

# Drinkaware Monitor 2023

## Technical Report

November 2023

**YouGov**<sup>®</sup>

The background of the cover features an aerial, high-angle photograph of a busy pedestrian crossing. The crossing is marked with white zebra stripes on a dark pavement. A large number of people are seen walking across the crossing in various directions. Overlaid on the right side of the image is a decorative pattern of white dashed lines forming a grid of squares. The entire image has a semi-transparent pink overlay.

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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 2023 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 covered:

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

The topical areas for 2023 included:

- Peer pressure
- Drinking in pubs
- Drinking at home
- Concern around own and someone else's drinking
- Perceptions of reducing drinking
- Seeking support
- Health concerns related to alcohol consumption
- The cost of living
- Relationships with alcohol
- Advertising of alcohol

The Drinkaware Monitor survey is a long running research project conducted for Drinkaware by YouGov (in 2017-2023) 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

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	
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 was used in previous Drinkaware Monitor surveys as a key metric for assessing alcohol risk.

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<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-C scores**

AUDIT-C SCORE	
Under 5	0 to 4
Increasing risk	5 to 7
Higher risk	8 to 12
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)<sup>2</sup> 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

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<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.

## 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 Motives Questionnaire for Adults (DMQ-A)<sup>3</sup>*

The Drinking Motives Questionnaire for Adults (DMQ-A) consists of 20 motivations for drinking on a five-point response scale. Dimensions include social, coping, confidence, taste and enhancement. Responses are used to determine the extent to which people drink for social, coping, confidence, taste and enhancement reasons. As a scale developed for adults, this measure was included in the survey as a potential alternative to the DMQ-R-SF. The full list of reasons are:

### Social

- Because drinking is part of the fun with family or friends

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<sup>3</sup> D'Aquino, S., Callinan, S., Smit, K., Mojica-Perez, Y., & Kuntsche, E. (2023). Why do adults drink alcohol? Development and validation of a Drinking Motives Questionnaire for adults. *Psychology of Addictive Behaviors*, 37(3), 402–415. <https://doi.org/10.1037/adb0000877>

- Because drinking adds a certain warmth to social occasions
- Because it improves parties and celebrations
- To celebrate a special occasion with friends

## Coping

- To cheer up when you are in a bad mood
- To calm down when you are tense
- Because it helps you when you feel depressed or nervous
- To help you unwind

## Confidence

- To make you more outgoing
- To overcome shyness
- Because you feel more self-confident and sure of yourself
- To put you at ease with people

## Taste

- Because it is satisfying to have a high-quality drink
- Because it pairs well with food
- Because there's are certain products you particularly enjoy
- Because you like the taste

## Enhancement

- Because you like the feeling
- Because it gives you a pleasant feeling
- Because it's fun
- Because it makes you happy

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>4</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 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

## *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

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<sup>4</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).



## *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]
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.

## *Loneliness Scale (Adapted from the Office for National Statistics<sup>5</sup>)*

Four questions that capture different aspects of loneliness: relational connectedness, social connectedness, self-perceived isolation and a direct question about how often the respondent feels lonely. The first three questions are derived from the University of California, Los Angeles (UCLA) three-item loneliness scale<sup>6</sup>, which have been adapted by the Office for National Statistics (ONS). The last question was added by the ONS and is a direct question about how often the respondent feels lonely. Response scales for each have been made consistent.

*How often, if ever, do you feel...*

That you lack companionship

Left out

Isolated from others

Lonely

<1> Often/Always

<2> Some of the time

<3> Occasionally

<4> Hardly ever

<5> Never

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<sup>5</sup> Office for National Statistics. (2018, December 5). [Measuring loneliness: guidance for use of the national indicators on surveys](#).

<sup>6</sup> Hughes, M. E., Waite, L. J., Hawkey, L. C., & Cacioppo, J. T. (2004). A short scale for measuring loneliness in large surveys: Results from two population-based studies. *Research on aging*, 26(6), 655-672.

## Method

### Sampling

As with previous Drinkaware Monitor surveys, the sample for the 2023 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.

### *Sample*

This year, the sample was expanded and in total, 10,473 UK adults were surveyed.

This included 6,948 in England, 1,302 in Wales, 1,565 in Scotland and 658 in Northern Ireland. The devolved nations were proportionally over-sampled, relative to their population size, to allow for more robust analysis at nation level.

Additionally, we conducted boosts of those in Index of Multiple Deprivation (IMD) areas 1-2 (2,349 adults) and 9-10 (2,580 adults). The Index of Multiple Deprivation (IMD) is a measure of deprivation calculated based off postcode, which takes into account income, employment, education, skills and training, health, crime, housing and the living environment of an area. Those with lower scores live in the most deprived areas, and those with higher scores live in the least deprived areas. These boosts were accounted for when weighting the data.

## 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 tasks happen at the tail end of the data processing phase and it 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 as a whole. 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 2023 Drinkaware Monitor.

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

Sample	Unweighted	Unweighted	Weighted	Weighted
	N	%	N	%
<b>Male</b>	4971	47%	5144	49%
<b>Female</b>	5502	53%	5329	51%
<b>18 to 24</b>	1007	10%	1227	12%
<b>25 to 34</b>	1653	16%	1848	18%
<b>35 to 44</b>	1646	16%	1753	17%
<b>45 to 54</b>	1842	18%	1924	18%
<b>55 to 64</b>	1882	18%	1559	15%
<b>65 to 75</b>	1650	16%	1423	14%
<b>76+</b>	793	8%	739	7%
<b>North East</b>	373	4%	422	4%
<b>North West</b>	963	9%	1152	11%
<b>Yorkshire and Humber</b>	714	7%	862	8%
<b>East Midlands</b>	604	6%	765	7%
<b>West Midlands</b>	744	7%	923	9%
<b>East of England</b>	763	7%	967	9%
<b>London</b>	976	9%	1389	13%
<b>South East</b>	1113	11%	1424	14%
<b>South West</b>	698	7%	888	8%
<b>Wales</b>	1302	12%	500	5%
<b>Scotland</b>	1565	15%	888	8%
<b>Northern Ireland</b>	658	6%	292	3%
<b>ABC1</b>	5619	54%	5559	53%
<b>C2DE</b>	4854	46%	4914	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.

## Segmentation

This year we also produced a segmentation of 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=2,202 people who drink were included in the segmentation.

The segments we produced are:

- Segment 1 - Solo home drinkers - 16%
- Segment 2 – Family home drinkers - 18%
- Segment 3 – Weekend binge drinkers - 25%
- Segment 4 – Reliant drinkers -18%
- Segment 5 – Now and again drinkers - 22%

Before deciding on the 5 segment option, a number of different iterations were produced and discussed.

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.

Not only will the segmentation provide a new way of looking at the 2023 data, but we have produced a set of golden questions which can be added onto future surveys to replicate the segments.

We produced a 13 statement option of golden questions, which is preferable accuracy wise if there is space in the survey:

- **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 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

## Appendix

### Full questionnaire

Base: All

Question type: **Single**

**[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: All

Question type: **Single**

Are you employed by someone else, or are you self-employed? If both are true, then please think about the one that occupies more of your time.

- <1> Employee
- <2> Self-employed

Base: All

Question type: **Single**

**[S1]** At birth were you described as:

*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
- <3> Intersex
- <97> Prefer not to say

Base: All

Question type: **Single**

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

- <1> Yes
- <2> No



Base: All who say they identify with a different sex than registered at birth

Question type: **Open**

#Question display logic:

**If [S2] - No is selected [if S2 == 2]**

**[S2a]** How would you describe your current gender identity?

Prefer not to say

Base: All

Question type: **Single**

**[S3]** How would you describe your sexual orientation?

- <1> Bisexual
- <2> Heterosexual
- <3> Queer
- <4> Pansexual
- <5> Unsure
- <6> Lesbian
- <7> Asexual
- <8> Gay
- <98> Another way (open [s3\_other]) [open] please specify
- <99> Prefer not to say

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**

#Question display logic:

**If [A1] - Never is selected [if A1 == 99]**

**[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**

#Question display logic:

**If [A1a] - I used to drink alcohol but have given up is selected [if A1a == 1]**

**[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 non-drinkers

Question type: **Grid**

#row order: randomize

#Question display logic:

**If [A1] - Never is selected [if A1 == 99]**

**[NEW\_P1]** Thinking about the last 12 months, how often, if at all, have you experienced the following:

- |             |   |
|-------------|---|
| -[NEW_P1_1] | Pressure to drink alcoholic drinks even if others know that you don't drink |
| -[NEW_P1_2] | Being asked to explain or justify why you aren't drinking alcohol           |
| -[NEW_P1_3] | Not having a non-alcoholic alternative to alcoholic drinks available        |
| -[NEW_P1_4] | Deciding not to attend events because they will serve alcohol               |
| -[NEW_P1_5] | Trying to hide that you do not drink alcohol from others                    |
| -[NEW_P1_6] | Feeling like an outsider in a situation where others are drinking alcohol   |
| -[NEW_P1_7] | Feeling that others are avoiding you because you do not drink alcohol       |
| -[NEW_P1_8] | Ending up in an argument because you do not drink                           |
| <1>         | Always  |
| <2>         | Often   |
| <3>         | Sometimes   |
| <4>         | Rarely  |
| <5>         | Never   |
| <97>        | Don't know  |

Base: All drinkers

#Question display logic:

**if drink==1**

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

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

Base: All drinkers

Question type: **Single**

#Question display logic:

**if drink==1 and gryphon.interview\_type=="test"**

**[WeekDay]** which day of the week is it?

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

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**

#Question display logic:

**if drink=1**

[A9] Is that a typical drinking week for you?

- <1> Yes, this is a typical drinking week
- <2> No, I have drunk less than I would typically
- <3> No, I have drunk more than I would typically
- <4> Not sure

Base: All drinkers

Question type: **Grid**

#row order: randomize

#Question display logic:

**if drink=1**

[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: **Grid**

#Question display logic:

**if drink=1**

[A11] 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.

- |          |  |          |   |
|----------|--|----------|---|
| -[A11_1] | Because drinking is part of the fun with family or friends | -[A11_9] | To put you at ease with people                        |
| -[A11_2] | Because drinking adds a certain warmth to social occasions | -        | Because it is satisfying to have a high-quality drink |
| -[A11_3] | To celebrate a special occasion with friends               | [A11_10] | Because it pairs well with food                       |

- [A11\_4] To calm down when you are tense - [A11\_12] Because there are certain products you particularly enjoy
- [A11\_5] To help you unwind - [A11\_13] Because you like the taste
- [A11\_6] To make you more outgoing - [A11\_14] Because it makes you happy
- [A11\_7] To overcome shyness - [A11\_15] Because it gives you a pleasant feeling
- [A11\_8] Because you feel more self-confident and sure of yourself

- <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

#Question display logic:

**if drink=1**

[A5\_new\_] 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\_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> Once a week or more
- <2> 1-3 times a month
- <3> Once every 2-3 months or less often
- <4> Never
- <5> Not sure

Base: All drinkers

Question type: **Scale**

#Question display logic:

**if drink=1**

[A\_new\_1] How important, if at all, is alcohol to your social life?

Range: Very important 1 ~ 5 Not at all important

Don't know / Prefer not to say

Base: All drinkers

Question type: **Single**

#Question display logic:

**if drink==1**

**[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: **Grid**

#row order: randomize

#Question display logic:

**if drink==1**

**[A10]** If you are drinking, how often, if at all, do you drink the following?

- [A10\_1] Beer (e.g., lager, ale, stout)
- [A10\_2] Wine (e.g., red, white, rosé, sparkling)
- [A10\_3] Spirits (e.g., vodka, whiskey, gin, rum)
- [A10\_4] Prepared/ready to serve cocktails (including 'alcopops')
- [A10\_5] Ciders or Perry

- <1> Always
- <2> Often
- <3> Sometimes
- <4> Rarely
- <5> Never

Question type: **Grid**

#row order: randomize

#Question display logic:

**if drink==1**

**[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: All drinkers (for T1-T7)

#Question display logic:

**if drink=1**

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

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

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

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

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

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

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

#Question display logic:

**If [T7] - Yes, but not in the last year or Yes, during the last year, is selected [if T7 in [2,3]]**

**[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 that experienced an action due to a someone else's drinking*

Question type: **Single**

#Question display logic:

**if T8a.has\_any([1,2,3,4,95])**

**[T9]** Did anything happen as a result of these actions? If yes, please explain what happened using as much detail as possible in the box.

- <1> Yes (open [T9\_other]) [open] please specify
- <2> No
- <3> Don't know

*Base: All drinkers*

Question type: **Grid**

#row order: randomize

#Question display logic:

**if drink==1**

**[T10]** How comfortable, or uncomfortable, would you feel if the following people started a conversation with you if they had concerns about your drinking?

- [T10\_1] Partner or spouse



-[T10_2]	Family member
-[T10_3]	Friend
-[T10_6]	Your GP
<1>	Not at all comfortable
<2>	Not very uncomfortable
<3>	Fairly comfortable
<4>	Very comfortable
<5>	Don't know
<97>	Not applicable
<999>	Prefer not to say

Base: All drinkers

Question type: **Scale**

#Question display logic:

**if drink=1**

**[T11]** Thinking about your alcohol consumption over the past 12 months, please place yourself on the following scale:

Range: I never worry about my alcohol consumption 1 ~ 5 I often worry about my alcohol consumption

Don't know / Prefer not to say

Base: All drinkers

Question type: **Single**

#Question display logic:

**if drink=1**

**[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

Base: All drinkers

Question type: **Dyngrid**

#row order: randomize

#Question display logic:

**if drink=1**

**[DV3]** Thinking about the last 12 months, how often, if at all, have you experienced the following?

-[DV3_1]	Pressure to drink alcoholic drinks even if others know you aren't drinking
-[DV3_2]	Being asked to explain or justify why you aren't drinking alcohol
-[DV3_3]	Trying to hide that you are not drinking alcohol from others
-[DV3_4]	Feeling like an outsider in a situation where others are drinking alcohol
<1>	Always
<2>	Often

- <3> Sometimes
- <4> Rarely
- <5> Never
- <6> Don't know

Base: All

Question type: **Single**

**[DVNEW]** In the past 12 months, how often if at all, have you gone to the pub?

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

Base: All who go to the pub (not never)

Question type: **Multiple**

#row order: randomize

#Question display logic:

**If [DVNEW] - Daily or almost daily or Weekly or Monthly or Less than monthly, is selected [if DVNEW in [1,2,3,4]]**

**[DV4]** Which, if any, of the following are the main reasons you go to the pub? Please choose all that apply.

- |     |  |            |   |
|-----|--|------------|---|
| <1> | To socialise                                       | <9>        | To go for a meal  |
| <2> | It's a convenient location to meet others          | <10>       | For a special occasion, e.g., a party/celebration                                       |
| <3> | For the variety and quality of drinks available    | <11>       | During/after taking part in a certain activity, e.g., playing football, going on a walk |
| <4> | It's one of the only things to do where I live     | <12>       | For events or entertainment at a pub, e.g., watch a band, quiz night                    |
| <5> | To support my local pub/community                  | <13>       | Before/after going to events at another venue, e.g., live sports, music/comedy gig      |
| <6> | To get out the house/for somewhere to go           | <95 fixed> | Other (open [DV4_other])  |
| <7> | To kill some time, e.g., while waiting for a train | <97 fixed> | [open] please specify   |
| <8> | To get drunk                                       | <xor>      | Don't know  |

Base: All who drink at home

Question type: **Multiple**

#row order: randomize

#Question display logic:

**if A5\_new\_1 in [1,2,3]**

**[P1]** Which, if any, of the following are important to you when buying alcohol to drink at home? Please select all that apply.

- |     |  |                |  |
|-----|--|----------------|--|
| <1> | Price (value for money)                  | <8>            | Bottle/can/pack size   |
| <2> | Brand or reputation                      | <9>            | Social responsibility or ethical considerations (e.g., fair trade, sustainability) |
| <3> | Taste or flavour                         | <10>           | Health-related factors (e.g., low calorie, low sugar)                              |
| <4> | Low alcohol content or strength (% ABV)  | <95 fixed>     | Other (open [P1_other])  |
| <5> | High alcohol content or strength (% ABV) | <11 fixed xor> | [open] please specify  |
| <6> | Recommendations from friends or family   | <12 fixed xor> | None of the above  |
| <7> | Promotions or discounts                  |                | Don't know   |

Question type: **Text**

The next questions are about how other people's drinking might have affected you. We understand that this is a sensitive subject, so please use the 'prefer not to say' options if you do not feel comfortable answering the question.

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). If you are in Scotland, you can also contact Drinkline Scotland on 0800 7314 314. Or click [here](#) for Drinkaware alcohol support services information.

Or [here](#) for We are With You alcohol support services information.

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

#Question display logic:

**If [CO\_1] - Yes is selected [if CO\_1 == 1]**

**[CO\_2]** Whose drinking have you been concerned by? Please tick all that apply.

- <1> Parent/Guardian
- <2> Child
- <3> Partner/ex-partner
- <4> Sibling
- <5> Friend
- <6> Co-worker
- <95 fixed> Other (open [CO\_2\_other]) [open] please specify
- <97 fixed xor> Prefer not to say

Base: Those concerned by someone else's drinking

Question type: **Multiple**

#row order: randomize

#Question display logic:

**If [CO\_1] - Yes is selected [if CO\_1 == 1]**

**[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

#Question display logic:

**If [CO\_1] - Yes is selected [if CO\_1 = 1]**

**[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

Question type: **Single**

#Question display logic:

**if CO\_5.has\_any([1,2,3,95])**

**[CO\_6a]** Did anything happen as a result of the action(s) you took? If yes, please explain what happened using as much detail as possible in the box.

- <1> Yes (open [CO\_6\_other]) [open] please specify
- <2> No
- <3> Don't know
- <999> Prefer not to say

Base: All

Question type: **Dyngrid**

#row order: randomize

**[CO\_7a]** How comfortable, or uncomfortable, would you feel about starting a conversation with the following people if you had concerns about their drinking?

- [CO\_7a\_1] Partner or spouse
- [CO\_7a\_2] Family member (e.g., parent, sibling, child)
- [CO\_7a\_3] Friend

- <1> Not at all comfortable
- <2> Not very uncomfortable
- <3> Fairly comfortable
- <4> Very comfortable
- <5> Don't know
- <97> Not applicable

Question type: **Open**

#any

**[D2]** In the box below, please list any illnesses or health conditions that you know can be caused by alcohol.

Not Sure

Base: All

Question type: **Multiple**

#row order: randomize

**[D3]** Which, if any, of the following health conditions do you think are linked to alcohol consumption? Please tick all that apply.

- |     |                      |       |                        |
|-----|----------------------|-------|------------------------|
| <1> | Stroke               | <7>   | Mental health problems |
| <2> | Erectile dysfunction | <8>   | Obesity                |
| <3> | Back ache            | <9>   | Brittle bones          |
| <4> | Liver disease        | <10>  | Cancer                 |
| <5> | Heart problems       | <99   | None of these          |
|     |                      | fixed |                        |
|     |                      | xor>  |                        |
| <6> | High blood pressure  | <98   | Don't know             |
|     |                      | fixed |                        |
|     |                      | xor>  |                        |

Base: Those that link alcohol to cancer

Question type: **Multiple**

#row order: randomize

#Question display logic:

**if D3.has\_any([10])**

**[D4]** You indicated alcohol is linked to cancer, which of the following types of cancer. Please tick all that apply.

- |                |               |
|----------------|---------------|
| <1>            | Oropharynx    |
| <2>            | Larynx        |
| <3>            | Oesophagus    |
| <4>            | Liver         |
| <5>            | Colon         |
| <6>            | Rectum        |
| <7>            | Breast cancer |
| <8>            | Pancreas      |
| <9>            | Prostate      |
| <10>           | Skin cancer   |
| <97 fixed xor> | Don't know    |

Base: All

Question type: **Scale**

**[D5]** Previous studies have shown that alcohol causes at least seven types of cancer, including cancer of the bowel, breast, mouth, throat (oesophagus, larynx, and pharynx) and liver cancer (Cancer Research UK).

What impact, if any, does this have on your perceptions of drinking?

Range: It has no impact on me 1 ~ 5 It makes me want to change my drinking habits  
Don't know

Base: All

Question type: **Single**

**[QN1]** Thinking about your finances, which of the following best reflects your position?

- <1> I cannot afford my essential costs, and often have to go without things like food and heating
- <2> I can only just afford my essential costs and often struggle to make ends meet
- <3> I can normally comfortably cover the essentials, but I do not often have money for luxuries
- <4> I am relatively comfortable financially
- <5> I am very comfortable financially
- <999> Prefer not to say

Base: All drinkers

Question type: **Single**

#Question display logic:

**if drink==1**

**[QN2]** Thinking about the last 6 months, have you drank more or less alcohol as a result of the cost of living crisis, or has it stayed about the same?

- <1> Much more
- <2> A little more
- <3> It has stayed about the same
- <4> A little less
- <5> Much less
- <96> Don't know

Base: All

Question type: **Single**

**[QN3]** Thinking about the last 6 months, have you spent more or less on alcohol as a result of the cost of living crisis, or has it stayed about the same?

- <1> Much more
- <2> A little more
- <3> It has stayed about the same
- <4> A little less
- <5> Much less
- <96> Don't know

Base: All drinkers

Question type: **Dyngrid**

#row order: randomize

#Question display logic:

**if drink==1**

**[AP4]** For each of the following, how healthy or unhealthy would you rate the relationship with alcohol?

- [AP4\_1] Yourself
  - [AP4\_2] Your friends/family
  - [AP4\_4] \$country
- 
- <1> Very unhealthy
  - <2> Unhealthy

- <3> Neither healthy nor unhealthy
- <4> Healthy
- <5> Very healthy
- <97> Don't know

Base: All

Question type: **Dyngrid**

#row order: randomize

**[AP5]** To what extent would you support or oppose the following?

- [AP5\_1] A ban on adverts about alcohol
- [AP5\_2] A ban on adverts about alcohol for under 18s
- [AP5\_3] Making alcohol less visible in supermarkets/shops
- [AP5\_4] Making health warnings clearly and consistently presented on alcohol packaging
- [AP5\_5] Having a minimum price for alcohol
- [AP5\_6] A ban on alcohol sponsorship of sport clubs, events or competitions
- [Ap5\_7] Ingredient and nutritional labelling (including calories) on alcohol packaging

- <1> Strongly support
- <2> Tend to support
- <3> Neither support nor oppose
- <4> Tend to oppose
- <5> Strongly oppose
- <6> Don't know

Base: All

Question type: **Scale**

**[AP6]** How often, if at all, do you see adverts for alcohol?

Range: I never see adverts for alcohol 1 ~ 5 I always see adverts for alcohol  
Don't know

Base: Those who have ever seen alcohol marketing

Question type: **Dyngrid**

#Question display logic:

**if AP6\_scale in [2,3,4,5]**

**[AP7]** How often do you see/ hear alcohol marketing in the following places?

- [AP7\_1] TV/on demand/cinema/radio
- [AP7\_2] Shops and supermarkets
- [AP7\_3] Outdoors (billboards, public transport)
- [AP7\_4] Online (including social media)

- <1> Very often
- <2> Often
- <3> Sometimes
- <4> Rarely
- <5> Never



Base: All

Question type: **Dyngrid**

#row order: randomize

**[AP8]** To what extent do you agree or disagree with the following statements? (If you do not personally drink, please think about these statements in general)

- [AP8\_1] It is OK to get drunk regularly if you don't drink every day
- [AP8\_2] It is OK to get drunk if it isn't impacting on anyone else
- [AP8\_4] People often encourage others to drink or drink more
- [AP8\_5] If someone is not getting drunk, regular drinking will not affect their health
- [AP8\_6] Our society is understanding of people with drinking problems
- [AP8\_7] People with drinking problems can reach out for support without being judged
- [AP8\_8] Drinking at home alone is a cause of worry

- <1> Strongly disagree
- <2> Disagree
- <3> Agree
- <4> Strongly agree
- <5> Don't know

Base: All drinkers

Question type: **Single**

#Question display logic:

**if drink=1**

**[AP9]** To what extent would you agree or disagree that you 'drink responsibly'?

- <1> Strongly disagree
- <2> Disagree
- <3> Agree
- <4> Strongly agree
- <5> Don't know

Base: All drinkers

Question type: **Open**

#any

#Question display logic:

**if drink=1**

**[AP10]** To the best of your knowledge, when you hear, or see, the term 'responsible drinking', what does that mean to you? Please type your answer with as much detail as possible in the text box below.

Don't know / Prefer not to say

Question type: **Text**

The following questions are about your personal health and wellbeing.

Base: All

Question type: **Grid**

#row order: randomize

**[MH\_4]** Over the last 2 weeks, how often have you been bothered by the following problems?

-[MH\_4\_1] Little interest or pleasure in doing things  
-[MH\_4\_2] Feeling down, depressed, or hopeless  
-[MH\_4\_3] Feeling nervous, anxious, or on edge  
-[MH\_4\_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  
<5> Prefer not to say

*Base: All*

*Question type: Dyngrid*

*#row order: randomize*

**[MH\_5]** The next question is about how you feel about different aspects of your life. For each one, tell me how often you feel that way.

How often, if ever, do you feel...

-[MH\_5\_1] That you lack companionship  
-[MH\_5\_2] Left out  
-[MH\_5\_3] Isolated from others  
-[MH\_5\_4] Lonely

<1> Often/Always  
<2> Some of the time  
<3> Occasionally  
<4> Hardly ever  
<5> Never

*Question type: Text*

Moving on...

*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

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

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)  
<99 fixed xor> None of these

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: **Single**

**[DS\_9]** 'Needling' is a new issue which has been reported recently. It is the act of covertly injecting someone with a substance, such as drugs of abuse or pharmaceutical compounds, without the person's prior knowledge or consent.

Do you think you have been a victim of needling in the last year?

- <1> Yes  
<2> No  
<98> Not sure

<99> Prefer not to say

*Base: Those who have been a victim of drink spiking*

*Question type: **Multiple***

*#row order: randomize*

*#Question display logic:*

**If [DS\_8] - Yes is selected [if DS\_8 == 1]**

**[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: **Single***

**[DS\_22]** Do you think you know what to do in case you or someone you know has experienced drink spiking?

- <1> Yes
- <2> No
- <97> Prefer not to say

*Base: All those who would know what to do*

*Question type: **Open***

*#any*

*#Question display logic:*

**If [DS\_22] - Yes is selected [if DS\_22 == 1]**

**[DS\_23]** What would you do if you or someone you know experienced drink spiking? Don't know / Prefer not to say

*Base: Those who have been a victim of needling*

*Question type: **Multiple***

*#row order: randomize*

*#Question display logic:*

**If [DS\_9] - Yes is selected [if DS\_9 == 1]**

**[DS\_11]** In which, if any, of the following settings did the incident(s) of drink needling take place? Please select all 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\_11\_open]) [open] please specify

<99 fixed xor> Prefer not to say

Base: All

Question type: **Single**

**[DS\_24]** Do you think that you know what to do if you or someone you know has experienced needling?

- <1> Yes
- <2> No
- <3> I am not sure
- <97> Prefer not to say

Base: All those who would know what to do

Question type: **Open**

#any

#Question display logic:

**If [DS\_24] - Yes is selected [if DS\_24 == 1]**

**[DS\_25]** What would you do if you or someone you know has experienced drink needling?  
Don't know / 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](#).

## Rape and sexual assault

If you would like to get support after experiencing rape, sexual assault, sexual abuse or any type of sexual violence you can contact Rape Crisis in England and Wales [here](#).

Please click [here](#) to get support if you are in Scotland and [here](#) to get support if you are in Northern Ireland.

Alternatively, you can contact Victim Support by calling 0808 1689 111 or visiting their website [here](#).

## Samaritans

Finally, 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](#)

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**

**[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**

Finally, some demographic questions for our records...

Base: All

Question type: **Single**

**[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 fixed> | Any other ethnic group                           |
| <9>  | Indian  | <19 fixed> | Prefer not to say                                |
| <10> | Pakistani   |            |  |

Base: All

Question type: **Single**

**[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

Base: All

Question type: **Single**

**[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

Base: All

Question type: **Single**

**[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

Base: All

Question type: **Single**

**[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 CNAA first degree (e.g. BA, B.Sc, B.Ed)
<7>	ONC	<17>	University or CNAA 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

Base: All

Question type: **Single**

**[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

Base: All

Question type: **Single**

**[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

Base: All

Question type: **Single**

**[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

Question type: **Single**

**[birthplace\_UK]** What is your place of birth?

<1>	England
<2>	Scotland
<3>	Wales
<4>	Northern Ireland
<5>	Outside the UK



Base: All

Question type: **Single**

**[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 |

Base: All

Question type: **Single**

**[profile\_religion\_denom]** If so, which denomination?

- |     |   |      |                   |
|-----|---|------|-------------------|
| <1> | None                                    | <9>  | Brethren          |
| <2> | Church of<br>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 |