

drug samples. The most reported NPS by number of countries for each effect group were: ketamine, HHC, 4-MMC, bromazolam, metonitazene and 1cP-LSD. Changes implemented in 2024–2025 include increased frequency of data submissions, new data sources, NPS concentration reporting and the number of reports per country. A new combined database is in development to enable reporting across all sample types, including the addition of new sample types such as syringe residue and wastewater; and capturing substances other than NPS. Conclusion: The strengths of EWA are providing a global understanding of NPS availability and harms from a wide range of sources through data sharing from a large collaborative network. Forensic early warning has enabled the international community to identify NPS soon after their emergence on illicit drug markets as well as to monitor their persistence and regional spread. The data directly informs the prioritisation of substances for international control, as well as national legislative and public health responses to emerging NPS threats.

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### Changes in the Drug Market in Poland After the Introduction of Generic Legislation for the Control of NPS

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**Introduction:** In Poland, psychoactive substances are controlled under the Act on Counteracting Drug Addiction, which schedules traditional narcotics and psychotropics. The rise of new psychoactive substances (NPS) led to the introduction of generic legislation in 2018, allowing regulation of entire chemical groups based on structural and pharmacological similarity.

**Methods:** The results of analyses of samples submitted to the Institute of Forensic Research in Krakow between 2018 and 2025 were examined. GC-MS, UHPLC-PDA and LC-QTOF/MS were used to identify and quantify psychoactive substances.

**Results:** In recent years, 3-CMC and 4-CMC have been the most popular substances. In 2024, many numbers of samples containing mephedrone were also seized. Recently, the emergence of a new cathinone derivative – NEP has been observed. Semi-synthetic cannabinoids first appeared in 2022, followed by a marked increase in their prevalence and popularity among users in 2023 and 2024. Besides NPS, a significant number of seized samples contained amphetamine and MDMA.

**Conclusions:** Since 2018, the number of identified NPS has declined, with users returning to classical substances like amphetamine and MDMA. However, semi-synthetic cannabinoids may represent a new wave of NPS.

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### Enhancing under pressure: risk profile of IPED users

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**Introduction:** Image- and performance-enhancing drugs (IPEDs) include a wide range of substances used to alter physical performance or appearance. They are a growing public health concern linked to body-image disturbances and maladaptive exercise behaviours. The present study examined the role of exercise addiction, appearance anxiety, and

self-compassion in predicting IPED use in a cross-cultural sample of individuals engaged in sports, both professional and non-professional.

**Methods:** This cross-sectional study, based on an online questionnaire and volunteer participation, is part of the Keep Fit 3 survey conducted in nine countries (UK, Spain, Lithuania, Hungary, Japan, Italy, Portugal, Singapore, and Mexico) between May 2023 and June 2024. The survey included the Exercise Addiction Inventory, the Appearance Anxiety Inventory, and the Self-Compassion Scale. Based on IPED use, individuals were classified as non-users, non-harmful users, or potentially risky users. Multinomial logistic regression was used to examine associations between IPED use and potential predictors.

**Results:** Of the 3,514 participants, 71.7% (n = 2,521) reported not using any supplements, 8.1% (n = 286) reported using non-harmful IPEDs, and 20.1% (n = 707) reported using potentially risky IPEDs. We found that non-harmful and potentially risky IPED use were associated with age, sex, appearance anxiety, and exercise addiction in the overall sample and among non-professional athletes, whereas only potentially risky IPED use was related to sex, appearance anxiety, and exercise addiction among professional athletes.

**Conclusions:** Our results highlight risk factors associated with IPED use and the specific characteristics of use among professional athlete populations. Clinicians, trainers, and mental health professionals should be more aware of the risks associated with IPED consumption and possible related psychopathologies and dysfunctional behaviours.

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### Update From Who on Public Health Responses to Psychoactive Substance use

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**Background:** Psychoactive substance use, including novel psychoactive substances (NPS), presents growing public health challenges. The United Nations Office on Drugs and Crime (UNODC) supports Member States with evidence-based, rights-oriented strategies to address these issues.

**Methods:** This presentation summarizes UNODC's recent actions to strengthen prevention, treatment, harm reduction, and surveillance. It highlights key initiatives, updated guidance, and global partnerships.

**Results:** UNODC has advanced several key actions, including the development of normative guidance on prevention of substance use, treatment, and care for people with substance use disorders, and supported countries in accelerating public health action on substance use.

**Conclusions:** UNODC's approach emphasizes scalable, inclusive, and evidence-based responses. The public health approach to psychoactive substance use focuses on health system strengthening, human rights, and evidence-based interventions. As the NPS landscape continues to shift, coordinated global action and sustained investment in public health infrastructure remain essential.

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### Scherma Bradamante: Training and Awareness-Raising for the Fight Against Doping

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Scherma Bradamante APS-ASD is an Italian association that provides safeguarding policy, clean sport and sport integrity training. In collaboration with the Italian Fencing Federation, it offers continuous multidisciplinary training for everyone. Continuous training for coaches and