

# Drinkaware Monitor 2021

## Technical Report

28<sup>th</sup> July 2021

Prepared by: Phil Newbold, Senior Research Executive



**YouGov**<sup>®</sup>

## Contents

Introduction .....	2
Description of standardised tools and terminology .....	3
Method.....	10
Sampling .....	10
Weighting .....	10
Analysis.....	11
Appendix.....	12
Full questionnaire.....	12

## 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 objectives of the 2021 Drinkaware Monitor survey were to:

- Provide an overview of drinking behaviour in the UK, measuring frequency and quantity of drinking among UK adults;
- Investigate further the impact of the COVID-19 pandemic and lockdown on drinking behaviour. The 2020 survey specifically examined how COVID-19 affected alcohol consumption and the 2021 survey provided an opportunity for greater exploration of this;
- Explore awareness and consumption of alcohol-free and low-alcohol drinks; and
- Assess the impact of the pandemic on mental health and how this relates to alcohol consumption.

The Drinkaware Monitor survey is a long running research project conducted for Drinkaware by YouGov (in 2017-2021) 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.

Drinkaware would like to thank Professor Derek Heim and Dr. Rebecca Monk at Edge Hill University for their input and advice into the questionnaire's development.

## Description of standardised tools and terminology

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 harm<sup>1</sup>. 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 appendix.

**Table 1: AUDIT scores**

AUDIT SCORE	
<b>Low risk</b>	0 to 7
<b>Increasing risk</b>	8 to 15
<b>Higher risk</b>	16 to 19
<b>Possible dependence</b>	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 was used in previous Drinkaware Monitor surveys as a key metric for assessing alcohol risk.

---

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

**Table 2: AUDIT scores**

AUDIT-C SCORE	
<b>Under 5</b>	0 to 4
<b>Increasing risk</b>	5 to 7
<b>Higher risk</b>	8 to 12
<b>Possible dependence</b>	11 or 12

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

The Drinking Motive Questionnaire: Revised Short Form (DMQ-R SF)<sup>2</sup> consists of 12 motivations for drinking and a five-point response scale. Responses are used to determine the extent to which they 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

**Enhancement**

- Because you like the feeling

---

<sup>2</sup> 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.



- 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., 2016<sup>3</sup>) and has been used in subsequent Drinkaware Monitor surveys. The occasions included in the tool are:

- Drinking at home alone
- A small number of drinks at home with the family
- A small number of drinks at home with a partner as a couple
- Several drinks at home with a partner

---

<sup>3</sup> 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).

- Getting together at your or someone else's house
- Going out for a meal
- Evening or night out with friends, with no drinking at home
- Mixed home drinking and night out with friends

## *Alcohol-free and low-alcohol drinks*

A new section of the 2021 Monitor survey explored the consumption of alcohol-free and low-alcohol drinks. The definition of these was taken from The Department for Health and Social Care's (DHSC)<sup>4</sup> guidance on low-alcohol descriptors:

- An alcohol-free drink should contain no more than 0.05% ABV.
- A low-alcohol drink must be 1.2% ABV (alcohol by volume) or below.

The questions asked in the survey were drawn from SMF's lo/no drinks report<sup>5</sup> commissioned by Alcohol Change UK, but the definition of alcohol-free drinks was changed to match the DHSC guidance.

## *The Brief Comprehensive Effects of Alcohol questionnaire*

The B-CEOA<sup>6</sup> is a 15-item measure of alcohol outcome expectancies derived from the 38-item CEOA. It assesses the expectations of the positive and negative effects of drinking alcohol by asking respondents about possible consequences of such actions. The B-CEOA includes four of the seven original subscales, including:

- (1) Risk and Aggression/Liquid Courage/Sociability
  - a. be courageous
  - b. act sociable

---

<sup>4</sup> Department of Health & Social Care. (2018, December 13). Low alcohol descriptors guidance. [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/763840/low-alcohol-descriptors-guidance.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/763840/low-alcohol-descriptors-guidance.pdf)

<sup>5</sup> Corfe, S., Hyde, R., & Shepherd, J. Alcohol-free and low-strength drinks. Understanding their role in reducing alcohol-related harms. <https://www.smf.co.uk/wp-content/uploads/2020/09/NoLo-drinks-and-alcohol-related-harms-Sept-2020.pdf>

<sup>6</sup> Ham, L. S., Stewart, S. H., Norton, P. J., & Hope, D. A. (2005). Psychometric assessment of the comprehensive effects of alcohol questionnaire: Comparing a brief version to the original full scale. *Journal of Psychopathology and Behavioral Assessment*, 27(3), 141-158.

- c. talk to people more easily
- d. be brave and daring
- e. take risks
- f. be loud, boisterous, or noisy
- g. act aggressively

## (2) Self-Perception/Cognitive and Behavioral Impairment

- a. feel dizzy
- b. feel moody
- c. be clumsy
- d. feel guilty

## (3) Sexuality

- a. enjoy sex more
- b. be a better lover

## (4) Tension Reduction

- a. feel calm
- b. feel peaceful

The score for each scale is calculated by averaging the item scores, i.e., totalling the item scores and dividing by the number of items in the scale. The scoring scheme used in the Monitor survey reflects factors identified in the original publications.

### *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](#).

### **Scoring:**

- 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

### *Self-stigma of mental illness scale--short form (SSMIS-SF)*

The Monitor adapted questions from SSMIS-SF – a scale measuring stigma related to mental health – to stigma related to alcohol dependence. Self-stigma is defined by four constructs (called the 3 A's plus 1).



**Awareness:** People know common stereotypes about others with mental illness. Note that awareness of stereotypes does not mean people agree with them.

**Agreement:** Some people are not only aware of stereotypes, but agree that they are factual and accurate.

**Application:** Some people apply the stereotypes to themselves. They internalise the stereotypes.

**Hurts self:** As a result of applying the stereotypes to themselves, some people suffer decreased self-esteem (they feel less worthy) or self-efficacy (they feel less able).

The Monitor questionnaire only included two sub-scales (Aware and Agree), as the last two (Apply and Hurt) are about applying those thoughts to themselves. Items from Aware and Agree are summed, with greater scores representing greater stigma.

### *Drinking refusal self-efficacy questionnaire-revised (DRSEQ-R)*

The Monitor uses a reduced and adapted version of the 19-item DRSEQ-R<sup>7</sup>, which assesses participants' confidence she/he can refuse consuming alcohol across a variety of settings.

Higher scores indicate an overall greater ability to refuse alcohol across different situations. A total score and three factor scores (Social Pressure, Emotional Relief, Opportunistic Relief) can be obtained using the DRSEQ-R. The reduced version of DRSEQ-R adapted for the Monitor has not been validated, but each factor is still represented.

### *Patient Health Questionnaire-4 (PHQ-4)*

The 'Patient Health Questionnaire-4' (PHQ-4)[1] is a 4-item inventory rated on a 4-point Likert-type scale. Its items are drawn from the first two items of the 'Generalized Anxiety Disorder-7 scale' (GAD-7) and the 'Patient Health Questionnaire-8' (PHQ-8). Its purpose is to allow for very brief and accurate measurement of depression and anxiety.

*Over the last 2 weeks, how often have you been bothered by the following problems?*

1. Little interest or pleasure in doing things [Depression subscale]

---

<sup>7</sup> Oei, T. P., Hasking, P. A., & Young, R. M. (2005). Drinking refusal self-efficacy questionnaire-revised (DRSEQ-R): a new factor structure with confirmatory factor analysis. *Drug and alcohol dependence*, 78(3), 297-307.

2. Feeling down, depressed, or hopeless [Depression subscale]
3. Feeling nervous, anxious, or on edge [Anxiety subscale]
4. Not being able to stop or control worrying [Anxiety subscale]

Not at all (0)

Several days (1)

More than half the days (2)

Nearly every day (3)

## Scoring:

*PHQ-4 scores* are summed and categorised as following:

- Normal (0 –2)
- Mild (3–5)
- Moderate (6 – 8)
- Severe (9 –12)

*Depression subscale:* a score of 3 or more indicates potential cases of depression.

*Anxiety subscale:* a score of 3 or more indicates potential cases of anxiety.

## Method

### Sampling

As with previous Drinkaware Monitor surveys, the sample for the 2021 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, gender, social grade, ethnicity, location 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.

In total, 9,137 UK adults aged 18-85 were interviewed, including 5,934 in England, 1,245 in Wales, 1,349 in Scotland and 609 in Northern Ireland. The devolved nations were proportionally over-sampled, relative to their population size, to allow for more robust analysis at nation level.

### Weighting

After completing the survey, responses are saved securely on YouGov's systems and final data are then weighted to be representative of the population as a whole.

Using data from the Office for National Statistics, results were weighted to be representative of the national populations of the four countries of the United Kingdom with a total weight applied to ensure aggregate results are representative of the national UK population as a whole. This approach is consistent with previous years of the Drinkaware Monitor survey.

Table 3 provides a breakdown of the sample for the 2021 Drinkaware Monitor.

**Table 3: Unweighted and weighted sample breakdown**

Sample	Unweighted	Unweighted	Weighted	Weighted
	N	%	N	%
<b>Male</b>	4532	50%	4488	49%
<b>Female</b>	4605	50%	4649	51%
<b>18 to 24</b>	1041	11%	1068	12%
<b>25 to 34</b>	1713	19%	1616	18%
<b>35 to 44</b>	1357	15%	1529	17%
<b>45 to 54</b>	1573	17%	1679	18%
<b>55 to 64</b>	1466	16%	1360	15%
<b>65 to 74</b>	1320	14%	1242	14%
<b>75+</b>	667	7%	644	7%
<b>England</b>	5934	65%	7671	84%
<b>Scotland</b>	1349	15%	436	8%
<b>Wales</b>	1245	14%	775	5%
<b>Northern Ireland</b>	609	7%	255	3%
<b>ABC1</b>	5224	57%	4849	53%
<b>C2DE</b>	3912	43%	4287	47%

## 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.

## Appendix

### Full questionnaire

#### SECTION: ALCOHOL

#BASE: ALL

[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: Those who never drink alcohol

[A1a if A1==99] **Which, if any, of the following best applies to you?**

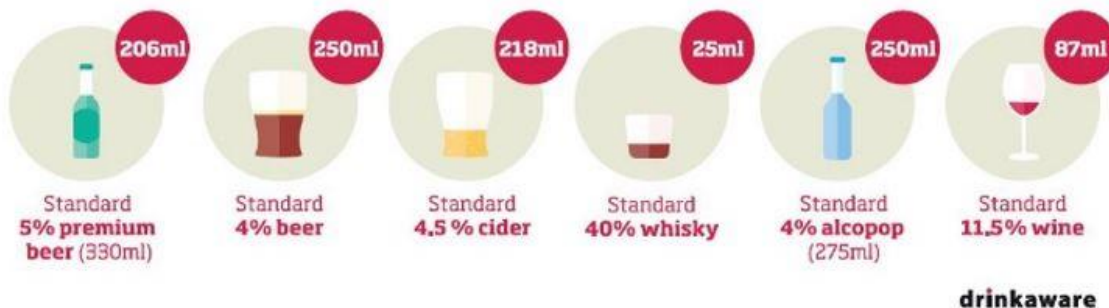
- <1> I used to drink alcohol but have given up
- <2> I have never drunk alcohol
- <95> Other (please specify)

#Base: Those who have given up alcohol

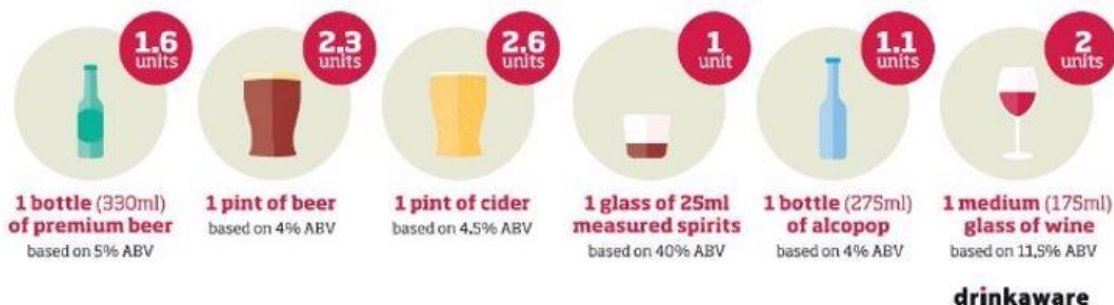
[A1b if A1a==1] **What were your reasons for giving up alcohol? Please select all that apply.**

- <1> Religious reasons
- <2> Don't like the taste of alcohol
- <3> Don't like the behavioural effects it has on me
- <4> My partner/spouse doesn't drink
- <5> I felt my drinking was problematic
- <6> To lose weight
- <7> To improve my health generally
- <14> To improve my health – due to concerns about COVID-19
- <8> I was advised to by a healthcare professional
- <9> Alcohol wasn't fitting into my lifestyle anymore
- <10> Don't like the physical effects it has on me
- <11> To perform better at work
- <12> Because of pregnancy
- <13> Because of family and childcare responsibilities
- <95 fixed> Other [A1b\_other]{open}
- <98 fixed xor> Can't remember
- <97 fixed xor> Prefer not to say

## What does 1 unit of alcohol look like?



## How many units are in common drinks?



#BASE: DRINKERS

[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

#BASE: DRINKERS

[Q6C] How often have you had [6/8] 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



#BASE: DRINKERS

[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 who drank alcohol on a specific day

[G1] **You indicated that you drank alcohol on the following day(s) in the last seven leading up to yesterday. For each day, please indicate where you were drinking on the table below.**

- [G1\_1] Sunday
- [G1\_2] Saturday
- [G1\_3] Friday
- [G1\_4] Thursday
- [G1\_5] Wednesday
- [G1\_6] Tuesday
- [G1\_7] Monday

- <1> Home
- <2> Pub/bar/restaurant
- <3> Friends/family's home
- <4> Other
- <98> Don't know / Prefer not to say

#Base: all who drank alcohol on a specific day

[G2] **You indicated that you drank alcohol on the following day(s) in the last seven leading up to yesterday. For each day, where you drinking alone or with others?**

- [G2\_1] Sunday
- [G2\_2] Saturday
- [G2\_3] Friday
- [G2\_4] Thursday
- [G2\_5] Wednesday
- [G2\_6] Tuesday
- [G2\_7] Monday

- <1> Alone
- <2> With others
- <3> Both
- <98> Don't know / Prefer not to say

#BASE: DRINKERS

[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\_2] Because it helps you when you feel depressed or nervous
- [A4\_3] To cheer up when you are in a bad mood
- [A4\_4] Because you like the feeling
- [A4\_5] To get a buzz
- [A4\_6] Because it makes social gatherings more fun
- [A4\_7] To fit in with a group you like
- [A4\_8] Because it improves parties and celebrations
- [A4\_9] To forget about your problems
- [A4\_10] Because it's fun
- [A4\_11] To be liked
- [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: DRINKERS

[A5] **How often, if at all, in the last year did you drink alcohol on occasions that are similar to the descriptions below? You can hover over some to see examples.**

- [A5\_1] Drinking at home alone
- [A5\_2] A small number of drinks at home with the family
- [A5\_3] A small number of drinks at home with a partner as a couple
- [A5\_4] Several drinks at home with a partner
- [A5\_5] Getting together at your or someone else's house
- [A5\_6] Going out for a meal
- [A5\_7] Evening or night out with friends, with no drinking at home
- [A5\_8] Mixed home drinking and night out with friends

- <1> 5 or more times a week
- <2> 2 to 4 times a week
- <3> Once a week
- <4> 2 or 3 times a month
- <5> Once a month
- <6> Once every 2-3 months
- <7> Twice a year or less often
- <8> Never
- <9> Not sure

#BASE: DRINKERS

[G3] **Choose from DISAGREE TO AGREE depending on whether you expect the effect to happen to you IF YOU WERE UNDER THE INFLUENCE OF ALCOHOL.**

**These effects will vary, depending on the amount of alcohol you typically consume.**

**After a few drinks of alcohol, I would be more likely to...**

- [G3\_1] Enjoy sex more
- [G3\_2] Be courageous
- [G3\_3] Feel calm
- [G3\_4] Be a better lover
- [G3\_5] Act sociable
- [G3\_6] Talk to people more easily
- [G3\_7] Feel peaceful
- [G3\_8] Be brave and daring
- [G3\_9] Take risks
- [G3\_10] Feel dizzy
- [G3\_11] Feel moody
- [G3\_12] Be clumsy
- [G3\_13] Be loud, boisterous, or noisy
- [G3\_14] Act aggressively
- [G3\_15] Feel guilty

- <1> Disagree
- <2> Slightly disagree
- <3> Slightly agree
- <4> Agree

#BASE: DRINKERS

[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: DRINKERS

[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\_2] Record how much I am drinking
- [A8\_3] Drink a lower strength alcoholic drink
- [A8\_4] Alternate alcoholic drinks with soft drinks or water
- [A8\_5] Drink smaller glasses of wine or smaller bottles of beer
- [A8\_6] Set myself a drinking limit e.g. just a glass/bottle
- [A8\_7] Avoid drinking alcohol on a 'school/work night'
- [A8\_8] Avoid being in a round of drinks
- [A8\_9] Drink within the guidelines
- [A8\_10] Stay off alcohol for a fixed time period
- [A8\_11] Take drink-free days during the week
- [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: DRINKERS

[G4] **The following items contain a list of situations in which people may find themselves drinking alcohol. Most people find it easier to resist drinking in some of these situations than others. Please select which best describes how much you could resist drinking in each case.**

- [G4\_1] When someone offers me a drink
- [G4\_2] When my spouse or partner is drinking
- [G4\_3] When my friends are drinking
- [G4\_4] When I am at a pub, club or restaurant
- [G4\_5] When I am angry or frustrated
- [G4\_6] When I am worried
- [G4\_7] When I feel down
- [G4\_8] When I am watching T.V.
- [G4\_9] When I am listening to music or reading
- [G4\_10] When I am by myself
- [G4\_11] When I have just finished playing sport
- [G4\_12] When I first arrive home

<1> I am very sure I could NOT resist drinking

<2> I most likely would NOT resist drinking

<3> I probably could NOT resist drinking

<4> I probably could resist drinking

<5> I most likely could resist drinking

<6> I am very sure I could resist drinking

#BASE: ALL

[Ma\_1] **How often do you see alcohol marketing on each of the following:**

- [Ma\_1\_1] TV or streaming services
- [Ma\_1\_2] Posters / billboards in public spaces
- [Ma\_1\_3] Online – on a website
- [Ma\_1\_4] Online – on social media (Facebook, Instagram etc.)
- [Ma\_1\_5] In a physical newspaper or magazine
- [Ma\_1\_6] In a shop

- <1> Never
- <2> Rarely
- <3> Sometimes
- <4> Often
- <5> Very often
- <98> Don't know

**There are many attitudes about alcohol. We would like to know what you think most of the public as a whole (or most people) believe about these attitudes. Please answer the following items using the 9-point scale below.**

#BASE: ALL

[St1] **I think the public believes most people with alcohol dependence...**

- [St1\_1] are to blame for their problems
- [St1\_2] are unpredictable
- [St1\_3] will not recover or get better
- [St1\_4] are dangerous
- [St1\_5] are unable to take care of themselves

- <1> 1 – strongly disagree
- <2> 2
- <3> 3
- <4> 4
- <5> 5
- <6> 6
- <7> 7
- <8> 8
- <9> 9 – strongly agree

#BASE: ALL

[St2] {single} **Now please think about your own attitudes. Please answer the next 5 items using the same agreement scale.**

**I think most persons with alcohol dependence...**

- [St2\_1] are to blame for their problems
- [St2\_2] are unpredictable
- [St2\_3] will not recover or get better
- [St2\_4] are dangerous
- [St2\_5] are unable to take care of themselves

<1> 1 – strongly disagree

<2> 2

<3> 3

<4> 4

<5> 5

<6> 6

<7> 7

<8> 8

<9> 9 – strongly agree

## **SECTION: DRINKING AND THE PANDEMIC**

**The following questions are about the coronavirus (COVID-19) pandemic. The pandemic began in the UK in January 2020, with the UK Government introducing a national lockdown on the 23<sup>rd</sup> March 2020. We will now ask you a few questions about how your drinking habits have changed, if at all, as a result of the pandemic.**

#BASE: DRINKERS

[B2\_1] **Thinking about the amount that you were drinking during the first coronavirus (COVID-19) lockdown in late March to June 2020, would you say you were drinking more, less or the same amount compared to before the pandemic began (i.e. before March 2020)?**

<1> Much more than before the pandemic

<2> Slightly more than before the pandemic

<3> About the same amount

<4> Slightly less than before the pandemic

<5> Much less than before the pandemic

<6> Don't know

<7> Prefer not to say



#BASE: DRINKERS

[B2\_2] **Now thinking about the last 30 days, would you say you are drinking more, less or the same amount compared to before the pandemic began (i.e. before March 2020)?**

- <1> Much more than before the pandemic
- <2> Slightly more than before the pandemic
- <3> About the same amount
- <4> Slightly less than before the pandemic
- <5> Much less than before the pandemic
- <6> Don't know
- <7> Prefer not to say

#BASE: DRINKERS

[B6] **Since the coronavirus pandemic began (i.e. since March 2020), has your drinking behaviour changed in any of the following ways, compared to before the pandemic? Please tick all that apply.**

- <1> Drinking earlier in the day than usual
- <2> Drinking later in the day than usual
- <3> Drinking on more days a week than usual
- <4> Drinking on less days a week than usual
- <6> Drinking in different situations/settings than usual
- <7> Drinking different types of drink to usual
- <8> Drinking more alcohol in a single session than usual
- <99> None of these
- <98> Don't know
- <97> Prefer not to say

#BASE: DRINKERS

[B9] **As pandemic restrictions ease in the future, do you intend to:**

- <1> Cut down on drinking compared to during the pandemic
- <2> Continue drinking about the same amount as during the pandemic
- <3> Start drinking more than you were during the pandemic
- <4> Don't know
- <5> Prefer not to say

#BASE: ALL

[B10] **During the pandemic, 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
- <4> Prefer not to say

#Those who have been concerned about someone else's drinking  
[B11 if B10==1] **Whose drinking have you been concerned by? Please tick all that apply.**

- <1>Someone in my household
- <2>A family member or friend – outside my household
- <3> A work colleague
- <95>Other [B11\_other] {open}
- <97 xor>Prefer not to say

## *SECTION: GENERAL HEALTH AND WELLBEING*

#BASE: ALL

[C1] **During the pandemic, would you say you have been eating more or less healthily, compared to normally, or is it about the same?**

- <1> More healthily
- <2> About the same
- <3> Less healthily
- <4> Don't know

#BASE: ALL

[C3] **During the pandemic, would you say you have gained weight, lost weight, or maintained around the same weight as before the pandemic?**

- <1> Gained weight
- <2> Maintained about the same weight
- <3> Lost weight
- <4> Don't know
- <5>Prefer not to say

#BASE: ALL

[C4] **Which of the following statements BEST applies to you? Please do NOT include e-cigarettes.**

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

#BASE: SMOKERS

[C5 if C4 in [3,4]] **During the pandemic, would you say you have been smoking more, less or the same amount, compared to before the pandemic?**

- <1> More
- <2> About the same amount
- <3> Less
- <4> Don't know
- <5>Prefer not to say

#BASE: ALL EMPLOYED ADULTS

[D6 if D2 in [1,2]] **Are or have you been furloughed?**

<1> I am currently furloughed (temporarily not working at all due to the COVID-19 pandemic but still employed)

<2> I am currently on 'flexible furlough' (temporarily working fewer hours than usual, and furloughed for the remainder of working hours)

<3> I have been furloughed but have since returned to work

<4> No – I have not been furloughed

<98> Don't know / Prefer not to say

#BASE: ALL

[D7] {single} **Have you been made redundant since the Coronavirus (COVID-19) outbreak started in the UK?**

<1> I have been made redundant

<2> I am in the consultation process for redundancy

<3> Neither of these

<96> Not applicable

<97> Prefer not to say

#BASE: ALL EMPLOYED ADULTS

[D8 if D2 in [1,2]] **To what extent, if at all, are you concerned about your job security at the moment?**

<1> Not at all concerned

<2> Not very concerned

<3> Fairly concerned

<4> Very concerned

<98> Don't know

<97> Prefer not to say

#BASE: ALL SELF-EMPLOYED ADULTS

[D8a if D2==3] **To what extent, if at all, are you concerned about the security of your business/self-employed income at the moment?**

<1> Not at all concerned

<2> Not very concerned

<3> Fairly concerned

<4> Very concerned

<98> Don't know

<97> Prefer not to say

#BASE: ALL WORKING ADULTS

[D13b] **And did your place of work change at the start of the pandemic?**

<1> Yes – I started to work from home but didn't previously

<2> Yes – my employer moved me to a different office/site/place of work

<3> No – I work in the same office/site/place of work as I did previously

#BASE: ALL PARENTS OF UNDER 18s WHO ARE WORKING FROM HOME  
[D15 if D13a==1] **During the pandemic, have you had to balance working from home with responsibilities relating to childcare or your child(ren)'s education? Please tick all that apply.**

- <1> Yes - I've had to care for a child(ren) under 5 years old
- <2> Yes - I've had to home-school my school-aged child(ren)
- <3> Yes - I've had to support my older child(ren) with their education
- <4> No - I haven't had to balance working from home with childcare/home-schooling/supporting education

#BASE: ALL PARENTS OF UNDER 18s  
[D15a] **Thinking about who has had the \_main\_ responsibility for childcare/home-schooling/supporting your child(ren)'s education during the pandemic, which of the following best describes your situation?**

- <1> I've been solely or mainly responsible for childcare/home-schooling/supporting education
- <2> I've shared these responsibilities equally with my partner/another adult
- <3> My partner/another adult has been solely or mainly responsible for childcare/home-schooling/supporting education
- <4> Not applicable

#BASE: ALL WORKING PARENTS OF UNDER 18s  
[D15b if D2 in [1,2,3]] **During the pandemic, to what extent, if at all, have responsibilities relating to childcare/home-schooling/supporting your child(ren)'s education impacted your ability to do your job?**

- <1> Very negative impact
- <2> Minor negative impact
- <3> No impact
- <4> Minor positive impact
- <5> Very positive impact
- <6> Not sure

#BASE: ALL WORKING ADULTS  
[D9] **To what extent do you agree or disagree with the following statement: My job has become more stressful due to the Coronavirus pandemic.**

- <1> Strongly agree
- <2> Tend to agree
- <3> Neither agree nor disagree
- <4> Tend to disagree
- <5> Strongly disagree
- <98> Don't know

#IF JOB HAS BECOME MORE STRESSFUL

[D9a if D9 in [1,2]] **You said your job has become more stressful due to the pandemic. Which of the following are reasons for your job becoming more stressful? Please tick all that apply.**

- <1> Increased workload
- <2> Staffing issues/staff absence
- <3> New operational challenges (e.g. implementing COVID-secure processes)
- <4> Loss of sales/business
- <5> Dealing with redundancies/job losses
- <6> Difficulty doing your job from home
- <7> Other difficulties relating to the workplace/organisation
- <8> Lack of childcare
- <9> Home-schooling
- <10> Relationship pressures
- <11> Other difficulties relating to your home or family life
- <95> Other[D9a\_other]{open}

## SECTION: FULL AUDIT QUESTIONS

#BASE: DRINKERS

[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: DRINKERS

[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: DRINKERS

[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: DRINKERS

[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: DRINKERS

[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: DRINKERS

[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: DRINKERS

[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



## SECTION: ALCOHOL-FREE AND LOW-ALCOHOL PRODUCTS

This section asks about your awareness and consumption of alcohol-free and low-alcohol drinks—more commonly known as “NoLo drinks”.

#BASE: ALL

[H1] **Thinking about alcohol such as, beers, wines, ciders, spirits and mixed drinks (e.g., gin & tonic, alcopops), what do you understand by the terms “low alcohol”, and “alcohol-free” versions?**

-[H1\_1] Alcohol-free

-[H1\_2] Low-alcohol

<1> Contains zero alcohol

<2> Contains no more than a very low amount of alcohol (e.g. 0.05% alcohol)

<3> Contains no more than 0.5% alcohol

<4> Contains no more than 1.2% alcohol

<5> Depends on the type of drink (e.g. a low alcohol beer will contain less alcohol than a low alcohol wine)

<6> Other

<98> Don't know

#BASE: ALL

[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: ALL WHO HAVE CONSUMED LOW ALCOHOL OR ALCOHOL FREE DRINKS  
[H3] **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> Avoid sober shaming/ to fit in
- <2> Pregnant/supporting pregnant partner
- <3> Reduce possibility of impulsive behaviour or poor judgement
- <4> Recovering from alcohol dependency
- <5> To help take part in a temporary abstinence (e.g. Dry January)
- <6> Illness or to improve health
- <7> Friend/family member recommended/offered
- <8> To avoid hangovers
- <9> Out of curiosity
- <10> To cut down on alcohol generally
- <11> Like the taste
- <12> Religious reasons
- <13> Because you needed to drive afterwards
- <14> Other
- <98> Don't know / Not sure
- <99> Prefer not to say

#BASE: ALL WHO SELECTED MORE THAN ONE

[H4] **And which of these was your main reason for consuming low alcohol and/or alcohol-free drinks in the past 12 months?**

- <1> Avoid sober shaming/ to fit in
- <2> Pregnant/supporting pregnant partner
- <3> Reduce possibility of impulsive behaviour or poor judgement
- <4> Recovering from alcohol dependency
- <5> To help take part in a temporary abstinence (e.g. Dry January)
- <6> Illness or to improve health
- <7> Friend/family member recommended/offered
- <8> To avoid hangovers
- <9> Out of curiosity
- <10> To cut down on alcohol generally
- <11> Like the taste
- <12> Religious reasons
- <13> Because you needed to drive afterwards
- <14> Other
- <98> Don't know / Not sure
- <99> Prefer not to say

#BASE: ALL WHO HAVE CONSUMED LOW/ALCOHOL-FREE DRINKS BUT NOT IN THE PAST 12 MONTHS

[H5] **You mentioned that you have consumed low alcohol or alcohol-free drinks before, but not in the past 12 months. Which if any of the following are reasons for this? Please select all that apply.**

- <1> I was cutting back temporarily at the time (e.g. for Dry January)
- <2> I did not enjoy the taste
- <3> I drank these products out of curiosity
- <4> I felt these drinks sent out the wrong image
- <5> I was pregnant at the time/supporting a pregnant partner
- <6> I used to drink these in the past to help cut down on alcohol but no longer needed
- <7> I prefer the effects of stronger/ conventional alcohol
- <8> I worried about calories/sugar content
- <9> Too expensive
- <10> I prefer taste of stronger/ conventional alcohol
- <11> Other
- <98> Don't know

#BASE: ALL WHO HAVE NEVER CONSUMED LOW/ALCOHOL-FREE DRINKS

[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
- <2> Concerned about negative views from others
- <3> I can never find these products
- <4> These drinks are not part of my culture
- <5> I am concerned or unsure about health impacts
- <6> too expensive
- <7> I was unaware of such products
- <8> I think they would taste worse
- <9> I enjoy alcohol which limits appeal of low/alcohol free
- <10> I don't feel the need to cut back on alcohol
- <11> I'd rather buy conventional alcohol
- <12> If not drinking I would prefer soft drinks
- <13> Other
- <98> Don't know

#BASE: ALL

[H7] **Thinking about the next 12 months, how likely or unlikely are you to consume...?**

- [H7\_1] Alcohol-free drinks (defined as 0.05% ABV or less)
- [H7\_2] Low-alcohol drinks (defined as 0.06% to 1.2% ABV)

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

#BASE: ALL PAST/PRESENT DRINKERS OF LOW/ ALCOHOL-FREE DRINKS

[H8] **To what extent would you say that drinking low alcohol/alcohol-free drinks has changed your typical current weekly alcohol consumption?**

- <1> My alcohol consumption has increased significantly
- <2> My alcohol consumption has increased a bit
- <3> My alcohol consumption has not changed
- <4> My alcohol consumption has decreased a bit
- <5> My alcohol consumption has decreased significantly
- <98> Don't know

#BASE: ALL PAST/PRESENT DRINKERS OF LOW/ ALCOHOL-FREE DRINKS

[H9] **Which, if any, of the following statements apply to you?**

- <1> I drink these on top of my consumption of stronger drinks
- <2> I use low-alcohol and alcohol-free drinks on specific occasions – for example, when I know I need to drive later on, or when I need to wake up early the following day.
- <3> I have switched from stronger alcoholic drinks to low-strength/alcohol-free alternatives to cut back on my alcohol consumption.
- <4> Low alcohol / alcohol-free drinks have led to me drinking beers / ciders / wines / spirits / mixed drinks in circumstances when I would not otherwise have consumed them (e.g. in the morning, at work, on an evening before work)
- <5> Alcohol-free and low strength drinks have led to me consuming more alcohol by getting me into more of a habit of drinking/going to the pub
- <6> Alcohol-free and low strength drinks have led to me consuming more alcohol through giving me an acquired taste for beer/wine/spirits/cider
- <99> None of the above
- <98> Don't know

## SECTION: MENTAL HEALTH

#BASE: ALL

[M1] **What impact, if any, has the pandemic had for you on...**

- [M1\_1] Your family relationships
- [M1\_2] Your romantic/intimate relationships
- [M1\_3] Your friendships
- [M1\_4] Your economic circumstances
- [M1\_5] [if in work] Your career prospects
- [M1\_6] [if in education] Your education/learning/training

- <1> Very positive impact
- <2> Fairly positive impact
- <3> No impact
- <4> Fairly negative impact
- <5> Very negative impact
- <99> Not applicable

#BASE: ALL

**[E1] Over the last 2 weeks, how often have you been bothered by the following problems?**

- [E1\_1] Little interest or pleasure in doing things
- [E1\_2] Feeling down, depressed, or hopeless
- [E1\_3] Feeling nervous, anxious, or on edge
- [E1\_4] Not being able to stop or control worrying

- <1> Not at all
- <2> Several days
- <3> More than half the days
- <4> Nearly every day
- <99> Prefer not to say

#BASE: ALL

**[E2] To what extent would you say your mental health and wellbeing has been negatively impacted since Coronavirus has impacted the UK?**

- <1> To a very large extent
- <2> To a large extent
- <3> To a moderate extent
- <4> To a small extent
- <5> To a very small extent
- <6> Not at all
- <99> Don't know
- <98> Prefer not to say

#BASE: ALL

**[E3] Have you been experiencing the following mental health problems more or less than usual since Coronavirus has impacted the UK?**

- [E3\_1] Anxiety
- [E3\_2] Sleep problems
- [E3\_3] Stress
- [E3\_4] Depression / Low mood

- <1> Much more than usual
- <2> A little more than usual
- <3> The same as usual
- <4> A little less than usual
- <5> Much less than usual
- <96> Don't know
- <99> Prefer not to say

#BASE: ALL

**[E4] Before the Coronavirus pandemic (i.e. at the start of March 2020) were you taking any medication for stress, anxiety or depression?**

- <1> Yes
- <2> No
- <3> Prefer not to say

#BASE: ALL

[E5] **Have you started taking any medication for stress, anxiety or depression since the Coronavirus pandemic (i.e. since the start of March 2020)?**

- <1> Yes
- <2> No
- <3> Prefer not to say

## *SECTION: SUPPORT AND GETTING HELP*

#BASE: ALL

[F1] **Since the Coronavirus pandemic lockdown (i.e. the start of March 2020), have you spoken to any of the following about any physical or mental health issues? Please tick all that apply.**

- <1> A GP
- <2> Another health professional (e.g. a specialist doctor, nurse etc)
- <3> A counsellor or psychotherapist
- <4> Friends or family
- <5 if D2 in [1,2]> Your line manager / supervisor
- <6 if D2 in [1,2]> An Employee Assistance Programme (a confidential helpline)
- <7> Other [F1\_other]{open}
- <99> None of the above

#BASE: ALL WHO SPOKE TO SOMEONE

[F6a] **When you spoke to someone about physical or mental health issues, did you discuss any of the following listed below? Please tick all that apply.**

- <1> Alcohol consumption
- <2> Mental health
- <3> Weight gain/loss
- <4> Smoking
- <5> Sleep
- <99> Prefer not to say
- <98> None of the above

#BASE: ALL WHO SPOKE TO SOMEONE

[F2 if F1.has\_any([1,2,3,4,5,6,7])] **And did you speak to them in-person (i.e. face-to-face), over the phone or via a video call? Multiple answers are possible.**

- [F2\_1] In person
- [F2\_2] On the phone (call or text)
- [F2\_3] Via video call e.g. Skype, Zoom

- <1 if 1 in F1> A GP
- <2 if 2 in F1> Another health professional (e.g. a specialist doctor, nurse etc)
- <3 if 3 in F1> A counsellor or psychotherapist
- <4 if 4 in F1> Friends or family
- <5 if 5 in F1 and D2 in [1,2]> Your line manager / supervisor
- <6 if 6 in F1 and D2 in [1,2]> An Employee Assistance Programme (a confidential helpline)
- <7 if 7 in F1> Other option from F1

#BASE: ALL WHO ACCESSED SUPPORT REMOTELY

[F3] **To what extent do you agree or disagree with the following statements about accessing support remotely (e.g. over the phone or via the internet, either through a call, video or text)?**

-[F3\_1] Accessing support remotely was no different to doing it in person

-[F3\_2] Accessing support remotely was a positive experience for me

-[F3\_3] It was difficult to access support remotely

-[F3\_4 if 1 in F2\_2 or 1 in F2\_3] The support I received remotely from my GP was helpful

-[F3\_5] I would access support remotely in the same way in future

<1> Strongly disagree

<2> Disagree

<3> Neither agree nor disagree

<4> Agree

<5> Strongly agree

<98> Don't know

## SECTION: DEMOGRAPHICS

**Finally, we just need to ask a few questions about you and your household, for data analysis purposes only....**

#BASE: ALL

[ethnicity\_new] **What ethnic group best describes you? (We ask the question in this way so that it is consistent with Census definitions.)**

*White*

<1> English / Welsh / Scottish / Northern Irish / British

<2> Irish

<3> Gypsy or Irish Traveller

<4> Any other White background

*Mixed / multiple ethnic groups*

<5> White and Black Caribbean

<6> White and Black African

<7> White and Asian

<8> Any other Mixed / Multiple ethnic background

*Asian / Asian British*

<9> Indian

<10> Pakistani

<11> Bangladeshi

<12> Chinese

<13> Any other Asian background

*Black / African / Caribbean / Black British*

<14> African

<15> Caribbean

<16> Any other Black / African / Caribbean background

*Other ethnic group*

<17> Arab

<18 fixed> Any other ethnic group

<19 fixed> Prefer not to say

#BASE: ALL

[household\_type\_UK] **Which, if any, of the following best describes your current living arrangements? Please select all that apply.**

<100 xor> I live alone

<1> Living with a spouse or partner

<2> Living with friend(s) or housemate(s)

<3> Living with parent(s)

<4> Living with brother(s) or sister(s)

<5> Living with child(ren) who are over 18

<6> Living with child(ren) who are below 18

<7> Living with other adult family members, e.g., Grandparents, Cousins, etc.

<8> Living with grandchild(ren) (by grandchildren we mean the children of your children, whether by birth, adoption, or relationship)

<999 xor> Prefer not to say

<99 xor> None of these

#BASE: ALL

[S1] **What is your sex?**

*A later question gives the option to tell us if your gender is different from your sex registered at birth, and, if different, to record your gender.*

*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

[S2] **Is your gender the same as the sex you were registered at birth?**

<1>Yes

<2>No (please write in gender)

<97> Prefer not to say