

Drinkaware Monitor 2025

Technical Report

July 2025

YouGov[®]

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Introduction

Drinkaware is a charity providing impartial, evidence-based information, advice and practical resources to help people make better choices about their drinking. To support its mission, Drinkaware commissions the annual Drinkaware Monitor survey to measure alcohol consumption and assess attitudes towards drinking in the UK population. Evidence provided by this research assists Drinkaware's efforts to reduce alcohol-related harm and informs where the charity should focus its efforts to maximise impact.

The 2025 Drinkaware Monitor survey was designed to meet a number of objectives, including tracking standard measures which have been asked in each year of the Monitor study, as well as exploring several topical areas. The standard measures cover:

- Drinking behaviour in the UK, measuring drinking frequency and quantity of drinking among UK adults and AUDIT/AUDIT-C classification
- Drinking motivations and occasions
- Openness to moderation techniques

The topical areas for 2025 included:

- Sources of alcohol consumption
- Impact of cutting down alcohol consumption on personal relationships
- Perceptions of drinking moderation
- Perceptions of low/alcohol-free drinks
- Concern around someone else's drinking
- Seeking support
- Perceptions and experiences of drink spiking
- Impact of drinking on health

The Drinkaware Monitor survey is a long running research project conducted for Drinkaware by YouGov (in 2017-2025) and by Ipsos MORI (2009-2014). This technical report sets out the methodology used by YouGov to collect and collate the data and the analysis applied to the results.

Description of standardised tools and terminology

Consistent with the 2025 survey, the following standardised tools and/or definitions were included in the survey and analysis process:

Alcohol Use Disorder Identification Test (AUDIT)

The Alcohol Use Disorder Identification Test was developed by the World Health Organisation (WHO) and is used to screen alcohol harm¹. The version used in the Drinkaware Monitor has been adapted for use in the UK and involves ten questions designed to measure alcohol consumption. Each question carries a score of 0-4, which are totalled, and depending on their responses drinkers are then classified as low risk, increasing risk, higher risk or possible dependence. The full list of questions can be found in the questionnaire in the appendix.

Table 1: AUDIT scores

AUDIT SCORE	
Low risk	0 to 7
Increasing risk	8 to 15
Higher risk	16 to 19
Possible dependence	20+

Alcohol Use Disorder Identification Test – Consumption (AUDIT-C)

AUDIT-C is a condensed version of the AUDIT tool comprising of three key questions measuring: frequency of drinking, units consumed on a typical occasion, and frequency of drinking 6 units or more (for women) or 8 units or more (for men). This gives each individual an AUDIT-C score between 0 and 12. The AUDIT-C measure has been used in previous Drinkaware Monitor surveys as a key metric for assessing alcohol risk.

¹ <https://www.who.int/publications/i/item/audit-the-alcohol-use-disorders-identification-test-guidelines-for-use-in-primary-health-care>

Table 2: AUDIT-C scores

AUDIT-C SCORE	
Under 5	0 to 4
Increasing risk	5 to 7
Higher risk	8 to 10
Possible dependence	11 or 12

The Drinking Motive Questionnaire: Revised Short Form (DMQ-R SF)

The Drinking Motive Questionnaire: Revised Short Form (DMQ-R SF)² consists of 12 motivations for drinking and a five-point response scale. Responses are used to determine the extent to which people drink for social reasons, enhancement reasons, conformity, or coping reasons. This measure was included in the survey to enable responses to be analysed according to the different motivations.

The full list of reasons are:

Social

- Because it helps you to enjoy a party
- Because it makes social gatherings more fun
- Because it improves parties and celebrations

Coping

- Because it helps you when you feel depressed or nervous
- To cheer up when you are in a bad mood
- To forget about your problems

² Kuntsche, E. & Kuntsche, S. (2009). Development and validation of the Drinking Motive Questionnaire Revised Short Form (DMQ-R SF). *Journal of Clinical Child and Adolescent Psychology*, 38:6, 899-908.

Enhancement

- Because you like the feeling
- To get a buzz
- Because it's fun

Conformity

- To fit in with a group you like
- To be liked
- So you won't feel left out

Respondents are asked to indicate whether they do so:

1. Almost never / Never
2. Some of the time
3. Half of the time
4. Most of the time
5. Almost always / Always

Responses are then grouped to 'never / almost never / some of the time' (1,2), 'most of the time / always' (4,5) or 'ever' (2,3,4,5).

Drinking occasions

The drinking occasions tool was developed for the 2017 Drinkaware Monitor survey to identify the extent to which respondents engaged in any of a list of key typical drinking occasions (identified by Ally et al., 2016³) and has been used in subsequent Drinkaware Monitor surveys. The occasions included in the tool are:

³ Ally, A. K., Lovatt, M., Meier, P. S., Brennan, A., & Holmes, J. (2016). Developing a social practice-based typology of British drinking culture in 2009–2011: implications for alcohol policy analysis. *Addiction*, 111: 1568–1579. doi: [10.1111/add.13397](https://doi.org/10.1111/add.13397).

- Drinking at home alone
- A small number of drinks at home with people in my household
- Several drinks at home with people in my household
- Getting together at your or someone else's house
- Going out for a meal
- Evening or night out with friends
- Going out for a couple of drinks in the afternoon
- Drinking at events

Respondents are asked to indicate whether they do so:

1. 5+ times per week
2. 2-4 times per week
3. Once a week
4. 1-3 times a month
5. Once every 2-3 months or less often
6. Never

NICE/HSE weekly unit consumption

The National Institute of Health and Care Excellence (NICE) draws on the alcohol risk classification captured in the Health Survey for England, which is based on number of alcohol units consumed in a typical (or previous) week. This classification is based around the Chief Medical Officers' [low-risk drinking guidelines](#). This is scored as below:

- Low risk: 0 – 14 units a week for both men and women
- Increasing risk or hazardous drinking: more than 14 units a week, but less than 35 units for women and more than 14 units a week, but less than 50 units for men
- Higher risk or harmful drinking: consuming over 50 alcohol units per week for men or over 35 units per week for women

The ONS's personal well-being scale (also known as the ONS4)

The personal well-being scale was developed by the Office for National Statistics (ONS) as part of their wider UK measures of National Well-being (MNW) programme. It originated from the Annual Population Survey (APS) and Opinions and Lifestyles Survey (OPN)⁴ and aims to provide accepted and trusted measures of the nation's well-being.⁵ To measure well-being, four 11-point survey questions were asked, with score 0 being lowest and 10 highest:

- Overall, how satisfied are you with your life nowadays, where 0 is "not at all satisfied" and 10 is "completely satisfied"?
- Overall, to what extent do you feel that the things you do in your life are worthwhile, where 0 is "not at all worthwhile" and 10 is "completely worthwhile"?
- Overall, how happy did you feel yesterday, where 0 is "not at all happy" and 10 is "completely happy"?
- On a scale where 0 is "not at all anxious" and 10 is "completely anxious", overall, how anxious did you feel yesterday?

⁴<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/methodologies/personalwellbeingintheukgmi>

⁵<https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/methodologies/personalwellbeingsurveyuserguide>

Method

Sampling

As with previous Drinkaware Monitor surveys, the sample for the 2025 project was drawn from the YouGov panel. YouGov maintains a research panel of over 5 million people worldwide including over 1 million in the UK. These panel members cover a wide range of ages, genders, social grades, ethnicities, locations and other demographics. Our panel is large enough to enable us to select nationally representative samples that reflect the actual breakdown of the population on key demographic information. In this way, we can ensure that the sample we are surveying is representative of all four countries of the UK.

Members of the YouGov panel were selected based on already known demographic characteristics (age, gender, social grade, region) and then sent an email inviting them to take part in the survey. Once they click on the link, they are taken to YouGov's online data collection platform to provide their answers. Each link is unique and can only be answered by the person it was intended for.

Sample

In 2025, n=7,256 UK adults aged 18-85 were surveyed.

This included 4,671 in England, 1,031 in Wales, 1,038 in Scotland and 516 in Northern Ireland. The devolved nations were proportionally over-sampled, relative to their population size, to allow for more robust analysis at a nation level.

Data weighting

Weighting adjusts the contribution of individual respondents to aggregated figures and is used to make surveyed populations more representative of a project-relevant and typically the larger population, by forcing it to mimic the distribution of that larger population's significant characteristics. The weighting happens at the tail end of the data processing phase and was applied on cleaned data.

The data were weighted by age, gender, region and social grade to be representative of the national populations of the four countries of the United Kingdom. A total weight was also applied to ensure aggregate results are representative of the national UK population aged 18-85. This approach is consistent with previous years of the Drinkaware Monitor survey.

The weighting targets for age, gender and region were based on demographic information from the UK Census, sourced from the Office of National Statistics (ONS). Social grade is taken from the National Readership Survey (NRS).

Table 3 provides a breakdown of the sample for the 2025 Drinkaware Monitor.

Table 3: Unweighted and weighted sample breakdown

Sample	Unweighted	Unweighted	Weighted	Weighted
	N	%	N	%
Male	3,537	49%	3,536	49%
Female	3,719	51%	3,721	51%
18 to 24	1,019	14%	780	11%
25 to 34	1,145	16%	1,258	17%
35 to 44	1,154	16%	1,249	17%
45 to 54	1,220	17%	1,179	16%
55 to 64	1,167	16%	1,211	17%
65 to 75	1,038	14%	998	14%
76+	513	7%	582	8%
North East	219	3%	291	4%
North West	616	8%	805	11%
Yorkshire and Humber	467	6%	593	8%
East Midlands	409	6%	532	7%
West Midlands	470	6%	636	9%
East of England	516	7%	681	9%
London	729	10%	953	13%
South East	767	11%	1,000	14%
South West	478	7%	626	9%
Wales	1,031	14%	340	5%
Scotland	1,038	14%	601	8%
Northern Ireland	516	7%	198	3%
ABC1	3,887	54%	4,065	56%
C2DE	3,369	46%	3,192	44%

Analysis

After completing the fieldwork, data were weighted as outlined above and results were collated in a series of data tables and in YouGov's own analysis software: Crunch. These outputs allowed for data to be compared across a series of bivariate crossbreaks including standard demographics such as age, region and gender, but also by alcohol consumption.

Segmentation

The same approach that has been used for the segmentation was produced, which focused upon people who drink alcohol at increasing or higher risk levels (AUDIT scores of 8-19), with the aim of grouping people based on their consumption habits. This includes how often people drink, where they drink and when they drink. A total of n=1,472 people who drink were included in the segmentation.

The segments we produced were:

- Segment 1 - Solo home drinkers - 16%
- Segment 2 – Family home drinkers - 19%
- Segment 3 – Weekend binge drinkers - 23%
- Segment 4 – Reliant drinkers - 17%
- Segment 5 – Now and again drinkers - 24%

The segmentation used the k-means algorithm. The process works by putting observations into clusters and ensuring that 1) observations *within* each cluster are as similar as possible and 2) the *separate* clusters are as different as possible.

Two years ago (2023), we produced a 13-statement option of golden questions, which can be used where there is limited space for the full segmentation:

- **A4_2** Reasons for drinking: Because it helps you when you feel depressed or nervous
- **A4_4** Reasons for drinking: Because you like the feeling
- **A4_5** Reasons for drinking: To get a buzz
- **A4_6** Reasons for drinking: Because it makes social gatherings more fun
- **A4_7** Reasons for drinking: To fit in with a group you like
- **A4_8** Reasons for drinking: Because it improves parties and celebrations
- **A4_9** Reasons for drinking: To forget about your problems
- **A4_10** Reasons for drinking: Because it's fun
- **A4_12** Reasons for drinking: So you won't feel left out
- **A5_new_1_rec** Drinking occasion: Drinking at home alone
- **A5_new_2_rec** Drinking occasion: A small number of drinks at home with people in my household
- **A5_new_3_rec** Drinking occasion: Several drinks at home with people in my household
- **A5_new_8_rec** Drinking occasion: Going out for a couple of drinks in the afternoon

Where space is even more limited, we can re-create the segments from 10 of these statements (still with high overall accuracy):

- **A4_2** Reasons for drinking: Because it helps you when you feel depressed or nervous
- **A4_4** Reasons for drinking: Because you like the feeling
- **A4_5** Reasons for drinking: To get a buzz
- **A4_8** Reasons for drinking: Because it improves parties and celebrations
- **A4_9** Reasons for drinking: To forget about your problems
- **A4_12** Reasons for drinking: So you won't feel left out
- **A5_new_1_rec** Drinking occasion: Drinking at home alone
- **A5_new_2_rec** Drinking occasion: A small number of drinks at home with people in my household
- **A5_new_3_rec** Drinking occasion: Several drinks at home with people in my household
- **A5_new_8_rec** Drinking occasion: Going out for a couple of drinks in the afternoon

However, for the last two years all segmentation questions were included in the survey, so the full segmentation was used.

Appendix

Full questionnaire

Base: All

Question type: **Single**

[A1] How often do you have a drink containing alcohol?

- | | |
|----------------|-----------------------------|
| <1> | 6 or more times a week |
| <2> | 4 to 5 times a week |
| <3> | 2 to 3 times a week |
| <4> | Once a week |
| <5> | 2-3 times a month |
| <6> | Once a month |
| <7> | Once every couple of months |
| <8> | Once or twice a year |
| <9> | Less often |
| <99 fixed xor> | Never |

Base: All non-drinkers

Question type: **Single**

[A1a] Which, if any, of the following best applies to you?

- | | |
|------|--|
| <1> | I used to drink alcohol but have given up |
| <2> | I have never drunk alcohol |
| <95> | Other (open [A1a_other]) [open] please specify |

Base: Those who have given up alcohol

Question type: **Multiple**

#row order: randomize #Columns: 2

[A1b] What were your reasons for giving up alcohol? Please select all that apply.

- | | | | |
|-----|---|----------------|--|
| <1> | Religious reasons | <9> | Alcohol wasn't fitting into my lifestyle anymore |
| <2> | Don't like the taste of alcohol | <10> | Don't like the physical effects it has on me |
| <3> | Don't like the behavioural effects it has on me | <11> | To perform better at work |
| <4> | My partner/spouse doesn't drink | <12> | Because of pregnancy |
| <5> | I felt my drinking was problematic | <13> | Because of family and childcare responsibilities |
| <6> | To lose weight | <95 fixed> | Other (open [A1b_other]) [open] please specify |
| <7> | To improve my health generally | <98 fixed xor> | Can't remember |
| <8> | I was advised to by a healthcare professional | <97 fixed xor> | Prefer not to say |

Base: All drinkers

Question type: **Dyngrid**

[New_P3] Please think about your current situation and drinking habits. Read each statement below carefully and then indicate to what extent you agree or disagree with each of the following statements.

-[New_P3_1]	It's a waste of time thinking about my drinking because I do not have a problem
-[New_P3_2]	There is nothing seriously wrong with my drinking
-[New_P3_3]	I am a fairly normal drinker
-[New_P3_4]	There is nothing I really need to change about my drinking
-[New_P3_5]	Trying to change my drinking is pretty much a waste of time
-[New_P3_6]	I do not think of myself as a problem drinker
<1>	Strongly agree
<2>	Tend to agree
<3>	Neither agree nor disagree
<4>	Tend to disagree
<5>	Strongly disagree
<97>	Don't know
<98>	Prefer not to say

Question type: **Text**

[IMAGE x1unit_jpg]

Base: All drinkers

Question type: **Single**

[Q6B] How many units of alcohol do you drink on a typical _day_ when drinking? Please use the above guidance to complete your answer.

<1>	1 or 2
<2>	3 or 4
<3>	5 or 6
<4>	7 to 9
<5>	10 or more

Question type: **Text**

[IMAGE x1unit_jpg]

Base: All drinkers

Question type: **Single**

[Q6C] How often have you had \$Units or more units on a single occasion in the last year? Again, please use the above guidance to complete your answer.

<1>	Never
<2>	Less than monthly

<3> Monthly
 <4> Weekly
 <5> Daily or almost daily

Question type: **Single**

[WeekDay] which day of the week is it?

<1> Sunday
 <2> Saturday
 <3> Friday
 <4> Thursday
 <5> Wednesday
 <6> Tuesday
 <7> Monday

Question type: **Text**

[IMAGE x1unit_jpg]

Base: All drinkers

Question type: **Grid-Open**

#row order: rotate(\$qr)

[A3] Thinking about the seven days leading up to yesterday, please enter how many units you drank on each _day_. For days where you had no alcohol, please enter 0.

-[A3_1] Sunday
 -[A3_2] Saturday
 -[A3_3] Friday
 -[A3_4] Thursday
 -[A3_5] Wednesday
 -[A3_6] Tuesday
 -[A3_7] Monday
 <1> Enter value below

Base: All drinkers

Question type: **Single**

[UNITS_source] Thinking about the alcohol you drank last week, roughly how much of it was bought from a shop, supermarket or off-licence (not including bars, pubs, or restaurants)?

<1> All of it
 <2> 75% or more
 <3> 50% to 74%
 <4> 25% to 49%
 <5> Less than 25%
 <99> None of it
 <97> Don't know

Base: All drinkers

Question type: **Single**

[UNITS_time] Thinking about the last time you bought alcohol from a shop, supermarket, or off-license (not including bars, pubs, or restaurants) for yourself, how soon after purchasing did you first drink any of it?

- | | |
|------|--|
| <1> | Later the same day |
| <2> | 1-3 days later |
| <3> | 4-6 days later |
| <4> | 1 week later |
| <5> | 2-3 weeks later |
| <6> | A month or more later |
| <95> | Not applicable – I haven't had any of it yet |
| <96> | Not applicable – I don't buy alcohol from these places |
| <97> | Don't know |

Base: All drinkers

Question type: **Grid**

#row order: randomize

[A4] The following are reasons that people sometimes give for drinking alcohol. Thinking of all the times you drink, how often would you say that you drink for the following reasons? Please tick the answer of your choice to each question.

- | | | | |
|---------|---|----------|--|
| -[A4_1] | Because it helps you to enjoy a party | -[A4_7] | To fit in with a group you like |
| -[A4_2] | Because it helps you when you feel depressed or nervous | -[A4_8] | Because it improves parties and celebrations |
| -[A4_3] | To cheer up when you are in a bad mood | -[A4_9] | To forget about your problems |
| -[A4_4] | Because you like the feeling | -[A4_10] | Because it's fun |
| -[A4_5] | To get a buzz | -[A4_11] | To be liked |
| -[A4_6] | Because it makes social gatherings more fun | -[A4_12] | So you won't feel left out |
| <1> | Almost never/never | | |
| <2> | Some of the time | | |
| <3> | Half of the time | | |
| <4> | Most of the time | | |
| <5> | Almost always/always | | |

Base: All drinkers

Question type: **Dyngrid**

#row order: randomize

[A5_new_] How often, if at all, in the last year did you drink alcohol on occasions that are similar to the descriptions below?

- | | |
|-------------|--|
| -[A5_new_1] | Drinking at home alone |
| -[A5_new_2] | A small number of drinks at home with people in my household |
| -[A5_new_3] | Several drinks at home with people in my household |
| -[A5_new_4] | Getting together at your or someone else's house |
| -[A5_new_5] | Going out for a meal |

-[A5_new_6]	Evening or night out with friends
-[A5_new_8]	Going out for a couple of drinks in the afternoon
-[A5_new_9]	Drinking at events
<1>	5+ times per week
<2>	2-4 times per week
<3>	Once a week
<4>	1-3 times a month
<5>	Once every 2-3 months or less often
<6>	Never
<7>	Not sure

Base: All drinkers
Question type: **Single**

[A7] Thinking about your alcohol consumption, how likely or not do you think it is that you will have increased health problems in the future if you continue to drink at your current level?

<1>	Very likely
<2>	Fairly likely
<3>	Not very likely
<4>	Not at all likely
<98>	Don't know

Base: All drinkers
Question type: **Multiple**
#row order: randomize #Columns: 2

[NEW_P4] Which, if any, of the following do you personally experience when drinking alcohol?
Please select all that apply.

<1>	It helps me unwind or destress	<10>	It enhances my experiences when going out (e.g., bars, pubs and clubs)
<2>	It lifts my mood or helps me feel better	<11>	It makes sex more enjoyable
<3>	It helps me feel more confident	<12>	It leads to fun or memorable experiences
<4>	It allows me to escape or switch off from everyday pressures	<13>	It feels like a reward after a long day
<5>	It helps me feel more relaxed in social situations	<14>	It feels like a reward after exercising
<6>	It helps me bond with friends or connect with others	<15>	It feels like a reward after eating healthily
<7>	It makes socialising easier	<99 fixed xor>	None of these
<8>	It helps me fit in at social events	<97 fixed xor>	Don't know
<9>	It makes it easier to meet new people	<98 fixed xor>	Prefer not to say

Question type: **Text**

Moving on...

Base: All drinkers

Question type: **Multiple**

#row order: randomize

[NEW_RELATIONSHIP_1] Excluding yourself, do you have anyone in your close social circle (e.g., close friends and family) who fit any of the following descriptions? Please select all that apply.

- | | |
|----------------|--|
| <1> | Someone who has never drunk alcohol |
| <2> | Someone who is currently trying to cut back or reduce their drinking |
| <3> | Someone who used to drink but has now stopped completely |
| <4 fixed xor> | Not applicable - no one I know fits these descriptions |
| <97 fixed xor> | Don't know / Not sure |

Base: All who know someone who has never, stopped or cut back on drinking

Question type: **Multiple**

#row order: randomize

[NEW_RELATIONSHIP_2] You indicated that you know someone who has never drunk alcohol, is cutting back, or who has stopped drinking alcohol completely.

What effects, if any, has knowing this person, or people, had on your own drinking? Please select all that apply.

- | | |
|----------------|--|
| <1> | It made me cut back or drink less |
| <2> | It made me more conscious of my drinking habits |
| <3> | It made me feel more comfortable reducing my own alcohol consumption |
| <4> | It made me avoid drinking in certain situations |
| <5> | It made me reconsider the health risks associated with alcohol |
| <6> | It made me realise I don't need to drink to have a good time |
| <95 fixed> | Other effect (open [NEW_RELATIONSHIP_2_other]) [open] please specify |
| <99 fixed xor> | Not applicable - it hasn't had any effect |
| <97 fixed xor> | Don't know / Not sure |

Base: All who know someone who has stopped/cut back on drinking

Question type: **Multiple**

#row order: randomize

[NEW_RELATIONSHIP_3] You indicated that you know someone who is cutting back, or who has stopped drinking alcohol completely.

Has your relationship with this person (or people) changed in any of the following ways? Please select all that apply.

- | | |
|-----|---|
| <1> | We spend less time together in social settings that involve alcohol |
|-----|---|

- <2> We've found new ways to connect that don't involve alcohol
- <3> I feel more distant from them
- <4> Our relationship has improved or become stronger
- <5> I feel judged by them about my drinking
- <6> I avoid drinking around them
- <95 fixed> Other (open [NEW_RELATIONSHIP_3_other]) [open] please specify
- <99 fixed xor> Not applicable – my relationship with this person (or people) hasn't changed
- <97 fixed xor> Don't know / Not sure

Question type: **Text**

Moving on...

Base: *All drinkers*

Question type: **Grid**

#row order: *randomize*

[A8] Here are some things people have said they do to moderate their drinking. Have you tried any of these?

- | | | | |
|---------|---|----------|--|
| -[A8_1] | Avoid always having alcohol in the house | -[A8_7] | Avoid drinking alcohol on a 'school/work night' |
| -[A8_2] | Record how much I am drinking | -[A8_8] | Avoid being in a round of drinks |
| -[A8_3] | Drink a lower strength alcoholic drink | -[A8_9] | Drink within the guidelines |
| -[A8_4] | Alternate alcoholic drinks with soft drinks or water | -[A8_10] | Stay off alcohol for a fixed time period |
| -[A8_5] | Drink smaller glasses of wine or smaller bottles of beer | -[A8_11] | Take drink-free days during the week |
| -[A8_6] | Set myself a drinking limit e.g. just a glass/bottle | -[A8_12] | Drink non-alcoholic beer, wine or spirit substitutes |
| <1> | I have been doing this for a while | | |
| <2> | I started doing this recently (in the last two or three months) | | |
| <3> | I have done this in the past but I no longer do it | | |
| <4> | I am not doing this but would be willing to do so | | |
| <5> | I could never see myself doing this | | |

Base: *Those who currently use one moderation technique*

Question type: **Dyngrid**

#row order: *randomize*

[M1_new] You indicated that you are currently doing something to moderate your drinking.

For each of the following, how would you describe your approach to moderation?

- | | | | |
|------------|------------------------------------|-------------|---|
| - | Avoid always having alcohol in the | -[M1_new_7] | Avoid drinking alcohol on a 'school/work night' |
| [M1_new_1] | house | | |
| - | Record how much I am drinking | -[M1_new_8] | Avoid being in a round of drinks |
| [M1_new_2] | | | |

- | | | | |
|--------------|--|---------------|--|
| - [M1_new_3] | Drink a lower strength alcoholic drink | - [M1_new_9] | Drink within the guidelines |
| - [M1_new_4] | Alternate alcoholic drinks with soft drinks or water | - [M1_new_10] | Stay off alcohol for a fixed time period |
| - [M1_new_5] | Drink smaller glasses of wine or smaller bottles of beer | - [M1_new_11] | Take drink-free days during the week |
| - [M1_new_6] | Set myself a drinking limit e.g. just a glass/bottle | - [M1_new_12] | Drink non-alcoholic beer, wine or spirit substitutes |
| <1> | I consciously choose to do this to moderate my drinking | | |
| <2> | I do this for other reasons, not intentionally to cut down | | |
| <97> | Don't know | | |

Base: Those who currently use one moderation technique

Question type: **Multiple**

#row order: randomize #Columns: 2

[M3] You indicated that you are currently doing something to moderate your drinking.

For which, if any, of the following reasons do you choose to moderate your drinking? Please select all that apply.

- | | | | |
|-----|---|----------------|--|
| <1> | For better physical health | <10> | To make sure I stay in control of what I do and say |
| <2> | For better skin health | <11> | To lose weight/prevent weight gain |
| <3> | To avoid 'hangxiety' (anxiety after drinking) | <12> | To reduce long-term health risks (e.g., liver disease) |
| <4> | For better sleep quality | <13> | To avoid hangovers |
| <5> | To save money | <14> | To try and conceive |
| <6> | I am concerned about what people think of me when I drink | <95 fixed> | Other (open [M3_other]) [open] please specify |
| <7> | It is part of other health-conscious decisions | <99 fixed xor> | Not applicable – there are no particular reasons that I moderate my drinking |
| <8> | To avoid getting drunk | <98 fixed xor> | Prefer not to say |
| <9> | Because someone close to me has asked me to cut down | | |

Base: All

Question type: **Grid**

[H2] The Department for Health and Social Care's guidance on low-alcohol descriptors defines alcohol-free and low-alcohol products as the following:

- An alcohol-free drink should contain no more than 0.05% ABV (Alcohol By Volume)
- A low-alcohol drink must be 1.2% ABV (Alcohol By Volume) or below

Have you consumed any of the following products:

- | | |
|---------|--|
| -[H2_1] | An alcohol-free drink (defined as 0.05% ABV or less) |
| -[H2_2] | A low-alcohol drink (defined as 0.06% to 1.2% ABV) |
| <1> | Yes, within the past 12 months |

- <2> Yes, but more than 12 months ago
 <3> Never
 <98> Don't know / Not sure

Base: Those that consume no or low alcohol drinks

Question type: **Multiple**

#row order: randomize #Columns: 2

[H3_new] You mentioned that you have consumed low alcohol and/or alcohol-free drinks in the past 12 months. What were your reasons for doing so? Please select all that apply

- | | | | |
|------|---|----------------|---|
| <1> | I needed to drive soon afterwards | <11> | To avoid questions on why I am not drinking |
| <2> | To avoid a hangover | <12> | Because it feels like I am drinking alcohol |
| <3> | I was in a situation where I would usually drink alcohol, but couldn't/didn't want to | <13> | Because I like that it tastes like an alcoholic drink |
| <4> | I didn't want to get too drunk | <14> | Family/friend recommended or offered |
| <5> | As part of a temporary abstinence (e.g. Dry January) | <15> | It was the only non-alcohol/low alcohol option |
| <6> | To help me cut down on my alcohol intake | <16> | Interested to try it / out of curiosity |
| <7> | For health reasons | <17> | Due to commitments the next day, e.g. work, family |
| <8> | Pregnant / supporting pregnant partner | <95 fixed> | Other (open [H3_other]) |
| <9> | Because it feels more social than a soft drink | <97 fixed xor> | [open] please specify |
| <10> | It made me feel part of the occasion | <98 fixed xor> | Don't know / not sure |
| | | | Prefer not to say |

Base: Those that don't consume low alcohol and/or alcohol-free drinks

Question type: **Multiple**

#row order: randomize

[H6] You mentioned that you have not consumed low alcohol and/or alcohol-free drinks before. Which if any of the following are reasons for this? Please select all that apply.

- | | | | |
|-----|---|------------|---|
| <1> | I am recovering from alcohol dependency and don't want to risk drinking these | <8> | I think they would taste worse |
| <2> | Concerned about negative views from others | <9> | I enjoy alcohol which limits appeal of low/alcohol free |
| <3> | I can never find these products | <10> | I don't feel the need to cut back on alcohol |
| <4> | These drinks are not part of my culture | <11> | I'd rather buy conventional alcohol |
| <5> | I am concerned or unsure about health impacts | <12> | If not drinking I would prefer soft drinks |
| <6> | Too expensive | <13 fixed> | Other (open [H6_other]) |
| | | | [open] please specify |

<7> I was unaware of such products <98 fixed Don't know
xor>

Base: Those that consumer no or low alcohol drinks (including more than 12 months ago)
Question type: Single

[H11] When you consume no-alcohol or low-alcohol drinks (e.g., alcohol-free beer, wine, or mocktails), do you typically:

- <1> Drink them alongside my regular alcoholic drinks (as an additional drink)
- <2> Drink them instead of my regular alcoholic drinks (as a replacement)
- <3> Sometimes I drink them alongside, sometimes as a replacement – it depends on the situation
- <97> Don't know

Question type: Text

Moving on...

Base: All drinkers
Question type: Single

[T1] How often during the last year have you found that you were not able to stop drinking once you had started?

- <1> Never
- <2> Less than monthly
- <3> Monthly
- <4> Weekly
- <5> Daily or almost daily

Base: All drinkers
Question type: Single

[T2] How often during the last year have you failed to do what was normally expected from you because of your drinking?

- <1> Never
- <2> Less than monthly
- <3> Monthly
- <4> Weekly
- <5> Daily or almost daily

Base: All drinkers
Question type: Single

[T3] How often during the last year have you needed an alcoholic drink in the morning to get yourself going after a heavy drinking session?

- | | |
|-----|-----------------------|
| <1> | Never |
| <2> | Less than monthly |
| <3> | Monthly |
| <4> | Weekly |
| <5> | Daily or almost daily |

Base: All drinkers
Question type: **Single**

[T4] How often during the last year have you had a feeling of guilt or remorse after drinking?

- | | |
|-----|-----------------------|
| <1> | Never |
| <2> | Less than monthly |
| <3> | Monthly |
| <4> | Weekly |
| <5> | Daily or almost daily |

Base: All drinkers
Question type: **Single**

[T5] How often during the last year have you been unable to remember what happened the night before because you had been drinking?

- | | |
|-----|-----------------------|
| <1> | Never |
| <2> | Less than monthly |
| <3> | Monthly |
| <4> | Weekly |
| <5> | Daily or almost daily |

Base: All drinkers
Question type: **Single**

[T6] Have you or somebody else been injured as a result of your drinking?

- | | |
|-----|-------------------------------|
| <1> | No |
| <2> | Yes, but not in the last year |
| <3> | Yes, during the last year |

Base: All drinkers
Question type: **Single**

[T7] Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?

- | | |
|-----|-------------------------------|
| <1> | No |
| <2> | Yes, but not in the last year |
| <3> | Yes, during the last year |

Base: All that have had someone else be concerned about their drinking or suggested they cut down

*Question type: **Multiple***

#row order: randomize

[T8a] What actions did your friend, relative, doctor or other health worker take to address their concerns about your drinking? Please select all that apply.

- | | |
|-----------------|---|
| <1> | Made a comment about it |
| <2> | Spoke to me about it / had a conversation |
| <3> | Sought advice or support for me from a professional or helpline |
| <4> | Encouraged me to seek help or treatment |
| <95 fixed> | Other (open [T8a_other]) [open] please specify |
| <999 fixed xor> | Prefer not to say |

Base: All drinkers

*Question type: **Single***

[T12] In the last 12 months, have you tried to reduce your alcohol consumption?

- | | |
|-----|--|
| <1> | Yes - I successfully reduced my alcohol consumption |
| <2> | Yes - I successfully reduced my alcohol consumption for a bit, but have returned to typical levels of drinking |
| <3> | Yes - I tried to reduce my alcohol consumption but wasn't successful |
| <4> | No |

*Question type: **Text***

Moving on...

Base: All

*Question type: **Single***

[CO_1] In the last 12 months, have you been concerned about someone else's drinking? This could include family members, friends, work colleagues, or other people you know.

- | | |
|------|-------------------|
| <1> | Yes |
| <2> | No |
| <3> | Not sure |
| <99> | Prefer not to say |

Base: Those concerned by someone else's drinking

*Question type: **Multiple***

#row order: randomize #Columns: 2

[CO_4] Which, if any, of the following made you concerned about someone else's drinking? Please select all that apply.

<1>	The amount of alcohol they were drinking	<9>	Changes in behaviour or mood when drinking alcohol
<2>	The number of days a week they were drinking	<10>	Relationship problems caused by alcohol use
<3>	How drunk they would get when drinking	<11>	Getting into financial difficulties
<4>	Getting into regular arguments or conflicts while drinking	<12>	Negative impact on work or job performance due to alcohol use
<5>	Not meeting their responsibilities or obligations due to drinking	<13>	Others being concerned about their drinking
<6>	Their physical or mental health getting worse due to drinking	<95 fixed>	Other (open [CO_4_other]) [open] please specify
<7>	Engaging in risky behaviour while under the influence of alcohol (e.g., driving)	<999 fixed xor>	Prefer not to say
<8>	Blackouts or memory loss		

Base: Those concerned by someone else's drinking

Question type: **Multiple**

#row order: randomize

[CO_5] What actions, if any, have you taken to address your concerns about someone else's drinking? Please select all that apply.

<4>	I have made a comment about it to them
<1>	I have spoken to them about it
<2>	I have sought advice or support from a professional or helpline
<3>	I have encouraged them to seek help or treatment
<95 fixed>	Other (open [CO_5_other]) [open] please specify
<99 fixed xor>	N/A - I have not taken any specific actions
<999 fixed xor>	Prefer not to say

Base: All

Question type: **Multiple**

[SA_3] Have you ever contacted a service or organisation for help or advice about alcohol, either on your own behalf or on behalf of someone close to you?

<1>	Yes – on my own behalf
<2>	Yes – on behalf of someone else
<3 xor>	No
<99 xor>	Prefer not to say

Base: All drinkers

Question type: **Multiple**

#row order: randomize

[SA_4a_new] If you needed support or advice about alcohol **on your own behalf**, which, if any, of the following would you reach out to? Please select all that apply.

<1>	General Practitioner (GP)
<2>	Other health professional (e.g. specialist doctor, nurse etc.)
<3>	Counsellor/therapist
<4>	Alcohol charity/organisation
<5>	App/digital service
<6>	Online community support
<7>	In person support group (e.g. Alcoholics Anonymous)
<97 fixed xor>	Don't know
<99 fixed xor>	None of these

Base: All drinkers

Question type: **Multiple**

#row order: randomize #Columns: 2

[SA_6] If you needed to find information about how to **reduce your drinking**, where, if anywhere, would you typically get this information from? Please select all that apply.

<1>	Your General Practitioner (GP)	<10>	Social media (e.g. Facebook, Instagram, X (formerly known as Twitter) etc.)
<2>	Another health professional (e.g. specialist doctor, nurse etc.)	<11>	Local newspapers or magazines
<3>	Alcohol charity/organisation website	<12>	NHS website
<4>	Alcohol app or digital tool (e.g. an online quiz)	<13>	Local radio
<5>	Online community forum (e.g. Reddit, Mumsnet)	<14>	National radio
<6>	Speaking to friends and/or family	<15>	National newspapers or magazines
<7>	Using a search engine (e.g. Google)	<16 fixed>	Other (open [SA_6_other])
<8>	AI (artificial intelligence) tool (e.g. ChatGPT)	<97 fixed xor>	[open] please specify
<9>	Scientific/medical research papers	<99 fixed xor>	Don't know
			Not applicable – I would never search for information on how to reduce my drinking

Base: All

Question type: **Multiple**

#row order: randomize

[SA_5] An alcohol assessment includes questions on how often you drink alcohol and how many units you tend to drink on a typical day.

In which, if any, of the following have you been asked to complete an alcohol assessment? Please select all that apply. If you have never been asked to complete an alcohol assessment, please select the "not applicable" option.

<1>	GP surgery
<2>	Other healthcare setting
<3>	Workplace

- | | |
|----------------|--|
| <4> | Online website or app |
| <5> | Substance or addiction treatment centre |
| <6> | Community health fair or event |
| <95 fixed> | Other (open [SA_5_other]) [open] please specify |
| <98 fixed xor> | Not applicable - I have never been asked to complete an alcohol assessment |
| <99 fixed xor> | Can't remember |

Base: All drinkers

Question type: **Multiple**

#row order: randomize

[SA_7] Individuals can be asked to complete alcohol assessments in a range of different settings. From the list below, select all the settings in which you would feel comfortable being asked to complete an alcohol assessment.

Reminder: An alcohol assessment includes questions on how often you drink alcohol and how many units you tend to drink on a typical day.

- | | |
|----------------|--|
| <1> | At your GP surgery |
| <2> | In another healthcare setting (such as your local pharmacy) |
| <3> | At your workplace |
| <4> | On an online website or app |
| <5> | At a community health fair or event |
| <6> | At your local supermarket |
| <7> | At your local high street/town centre |
| <8> | At your local pub or bar |
| <99 fixed xor> | Not applicable - I would not feel comfortable being asked to complete an alcohol assessment in any of these settings |
| <97 fixed xor> | Don't know |
| <96 fixed xor> | Prefer not to say |

Question type: **Text**

The next few questions are about drink spiking. We understand that this may also be a sensitive topic so please select the "Prefer not to say" option if you would rather not answer the question.

Base: All

Question type: **Single**

[DS_8] Do you think you have been a victim of drink spiking in the last year?

- | | |
|------|-------------------|
| <1> | Yes |
| <2> | No |
| <98> | Not sure |
| <99> | Prefer not to say |

Base: All

Question type: **Multiple**

#row order: randomize

[DS_26] Which of the following scenarios do you think can be classed as “drink spiking”? Select all that apply.

- | | |
|----------------|---|
| <1> | Adding alcohol to a non-alcoholic drink without consent |
| <2> | Adding extra alcohol to an alcoholic drink without consent |
| <3> | Adding prescription drugs to an alcoholic or non-alcoholic drink without consent |
| <4> | Adding illegal drugs to an alcoholic or non-alcoholic drink without consent |
| <5> | Topping up someone’s drink without them asking or noticing |
| <6> | Buying someone a larger measure of alcohol than they asked for without them noticing – for example, a double measure vs. a single measure |
| <7> | Encouraging or pressuring someone to drink more than they intended |
| <95 fixed> | Other (open [DS_26_other]) [open] please specify |
| <97 fixed xor> | Don’t know |
| <98 fixed xor> | Prefer not to say |

Question type: **Text**

According to the UK Police, drink spiking is giving someone alcohol or drugs without them knowing or agreeing, by any means.

Base: All that report to be a victim of drink spiking

Question type: **Single**

[DS_15] Did you report the incident of drink spiking to the police?

- | | |
|------|-------------------|
| <1> | Yes |
| <2> | No |
| <98> | Not sure |
| <99> | Prefer not to say |

Base: All that did not report drinking spiking to the police

Question type: **Multiple**

#row order: randomize

[DS_27] For what reasons, if any, did you not report the drink spiking incident to the police? (Select all that apply)

- | | | | |
|-----|---|------|---|
| <1> | I didn’t think it was serious enough | <8> | I was scared I’d get into trouble |
| <2> | I couldn’t remember exactly what happened | <9> | I was worried I wouldn’t be believed |
| <3> | I didn’t think the police would do anything | <10> | I was afraid of consequences or retaliation |

- | | | | |
|-----|---|----------------|--|
| <4> | I didn't know it was illegal | <95 fixed> | Other (open [DS_27_other]) [open] please specify |
| <5> | I didn't know how to report it | <99 fixed xor> | Not applicable – there were no particular reasons for not reporting the drink spiking incident to the police |
| <6> | Too much time had passed since the incident | <98 fixed xor> | Prefer not to say |
| <7> | I felt ashamed or embarrassed | | |

Base: Those who have been a victim of drink spiking

*Question type: **Multiple***

#row order: randomize

[DS_10_new] In which, if any, of the following did the incident(s) of drink spiking take place? Please select all the answers that apply.

- | | |
|----------------|--|
| <1> | Club |
| <2> | Bar |
| <3> | Private home |
| <4> | Social event |
| <5> | University/ College |
| <6> | Family event |
| <7> | Work |
| <95 fixed> | Other (open [DS_10_new_other]) [open] please specify |
| <98 fixed xor> | Prefer not to say |

Base: All

*Question type: **Multiple***

[DS_28] For what reasons, if any, do you think people spike other people's drinks? Please select all that apply.

- | | |
|----------------|---|
| <1> | As a joke/prank |
| <2> | For fun |
| <3> | To commit sexual assault or rape |
| <4> | To steal something from them |
| <5> | To physically assault them |
| <6> | To commit another type of crime |
| <95 fixed> | Other (open [DS_28_other]) [open] please specify |
| <96 fixed xor> | Not applicable – I don't think there are particular reasons for people to spike other people's drinks |
| <97 fixed xor> | Don't know |
| <98 fixed xor> | Prefer not to say |

*Question type: **Text***

Moving on...

Base: All

Question type: **Multiple**

[WLD_1] Are you currently taking semaglutide-based medication, such as Ozempic or Wegovy? These drugs are commonly prescribed to treat diabetes or to promote weight loss but may also have other uses.

- <1> Yes, to treat diabetes or promote weight loss
- <2> Yes, to reduce alcohol consumption
- <3> Yes, for another reason
- <4 fixed xor> No
- <98 fixed xor> Not sure
- <99 fixed xor> Prefer not to say

Base: All

Question type: **Multiple**

#row order: randomize #max number of choices: 3

[NEW_HEALTH_1] Which, if any, of the following do you think would be the most damaging to someone's physical health? Please select up to three options.

- <1> Drinking 1 or 2 alcoholic drinks per day, 2 or 3 times per week
- <2> Having a heavy drinking session (8 drinks or more) every 2-3 months
- <3> Smoking 1 or 2 cigarettes per month
- <4> Using non-combustible nicotine (e-cigarettes/vapes, oral nicotine pouches etc.) every few weeks
- <5> Taking illegal 'party drugs' (such as cocaine or MDMA) once or twice a year
- <6> Doing no vigorous physical exercise (running, swimming, playing sports or lifting heavy weights)
- <7> Eating 'fast food' once per week
- <8> Eating more than the daily recommended number of calories once or twice per week
- <99 fixed xor> Not applicable – I don't think any of these would be damaging to someone's health
- <97 fixed xor> Don't know

Base: All

Question type: **Multiple**

#row order: randomize #max number of choices: 3

[NEW_HEALTH_2] Which of the following do you think place the greatest burden on public health services (hospitals, GPs etc.) in the UK? Please select up to three options.

- <1> Alcohol consumption
- <2> Smoking (cigarettes etc.)
- <3> Using non-combustible nicotine (e-cigarettes, oral nicotine pouches etc.)
- <4> Using illegal drugs
- <5> Physical inactivity
- <6> Eating 'fast food'
- <7> Eating 'ultra-processed' food (mass-produced breads, packaged snacks like crisps, reconstituted meat products like sausages etc.)

- <8> Eating more than the daily recommended number of calories per day
- <9> Eating/drinking foods/drinks containing high levels of sugar
- <98 fixed xor> None of these
- <99 fixed xor> Don't know

Base: All

Question type: **Single**

#SPD Category: health

[HL1] To what extent do you think you have a healthy lifestyle?

- <1> Very healthy
- <2> Quite healthy
- <3> Neither healthy nor unhealthy
- <4> Quite unhealthy
- <5> Very unhealthy
- <99> Don't know

Base: All

Question type: **Single**

[NEW_HEALTH_4] On a typical day, how many portions of fruit and vegetables do you eat?

According to the NHS, one portion is around 80g – roughly equivalent to one apple, seven cherry tomatoes, or three heaped tablespoons of beans/pulses.

- <1> None
- <2> 1 to 2 a day
- <3> 3 to 4 a day
- <4> 5 a day
- <5> 6 to 7 a day
- <6> 8 or more a day
- <99> Don't know

Base: All

Question type: **Single**

#SPD Category: health

[NEW_HEALTH_5] In a typical week, how long do you spend doing vigorous, or very vigorous exercise (e.g. running, swimming, playing sports or lifting heavy weights)? Please do not factor how long you spend doing more moderate forms of exercise (e.g. walking or hiking) into your answer.

- <1> None
- <2> Less than 1 hour
- <3> Between 1 hour and 2 hours
- <4> Between 2 hours and 3 hours
- <5> Between 3 hours and 4 hours
- <6> 4 hours or more
- <98> Prefer not to say
- <99> Don't know

Question type: **Pdl**

#Question display logic:

if pdl.smoker.last > months(6) and updated

[smoker] Which, if any, of the following statements BEST applies to you, when it comes to smoking?

- <1> I smoke every day
- <2> I smoke but I don't smoke every day
- <3> I used to smoke but I have given up now
- <4> I have never smoked
- <99> Prefer not to say

Base: All smokers

Question type: **Single**

[NEW_HEALTH_6] For the next question please think about both 'ready-made' cigarettes (i.e. in packs of 10 or 20) and 'hand rolled tobacco' cigarettes (e.g. made by purchasing a pack of tobacco and rolling paper to make a cigarette). On average, how many cigarettes do you smoke **each day**?

- <1> 6 or fewer
- <2> 7 to 10
- <3> 11 to 20
- <4> 21 to 30
- <5> 31 or more
- <98> Prefer not to say
- <99> Don't know

Base: All

Question type: **Single**

[NEW_HEALTH_7] How often do you use non-combustible nicotine products, such as e-cigarettes/vapes or oral nicotine pouches?

- <1> Never
- <2> Less than monthly
- <3> Monthly
- <4> Weekly
- <5> Daily or almost daily
- <97> Don't know
- <99> Prefer not to say

Base: All drinkers

Question type: **Multiple**

#row order: randomize

[NEW_HEALTH_8] Within the last 12 months, which, if any, of the following have you experienced after you drink alcohol? Please select all that apply.

- <1> Feeling hungover or physically unwell the day after drinking
- <2> Poor quality of sleep after drinking

- <3> Temporary mood changes or irritability when drinking
- <4> Decreased energy or productivity the day after drinking
- <5> Difficulty concentrating the day after drinking
- <6> Feeling embarrassed about what you said or did after drinking too much
- <97 fixed xor> None of these
- <98 fixed xor> Don't know
- <99 fixed xor> Prefer not to say

Base: All drinkers

Question type: **Multiple**

#row order: randomize #max number of choices: 3

[NEW_HEALTH_9] Which, if any, of the following would **most** make you want to cut down on your drinking? Please select up to three options.

- | | |
|--|---|
| <ul style="list-style-type: none"> <1> Feeling hungover or physically unwell the day after drinking <2> Poor quality of sleep after drinking <3> Temporary mood changes or irritability after drinking <4> Decreased energy or productivity the day after drinking <5> Difficulty concentrating the day after drinking <6> Feeling embarrassed about what you said or did after drinking too much <7> Knowing that drinking increases the risk of liver disease (e.g., cirrhosis and fatty liver) | <ul style="list-style-type: none"> <8> Knowing that drinking increases the risk of weight gain or obesity <9> Knowing that drinking increases the risk of heart disease or stroke <10> Knowing that drinking increases the risk of type-2 diabetes <11> Negative impact on mental health <99 fixed xor> None of these <98 fixed xor> Don't know |
|--|---|

Base: All

Question type: **Multiple**

#row order: randomize

[ALTERNATIVE_NEW_HEALTH_10] In the past 12 months, have you seen or heard any information about the health risks associated with drinking alcohol from any of the following sources? (Please select all that apply.)

- <1> Government (e.g. Department of Health and Social Care, local councils)
- <2> NHS (e.g. doctors, hospitals, NHS websites or campaigns)
- <3> Drinkaware
- <4 fixed> Other charity or non-profit organisation (e.g. We Are With You, Alcohol Change UK, Mind etc.)
- <95 fixed> Other (open [ANH_10]) [open] please specify
- <99 fixed xor> Not applicable - I have not seen or heard any information

Base: All

Question type: **Single**

[caring_responsibilities] Do you currently look after, or give any help or support to anyone because they have long-term physical or mental health conditions or illnesses?

- <1> No
- <2> Yes, 9 hours a week or less
- <3> Yes, 10 to 19 hours a week
- <4> Yes, 20 to 34 hours a week
- <5> Yes, 35 to 49 hours a week
- <6> Yes, 50 or more hours a week
- <97> Don't know
- <999> Prefer not to say

Base: All

Question type: **Multiple**

#SPD Category: health

[health_conditions] Which, if any, of the following health conditions have you been diagnosed with? Please select all that apply.

- | | | | |
|-----|---|-----------------|--|
| <1> | Depression | <7> | Musculoskeletal conditions (e.g. arthritis, fibromyalgia) |
| <2> | Other mental health conditions (e.g. OCD) | <8> | Hypothyroidism |
| <3> | Respiratory conditions (e.g. Asthma) | <9> | Cancer |
| <4> | Diabetes | <10> | Neurological conditions (e.g. Epilepsy, Dementia, Parkinson's disease) |
| <5> | Cardiovascular conditions (e.g. high blood pressure, COPD, heart disease) | <99 fixed xor> | None of these |
| <6> | Chronic Kidney Disease | <999 fixed xor> | Prefer not to say |

Question type: **Text**

Next we would like to ask you four questions about your feelings on aspects of your life. There are no right or wrong answers. For each of these questions we would like you to give an answer on a scale of 0 to 10, where 0 is "not at all" and 10 is "completely".

Base: All

Question type: **Scale**

[LS_1] Overall, how satisfied are you with your life nowadays?

Range: Not at all 0 ~ 10 Completely

Prefer not to say

Base: All

Question type: **Scale**

[LW] Overall, to what extent do you feel that the things you do in your life are worthwhile?

Range: Not at all 0 ~ 10 Completely

Prefer not to say

Base: All

Question type: **Scale**

[HY] Overall, how happy were you feeling yesterday?

Range: Not at all 0 ~ 10 Completely

Prefer not to say

Base: All

Question type: **Scale**

[AY] On a scale where 0 is “not at all anxious” and 10 is “completely anxious”, overall, how anxious did you feel yesterday?

Range: Not at all anxious 0 ~ 10 Completely anxious

Prefer not to say

Question type: **Text**

Thank you for completing this survey. If you have been affected by any of the issues discussed then we have listed several organisations below which you can turn to for help or support.

Alcohol

If you are concerned about your own or another person’s alcohol consumption, please speak to your GP or contact Drinkline on 0300 123 1110 (Mon-Fri 9 am - 8 pm, weekends 11 am - 4 pm) or click [here](#) for Drinkaware alcohol support services information. If you are in Scotland, you can also contact Drinkline Scotland on 0800 7314 314.

We are With You also provide free confidential support with alcohol, drugs or mental health. You can access their website [here](#).

Samaritans

If you would just like to talk to someone about whatever you are going through, you can call Samaritans for free on 116 123 or visit their website [here](#)

We Are With You

You can also talk to We Are With You for information on free confidential support with alcohol, drugs or mental health. You can visit their website [here](#)

Victim Support

If you have experienced a crime and need specialist support to cope and move on, you can visit Victim Support on their website [here](#)

Question type: **Text**

Finally, some demographic questions for our records...

Question type: **Pdl**

#Question display logic:

if pdl.profile_work_stat.last > days(100) and updated

[profile_work_stat] Which of these applies to you?

- | | |
|-----|---|
| <1> | Working full time (30 or more hours per week) |
| <2> | Working part time (8-29 hours a week) |
| <3> | Working part time (Less than 8 hours a week) |
| <4> | Full time student |
| <5> | Retired |
| <6> | Unemployed |
| <7> | Not working |
| <8> | Other |

Base: Those unemployed or not working

Question type: **Single**

[work_stat_pt2] You previously mentioned that you are not working or are unemployed at the moment. Which, if any, of the following best applies to your current situation?

- | | |
|------|--|
| <1> | I am unemployed/not working and not looking for work |
| <2> | I am unemployed/not working and looking for work |
| <97> | Don't know |
| <98> | Prefer not to say |
| <99> | None of the above |

Base: Those unemployed or not working

Question type: **Multiple**

#row order: randomize #Columns: 2

[reasons_not_working] You previously mentioned that you are not working or are unemployed at the moment. For what reasons, if any, are you not working? Please select all that apply.

- | | | | |
|-----|--|------|--|
| <1> | I have a health condition that means that I cannot work | <9> | I normally do seasonal work that isn't currently available |
| <2> | I can work, but it is difficult to find work which allows me to manage my health condition | <10> | I don't have a permanent place to live |

<3>	I have caring responsibilities that mean that I cannot work	<12>	I am waiting to hear back from jobs that I have applied for
<4>	I can work, but it is difficult to find work which allows me to manage my caring responsibilities	<13>	I want some time out of the employment market
<5>	Lack of affordable or available childcare means I cannot work	<95 fixed>	Other (open [not_working_other]) [open] please specify
<6>	Lack of affordable or available care for the adult I care for means I cannot work	<999 fixed xor>	Not applicable – there is no particular reason that I am not working
<7>	I have tried to find work but haven't been successful	<977 fixed xor>	Don't know
<8>	I am looking a specific type of role or job that I haven't found or hasn't been available	<933 fixed xor>	Prefer not to say

Base: All those working
Question type: **Single**

[NEW_WORKSETUP] Which of the following best describes your current work situation?

<1>	I work mainly from home/remotely
<2>	I work mainly from a workplace or on-site location
<3>	I split my time fairly evenly between working from home/remotely and from a workplace
<97>	Prefer not to say

Base: All
Question type: **Single**

[S1_new] At birth were you described as:

We are asking this question because the effects of alcohol consumption, and some other health matters covered in this survey, are affected by your sex.

<1>	Male
<2>	Female
<97>	Prefer not to say

Base: All
Question type: **Single**

[S2_new] Do you consider yourself to be transgender (or trans), non-binary or gender diverse?

<1>	Yes
<2>	No

<97> Prefer not to say

Question type: **Single**

[S3] How would you describe your sexual orientation?

- <1> Bisexual
- <2> Heterosexual
- <3> Queer
- <4> Pansexual
- <5> Lesbian
- <6> Asexual
- <7> Gay
- <98> Another way (open [s3_other]) [open] please specify
- <97> Unsure
- <99> Prefer not to say

Question type: **Pdl**

[ethnicity_new] What ethnic group best describes you? Please select one option only. (We ask the question in this way so that it is consistent with Census definitions.)

- | | |
|---|---|
| <1> English / Welsh / Scottish / Northern Irish / British | <11> Bangladeshi |
| <2> Irish | <12> Chinese |
| <3> Gypsy or Irish Traveller | <13> Any other Asian background |
| <4> Any other White background | <14> African |
| <5> White and Black Caribbean | <15> Caribbean |
| <6> White and Black African | <16> Any other Black / African / Caribbean background |
| <7> White and Asian | <17> Arab |
| <8> Any other Mixed / Multiple ethnic background | <18> Any other ethnic group |
| <9> Indian | fixed> |
| | <19> Prefer not to say |
| | fixed> |
| <10> Pakistani | |

Question type: **Pdl**

#Question display logic:

if pdl.profile_marital.last > months(6) and updated

[profile_marital] What is your current marital or relationship status?

- <7> Divorced
- <2> In a civil partnership
- <5> In a relationship, but not living together
- <4> Living with a partner but neither married nor in a civil partnership
- <1> Married
- <3> Separated but still legally married or in a civil partnership
- <6> Single
- <8> Widowed

Question type: **Pdl**

#Question display logic:

if pdl.profile_household_size.last > months(6) and updated

[profile_household_size] How many people, including yourself, are there in your household?
Please include both adults and children.

- | | |
|------|-------------------|
| <1> | 1 |
| <2> | 2 |
| <3> | 3 |
| <4> | 4 |
| <5> | 5 |
| <6> | 6 |
| <7> | 7 |
| <8> | 8 or more |
| <9> | Don't know |
| <10> | Prefer not to say |

Question type: **Pdl**

#Question display logic:

if pdl.parent.last > months(6) and updated

[parent] Are you a parent or guardian? Please select all that apply

- | | |
|----------|--|
| <1> | Yes, of at least one child younger than 18 years old |
| <2> | Yes, of at least one child 18 years old or older |
| <97 xor> | No, I am neither a parent or guardian |
| <98 xor> | Don't know/Prefer not to say |

Question type: **Pdl**

#Question display logic:

if pdl.profile_education_level.last > months(6) and updated

[profile_education_level] What is the highest educational or work-related qualification you have?

- | | | | |
|------|--|------|---|
| <1> | No formal qualifications | <11> | GCE A level or Higher Certificate |
| <2> | Youth training certificate/skillseekers | <12> | Scottish Higher Certificate |
| <3> | Recognised trade apprenticeship completed | <13> | Nursing qualification (e.g. SEN, SRN, SCM, RGN) |
| <4> | Clerical and commercial | <14> | Teaching qualification (not degree) |
| <5> | City & Guilds certificate | <15> | University diploma |
| <6> | City & Guilds certificate - advanced | <16> | University or CNA first degree (e.g. BA, B.Sc, B.Ed) |
| <7> | ONC | <17> | University or CNA higher degree (e.g. M.Sc, Ph.D) |
| <8> | CSE grades 2-5 | <18> | Other technical, professional or higher qualification |
| <9> | CSE grade 1, GCE O level, GCSE, School Certificate | <19> | Don't know |
| <10> | Scottish Ordinary/ Lower Certificate | <20> | Prefer not to say |

Question type: **Pdl**

#Question display logic:

if pdl.profile_household_children.last > months (12) and updated

[profile_household_children] How many of the people in your household are under 18?

- | | |
|-----|-------------------|
| <1> | 0 |
| <2> | 1 |
| <3> | 2 |
| <4> | 3 |
| <5> | 4 |
| <6> | 5 or more |
| <8> | Don't know |
| <9> | Prefer not to say |

Question type: **Pdl**

#Question display logic:

if pdl.disability.last > months(6) and updated

[disability] Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last, at least 12 months?

- | | |
|-----|-----------------------|
| <1> | Yes, limited a lot |
| <2> | Yes, limited a little |
| <3> | No |

Question type: **Pdl**

#Question display logic:

if pdl.profile_religion_stat.last > months (12) and updated

[profile_religion_stat] Do you regard yourself as belonging to any particular religion?

- | | |
|-----|-------------------|
| <1> | Yes |
| <2> | No |
| <3> | Don't know |
| <4> | Prefer not to say |

Question type: **PdI**

#Question display logic:

if pdl.profile_religion_denom.last > months (12) and profile_religion_stat==1 and updated

[profile_religion_denom] If so, which denomination?

<1>	None	<9>	Brethren
<2>	Church of England/Anglican/Episcopal	<10>	Jewish
<3>	Roman Catholic	<11>	Hindu
<4>	Presbyterian/Church of Scotland	<12>	Islam/Muslim
<5>	Methodist	<13>	Sikh
<6>	Baptist	<14>	Buddhist
<7>	United Reformed Church	<15>	Other
<8>	Free Presbyterian	<16>	Prefer not to say