

Furthermore, around 1994, methamphetamine began to be illicitly sold through the same channel. The percentage of Iranians in total foreign arrestees for methamphetamine-related crime was only 0.7 percent in 1993 (Fig.6). It shot up to 12.0 percent in 1994, and further to 21 percent in 1996. Having Fig.6 that, we should never forget that Japanese organized gangsters are using Iranians as sellers. This style of illicit sales of drugs by foreigners on the street has not been seen in Japan previously. We consider that the year 1995 can be marked as the onset of "the third epidemic of methamphetamine" in Japan.

Recently, the sales of forged telephone cards by Iranians are not so apparent as before. The prevalence of electronic communication tools such as pagers and mobile telephones has made it easier for illicit sellers to go underground while keeping them an easy access to drugs as it has been. That's how the sharp increase in methamphetamine abuse occurred.

Fig.7 shows the relationship between the number of arrestees for methamphetamine-related crime

and unemployment rate. You can see how closely related these two lines are. It seems obvious that methamphetamine abuse in Japan may have a close relationship with economic situation in Japan. Unfortunately, Iranians were highlighted in this paper. However, I think, the purpose of Iranians coming to Japan was not originally to sell illicit drugs. I think that some of them unfortunately selected it to survive after the collapse of Japanese bubble economy.

4. Conclusion

To recap, in this paper, I have introduced current situation of drug abuse in Japan. The extent of drug abuse in Japan does not appear to be so serious in comparison with that of some other countries. However, as was mentioned, since about 1990 when "diversification of abuse-prone drugs has occurred due to a part of internationalization of its society" and economic state has deteriorated, Japan has faced unprecedented drug abuse crises.

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分担研究者 尾崎 茂 国立精神・神経センター精神保健研究所

担当テーマ：「全国の精神科医療施設における薬物関連精神疾患の実態調査」

【1】 渡航先

アカプルコ（メキシコ）

【2】 渡航期間

平成11年6月12日～6月19日

【3】 渡航目的

第61回「薬物依存問題学会（College on Problems of Drug Dependence, CPDD）」にて、研究成果を発表するとともに、関連する演題について世界各国からの参加者と研究の方法論、研究活動の状況およびその成果、各国の薬物乱用・依存をめぐる最近の状況等について討議を行い、今後の調査研究に対する示唆を得ることなどを主な目的として、上記期間アカプルコ（メキシコ）に渡航した。

【4】 渡航旅程

- 6/12 成田発ーロスアンジェルス・メキシコシティ経由ーアカプルコ着
- 6/13 ～ 6/17 学会参加
（会場：ホテル「アカプルコ・プリンセス」）
- 6/18 アカプルコ発（機中泊）
- 6/19 成田着

【5】 渡航成果

薬物依存問題学会（CPDD）は、北米を中心に世界各国より薬物依存関連問題の研究者約2,000名が参加する大規模な学術集会である。分担研究者は主任研究者の和田らと共同で行った疫学調査に関して6/16にポスター発表にて報告を行った。タイトルは、「Lifetime Prevalence of Drug Use in General Population of Japan」で、1995年に施行された「薬物乱用・依存の世帯調査」¹⁾に基づいて日本における各種薬物乱用および医薬品使用の頻度（生涯経験率や日常的な使用頻度）、薬物使用に関連する生活様式、

薬物使用への認識および態度等について報告した。この調査は、全国から層化二段無作為抽出法によって15歳以上の男女5,000人を抽出して施行されたもので、一般住民を対象として大規模に施行された日本で初めての画期的な調査である。米国では一般世帯を対象とした「Household Survey」が行われているが、日本においては本調査研究が施行されるまでは一般住民を対象としたデータが存在せず、薬物使用の経験率等に関して経年変化を論じたり、諸外国との厳密な比較がし得ない状況であった。したがって、本研究は継続的に施行されることで有用なデータを提供すると考えられ、その意義は非常に大きいと考えられた。

発表は6/16の8:00-10:00に、会場ホテル内のMarquesa Ballroomにおけるポスターセッションで行われた。発表内容の概要は別添資料に示す通りである。発表に対して欧米の参加者からは、覚せい剤をはじめとする違法薬物の経験率が非常に低いこと、それに比較して喫煙・飲酒率が高いことに関心が寄せられた。アジア地区の参加者とは、違法薬物の使用率が低いことに関して、法遵守をめぐる国民のメンタリティの観点から議論した。有機溶剤の経験率が相対的には依然として高いことについて、メキシコからの参加者が関心を寄せ、ストリートチルドレンにおける有機溶剤乱用の問題について論じた。米国NIDAの研究者とは主にサンプリングをはじめとする方法論について論じた。

【6】 まとめ

ポスターセッションにて、上述のように各国の研究者と有意義な議論をすることができ、方法論を含め今後の研究に重要な示唆を得ることができた。今後も、諸外国と比較可能な多面的なデータを蓄積し、横断的・縦断的な変化の両面からの研究が必要と考えられた。

Lifetime Prevalence of Drug Use in General Population of Japan

S.Ozaki, S.Kikuchi, K.Wada, and S.Fukui

**National Institute of Mental Health, National Center of Neurology and Psychiatry
Ichikawa-shi, Chiba-ken, Japan**

INTRODUCTION

Stimulants (methamphetamines) and inhalants (thinner) have been the most common drugs of abuse in Japan for a couple of decades. The third epidemic of methamphetamine abuse is generally believed to have appeared, and this may be supported by the fact that the number of violations against the Stimulant Control Law and the quantity of drugs seized have been gradually increasing for the past couple of years. Although various epidemiological studies are required to understand the current situation of drug abuse, until 1995 there had been no research system for monitoring the drug-using situation among general population. The 1995 study was the first nationwide household survey on drug use in Japan aimed at clarifying the lifetime prevalence of use of alcohol, tobacco, legally prescribed drugs, and a variety of illicit drugs, and to ascertain the related lifestyles and attitudes towards illicit drug use.

SUBJECTS

Subjects were noninstitutional general population age 15 and over.

Five thousands persons were randomly selected using stratified multi-stage area probability sampling on a resident registration basis.

METHODS

The questionnaire sheets were distributed to the subjects and later collected face-to-face by the investigators. The questionnaire consisted of 72 self-administered questions on: the frequency and recentness of use of alcohol, tobacco, legal and illicit drugs; the history of illicit drug use while travelling abroad; and the related lifestyles and attitudes toward illicit drug use. Also included were demographic characteristics, general health status, and daily mental issues. The survey was conducted from October 3 to October 31, 1995.

RESULTS

1. Demographic backgrounds (Tables 1, 2)

3,946 persons (78.9%) responded to the questionnaire. 2,535 persons had current jobs (77.4% of males, 52.2% of females). Education history is shown in Table 2.

2. Smoking and drinking habits (Tables 3 - 9, Fig.1, 2)

1,289 persons (32.7%; male, 53.3%; female, 13.8%) reported having smoking habits. Male smokers have a tendency to start using tobacco earlier than female smokers.

2,700 persons (68.4%; male, 81.3%; female, 56.7%) reported having alcohol use habits. About half of male drinkers in their 40's and 50's reported drinking "almost every day". The tendency of male drinkers having started to drink alcohol earlier was also evident. "With meals at home" was the most common reason for drinking alcohol.

Table 1 Subjects

| age | age | | | | total | |
|--------------|-------------|----------------|-------------|----------------|-------------|-----------------|
| | male | | female | | | |
| 15 ~ 19 | 151 | (3.8%) | 161 | (4.1%) | 312 | (7.9%) |
| 20 ~ 29 | 229 | (5.8%) | 313 | (7.9%) | 542 | (13.7%) |
| 30 ~ 39 | 254 | (6.4%) | 380 | (9.6%) | 634 | (16.1%) |
| 40 ~ 49 | 397 | (10.1%) | 459 | (11.6%) | 856 | (21.7%) |
| 50 ~ 59 | 386 | (9.8%) | 358 | (9.1%) | 744 | (18.9%) |
| 60 + | 466 | (11.8%) | 392 | (9.9%) | 858 | (21.7%) |
| <i>total</i> | <i>1883</i> | <i>(47.7%)</i> | <i>2063</i> | <i>(52.3%)</i> | <i>3946</i> | <i>(100.0%)</i> |

Table 2 Education history

| last school graduated from (age) | age | | | | total | |
|----------------------------------|-------------|-----------------|-------------|-----------------|-------------|-----------------|
| | male | | female | | | |
| elementary school (7-12) | 38 | (2.0%) | 41 | (2.0%) | 79 | (2.0%) |
| junior high school (13-15) | 376 | (20.0%) | 299 | (14.5%) | 675 | (17.1%) |
| high school (16-18) | 913 | (48.5%) | 1152 | (55.8%) | 2065 | (52.3%) |
| university or college (18+) | 510 | (27.1%) | 487 | (23.6%) | 997 | (25.3%) |
| no answer | 46 | (2.4%) | 84 | (4.1%) | 130 | (3.3%) |
| <i>total</i> | <i>1883</i> | <i>(100.0%)</i> | <i>2063</i> | <i>(100.0%)</i> | <i>3946</i> | <i>(100.0%)</i> |

Table 3 Average amount of tobacco by age and sex

| | | age | | | | | | total | |
|--------------------------|--------------------------|-------------------|--------------------|--------------------|--------------------|--------------------|--------------------|---------------------|-------------|
| | | 15-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60+ | | |
| <i>smokers</i> | <i>total</i> | 40 (12.8%) | 201 (37.1%) | 239 (37.6%) | 324 (37.8%) | 253 (34.0%) | 233 (27.1%) | 1289 (32.7%) | |
| | male | 34 (22.5%) | 142 (62.0%) | 159 (62.5%) | 256 (64.5%) | 213 (55.2%) | 200 (42.9%) | 1004 (53.3%) | |
| | female | 6 (3.7%) | 59 (18.8%) | 80 (21.0%) | 68 (14.8%) | 40 (11.1%) | 33 (8.4%) | 285 (13.8%) | |
| 1-10 cigarettes a day | <i>total</i> | 22 (7.1%) | 65 (12.0%) | 65 (10.2%) | 70 (8.2%) | 44 (5.9%) | 79 (9.2%) | 344 (8.7%) | |
| | male | 17 (11.3%) | 38 (16.6%) | 25 (9.8%) | 40 (10.1%) | 31 (8.0%) | 60 (12.9%) | 211 (11.2%) | |
| | female | 5 (3.1%) | 27 (8.6%) | 40 (10.5%) | 30 (6.5%) | 13 (3.6%) | 19 (4.8%) | 133 (6.5%) | |
| 11-20 cigarettes a day | <i>total</i> | 13 (4.2%) | 101 (18.6%) | 129 (20.3%) | 152 (17.8%) | 122 (16.4%) | 102 (11.9%) | 619 (15.7%) | |
| | male | 12 (7.9%) | 73 (31.9%) | 92 (36.2%) | 120 (30.2%) | 103 (26.7%) | 92 (19.7%) | 492 (26.1%) | |
| | female | 1 (0.6%) | 28 (8.9%) | 37 (9.7%) | 32 (7.0%) | 19 (5.3%) | 10 (2.6%) | 127 (6.2%) | |
| cigarettes or more a day | <i>total</i> | 5 (1.6%) | 35 (6.5%) | 45 (7.1%) | 102 (11.9%) | 87 (11.7%) | 52 (6.1%) | 326 (8.3%) | |
| | male | 5 (3.3%) | 31 (13.5%) | 42 (16.5%) | 96 (23.9%) | 79 (20.2%) | 48 (9.9%) | 301 (16.0%) | |
| | female | 0 (0.0%) | 4 (1.3%) | 3 (0.8%) | 6 (1.3%) | 8 (2.2%) | 4 (0.8%) | 25 (1.2%) | |
| <i>non-smokers</i> | <i>have quit smoking</i> | <i>total</i> | 16 (5.1%) | 54 (10.0%) | 68 (10.7%) | 99 (11.6%) | 98 (13.2%) | 169 (19.7%) | 504 (12.8%) |
| | male | 7 (4.6%) | 19 (8.3%) | 32 (12.6%) | 69 (17.4%) | 82 (21.2%) | 166 (35.6%) | 375 (19.9%) | |
| | female | 9 (5.6%) | 35 (11.2%) | 36 (9.5%) | 30 (6.5%) | 16 (4.5%) | 3 (0.8%) | 129 (6.3%) | |
| never smoke | <i>total</i> | 246 (78.8%) | 276 (50.9%) | 312 (49.2%) | 412 (48.2%) | 365 (49.0%) | 392 (45.7%) | 2003 (50.8%) | |
| | male | 108 (71.5%) | 64 (27.9%) | 59 (23.2%) | 67 (16.9%) | 77 (19.9%) | 79 (17.0%) | 454 (24.1%) | |
| | female | 138 (85.7%) | 212 (67.7%) | 253 (66.6%) | 345 (75.2%) | 288 (80.4%) | 313 (79.8%) | 1549 (75.1%) | |
| no answer | <i>total</i> | 10 (3.2%) | 11 (2.0%) | 15 (2.4%) | 21 (2.5%) | 28 (3.7%) | 64 (7.5%) | 149 (3.8%) | |

Table 4 Age of first use of tobacco

| | male | | female | | total | |
|--|-------------|-----------------|------------|-----------------|-------------|-----------------|
| | | | | | | |
| elementary school days | 43 | (3.1%) | 4 | (1.0%) | 47 | (2.6%) |
| junior high school days | 165 | (12.0%) | 38 | (9.2%) | 204 | (11.4%) |
| after graduating from junior high school | 259 | (18.8%) | 63 | (15.2%) | 322 | (18.0%) |
| from 18 to 20 years old | 525 | (38.1%) | 128 | (30.8%) | 653 | (36.4%) |
| after age 20 | 357 | (25.9%) | 171 | (41.2%) | 528 | (29.4%) |
| no answer | 29 | (2.1%) | 11 | (2.7%) | 40 | (2.2%) |
| <i>total</i> | <i>1379</i> | <i>(100.0%)</i> | <i>415</i> | <i>(100.0%)</i> | <i>1794</i> | <i>(100.0%)</i> |

Table 5 Age of regular use of tobacco

| | male | | female | | total | |
|--|-------------|-----------------|------------|-----------------|-------------|-----------------|
| | | | | | | |
| elementary school days | 3 | (0.2%) | 0 | (0.0%) | 3 | (0.2%) |
| junior high school days | 34 | (2.5%) | 14 | (3.4%) | 49 | (2.7%) |
| after graduating from junior high school | 150 | (10.9%) | 31 | (7.5%) | 181 | (10.1%) |
| from 18 to 20 years old | 494 | (35.8%) | 104 | (25.1%) | 598 | (33.3%) |
| after age 20 | 607 | (44.0%) | 235 | (56.6%) | 842 | (46.9%) |
| no answer | 91 | (6.6%) | 31 | (7.5%) | 122 | (6.8%) |
| <i>total</i> | <i>1379</i> | <i>(100.0%)</i> | <i>415</i> | <i>(100.0%)</i> | <i>1794</i> | <i>(100.0%)</i> |

3. Use of medicated drugs and OTC drugs (Tables 10 - 12)

Approximately 6% of the survey population reported using tranquilizers, and 4.7% using sleeping pills within one year prior to the interview. The rates were higher in the survey population age 50 years and older.

4. Illicit drug use (Tables 13 - 19)

Of 1,412 subjects (35.8% of the survey population) who had ever stayed in foreign countries, 42 (3.0%) reported having experiences of being tempted to use illicit drugs. Among them, 10 (0.7%) persons reported having used illicit drugs.

The rate of lifetime use of inhalants was 1.4%, of marijuana, 0.4%, and of stimulants, 0.3%. The rate of past year use of inhalants was 0.08%, of marijuana, 0.05%, and of stimulants, 0.05%. Inhalants were the most common drug subjects were tempted to use, and used by persons around subjects.

CONCLUSION

1. Abuse of stimulants (methamphetamines) has been one of the most problematic issues in Japan since the first epidemic of early 1950's. More attention has been paid to the problem of abuse, especially among middle to high teens in the current third epidemic. However, the lifetime prevalence of methamphetamine abuse was smaller than inhalants or marijuana in this study.

2. Inhalants abuse had become common among young people since early 70's as "thinner games", and it had been the most common drug of abuse in Japan between the middle 70's and the early 90's. The results

Table 6 Frequency of drinking alcohol by age and sex

| | | age | | | | | | total | |
|------------------------------------|------------|-------------|-------------|-------------|-------------|-------------|---------------|---------------|--------------|
| | | 15-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60+ | | |
| drinkers | total | 104 (33.4%) | 440 (81.2%) | 497 (78.4%) | 654 (76.4%) | 525 (70.6%) | 482 (56.1%) | 2700 (68.4%) | |
| | male | 57 (37.8%) | 200 (87.4%) | 230 (90.6%) | 358 (90.2%) | 330 (85.4%) | 356 (76.5%) | 1532 (81.3%) | |
| | female | 47 (29.2%) | 240 (76.7%) | 267 (70.3%) | 296 (64.5%) | 195 (54.6%) | 125 (31.9%) | 1171 (56.8%) | |
| almost every day | total | 2 (0.6%) | 43 (7.9%) | 136 (21.4%) | 258 (30.2%) | 231 (31.1%) | 232 (27.1%) | 902 (22.9%) | |
| | male | 2 (1.3%) | 26 (11.4%) | 96 (37.8%) | 213 (53.7%) | 200 (51.8%) | 210 (45.1%) | 747 (39.7%) | |
| | female | 0 (0.0%) | 17 (5.4%) | 40 (10.5%) | 45 (9.8%) | 31 (8.7%) | 22 (5.6%) | 155 (7.5%) | |
| 2 to 4 times a week | total | 6 (1.9%) | 76 (14.0%) | 97 (15.3%) | 139 (16.3%) | 98 (13.2%) | 86 (10.0%) | 502 (12.7%) | |
| | male | 3 (2.0%) | 47 (20.5%) | 52 (20.5%) | 73 (18.4%) | 58 (15.1%) | 57 (12.2%) | 290 (15.4%) | |
| | female | 3 (1.9%) | 29 (9.3%) | 45 (11.8%) | 66 (14.4%) | 40 (11.2%) | 29 (7.4%) | 212 (10.3%) | |
| once a week | total | 7 (2.2%) | 73 (13.5%) | 57 (9.0%) | 52 (6.1%) | 39 (5.3%) | 31 (3.6%) | 260 (6.6%) | |
| | male | 6 (4.0%) | 32 (14.0%) | 26 (10.2%) | 20 (5.0%) | 18 (4.7%) | 19 (4.1%) | 121 (6.4%) | |
| | female | 1 (0.6%) | 41 (13.1%) | 31 (8.2%) | 32 (7.0%) | 21 (5.9%) | 12 (3.1%) | 139 (6.7%) | |
| less than once or twice a month | total | 89 (8.6%) | 248 (45.8%) | 207 (32.7%) | 205 (23.9%) | 156 (21.0%) | 132 (15.4%) | 1038 (26.3%) | |
| | male | 46 (30.5%) | 95 (41.5%) | 56 (22.1%) | 52 (13.1%) | 53 (13.8%) | 70 (15.1%) | 373 (19.8%) | |
| | female | 43 (26.7%) | 153 (48.9%) | 151 (39.8%) | 153 (33.3%) | 103 (28.8%) | 62 (15.8%) | 665 (32.2%) | |
| non-drinkers | never | total | 200 (64.1%) | 84 (15.5%) | 126 (19.9%) | 184 (21.5%) | 195 (26.2%) | 315 (36.7%) | 1104 (28.0%) |
| | male | 91 (60.3%) | 23 (10.0%) | 21 (8.3%) | 31 (7.8%) | 42 (10.9%) | 79 (17.0%) | 287 (15.3%) | |
| | female | 109 (67.7%) | 61 (19.5%) | 105 (27.6%) | 153 (33.3%) | 153 (42.7%) | 236 (60.2%) | 817 (39.6%) | |
| have quit drinking | total | 2 (0.6%) | 8 (1.5%) | 5 (0.8%) | 6 (0.7%) | 6 (0.8%) | 19 (2.3%) | 46 (1.2%) | |
| | male | 1 (0.7%) | 3 (1.3%) | 0 (0.0%) | 5 (1.3%) | 4 (1.0%) | 18 (3.9%) | 31 (1.7%) | |
| | female | 1 (0.6%) | 5 (1.6%) | 5 (1.3%) | 1 (0.2%) | 2 (0.6%) | 1 (0.3%) | 15 (0.7%) | |
| no answer | total | 6 (1.9%) | 10 (1.8%) | 6 (1.0%) | 12 (1.4%) | 19 (2.5%) | 43 (5.0%) | 96 (2.4%) | |
| | total | 312 (7.9%) | 542 (13.7%) | 634 (16.1%) | 856 (21.7%) | 744 (18.9%) | 858 (21.7%) | 3946 (100.0%) | |
| | male | 151 (8.0%) | 229 (12.2%) | 254 (13.5%) | 397 (21.1%) | 386 (20.5%) | 466 (24.7%) | 1883 (100.0%) | |
| female | 161 (7.8%) | 313 (15.2%) | 380 (18.4%) | 459 (22.2%) | 358 (17.4%) | 392 (19.0%) | 2063 (100.0%) | | |

Table 7 Age of first use of alcohol

| | male | | female | | total | |
|--|------|----------|--------|----------|-------|----------|
| | | | | | | |
| elementary school days | 99 | (7.2%) | 27 | (6.5%) | 126 | (4.6%) |
| junior high school days | 146 | (10.6%) | 26 | (6.2%) | 172 | (6.3%) |
| after graduating from junior high school | 218 | (15.8%) | 44 | (10.5%) | 261 | (9.5%) |
| from 18 to 20 years old | 538 | (39.0%) | 146 | (35.2%) | 684 | (24.9%) |
| after age 20 | 324 | (23.5%) | 149 | (35.8%) | 473 | (17.2%) |
| no answer | 52 | (3.8%) | 24 | (5.8%) | 76 | (2.8%) |
| total | 1561 | (100.0%) | 1185 | (100.0%) | 2746 | (100.0%) |

show that inhalants still remain the most common illicit drug of abuse and of being tempted to use, possibly due to the ease of availability.

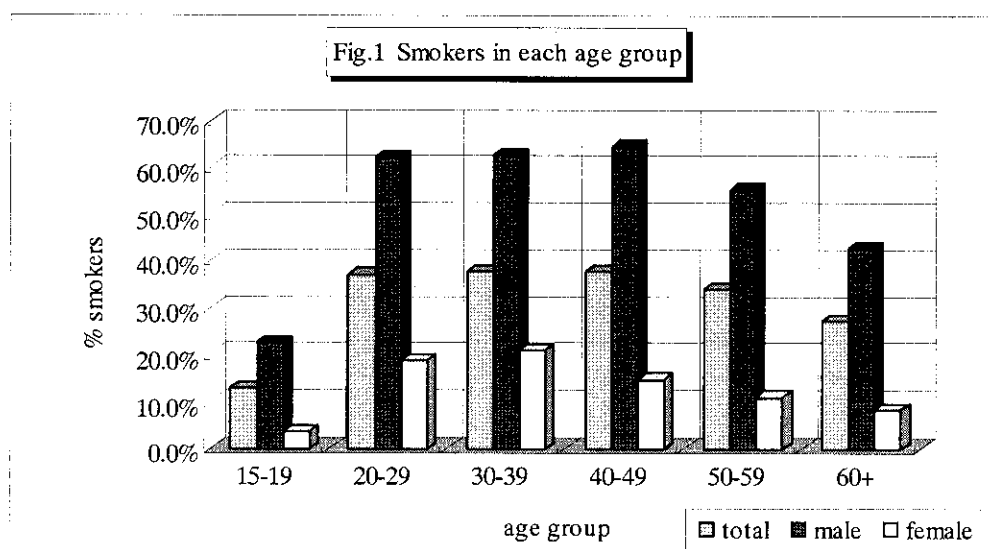
3. The results of higher rates of experiences of using and being tempted to use marijuana suggest that, in Japan also, more attention should be focused on the abuse of marijuana.

Table 8 Age of regular use of alcohol

| | male | | female | | total | |
|--|-------------|-----------------|-------------|-----------------|-------------|-----------------|
| | | | | | | |
| elementary school days | 5 | (0.3%) | 2 | (0.2%) | 7 | (0.3%) |
| junior high school days | 16 | (1.0%) | 9 | (0.8%) | 25 | (0.9%) |
| after graduating from junior high school | 108 | (6.9%) | 60 | (5.1%) | 168 | (6.1%) |
| from 18 to 20 years old | 487 | (31.2%) | 282 | (23.8%) | 769 | (28.0%) |
| after age 20 | 860 | (55.1%) | 707 | (59.7%) | 1568 | (57.1%) |
| no answer | 86 | (5.5%) | 124 | (10.5%) | 210 | (7.7%) |
| <i>total</i> | <i>1561</i> | <i>(100.0%)</i> | <i>1185</i> | <i>(100.0%)</i> | <i>2746</i> | <i>(100.0%)</i> |

Table 9 Reasons for drinking alcohol

| | male | | female | | total | |
|---|----------|---------|----------|---------|----------|---------|
| | (n=1530) | | (n=1170) | | (n=2700) | |
| required for business-socializing | 243 | (15.9%) | 78 | (6.7%) | 322 | (11.9%) |
| maintaining good relations with friends or boss | 578 | (37.8%) | 431 | (36.8%) | 1009 | (37.4%) |
| maintaining good relations with other persons | 246 | (16.1%) | 147 | (12.6%) | 394 | (14.6%) |
| with meals at home | 1010 | (66.0%) | 640 | (54.7%) | 1650 | (61.1%) |
| before going to bed | 171 | (11.2%) | 124 | (10.6%) | 295 | (10.9%) |
| to reduce work-related mental discomfort | 40 | (2.6%) | 25 | (2.1%) | 64 | (2.4%) |
| to mental discomfort stemming from domestic situation | 15 | (1.0%) | 30 | (2.6%) | 46 | (1.7%) |
| others | 18 | (1.2%) | 18 | (1.5%) | 36 | (1.3%) |
| no answer | 9 | (0.6%) | 26 | (2.2%) | 35 | (1.3%) |



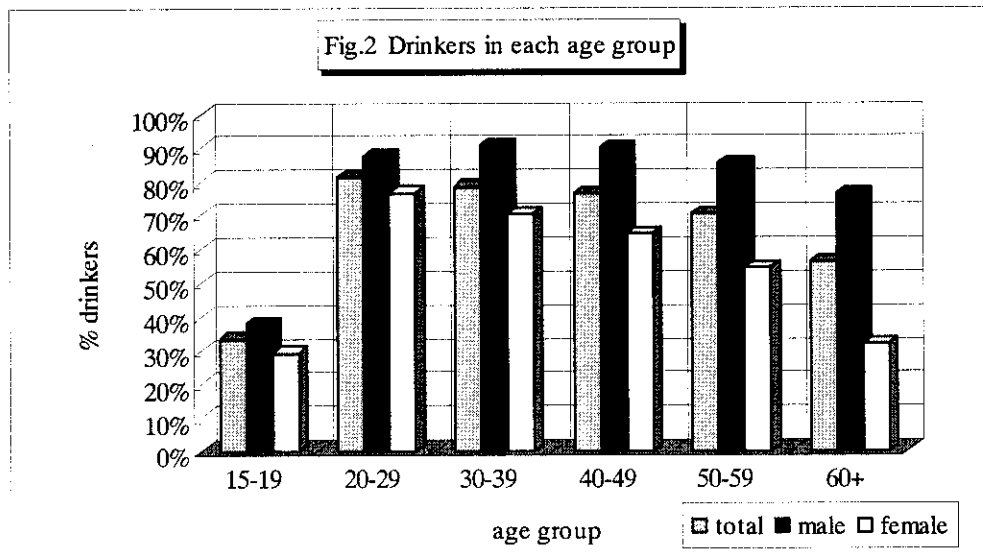


Table 10 Medicated drugs or OTC drugs of regular use

| | male | | female | | total | |
|-----------------------|-------------|----------------|-------------|----------------|-------------|-----------------|
| | Count | Percentage | Count | Percentage | Count | Percentage |
| none | 1077 | (57.2%) | 1215 | (58.9%) | 2292 | (58.1%) |
| drugs for colds | 77 | (4.1%) | 78 | (3.8%) | 156 | (3.9%) |
| drugs for stomachache | 271 | (14.4%) | 215 | (10.4%) | 486 | (12.3%) |
| vitamins | 218 | (11.6%) | 301 | (14.6%) | 520 | (13.2%) |
| antasthenics | 36 | (1.9%) | 4 | (0.2%) | 40 | (1.0%) |
| analgesics | 24 | (1.3%) | 33 | (1.6%) | 57 | (1.5%) |
| tranquilizers | 36 | (1.9%) | 43 | (2.1%) | 79 | (2.0%) |
| sleeping pills | 24 | (1.3%) | 27 | (1.3%) | 51 | (1.3%) |
| antibiotics | 15 | (0.8%) | 17 | (0.8%) | 32 | (0.8%) |
| hypotensors | 173 | (9.2%) | 163 | (7.9%) | 336 | (8.5%) |
| others | 72 | (3.8%) | 91 | (4.4%) | 162 | (4.1%) |
| no answer | 134 | (7.1%) | 157 | (7.6%) | 290 | (7.4%) |
| total | 1883 | (47.7%) | 2063 | (52.3%) | 3946 | (100.0%) |

Table 11 Frequency of past year use of tranquilizers

| | age | | | | | | total |
|-----------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|
| | 15-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60+ | |
| had used | 3 (1.0%) | 17 (3.1%) | 21 (3.3%) | 44 (5.0%) | 45 (6.2%) | 110 (12.9%) | 240 (6.1%) |
| 4 times or more a day | 0 (0.0%) | 0 (0.0%) | 2 (0.3%) | 1 (0.1%) | 0 (0.0%) | 1 (0.1%) | 4 (0.1%) |
| 1 to 3 times a day | 0 (0.0%) | 4 (0.7%) | 3 (0.5%) | 10 (1.2%) | 10 (1.3%) | 24 (2.8%) | 51 (1.3%) |
| a few times a week | 0 (0.0%) | 1 (0.2%) | 4 (0.6%) | 10 (1.2%) | 6 (0.8%) | 26 (3.0%) | 47 (1.2%) |
| a few times a month | 0 (0.0%) | 1 (0.2%) | 4 (0.6%) | 9 (1.1%) | 10 (1.3%) | 21 (2.4%) | 45 (1.1%) |
| a few times a year | 3 (1.0%) | 11 (2.0%) | 8 (1.3%) | 13 (1.5%) | 20 (2.7%) | 39 (4.5%) | 94 (2.4%) |
| never | 303 (97.1%) | 513 (94.6%) | 604 (95.3%) | 795 (92.9%) | 659 (88.6%) | 685 (79.8%) | 3559 (90.2%) |
| no answer | 6 (1.9%) | 12 (2.2%) | 9 (1.4%) | 18 (2.1%) | 39 (5.2%) | 62 (7.2%) | 145 (3.7%) |
| total | 312 (100.0%) | 542 (100.0%) | 634 (100.0%) | 856 (100.0%) | 744 (100.0%) | 858 (100.0%) | 3946 (100.0%) |

Table 12 Frequency of past year use of sleeping pills

| | age | | | | | | total |
|-----------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|----------------------|
| | 15-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60+ | |
| had used | 2 (0.6%) | 13 (2.4%) | 20 (3.2%) | 21 (2.4%) | 41 (5.5%) | 90 (10.5%) | 187 (4.7%) |
| 4 times or more a day | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 1 (0.1%) | 1 (0.0%) |
| 1 to 3 times a day | 0 (0.0%) | 0 (0.0%) | 3 (0.5%) | 2 (0.2%) | 5 (0.7%) | 9 (1.0%) | 19 (0.5%) |
| a few times a week | 0 (0.0%) | 1 (0.2%) | 5 (0.8%) | 3 (0.4%) | 8 (1.1%) | 27 (3.1%) | 44 (1.1%) |
| a few times a month | 0 (0.0%) | 1 (0.2%) | 2 (0.3%) | 4 (0.5%) | 11 (1.5%) | 19 (2.2%) | 37 (0.9%) |
| a few times a year | 2 (0.6%) | 11 (2.0%) | 10 (1.6%) | 11 (1.3%) | 16 (2.2%) | 35 (4.1%) | 86 (2.2%) |
| never | 304 (97.4%) | 519 (95.8%) | 601 (94.8%) | 813 (95.0%) | 668 (89.8%) | 716 (83.4%) | 3621 (91.8%) |
| no answer | 6 (1.9%) | 10 (1.8%) | 13 (2.1%) | 23 (2.7%) | 36 (4.8%) | 51 (5.9%) | 138 (3.5%) |
| <i>total</i> | <i>312 (100.0%)</i> | <i>542 (100.0%)</i> | <i>634 (100.0%)</i> | <i>856 (100.0%)</i> | <i>744 (100.0%)</i> | <i>858 (100.0%)</i> | <i>3946 (100.0%)</i> |

Table 13 Experiences of being tempted to use illicit drugs during stays in foreign countries

| | | age | | | | | | total |
|---------------------------|---------------|------------------|--------------------|--------------------|--------------------|--------------------|--------------------|----------------------|
| | | 15-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60+ | |
| had such experienc | <i>total</i> | 1 (2.2%) | 10 (4.7%) | 22 (6.3%) | 4 (1.3%) | 4 (1.6%) | 1 (0.4%) | 42 (3.0%) |
| | <i>male</i> | 0 (0.0%) | 7 (10.6%) | 15 (9.6%) | 3 (1.7%) | 4 (2.6%) | 1 (0.6%) | 30 (4.0%) |
| | <i>female</i> | 1 (3.8%) | 3 (2.0%) | 7 (3.6%) | 1 (0.8%) | 0 (0.0%) | 0 (0.0%) | 12 (1.8%) |
| not really sure | <i>total</i> | 0 (0.0%) | 4 (1.8%) | 2 (0.5%) | 1 (0.3%) | 1 (0.4%) | 0 (0.0%) | 8 (0.5%) |
| | <i>male</i> | 0 (0.0%) | 1 (1.5%) | 1 (0.6%) | 0 (0.0%) | 1 (0.6%) | 0 (0.0%) | 3 (0.4%) |
| | <i>female</i> | 0 (0.0%) | 3 (2.0%) | 1 (0.5%) | 1 (0.8%) | 0 (0.0%) | 0 (0.0%) | 5 (0.7%) |
| none | <i>total</i> | 39 (88.7%) | 176 (82.2%) | 289 (82.6%) | 266 (90.2%) | 217 (87.8%) | 227 (86.7%) | 1214 (86.0%) |
| | <i>male</i> | 16 (88.9%) | 53 (80.3%) | 129 (82.7%) | 159 (91.9%) | 138 (89.0%) | 155 (87.1%) | 650 (87.1%) |
| | <i>female</i> | 23 (88.5%) | 123 (83.1%) | 160 (82.5%) | 107 (87.7%) | 79 (85.9%) | 72 (85.7%) | 564 (84.7%) |
| no answer | <i>total</i> | 4 (9.1%) | 24 (11.2%) | 37 (10.6%) | 24 (8.2%) | 25 (10.1%) | 34 (13.0%) | 148 (10.5%) |
| <i>total</i> | <i>total</i> | 44 (3.1%) | 214 (15.2%) | 350 (24.8%) | 295 (20.9%) | 247 (17.5%) | 262 (18.6%) | 1412 (100.0%) |
| | <i>male</i> | 18 (2.4%) | 66 (8.8%) | 156 (20.9%) | 173 (23.2%) | 155 (20.8%) | 178 (23.9%) | 746 (100.0%) |
| | <i>female</i> | 26 (3.9%) | 148 (22.2%) | 194 (29.1%) | 122 (18.3%) | 92 (13.8%) | 84 (12.6%) | 666 (100.0%) |

Table 14 Drugs of use during stays in foreign countries

| | male | | female | | total | |
|------------------|------------|-----------------|------------|-----------------|-------------|-----------------|
| | | | | | | |
| marijuana | 5 | (0.7%) | 3 | (0.5%) | 8 | (0.6%) |
| cocaine | 0 | (0.0%) | 1 | (0.2%) | 1 | (0.1%) |
| heroin | 0 | (0.0%) | 0 | (0.0%) | 0 | (0.0%) |
| others | 1 | (0.1%) | 0 | (0.0%) | 1 | (0.1%) |
| never used | 656 | (87.9%) | 552 | (82.9%) | 1208 | (85.5%) |
| no answer | 84 | (11.3%) | 110 | (16.5%) | 194 | (13.8%) |
| <i>total</i> | 746 | (100.0%) | 666 | (100.0%) | 1412 | (100.0%) |

Table 15 Experiences of being tempted to use illicit drugs

| | kind of drugs | | | | | | | | | |
|------------------------------|---------------|-----------------|-------------|-----------------|-------------|-----------------|-------------|-----------------|-------------|-----------------|
| | inhalants | | stimulants | | marijuana | | cocaine | | heroin | |
| Being tempted (total) | 69 | (1.7%) | 23 | (0.6%) | 41 | (1.0%) | 8 | (0.2%) | 6 | (0.2%) |
| within one year | 6 | (0.2%) | 2 | (0.05%) | 7 | (0.2%) | 2 | (0.05%) | 0 | (0.0%) |
| before the last one year | 63 | (1.6%) | 21 | (0.5%) | 34 | (0.9%) | 6 | (0.2%) | 6 | (0.2%) |
| not really sure | 27 | (0.7%) | 10 | (0.3%) | 16 | (0.4%) | 3 | (0.08%) | 6 | (0.2%) |
| none | 3792 | (96.1%) | 3782 | (95.8%) | 3775 | (95.7%) | 3841 | (97.3%) | 3847 | (97.5%) |
| no answer | 58 | (1.5%) | 131 | (3.3%) | 114 | (2.9%) | 94 | (2.4%) | 87 | (2.2%) |
| <i>total</i> | <i>3946</i> | <i>(100.0%)</i> | <i>3946</i> | <i>(100.0%)</i> | <i>3946</i> | <i>(100.0%)</i> | <i>3946</i> | <i>(100.0%)</i> | <i>3946</i> | <i>(100.0%)</i> |

Table 16 The person who tempted subject to use illicit drugs

| | kind of drugs | | | | | | | | | |
|------------------------|---------------|-----------------|------------|-----------------|-----------|-----------------|----------|-----------------|----------|-----------------|
| | inhalants | | stimulants | | marijuana | | cocaine | | heroin | |
| school friends | 41 | (59.4%) | 4 | (17.4%) | 7 | (17.1%) | 2 | (25.0%) | 0 | (0.0%) |
| friends outside school | 28 | (40.6%) | 16 | (69.6%) | 21 | (51.2%) | 3 | (37.5%) | 5 | (83.3%) |
| boy- or girl-friend | 2 | (2.9%) | 2 | (8.7%) | 2 | (4.9%) | 0 | (0.0%) | 0 | (0.0%) |
| family member | 0 | (0.0%) | 0 | (0.0%) | 1 | (2.4%) | 1 | (12.5%) | 0 | (0.0%) |
| drug pusher | 3 | (4.3%) | 5 | (21.7%) | 4 | (9.8%) | 1 | (12.5%) | 1 | (16.7%) |
| unknown person | 2 | (2.9%) | 2 | (8.7%) | 10 | (24.4%) | 1 | (12.5%) | 2 | (33.3%) |
| others | 2 | (2.9%) | 0 | (0.0%) | 1 | (2.4%) | 0 | (0.0%) | 0 | (0.0%) |
| <i>total</i> | <i>69</i> | <i>(100.0%)</i> | <i>23</i> | <i>(100.0%)</i> | <i>41</i> | <i>(100.0%)</i> | <i>8</i> | <i>(100.0%)</i> | <i>6</i> | <i>(100.0%)</i> |

Table 17 Persons abusing drugs around subjects

| | No | % | kind of drugs | | | | | |
|--|-------------|-----------------|---------------|------------|-----------|-----------|----------|-----------|
| | | | inhalants | stimulants | marijuana | cocaine | heroin | unknown |
| know, within one year | 60 | (1.5%) | 39 | 13 | 10 | 5 | 1 | 8 |
| knew, before the last 12 months | 229 | (5.8%) | 170 | 55 | 32 | 9 | 3 | 16 |
| not really sure | 83 | (2.1%) | | | | | | |
| do not know | 3476 | (88.1%) | | | | | | |
| no answer | 99 | (2.5%) | | | | | | |
| <i>total</i> | <i>3946</i> | <i>(100.0%)</i> | <i>209</i> | <i>68</i> | <i>42</i> | <i>14</i> | <i>4</i> | <i>24</i> |

Table 18 Experience of using illicit drugs

| | kind of drugs | | | | | | | | | |
|-------------------------|---------------|-----------------|-------------|-----------------|-------------|-----------------|-------------|-----------------|-------------|-----------------|
| | inhalants | | stimulants | | marijuana | | cocaine | | heroin | |
| had used | 57 | (1.4%) | 12 | (0.3%) | 17 | (0.4%) | 3 | (0.08%) | 1 | (0.03%) |
| in the past 12 months | 3 | (0.08%) | 2 | (0.05%) | 2 | (0.05%) | 2 | (0.05%) | 0 | |
| more than 12 months ago | 54 | (1.4%) | 10 | (0.3%) | 15 | (0.4%) | 1 | (0.03%) | 1 | (0.03%) |
| none | 3811 | (96.6%) | 3844 | (97.4%) | 3859 | (97.8%) | 3872 | (98.1%) | 3881 | (98.4%) |
| no answer | 78 | (2.0%) | 90 | (2.3%) | 70 | (1.8%) | 71 | (1.8%) | 64 | (1.6%) |
| <i>total</i> | <i>3946</i> | <i>(100.0%)</i> | <i>3946</i> | <i>(100.0%)</i> | <i>3946</i> | <i>(100.0%)</i> | <i>3946</i> | <i>(100.0%)</i> | <i>3946</i> | <i>(100.0%)</i> |

Table 19 Experiences of using illicit drugs by sex and age

| sex & age | no. | kind of drugs | | | | |
|---------------|-------------|------------------|------------------|------------------|------------------|------------------|
| | | inhalants | stimulants | marijuana | cocaine | heroin |
| male | | | | | | |
| 15-19 | 151 | 4 (2.6%) | | 1 (0.7%) | | |
| 20-29 | 229 | 16 (7.0%) | | 4 (1.7%) | 1 (0.4%) | 1 (0.4%) |
| 30-39 | 254 | 12 (4.7%) | 1 (0.4%) | 4 (1.6%) | 1 (0.4%) | |
| 40-49 | 397 | 9 (2.3%) | 2 (0.5%) | 1 (0.3%) | | |
| 50-59 | 386 | 1 (0.3%) | 2 (0.5%) | 1 (0.3%) | 1 (0.3%) | |
| 60 + | 466 | | 2 (0.4%) | | | |
| female | | | | | | |
| 15-19 | 161 | | | | | |
| 20-29 | 313 | 10 (3.2%) | 2 (0.6%) | 3 (1.0%) | | |
| 30-39 | 380 | 3 (0.8%) | 1 (0.3%) | 2 (0.5%) | | |
| 40-49 | 459 | 2 (0.4%) | 2 (0.4%) | 1 (0.2%) | | |
| 50-59 | 358 | | | | | |
| 60 + | 392 | | | | | |
| total | 3946 | 57 (1.4%) | 12 (0.3%) | 17 (0.4%) | 3 (0.08%) | 1 (0.03%) |

*College on Problems of Drug Dependence
Sixty-first Annual Scientific Meeting
June 12-17, 1999
Acapulco Princess
Acapulco, Mexico*

海外渡航報告書

分担研究者： 山野 尚美 皇学館大学 社会福祉学部

担当テーマ：「薬物依存・中毒者を抱える家族に対する支援システムに関する研究」

【1】渡航先

サンフランシスコ市（米国）

（臨床心理士, Kokorono Clinic SanFrancisco）

地域における薬物依存者の回復援助の実際

7) Pablo Stewart（精神科医）

臨床経験に基づく、薬物依存者に対する治療・

援助プロセスと具体的内容、及びその実践にあ

たつての基本的理念

【2】渡航期間

平成11年8月24日～ 8月31日

【3】渡航目的

米国における薬物依存者の家族援助と我が国でのモデル適用の可能性

B. 施設訪問調査

以下の施設の訪問調査を行った。

1) Ashbury House（入所型リハビリ施設）

対象：精神障害を理由に親権を喪失するおそれがある、または既に喪失してその再取得を希望している女性であって、利用基準を満たしている者

2) Jelani House（入所型リハビリ施設）

対象：薬物依存で妊娠中の女性とその子ども

3) Outpatient Substance Abuse Services,

Haight Ashbury Free Clinics, Inc.

（外来診療所）

目的：薬物乱用、HIV問題の抑制とコミュニティにおける健康増進の支援（対象限定は特になし）

4) Youth Treatment & Education Court

（Y-TEC）,

San Francisco Juvenile Court

対象：直近に少年司法制度の適用を受けた、14～18歳の少年

【4】渡航旅程

8/24 関西空港発（同日サンフランシスコ着）

8/24～8/30 現地施設訪問調査および
実務担当者面接調査

8/30 サンフランシスコ発（機中泊）

8/31 成田空港着

【5】渡航成果

A. 治療・援助者との面接

面接を行った担当者と主要な内容は以下の通りである。

1) Rasheedah Muslimah

（施設責任者, Ashbury House）

Ashbury Houseの機能と役割及び利用者を取りまく状況

2) Margaret Gold

（施設責任者, Jelani House）

Jelani Houseの活動内容と設立の契機となった社会的背景

3) Darryl S. Inaba

（薬物乱用外来サービス責任者,
Haight Ashbury Free Clinics, Inc）

Haight Ashbury Free Clinics, Incの設立から現在に至る経緯、具体的な活動内容、及びサービスを利用する薬物依存者とその家族に見られる特徴

4) Malik Edwards

（薬物乱用問題担当専門官, Y-TEC）

ドラッグコートシステムのシステム全体の枠組みと具体的な援助内容

5) Reiko Homma True

（プロジェクトコーディネーター, サンフランシスコ市地域精神保健サービス）

サンフランシスコ市における、薬物依存者向け治療・援助サービスの全体的枠組み

6) Mihoko Nakatani

【6】まとめ

サンフランシスコ市では、薬物依存者に対して保健、医療、福祉の各側面からの治療および援助が、様々な機関や施設において実施されている。一部においては、ドラッグコートなど、司法システムとの連携による対応も試みられている。これらは、国内における薬物依存者の治療・援助システムの構築にあたって、参考とされるモデルのひとつとなりうる。

今回の調査内容は、家族支援のあり方を検討する上で、特にどのような枠組みの下にこれを進めるのかという点において、いくつかの重要な示唆を与えるものである。そしてその一方では、今回の調査結果を国内の家族支援システムの検討に活用するにあたっては、我が国の社会・文化的背景について十分な配慮がなされる必要があることを示している。

平成11年度厚生科学研究補助金（医薬安全総合研究事業）
海外渡航報告書

分担研究者 中谷陽二 筑波大学社会医学系精神衛生学

担当テーマ：「薬物依存・中毒者に関する医療と司法の重なりについての研究」

【1】 渡航先

大韓民国

制度上の比較検討の一段階として、韓国の治療施設および研究施設を訪問し、視察及び専門家との意見交換を行い、薬物乱用防止対策や依存者の治療についての資料収集及び情報収集を行った。

【2】 渡航期間

平成11年12月13日～12月16日

【3】 渡航目的

第二次覚せい剤流行期以降、刑事司法側からは責任無能力の認定基準を狭くすることで刑罰の対象にするという「犯罪化」の動きが見られる。一方、医療側からはこれについて明確な方向性が示されていない。そこで、日本と諸外国との

【4】 渡航旅程

下記の通りである。

【5】 渡航成果

分担研究報告書及び下記の通りである。

| 日程 | 訪問施設名 | 訪問者名 | 成果 |
|-------|---|--------------------------|--|
| 12.13 | ソウル市立精神病院 (Seoul City Mental Hospital) | Jungwha Kwon 部長 その他 | 病院の視察および韓国の精神医療の現状、薬物乱用対策に関する意見交換を行った。 |
| 12.14 | 治療監護所 (National Forensic Psychiatric Hospital) | Sang-Sum Choi 部長 その他 | 司法精神病院の視察を行い、韓国の薬物対策の刑事司法面からの実態に関する情報を入手した。 |
| 12.15 | 啓擢病院 (Gaeyo Mental Hospital) | Sang-Kyun Sung 部長 その他 | 民間病院でのアルコール・薬物依存の治療を見学し、乱用者の特性などに関する情報を入手した。 |

平成11年度厚生科学研究費補助金
(医薬安全総合研究事業)

薬物乱用・依存等の疫学的研究
及び
中毒性精神病患者等に対する適切な医療のあり方についての研究

研究報告書

主任研究者：和田 清（国立精神・神経センター 精神保健研究所）

2000年3月31日 発行