

# **ICE IN KHYBER PAKHTUNKHWA: UNDERSTANDING METHAMPHETAMINE USE AND COMMUNITY RESPONSES**

BY:

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# A Global Scenario

- According to the **World Drug Report 2025** about **316 million** people in the age group of 15-64 years used illicit drugs in 2023.
- Cannabis remains the most widely used drug (**244 million** users),
- Opioids (**61 million**)
- Amphetamines (**30.7 million**)
- Cocaine (**25 million**)
- Ecstasy (**21 million**)
- An estimated **64 million** people suffer from drug use disorders, yet only one in twelve receive treatment.

## WHAT IS METHAMPHETAMINE OR ICE?



- Synthetic stimulant drug
- Stimulates the central nervous system
- Other names: crank, ice, speed and crystal meth.
- However, it depends on the locality and people called it by various short names.
- In Pakistan, it is popularly known as 'ice'.

## WHAT IS METHAMPHETAMINE OR ICE?

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- Administration: Smoked, snorted, swallowed drink, and injected.
- Components: drain cleaner, paint thinner, Freon, lithium strips from battery.
- Main component: pseudoephedrine or ephedrine, which is a component of many over-the-counter sold cold and flu medicines.
- All components are legal and can be bought from hardware stores and pharmacies.

# STATEMENT OF THE PROBLEM

- Since 1947, Pakistan faced many drug culture phases in the shape of cannabis, raw opium, synthetic drugs and heroin addiction.
- In recent years, a new drug of abuse has been added in the shape of ice.
- In initial days, the distinguishing feature of this new potent drug was that it was only the choice of the high class people because of high prices.
- In initial the one gram of this drug cost ranges between **8,000-10,000** rupees in Pakistan.
- At that time this drug was smuggled from Iran and Afghanistan which was known by *'Iranian ice'*.

# CONT...

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- Drug dealers started local production it in clandestine laboratories
- However, adulterated ice provided to the market.
- Currently price is **300-500** rupees (per gram).
- This drug filtered down to low-income class of the society.
- Effects: physical, psychological, social and economic
- A major threat to the country development, social behavior, and family stability.

# THEORETICAL FRAMEWORK

## 1. An Availability-Proneness Theory of Illicit Drug Abuse (Reginald Smart, 1980):

The theory argues that drug use is more likely when:

A person is vulnerable or prone to drug use, and drugs are easily available.

## 2. Developmental Stage Theory of Drug Abuse (Denise Kandel, 1975):

- Kandel's theory proposes that substance use develops in stages rather than appearing suddenly.
- A typical pathway is:
- Cigarettes → Cannabis → Other drugs → More potent drugs
- 93.3% participants of this study reported that ice was not their first drug use

ORIGINAL ARTICLE

# Causes of Initiation of Methamphetamine Use in Khyber Pakhtunkhwa, Pakistan: A Qualitative Study



International Journal of Innovation, Creativity and Change. [www.ijicc.net](http://www.ijicc.net)  
Volume 14, Issue 7, 2020

## Impact of Methamphetamine on the Psychological and Physiological Conditions of Addicts in Khyber Pakhtunkhwa, Pakistan

**Citation:** Jan, S. U. K., Alam, H., & Khan, A. (2021). An Analysis of Risk Factors Associated with Methamphetamine/ICE use in Khyber Pakhtunkhwa, Pakistan. *Global Sociological Review*, V(1), 111-118.  
[https://doi.org/10.31703/gsr.2021\[VH\].15](https://doi.org/10.31703/gsr.2021[VH].15)

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An Analysis of Risk Factors Associated with  
Methamphetamine/ICE use in Khyber Pakhtunkhwa, Pakistan

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**SOCIO-ECONOMIC EFFECTS OF METHAMPHETAMINE ON THE ADDICTS: A STUDY OF  
KHYBER PAKHTUNKHWA, PAKISTAN**

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# OBJECTIVES OF THE STUDY

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01. To explore the demographic profile of the methamphetamine users

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02. To investigate the factors responsible for the use of methamphetamine

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03. To find out the psychological and physical effects of methamphetamine on the users

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04. To study the social and economic effects of methamphetamine on the users

# RESEARCH METHODOLOGY

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# METHODOLOGY OF THE STUDY

- MIXED METHODS (EXPLANATORY SEQUENTIAL DESIGN)
- QUANTITATIVE: 180 ICE USERS
- QUALITATIVE: 14 EXPERTS (PSYCHIATRISTS, PSYCHOLOGISTS AND SOCIAL WORKERS)
- UNIVERSE OF THE STUDY: PESHAWAR AND MARDAN (DISTRICTS OF KP)

# Tools of Data Collection

## **Quantitative Data: Structured Interview**

- Structured Interview Schedule for People Who Use Ice
- The reliability coefficient of the tool (Cronbach Alpha) = 0.795

## **Qualitative Data: Semi-Structured Interview Guide**

- For experts of the field.

# DATA ANALYSIS

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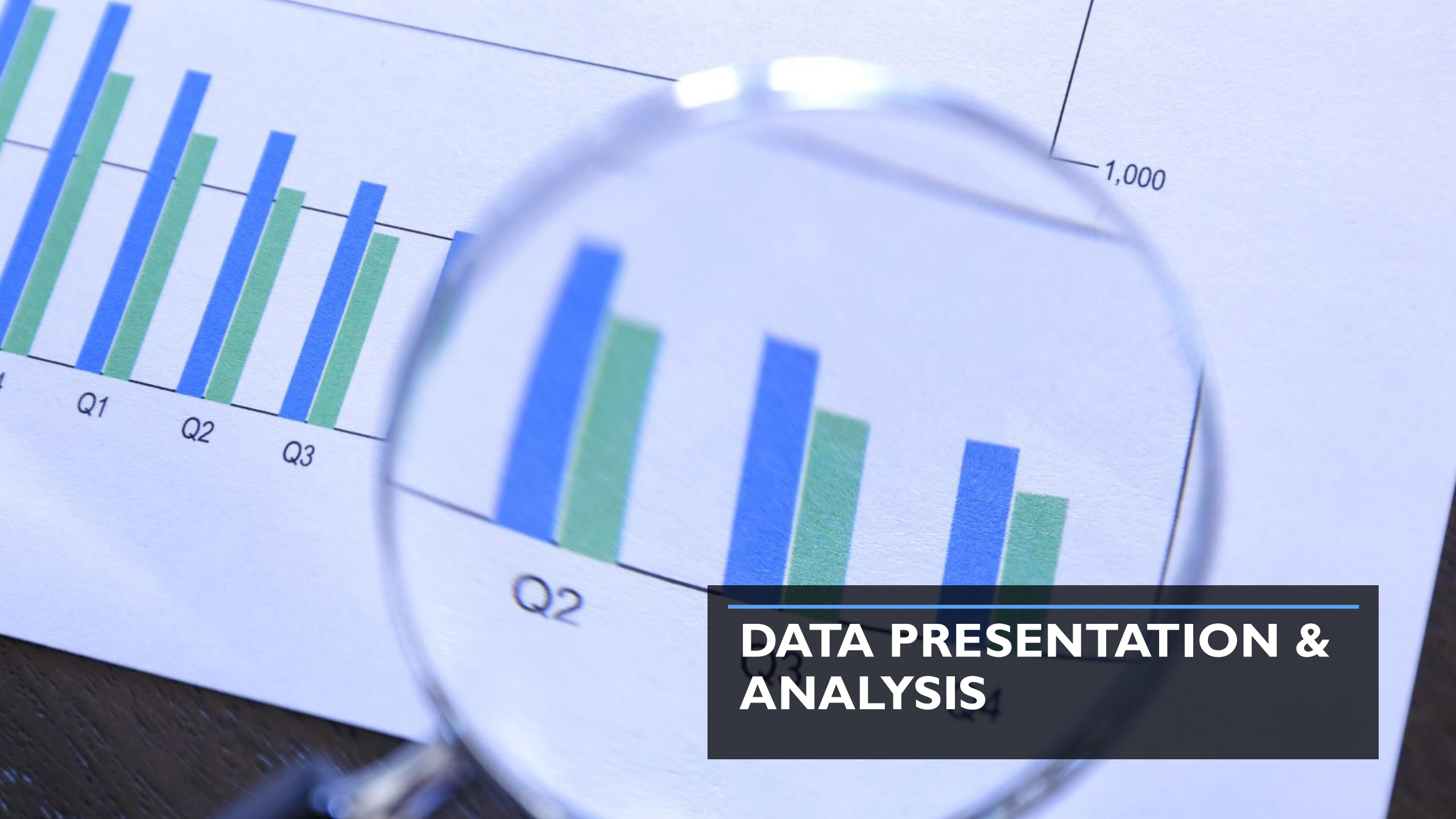
## QUANTITATIVE

- Mean
- Chi-Square test

## QUALITATIVE

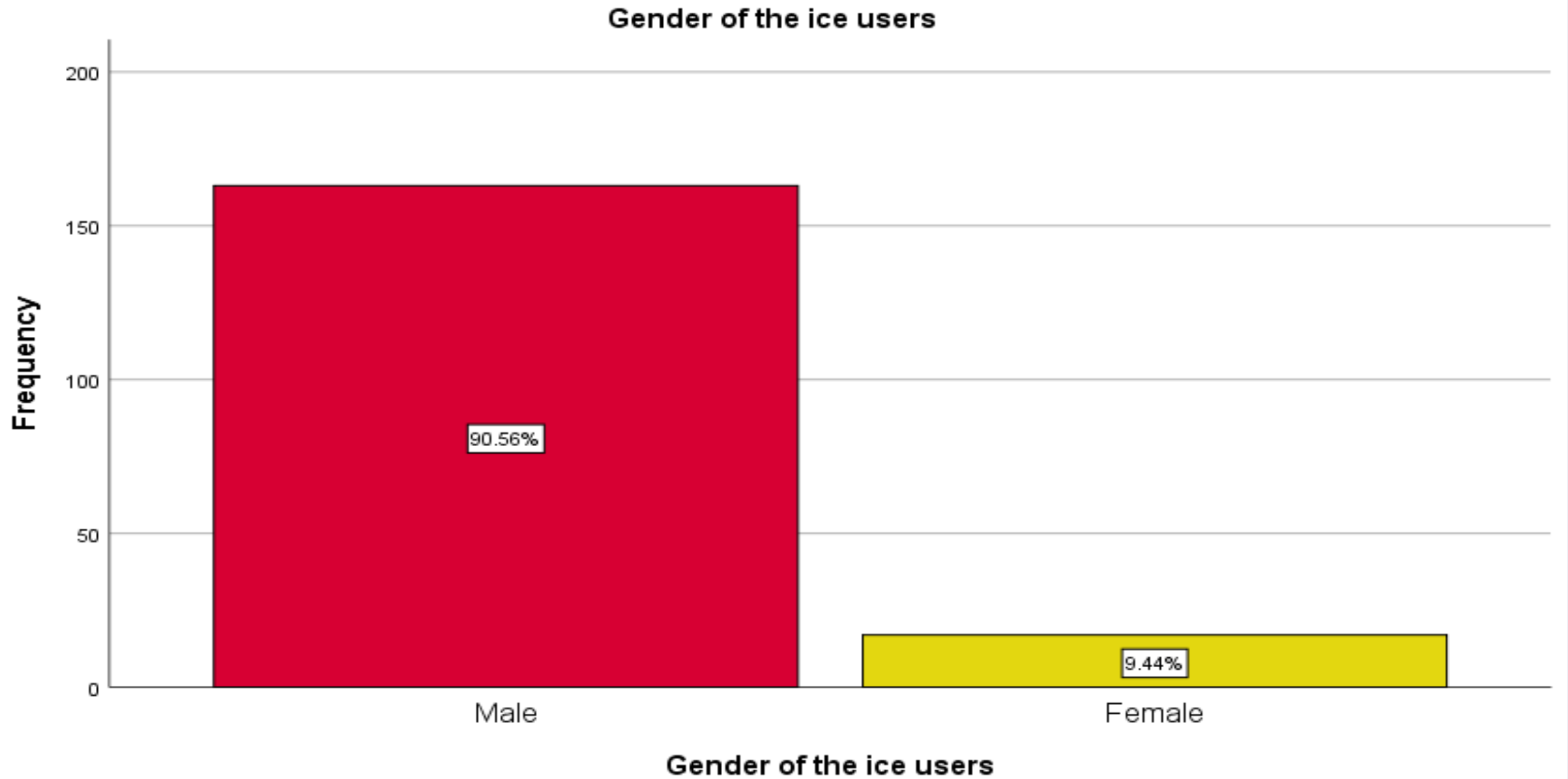
Thematic Analysis (Themes)

- Initiation of methamphetamine use
- Factors contributing to continued use
- Physical health consequences
- Psychological consequences
- Social and family impacts
- Economic impacts.

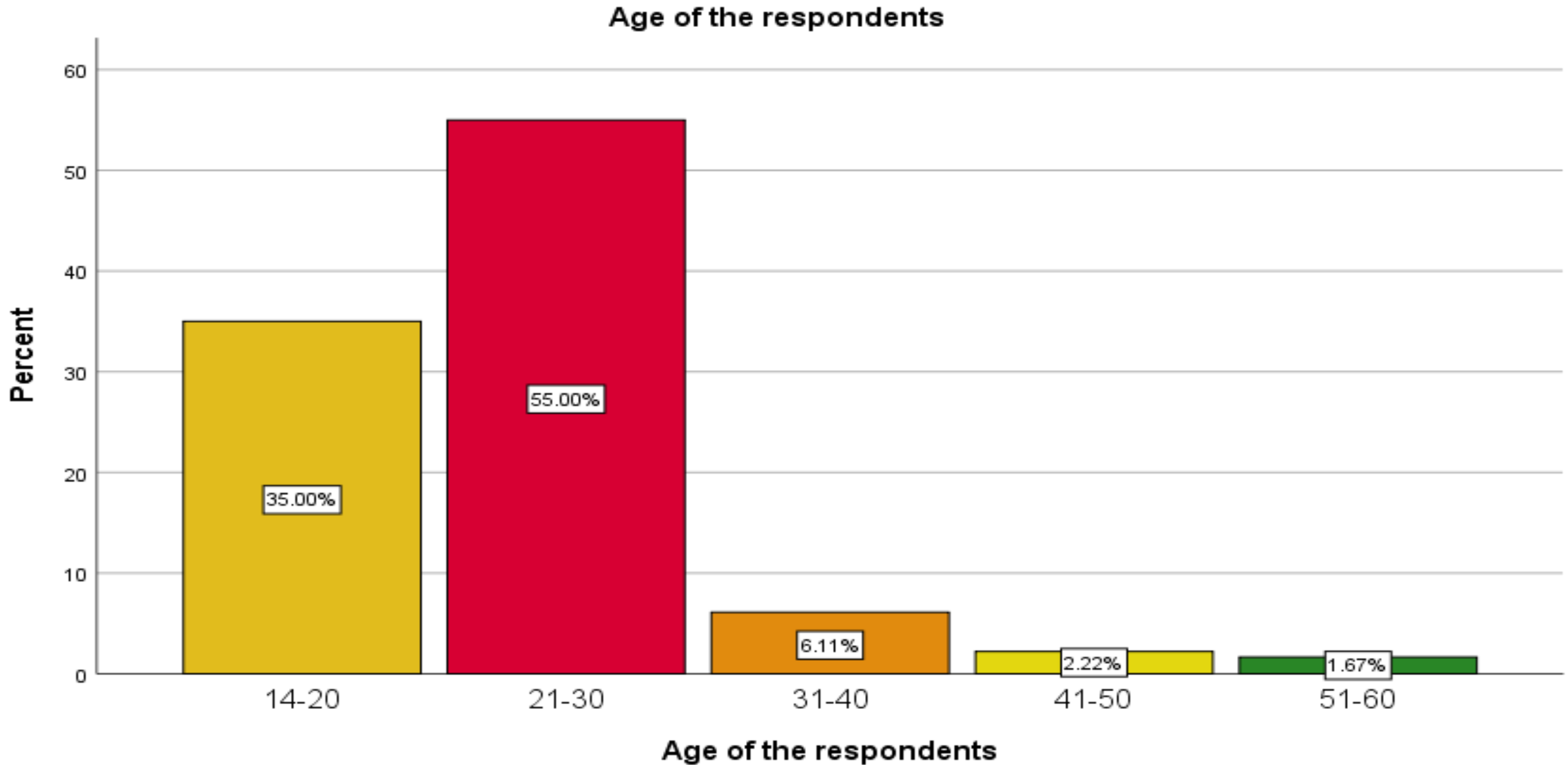


**DATA PRESENTATION & ANALYSIS**

## Socio-demographic information of ice users (Gender of the respondents)

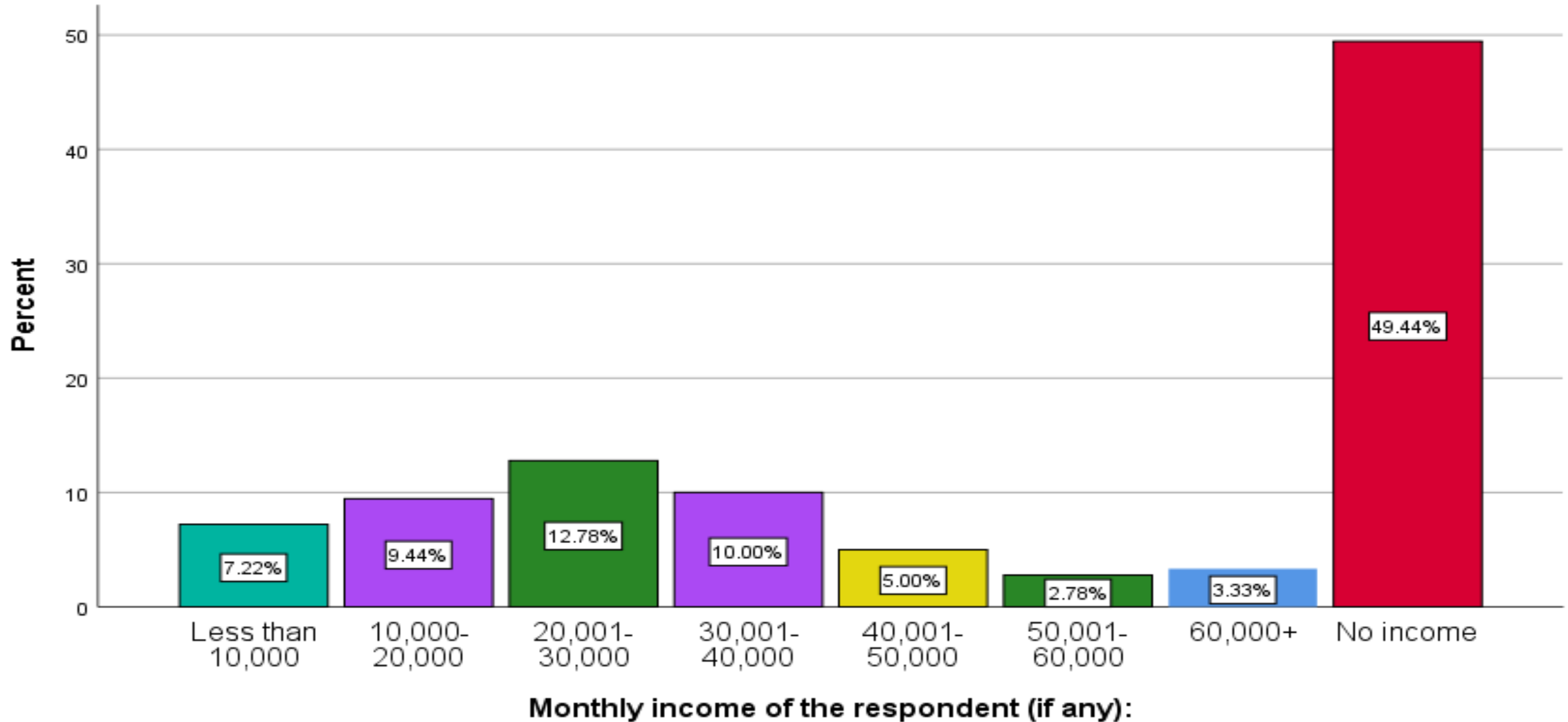


## Socio-demographic information of ice users (Age of the respondents)



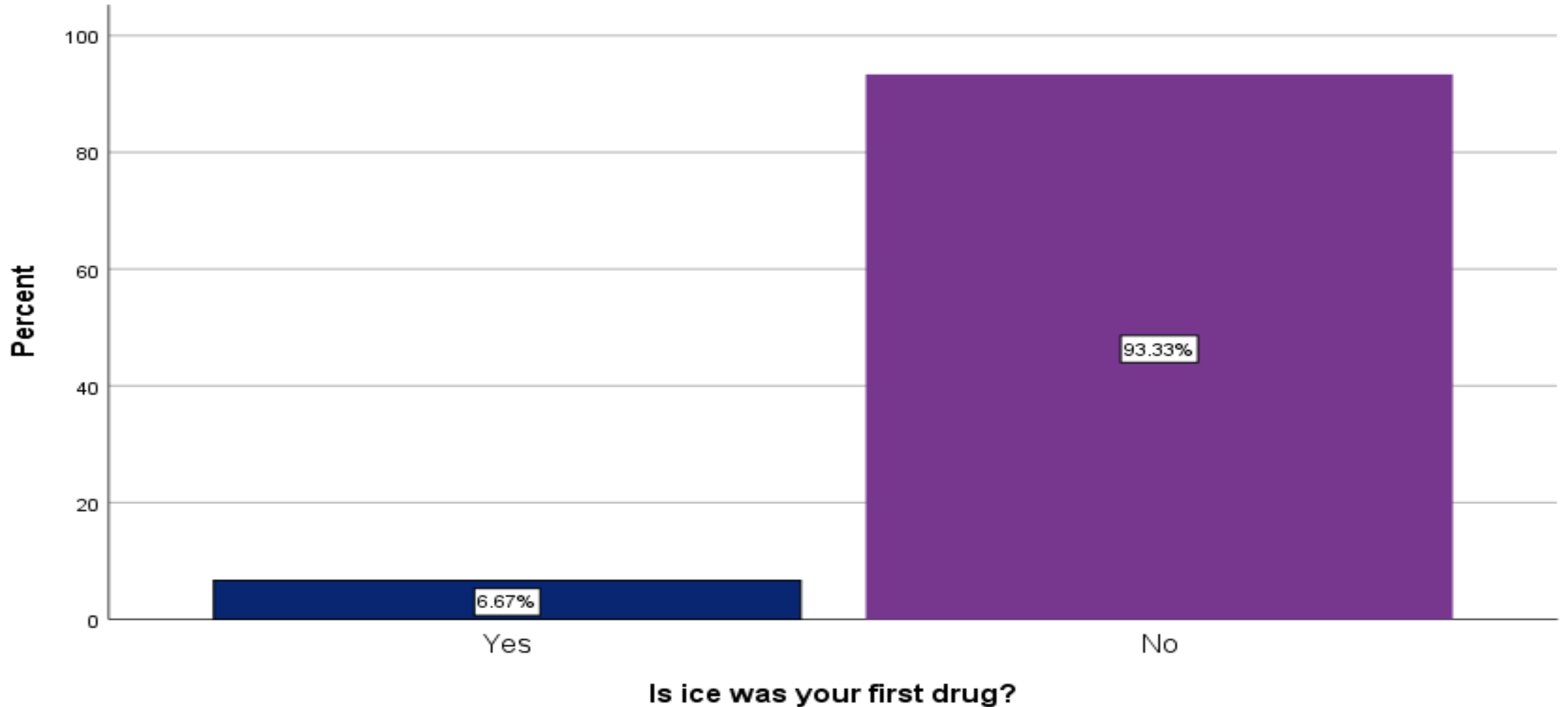
## Socio-demographic information of ice users (Monthly income)

Monthly income of the respondent (if any):



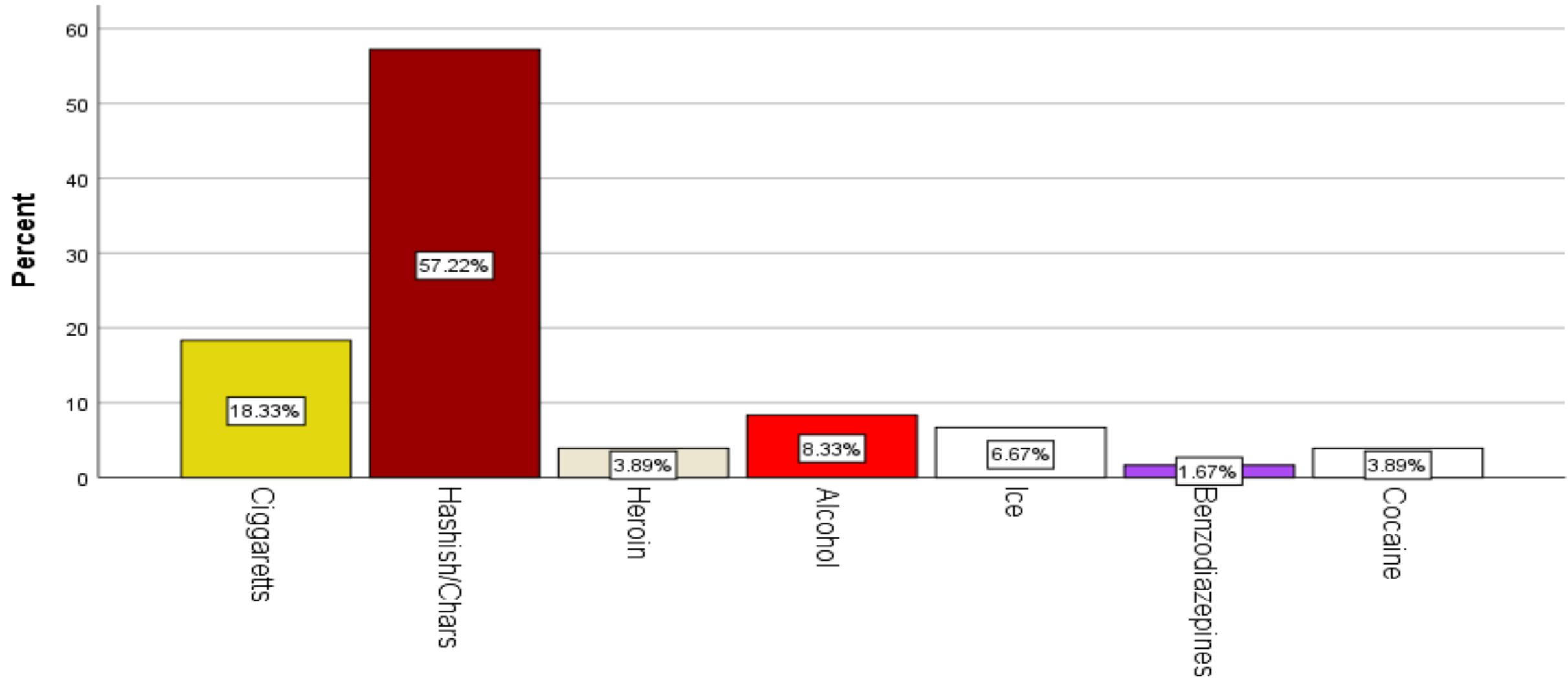
## Socio-demographic information of ice users (Ice was first drug of abuse?)

Is ice was your first drug?



## First drug of abuse

What was your initial drug?



What was your initial drug?

## ASSOCIATION BETWEEN CAUSES OF INITIATION OF ICE AND ITS FREQUENCY

Causes (independent variables)	Dependent variable	Chi-square and P value
Easy availability	Frequency of ice use	23.164 (0.001)
Friends insistence	Frequency of ice use	26.147 (0.000)
Curiosity	Frequency of ice use	25.650 (0.001)
Exam preparation	Frequency of ice use	18.593 (0.011)
Sexual potency	Frequency of ice use	13.281 (0.062)
Ice is a cheap drug	Frequency of ice use	12.462 (0.168)
Escaping from tension	Frequency of ice use	4.180 (0.124)

Note: Figures in each cell specify Chi Square value and parenthesis values reveal the significance at 0.05 level of confidence.

# Association between Psychological Effects and Frequency of Ice Use

<b>Psychological effects (Dependent variables)</b>	<b>Independent variable</b>	<b>Chi-square and P value</b>
<b>Get irritated if someone refuse you want</b>	Ice use frequency	21.917 (0.001)
<b>Lack of interest in daily activities</b>	Ice use frequency	26.520 (0.001)
<b>Feel bad or guilty because of ice use</b>	Ice use frequency	8.497 (0.387)
<b>Feel helplessness and hopelessness</b>	Ice use frequency	11.642 (0.168)
<b>Violent behavior</b>	Ice use frequency	17.408 (0.026)
<b>Maltreat family members</b>	Ice use frequency	25.679 (0.001)
<b>Suffering from hallucinations/psychosis</b>	Ice use frequency	29.318 (0.000)
<b>Feeling of scabs resulting from scratching at imaginary insects</b>	Ice use frequency	26.470 (0.001)
<b>Decreased memory</b>	Ice use frequency	18.211 (0.020)
<b>Insomnia/sleep disorder</b>	Ice use frequency	15.947 (0.043)
<b>Disturbing from suicidal ideation</b>	Ice use frequency	18.792 (0.016)
<b>Restlessness/tiredness</b>	Ice use frequency	19.957 (0.011)

# Association between Physical Effects and Frequency of Ice Use

Physical effects (Dependent variables)	Independent variable	Chi-square and P value
Weight loss	Ice use frequency	19.684 (0.012)
Loss of appetite/anorexia	Ice use frequency	25.155 (0.001)
Physical weakness	Ice use frequency	24.717 (0.002)
Body temperature rise	Ice use frequency	12.827 (0.118)
Cardiac arrhythmia problem	Ice use frequency	10.730 (0.217)
Diarrhea or nausea	Ice use frequency	20.239 (0.009)
Dilated pupils (pupils larger than normal in size)	Ice use frequency	25.229 (0.001)
Erectile or sexual dysfunction	Ice use frequency	23.752 (0.003)
Blotchy or scabby looking skin	Ice use frequency	22.755 (0.004)
Feels tremors/twitching	Ice use frequency	22.747 (0.004)
Tooth decay	Ice use frequency	18.525 (0.018)
Jaw-clenching habit	Ice use frequency	17.400 (0.026)
Chest pain	Ice use frequency	31.752 (0.000)
Headache	Ice use frequency	19.323 (0.013)
Nasal irritation	Ice use frequency	16.664 (0.034)
Watery eyes	Ice use frequency	28.050 (0.000)
Runny nose	Ice use frequency	17.802 (0.023)

# Association between Social Effects and Frequency of Ice Use

<b>Social Effects (Dependent variables)</b>	<b>Independent variable</b>	<b>Chi-square and P value</b>
<b>Loss of respect in relatives</b>	Ice use frequency	14.287 (0.124)
<b>Problem with spouse/children/family members</b>	Ice use frequency	15.730 (0.127)
<b>Use of ice as a social stigma</b>	Ice use frequency	26.419 (0.001)
<b>Family taunted by people</b>	Ice use frequency	22.379 (0.008)
<b>Neglect family members</b>	Ice use frequency	27.219 (0.001)
<b>Family members neglect ice user</b>	Ice use frequency	24.572 (0.002)
<b>Engagement in anti-social activities/crime to obtain ice</b>	Ice use frequency	21.575 (0.005)
<b>Living in isolation</b>	Ice use frequency	20.477 (0.006)
<b>No Participation in community activities/functions</b>	Ice use frequency	17.255 (0.019)
<b>Fighting with Family</b>	Ice use frequency	15.600 (0.036)
<b>Fighting in school/college/university or at work, etc.</b>	Ice use frequency	36.782 (0.000)

# Association between Economic Effects and Frequency of Ice Use

<b>Economic effects (Dependent variables)</b>	<b>Independent variable</b>	<b>Chi-square and P value</b>
<b>Facing huge economic problems</b>	Ice use frequency	31.250 (0.001)
<b>Defaulter</b>	Ice use frequency	21.597 (0.010)
<b>Sold of property to finance drug habit</b>	Ice use frequency	13.642 (0.117)
<b>Leased/ mortgaged some property</b>	Ice use frequency	13.307 (0.025)
<b>Loss of job</b>	Ice use frequency	29.769 (0.001)
<b>Unemployed due to addiction</b>	Ice use frequency	33.138 (0.000)
<b>Bad performance Job/study/work</b>	Ice use frequency	28.790 (0.001)
<b>Sold valuable things</b>	Ice use frequency	17.121 (0.030)
<b>Involved to stole money, jewelry/valuables from family</b>	Ice use frequency	12.497 (0.033)
<b>Involved to stole something from person, shop, car, etc.</b>	Ice use frequency	18.972 (0.018)

# DATA TRIANGULATION

Theories	Variables	Quantitative Data	Qualitative Data
		People who use ice	Experts of the field
<b>An Availability-Proneness Theory &amp; Developmental Stages Theory of Drug Abuse</b>	<b>Causes of initiation of ice</b>	<ul style="list-style-type: none"> <li>• Easy availability</li> <li>• Peer influence</li> <li>• Curiosity</li> <li>• Exam preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Easy availability</li> <li>• Peer influence</li> <li>• Curiosity</li> <li>• Exam preparation</li> </ul>
	<b>First drug of abuse/ Cause of switching to ice</b>	<ul style="list-style-type: none"> <li>• Ice was not first drug of abuse</li> <li>• Switched from other drugs i.e.</li> <li>• Hashish</li> <li>• Cigarettes</li> <li>• Alcohol</li> <li>• Heroin</li> </ul>	<ul style="list-style-type: none"> <li>• Reason of switching to ice</li> <li>• Tolerance</li> <li>• Curiosity</li> <li>• Relationship with drug peddlers</li> <li>• Profitable drug</li> </ul>
	<b>Physical Effects</b>	<ul style="list-style-type: none"> <li>• Weight Loss, Tooth Decay, and Blotchy Skin and Dilated Pupils</li> <li>• Loss of Appetite and Physical Weakness</li> <li>• Headache, Blood Pressure and Body Temperature, Sexual Dysfunction, Diarrhoea/Nausea, Watery Eyes and Runny Nose.</li> </ul>	<ul style="list-style-type: none"> <li>• Loss of Appetite and Physical Weakness</li> <li>• Weight Loss, Tooth Decay, and Blotchy Skin and Dilated Pupils</li> <li>• Headache, Blood Pressure and Body Temperature, Sexual Dysfunction, Diarrhoea/Nausea, Watery Eyes and Runny Nose.</li> </ul>

# DATA TRIANGULATION

Theories	Variables	Quantitative Data	Qualitative Data
		People who use ice	Experts of the field
<b>An Availability-Proneness Theory &amp; Developmental Stages Theory of Drug Abuse</b>	<b>Psychological Effects</b>	<ul style="list-style-type: none"> <li>Feeling of guilty , helplessness and hopelessness</li> <li>Lack of interest in daily activities</li> <li>Hallucinations, violent behavior, maltreat family members and insomnia....</li> </ul>	<ul style="list-style-type: none"> <li>Depression and Anxiety</li> <li>Hallucinations</li> <li>Irritability and Violent Behavior</li> <li>Suicidal Ideation and Suicidal Attempts</li> <li>Insomnia and Restlessness</li> </ul>
	<b>Social Effects</b>	<ul style="list-style-type: none"> <li>Social Stigma and loss of respect in family/relatives</li> <li>Breakage of Social relationship</li> <li>Engagement in anti-social activities</li> <li>Social Isolation</li> </ul>	<ul style="list-style-type: none"> <li>Social Stigma and loss of respect in family/relatives</li> <li>Breakage of Social relationship</li> <li>Social Isolation.</li> <li>Commit crimes in order to finance drug intake</li> </ul>
	<b>Economic Effects</b>	<ul style="list-style-type: none"> <li>Defaulter due to ice addiction</li> <li>Selling of Own Valuables</li> <li>Stealing of Valuables</li> <li>Becoming a drug peddler/involvement in drug selling.</li> </ul>	<ul style="list-style-type: none"> <li>Selling of Own Valuables</li> <li>Stealing of Valuables</li> <li>Becoming a drug peddler/involvement in drug selling.</li> </ul>

**CONCLUSION**

## Key Conclusions

- Methamphetamine use in KP is primarily affecting young males.
- Most participants had used other substances before initiating ice.
- Easy availability, peer influence, curiosity, and academic pressure were major initiation factors.
- Frequent ice use was significantly associated with psychological, physical, social, and economic harms.
- Findings support the importance of early prevention and community-based interventions.

# Recommendations

- Strengthen the regulation and monitoring of precursor chemicals to prevent the illicit production and availability of methamphetamine.
- Strengthen awareness and prevention programs in schools, colleges, and universities to address curiosity, peer influence, and misconceptions regarding methamphetamine use.
- Expand community-based prevention initiatives by actively engaging parents, teachers, religious leaders, and local communities.
- Increase access to affordable, evidence-based treatment and rehabilitation services, particularly for young people and vulnerable populations.



Q/A

**THANK YOU**

