

# Online drug user-led harm reduction in Hungary: A review of “Daath”



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*Journal of Psychoactive Drugs*, 43 (3), 188–198, 2011  
Copyright © Taylor & Francis Group, LLC  
ISSN: 0279-1072 print / 2159-9777 online  
DOI: 10.1080/02791072.2011.605661

 Routledge  
Taylor & Francis Group

## Voice of the Psychonauts: Coping, Life Purpose, and Spirituality in Psychedelic Drug Users

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**Abstract**— Psychoactive drug use shows great diversity, but due to a disproportionate focus on problematic drug use, predominant nonproblematic drug use remains an understudied phenomenon. Historic and anecdotal evidence shows that natural sources of “psychedelic” drugs (e.g., mescaline and psilocybin) have been used in religious and spiritual settings for centuries, as well as for psychological self-enhancement purposes. Our study assessed a total of 667 psychedelic drug users, other drug users, and drug nonusers by online questionnaires. Coping, life purpose, and spirituality were measured with the Psychological Immune Competence Inventory, the Purpose in Life test, and the Intrinsic Spirituality Scale, respectively. Results indicate that the use of psychedelic drugs with a

Móro and Rác *Harm Reduction Journal* 2013, **10**:18  
<http://www.harmreductionjournal.com/content/10/1/18>



HARM REDUCTION  
JOURNAL

REVIEW

Open Access

## Online drug user-led harm reduction in Hungary: a review of "Daath"

Levente Móro<sup>1</sup> and József Rác<sup>2,3\*</sup>

### Abstract

Harm reduction has been increasingly finding its way into public drug policies and healthcare practices worldwide, with successful intervention measures justifiably focussing on the highest-risk groups, such as injecting drug users. However, there are also other types of drug users in need for harm reduction, even though they pose less, low, or no public health risk. Occasionally, drug users may autonomously organise themselves into groups to provide advocacy, harm reduction, and peer-help services, sometimes online. The [www.daath.hu](http://www.daath.hu) website has been operated since 2001 by the "Hungarian Psychedelic Community", an unorganised drug user group with a special interest in hallucinogenic and related substances. As of today, the website serves about 1200 visitors daily, and the online community comprises of more than 8000 registered members. The Daath community is driven by a strong commitment to the policy of harm reduction in the form of various peer-help activities that aim to expand harm

## Change and Continuity: researching evolving drug landscapes in Europe

Gary R. Potter, Marije Wouters & Jane Fountain (Eds.)

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## 3

### Harm reduction of novel psychoactive substance use

Levente Móró

*During the last few years, the rapid emergence of novel psychoactive substances (NPS) has significantly reshaped the global drug scene. Emergency hospital admissions and confirmed or suspected NPS-related deaths are on the rise, and many related health and social problems may not yet have been fully recognised. Potential NPS harms stem from a lack of information, as well as from the general sets and settings of drug use. As compared with 'classical' drug harm reduction, NPS-related harm reduction has a notably more difficult operational environment. In this chapter, I will briefly outline the emergence, terminology, and appeal of the NPS phenomenon, and introduce a seven-item list of NPS-related risks and subsequent potential harms that has been compiled from both academic and anecdotal sources. Moreover, I summarise six important ongoing NPS harm reduction attempts that can be currently perceived as best-practice, illustrated by European examples. Finally, I conclude the analyses of NPS-related harms and harm reduction best-practices by discussing some conceptual, strategic, practical, and drug policy issues.*

**Keywords:** drug use, substance use, novel psychoactive substances, NPS, harm reduction, drug markets, drug policy

#### 1. Introduction

During the last few years, the rapid emergence of novel psychoactive substances (NPS) has significantly reshaped the global drug scene. As of May 2014, the EU Early Warning System monitors more than 350 new psychoactive substances, 81 of which were notified in 2013 (EMCDDA, 2014b). The NPS phenomenon has induced fundamental changes on legal and illegal drug markets, in national and international drug policies, and also in drug use subcultures. While some of the background factors – such as the development of organic chemistry, the spread of internet marketing, and the cultural demand for psychoactive

# Background

**Harm reduction has been increasingly finding its way into public drug policies and healthcare practices worldwide**

**Successful intervention measures justifiably focus on the highest-risk groups, such as injecting drug users**

**Other types of drug users in need for harm reduction – even though they pose less, low, or no public health risk**

**Drug users may autonomously organize into online groups to provide advocacy, harm reduction, and peer-help services**

**Peer-help activities aim to expand harm reduction without promoting drug use**

# Dilemma:

**Less users & More problems**  
**or**  
**More users & Less problems**  
**?**

- „Hungarian Psychedelic Community” (2001-)
- harm reduction, drug information, peer help
- hallucinogenic and related substances
- 9800+ registered members (entry test)
- Forum: 1000-1200 daily readers
- exclusive NPS discussion
- moderated, no trading
- Ecstasy pill database: ~3200 pill descriptions

**Informed and responsible drug use!**

# Psychedelics



LSD



psilocybin



mescaline



DMT



salvinorin-A



LSA



# Risks Related to Drug Use

- Overdosing
- Mixing
- Accidents
- Reckless use
- Suicides
- Pre-existing medical conditions
- Plain stupidity

# Harm Reduction Best-Practices I.

1. Drug checking
2. Drug databases
3. Global and local information
4. Drug user empowerment
5. Party harm reduction
6. Media regulation

# Drug checking



Pill/powder testing info



Pill/powder testing kit

# Ecstasy pill database

3247 reports on 1156 different pills, in Hungarian



Ha az emberi agy elég egyszerű lenne ahhoz, hogy megértsük, akkor egyszerűségünkben erre már nem lehetnénk képesek.

Ismeretlen

[▲ KÖSZÖNTŐ](#) / [▲ GYARAPODÁS](#) / [▲ ANYAGOK](#) / [▲ KÖNYVTÁR](#) / [▲ FÓRUM](#) / [▲ KERESÉS](#) / [▲ KAPCSOLATOK](#)

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**AJÁNLAT**

- ✦ A másodperc írása: [Terence McKenna: Újrafejlődés](#)
- ✦ A másodperc oldala: [Kendermevelde](#)

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**KERESÉS**

✦ Mit:

✦ Hol:

- anyagok
- könyvtár
- fórum
- kapcsolatok

## ECSTASY TABLETTA ADATBÁZIS >



Az Ecstasy tablettá adatbázis célja a **furcsa, veszélyes hatású** Ecstasy-tabletták kiszűrése. Az adatok az **Ecstasy tabletták** témakör hozzászólásai alapján kerültek fel. Az adatbázisban jelenleg 3247 beszámoló szerepel 1156 különböző tablettáról.

Szín:

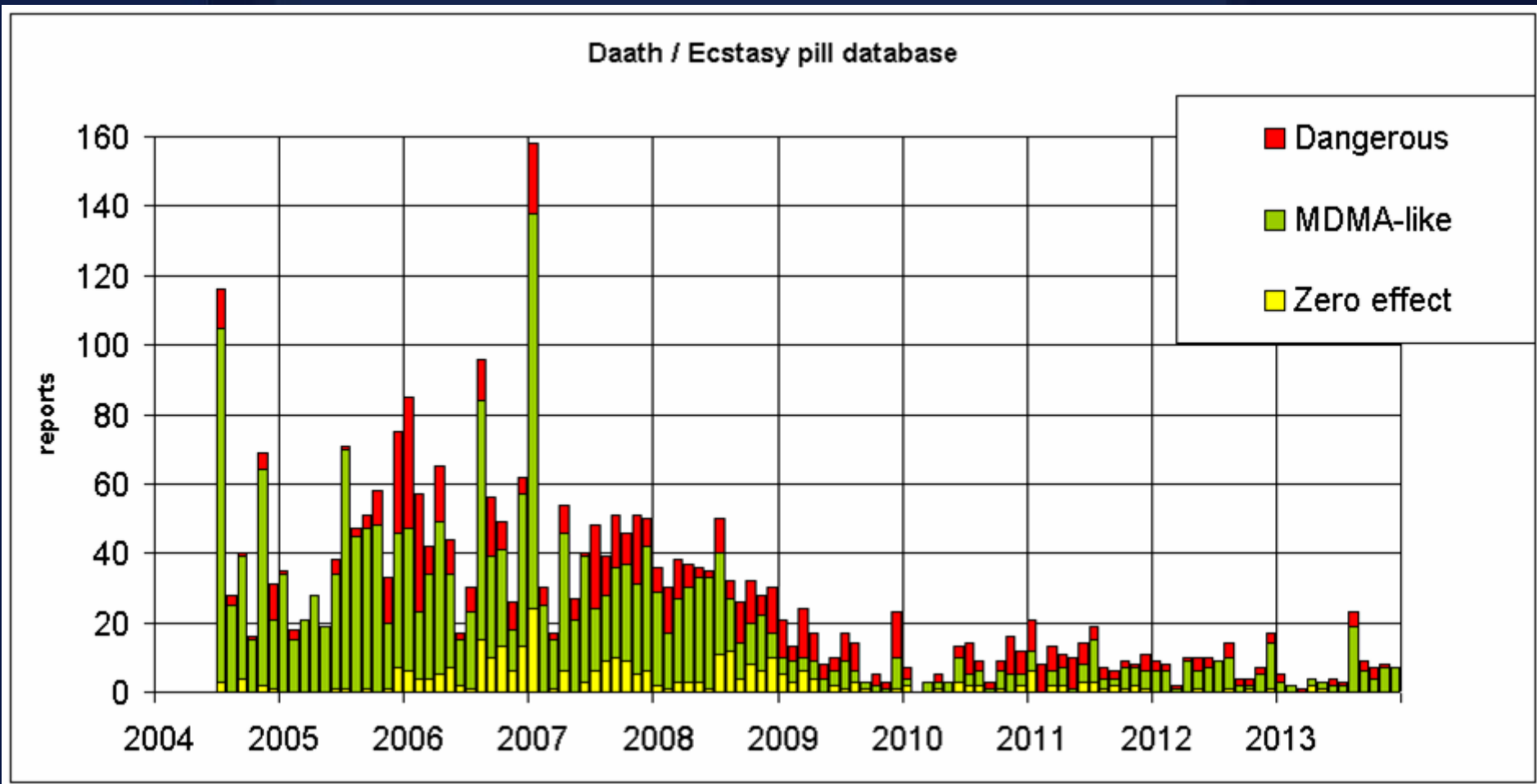
Logó:

Forma:

# Ecstasy pills: photos



# Ecstasy pills: trends



# Ecstasy: non-MDMA pill warnings

NEM EKI! BZP és egyéb piperazinok!



kék villám kerek    piros lepke kerek    lila lepke kerek    sárga mosoly kerek    lila lepke kerek    piros vasvilla kerek

piperazines



4,4'-DMAR

NEM EKI! Anabolikus szteroid!



méregzöld szív    kékeszöld lepke kerek    rózsaszín lepke kerek    kék szív    rózsaszín szív

anabolic steroids

NEM EKI! Dizájner stimulánsok!



cathinones



cannabinoid

# Drug markets: traditional + NPS

GOOD  
HASA!  
←

OPiUm  
~~COCAINE~~  
LSD  
MUSHROOMS  
←

MDPV  
AMPHETAMINE

NEED

AMT 15€ 4500TT  
2 DOSE  
8 DOSE = 15€  
4750TT





# Psy Help team: 50 volunteers

**DÁT<sup>2</sup>**



[facebook.com/psy.help.team](https://facebook.com/psy.help.team)

**PSY HELP**





**Psy Help team @ S.U.N. Festival (HU) 2014**



**Psycare space @ Psy-Fi Festival (NL) 2015**

7. Dose measurement
8. Vendor databases
9. Market force involvement
10. Consumer protection
11. Smart user culture
12. Reducing alcohol/tobacco hypocrisy

# Dose measurement



2010: mephedrone

10-100 mg

2011: MDPV

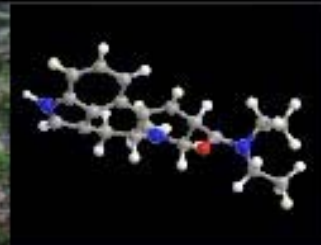
1-10 mg

# Psychonauts

(documentary, 41 minutes, 2006)

**Psychonaut:** An explorer of the mind, who journeys into his/her psyche using hallucinogenic drugs or other consciousness altering techniques.

# PSZICHONAUTÁK



**YouTube** (subtitles: English, German, Russian, Czech, Finnish)

# Daath: Challenges

- Focus challenges

Psychedelia only / broad harm reduction / NPS?

- Societal challenges

„user union” / harm reduction NGO?

- Economic challenges

Certification of vendors?

- Legal challenges

National drug strategy and criminal law?

## Future directions of harm reduction

„Harm reduction” / „benefit maximization”?



## Take-Home Messages:

„The lifecycle of drugs cannot be stopped by force, but the course may be partially affected by carefully chosen interventions.”

&

„For the long-term goal of establishing evidence-based and integrated psychoactive substance policies that also reduce use related harm, changes are urgently needed.”

## To do:

- Share innovative harm reduction measures!
- Critically evaluate good practices!
- Adapt and apply elsewhere, if proven useful!

Thank you for your attention!

