



**OBSERVATORY**  
**PROYECTO HOMBRE**  
ON THE PROFILE OF PEOPLE WITH  
ADDICTION PROBLEMS UNDER  
TREATMENT ●

**PROYECTO HOMBRE**

# REPORT 2019





## 1. Objective:

The analysis and identification of the psychosocial, epidemiological and sociodemographic characteristics of people with addiction problems attended to in the Proyecto Hombre Centers throughout Spain.

## 2. Target population:

- Public entities and political decision makers
- Media
- Scientific community and academic field
- Proyecto Hombre Association and Centers
- Other entities and organizations working in the sector

## 3. Source of information:

The information of the Observatory comes from the internal database of Proyecto Hombre (PHNemos application), which collects information related to the people assisted in the treatment programs. This information comes from data collected by EuropASI (European Addiction Severity Index).

## 4. Technical aspects:

### Universe:

The entry EuropASI registers data of people over 18 years old. Therefore, the study universe involves Proyecto Hombre users aged 18 and over who have started treatment throughout 2019 in programs and devices for adults with addiction problems in the 27 Centers of this Association.

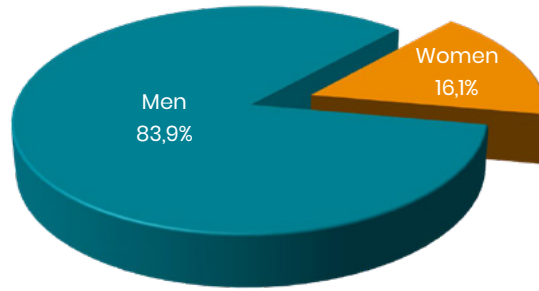
This restriction is due both to the application requirements of the EuropASI and to the fact that the report is limited to the characteristics of people admitted annually (thus excluding those who continue in treatment from one year to the next).

### Sample:

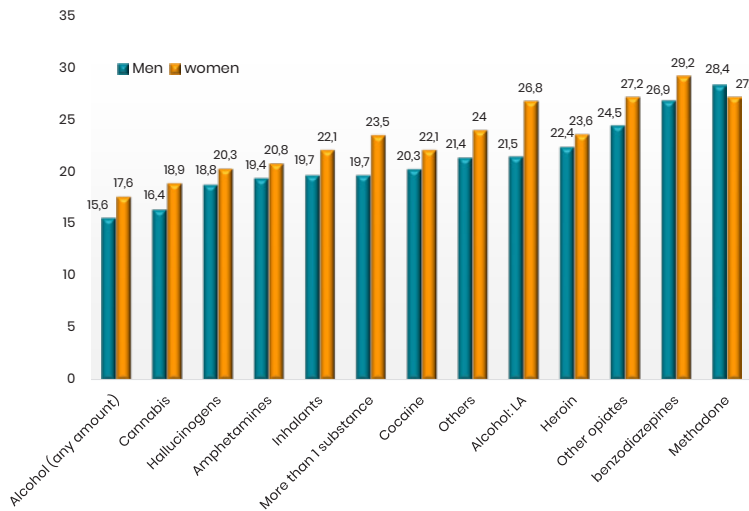
From this universe, 3,260 interviews have been carried out.

# 1.

## Age and sex of Proyecto Hombre users



- The gender ratio is stable compared to previous years.
- The average age is 38.9 years



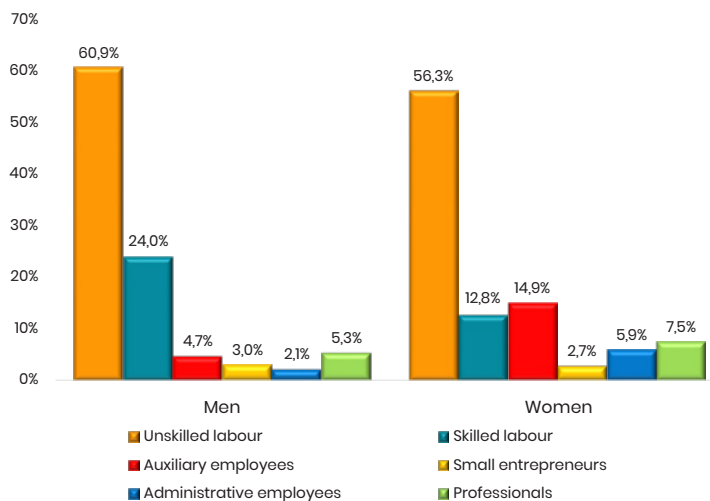
# 2.

## The average age of consumption onset according to substance and sex

- There are no relevant differences in the age of onset by sex.
- While women tend to start regular or problematic use of all substances later than men and especially polydrug use, large quantities of alcohol and benzodiazepines.

# 3.

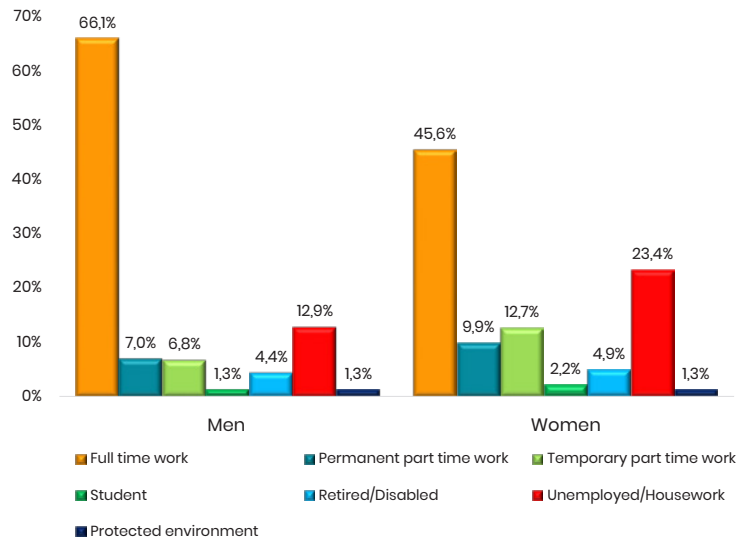
## Usual occupation (or last)



- The majority of users (60.9% men and 56.3% women) are unskilled workers.
- The difference between men and women is not much, and it is centred in the auxiliary employees, which is less than 5% in men and rises to almost 15% among women.

# 4.

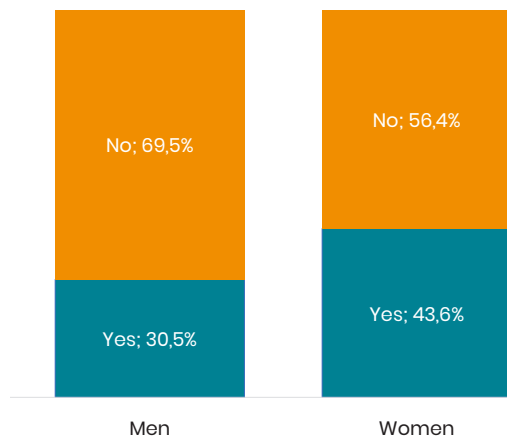
## Work situation (usual employment pattern in the last 3 years)



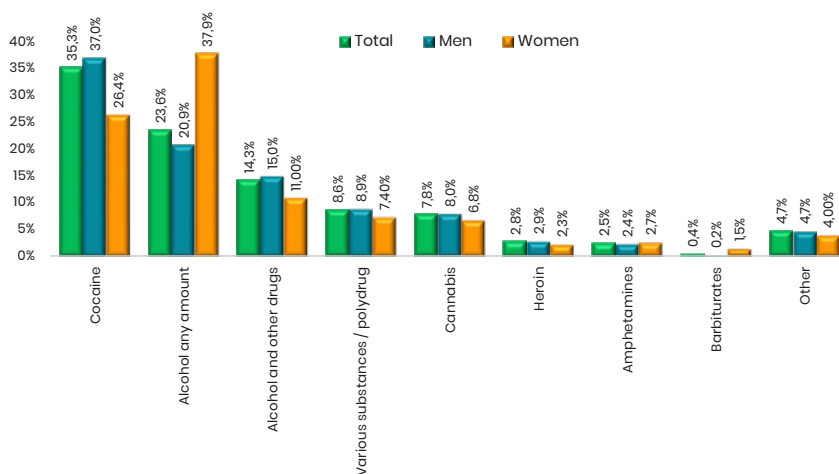
- If we look at gender differences, employability is higher among men, especially considering full time employment.
- On the other hand, there is a difference between unemployed persons and those who did domestic work, where women make up the largest percentage (13% to 23%).

# 5.

## Do you have chronic medical problems that interfere with your daily life?



- By sex, a higher percentage of women take regular medication by prescription (43.6%) than men (30.5%).



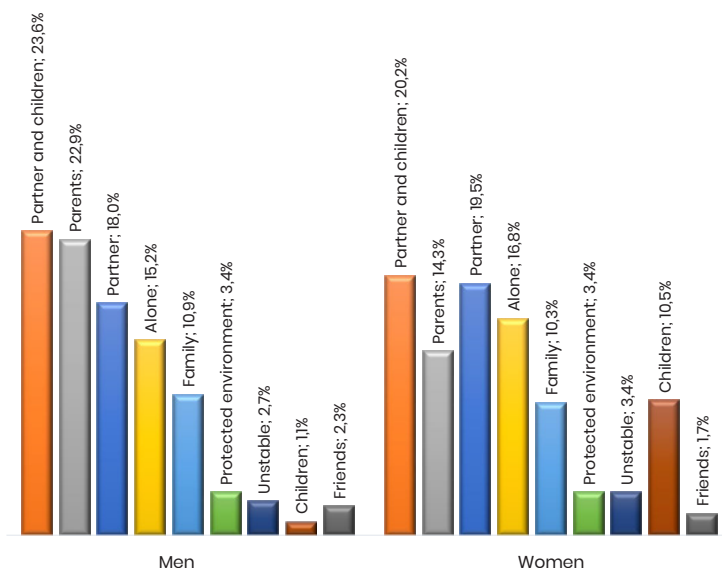
# 6.

## What substance is the main problem?

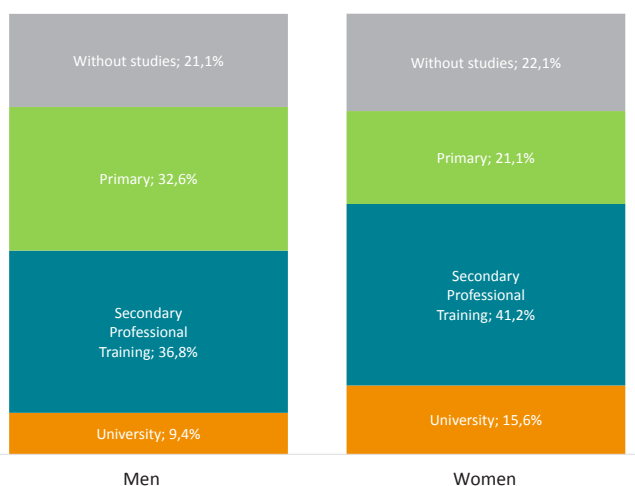
- In 2019, cocaine was the most problematic substance (35.3%), followed by alcohol, whether in small or large quantities.
- However, alcohol, consumed in any amount or with other drugs, would be the most problematic (37.9%).
- By gender, there is a greater difference. Alcohol consumption is larger among women, proportionately, than among men, just the opposite as with cocaine.
- With the rest of drugs, the difference is minor.



## Form of cohabitation



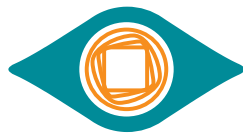
- By gender, there are two important differences: those who live with their parents, where the percentage among men is substantially larger (22.9%), and those who live with their children (1.1% men and 10.5% women) where the percentage among women is larger.



## Superior academic degree obtained

- By gender, the percentage of women who have completed Secondary Education (41.2%) is larger than among men (36.8%).
- The most significant difference is found around those with university studies, where 15.6% are women, and 9.4% are men.

More information about the Observatory at:  
<https://proyectohombre.es/informe-observatorio/>



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