

第二章 曾濫用藥物者的特性

正如第一章所述，濫用藥物(包括海洛英及精神藥物)的學生，相對沒有濫用藥物的學生只屬小數。雖然如此，為方便籌劃各項教育和及早介入的策略，以防止學生濫用藥物，我們必須就在過去曾濫用藥物的學生的特性詳加研究。因此，本章重點分析曾濫用藥物的學生的概況資料及濫藥行為。除非另有指明，本報告餘下部分提及的濫藥者一律指曾濫用藥物者。

須注意的是，“濫用海洛英者”及“濫用精神藥物者”兩個組別其實有某程度的重疊。57.3%的濫用海洛英者及32.9%的濫用精神藥物者均曾濫用過該兩類藥物，讀者在比較兩組數據時，應緊記這一點。

2.1 濫用藥物的頻密程度 (圖 2.1 及 2.2)

在曾濫用精神藥物者中，絕大部分(72.8%)在調查前30天內沒有濫用任何精神藥物，其次是在過去30天內只濫用過該類藥物一至三次(15.2%)的。不過，經常濫用精神藥物的也佔相當比例(7.0%)，他們報稱在過去30天內每天都有濫用。其餘佔少數的為一星期濫用精神藥物一至三次(2.9%)及一星期四至六次(2.1%)的同學。

Chapter 2 Characteristics of lifetime drug users

Chapter 1 clearly illustrates that the proportion of drug users, whether narcotic drugs or psychotropic substances, is very small comparing to the proportion of non-users. However, in order to facilitate planning of education and early intervention programmes to prevent students from using drugs, there is a need to study the characteristics of lifetime drug-taking students (i.e. students ever used drugs) in detail. As such, this chapter focused on analyzing the profiles and drug using behaviours of lifetime drug-using students. Drug users in the remaining parts of this report refer to lifetime drug users, unless otherwise specified.

It should be noted that the groups of “heroin users” and “psychotropic substance users” actually overlapped to a certain extent. 57.3% of heroin users and 32.9% of psychotropic substance users had ever used both kinds of drugs in their lifetime. Readers should bear this point in mind in comparison of data between groups.

2.1 Frequency of drug use (Charts 2.1 and 2.2)

The majority (or 72.8%) of lifetime psychotropic substance users did not take any psychotropic substances in the past 30 days before enumeration. This was followed by those who used the substances once to three times in the past 30 days (15.2%). However, a notable proportion (or 7.0%) had used psychotropic substances very frequently, and reported that they had used the drugs everyday in the past 30 days. The remaining small proportions of users took psychotropic

同樣地，在曾濫用海洛英者中，在調查前 30 天內沒有濫用海洛英者的佔大多數(80.5%)。

2.2 被濫用的精神藥物種類 (圖 2.3 及表 2.1)

二零零四年的調查發現，氯胺酮、大麻及搖頭丸依然是最普遍被濫用的三種精神藥物，只是三者相對的普遍程度與二零零零年略有改變。

在二零零四年有逾半數濫用精神藥物者表示曾濫用的氯胺酮，由二零零零年的第三位，攀升至二零零四年的首位。在二零零四年有半數濫用精神藥物者表示曾濫用的大麻，在二零零零及二零零四年均位列第二。雖然搖頭丸由二零零零年的首位，降至二零零四年的第三位，似乎相對沒有那麼普遍，但事實上，這藥物的濫用者仍佔頗大比例，在二零零零及二零零四年都有約 46%。

在二零零四年的調查，次三種最常被濫用的精神藥物是咳藥、有機溶劑及甲基安非他明(“冰”)。濫用精神藥物者中，表示曾濫用這三種藥物的分別有 20.6%、19.4% 及 16.6%。

儘管濫用精神藥物者的整體比例在二零零四年的調查有所下降，但須注意的是，與二零零零年比較，曾濫用氯胺酮及大麻的學生比例明顯有所增加。Lee (2002)、Ng et al. (2002)、Lam (2004)和 Chan (2005) 均曾對氯胺酮自二零零零年起大行其道的情況作深入研究。青少年容易受到新興和潮流藥物吸引，這個風險實在值得關注。

substances once to three times a week (2.9%), and four to six times a week (2.1%).

Likewise, the majority (80.5%) of lifetime heroin users did not use heroin in the past 30 days before enumeration.

2.2 Type of psychotropic substances used (Chart 2.3 and Table 2.1)

Ketamine, cannabis and ecstasy remained the three most popular substances used by psychotropic substance users in 2004, although their relative popularity has slightly changed as compared with 2000.

Ketamine, cited by over half of the psychotropic substance users in 2004, climbed from the third in 2000 to the top of the list in 2004. Cannabis, cited by half of the psychotropic substance users in 2004, ranked the second in both 2000 and 2004. Although ecstasy appeared to have lost its relative popularity by dropping from the first in 2000 to the third in 2004, it continued to be taken by a large proportion of psychotropic substance users, by about 46% in both 2000 and 2004.

Following these, cough medicine, organic solvents and methylamphetamine (“ice”) were the next three most common psychotropic substances abused in 2004, as cited by 20.6%, 19.4% and 16.6% of psychotropic substance users respectively.

Although the overall proportion of psychotropic substance users decreased in 2004, it should be noted that among this group of students, the proportions of those who had ever used ketamine and cannabis increased substantially as compared with 2000. The sharp increase in popularity of ketamine since 2000 was studied thoroughly by Lee (2002), Ng et al. (2002), Lam (2004) and Chan (2005). The risk that youth can be easily attracted to newly emerged and

在本調查中，學生可選擇多於一項曾濫用的精神藥物，但調查結果並不能顯示他們是同時濫用多於一種藥物或在不同情況濫用不同藥物。

2.3 取得／購買藥物的主要金錢來源(表 2.2)

“零用錢”仍然是最普遍用來濫藥的金錢來源，選擇這點的濫用海洛英者及濫用精神藥物者分別有 26.3% 及 37.3%，但仍較二零零零年錄得的相應數字 39.5% 及 56.4% 為低。其他主要金錢來源包括“不法途徑(例如從偷竊或行劫得來)”及兼職，分別佔濫用藥物的學生的 10.3%-24.7% 及 6.7%-8.3%。

頗大比例的濫藥學生(35.0%的濫用海洛英者及 43.7%的濫用精神藥物者)在這題目選擇“其他”為答案。雖然沒有進一步的分項數字，但我們有理由相信，部分學生可能是從朋友或毒販免費取得藥物，又或與他人分享藥物而無須付出分文。

2.4 通常濫用藥物的場所(表 2.3)

學校、自己家中及香港的卡拉 OK／的士高是最常被選作濫用海洛英的場所，選擇這幾個場所的濫用海洛英者分別有 15.9%、13.8% 及 12.5%。最常作為濫用精神藥物的場所，依次為香港的卡拉 OK／的士高、好友家中

trendy drugs is worth noting.

In answering the types of psychotropic substances ever used, students could choose more than one answer. However, it should be noted that the findings do not show whether they took more than one type of substances at the same time or on different occasions.

2.3 Main sources of money for drugs (Table 2.2)

“Pocket money” remained the most common source of money for drugs, as cited by 26.3% of heroin users and 37.3% of psychotropic substance users. The proportions were comparatively lower than the corresponding figures of 39.5% and 56.4% recorded for 2000. Other major sources of money were “illegal source (e.g. stole or robbed from others)” and part-time jobs, as reported by 10.3% - 24.7% and 6.7% - 8.3% of drug-taking students respectively.

A large proportion (35.0% of heroin users and 43.7% of psychotropic substance users) of drug-taking students cited “others” as the answer for this question. Although no further breakdown was available, we have reasons to believe that some of these students might get the drugs from friends or drug pushers free of charge, or from others who shared drugs with them at no expense.

2.4 Usual venues for taking drugs (Table 2.3)

Schools, their own homes and karaoke/discos in Hong Kong, cited by 15.9%, 13.8% and 12.5% of heroin users respectively, were reported as the most common venues of taking heroin. The most common venues for taking psychotropic substances were karaoke/discos in

及自己家中，作此選擇的分別有 22.0%、16.9% 及 10.7%。

只有 4.1% 的濫用精神藥物者指學校是他們通常濫用藥物的地方，情況跟濫用海洛英者有所不同。他們較喜歡和朋輩一起在娛樂場所濫藥，作為他們娛樂活動的一部分。這個現象在 Lee(2002) 和 Lam(2004) 中已充分研究。部分研究者，更稱某些濫用藥物(例如搖頭丸)為「派對藥物」。

須注意的是，在二零零零年及二零零四年兩次調查，有關通常濫用藥物場所的結果，不能直接比較。這是由於學生在二零零零年的調查中可選擇多於一個場所，而在二零零四年的調查中則只可選擇一個。表 2.3 一併載列二零零零年調查的結果，僅供參考而已。

2.5 通常供應藥物的人 (表 2.4)

濫用海洛英者指出，通常供應海洛英給他們的是毒販(32.7%)、其好朋友／其他朋友(25.4%)及父母(7.8%)。

反觀濫用精神藥物者，逾半數(51.8%)表示藥物主要是由其好朋友／其他朋友供應，其次才是毒販(10.4%)。

值得一提的是，在供應藥物的“朋友”當中，超過半數實為濫用藥物的學生的“好朋友”。此外，有 8.2%-10.8% 的濫用海洛英者及濫用精神藥物者聲稱，他們濫用的藥物通常由父母、兄弟姊妹及親戚供應。由此可見，學生的好朋友及親人帶來的

Hong Kong, close friends' homes and their own homes, as cited by 22.0%, 16.9% and 10.7% of such users respectively.

Unlike heroin users, only 4.1% of the psychotropic substance users cited schools as their usual place for taking drugs. Instead, they preferred to use the substances in entertainment venues with peers as part of their entertainment programmes. Such phenomenon was thoroughly studied by Lee (2002) and Lam (2004). Some psychotropic substances such as ecstasy was even termed as “party drugs” by researchers.

It should be noted that results on usual venue for taking drugs in the 2000 and 2004 rounds survey were not directly comparable. Students were allowed to choose more than one venue in the 2000 survey, while they could only choose one usual venue in 2004. Results of the 2000 survey were included in Table 2.3 for reference only.

2.5 Usual suppliers of drugs (Table 2.4)

Among heroin users, drug pushers (32.7%), close friends / some other friends (25.4%) and parents (7.8%) were stated as the usual suppliers of heroin.

Comparatively, over half (or 51.8%) of psychotropic substance users said that their drugs were mainly supplied by their close friends / some other friends. This was followed by drug pushers (10.4%).

It is worthwhile pointing out that over half of the “friends” who supplied drugs were in fact “close friends” of the drug-taking students. Moreover, 8.2% - 10.8% of heroin and psychotropic substance users claimed that their drugs were usually supplied by their parents, brothers / sisters and relatives. The adverse

不良影響，實在不容忽視。

2.6 通常與哪些人一起濫用精神藥物 (表 2.5)

一半以上的濫用精神藥物者表示，他們通常與朋友一起濫用精神藥物(好朋友佔 44.0%，其他朋友佔 19.5%)。這與上文所述逾半數濫用精神藥物者從朋友取得藥物的調查結果呼應。

另有 9.6%的濫用精神藥物者提到，他們通常會獨自濫用藥物；其次有 6.8%是與父母、兄弟姊妹或親戚一起濫用。二零零零年調查所得的分布模式大致相若。

2.7 首次濫用藥物年齡 (表 2.6)

頗大比例(41.5%)的濫用海洛英者聲稱，他們記不起首次濫用藥物的年齡。首次濫用海洛英是在 10 歲或以下的約有 26.0%，年齡介乎 13 至 14 歲的則有 13.8%。

至於濫用精神藥物者，他們較多在 13 至 14 歲間首次濫用精神藥物(28.3%)，其次是在 15 至 16 歲間(24.0%)。聲稱記不起首次濫用藥物年齡的約有 15.4%。

儘管首次濫藥年齡在 10 歲或以下學生的數字已較二零零零年有所減少，但這個組別還是值得特別關注的。更深入的分析顯示，他們當中有相當比例(31.7%-32.5%)通常從父母／兄弟姊妹／親戚取得藥物，30%以

influence brought about by students' close friends and relatives should not be overlooked.

2.6 Persons with whom psychotropic substances were taken together (Table 2.5)

More than half of psychotropic substance users quoted that they usually used psychotropic substances with their friends (44.0% with close friends and 19.5% with some other friends). This echoed the above finding that over half of psychotropic substance users obtained their drugs from friends.

Another 9.6% of psychotropic substance users mentioned that they usually used the substances alone, followed by 6.8% with their parents, brothers/sisters or relatives. The distribution pattern for 2000 was more or less similar.

2.7 Age of first use of drugs (Table 2.6)

A large proportion (or 41.5%) of heroin users claimed that they did not remember their age of first drug use. About 26.0% first used heroin at the age of 10 or below, while 13.8% between 13 and 14.

For psychotropic substance users, a larger proportion first used psychotropic substances at the age between 13 and 14 (28.3%), followed by between 15 and 16 (24.0%). About 15.4% of the users claimed that they did not remember their age of first use.

Students who first took drugs at the age of 10 or below was a subgroup worth paying particular attention, although the figures decreased as compared with 2000. Further in-depth analysis revealed that a significant proportion (or 31.7% - 32.5%) of them usually obtained their drugs

上會在自己家中濫用藥物。這些學生的家庭背景可能是他們自小便接觸藥物的其中一個主要原因。

2.8 首次濫用藥物的主要原因 (表 2.7)

“好奇”、“受朋友影響”、“尋求刺激”、“消愁解悶／逃避不開心或不安的感覺”，是學生首次濫用藥物最普遍的四個原因。

濫用海洛英者及濫用精神藥物者在這方面的分布模式大致相若，但亦有相當大百分比的濫用海洛英者指“提神”為他們首次濫藥的原因。

2.9 就濫用藥物所引起的問題 向他人求助的模式 (表 2.8 及 2.9)

調查發現，大部分濫用藥物的學生(57.4%的濫用海洛英者及 76.5%的濫用精神藥物者)從來沒有因濫用藥物問題向他人求助。

在曾向他人求助的學生當中，濫用海洛英者認為他們的好友(15.8%)、父母(9.5%)及警方(9.1%)給予最大幫助。至於曾求助的濫用精神藥物者，不少認為好友(26.8%)、父母(11.8%)及社工(9.3%)給予他們最大的幫助。

from their parents/brothers or sisters/relatives; and over 30% of them used drugs at their own homes. The family background of these students could be one of the main reasons for their early contact with drugs.

2.8 Major reasons for first use of drugs (Table 2.7)

“Curiosity”, “peer influence / pressure”, “to seek euphoria / sensory satisfaction” and “relief of boredom / depression / anxiety” were the four most commonly cited reasons for first use of drugs.

The distribution patterns for heroin and psychotropic substance users were largely similar, except that “to keep up spirits” was also a popular reason cited by heroin users.

2.9 Help seeking patterns for problems arising from drug use (Tables 2.8 and 2.9)

It was found that majority of the drug-taking students (57.4% of heroin users and 76.5% of psychotropic substance users) had never sought help from others regarding their drug use problems.

Among those who had sought help, heroin users opined that their close friends (15.8%), parents (9.5%) and the police (9.1%) gave them the greatest help. For psychotropic substance users who had ever sought help, many of them considered that their close friends (26.8%), parents (11.8%) and social workers (9.3%) gave them the greatest help.