that used in "Monitoring the future" projects in the United States and ESPAD (The European School Survey Project on Alcohol and other Drugs). It included questions on demographic characteristics, family profile, social contacts, school life and the use of drugs. Data analysis was done with the SPSS software (version11.5), using χ^2 tests and logistic regression methods.

Results: Of the 2345 students selected for the study, 2328 (92%) responded. Of these, 1327 (57.8%) were males and 970 (42.2%) were females. Lifetime prevalence of ecstasy use was 2.4% (55 students); 31 subjects had used ecstasy within the past month and 24 students reported using the substance in the preceding year. Ninety-two subjects (4.2%) had experience with other drugs. In χ^2 tests, ecstasy use was significantly associated with gender, use of other substances, cigarette smoking, partying with friends, family structure and poor school performance in the past. There was no association with age, type of school (private or public) or the family's education level.

In logistic regression, factors influencing ecstasy use were the use of other drugs, cigarette smoking and partying with friends ($p < 0.0001$).

Conclusions: Ecstasy use appears to be a serious problem in high schools. Whatever the causes behind the rise in ecstasy use, personalized and informative educational interventions should be organized in all schools.

Keywords:

[Ecstasy](#) . [Students](#) . [High school](#) . [Risk Factors](#) . [Prevalence](#)

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