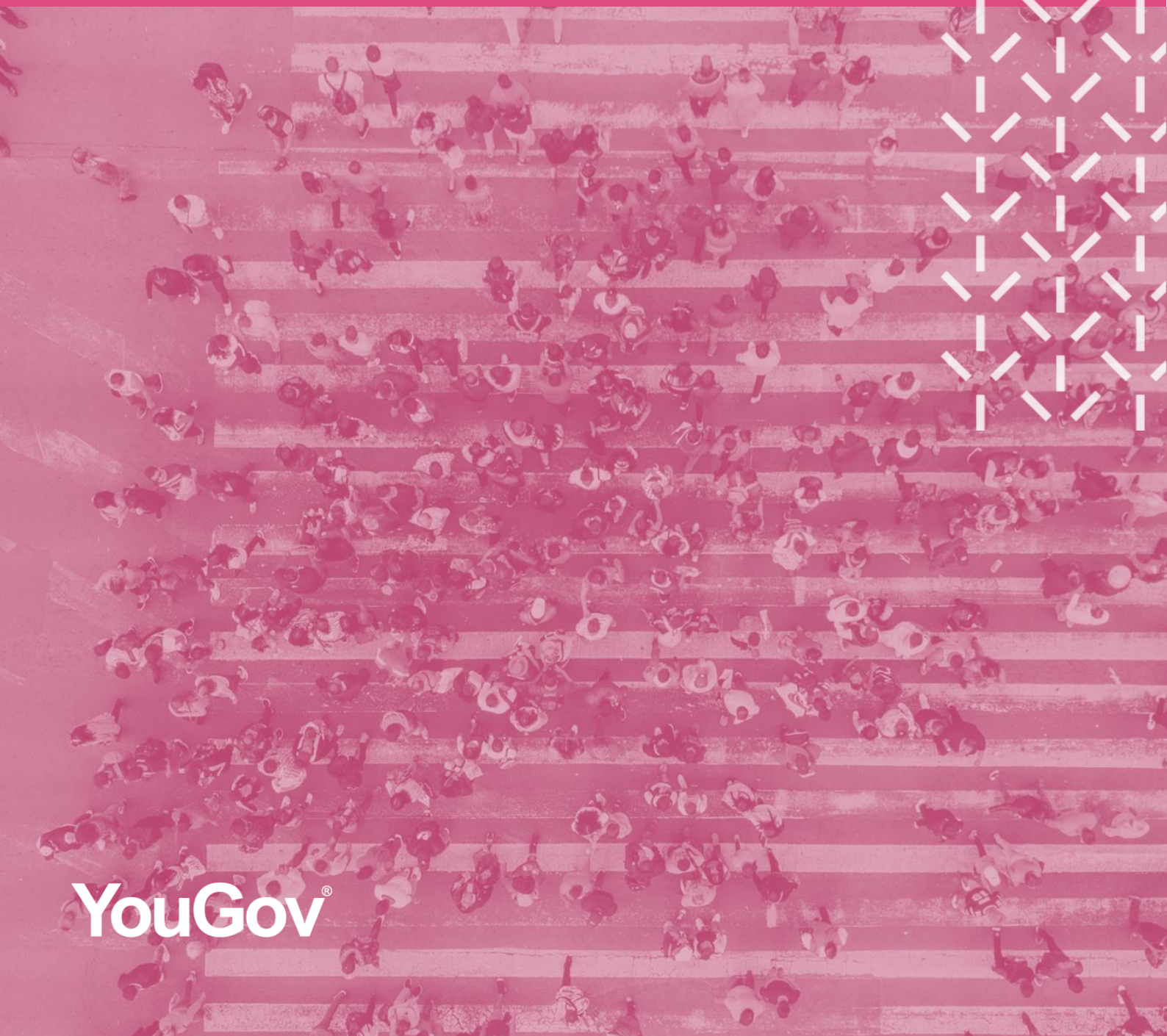
Drinkaware Monitor 2022

Technical Report

September 2022



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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 2022 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 frequency and quantity of drinking among UK adults and AUDIT-C classification;
- Drinking motivations and occasions
- Openness to moderation techniques

The new and topical areas for 2022 included:

- Impacts from others' drinking, and seeking support
- Understanding of drinking guidelines
- Drink spiking and 'needling'
- Drug usage
- Gambling
- Mental health
- Experiences of the LGBT+ community

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.

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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[1]. 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.

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

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Table 2: AUDIT 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)[2] 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

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

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Enhancement

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

Conformity

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

Respondents are asked to indicate whether they do so:

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

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

Drinking occasions

The drinking occasions tool was developed for the 2017 Drinkaware Monitor survey to identify the extent to which respondents engaged in any of a list of key typical drinking occasions (identified by Ally et al., 2016[3]) and has been used in subsequent Drinkaware Monitor surveys. The occasions included in the tool are:

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

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- 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
- 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

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

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.

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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.

Problem Gambling Severity Index (PGSI)

The Problem Gambling Severity Index measures levels of gambling behaviour which may cause harm to the gambler. The PGSI consists of nine items as listed below.

- Have you bet more than you could really afford to lose?
- Have you needed to gamble with larger amounts of money to get the same excitement?
- When you gambled, did you go back another day to try and win back the money you lost?
- Have you borrowed money or sold anything to get money to gamble?
- Have you felt that you might have a problem with gambling?
- Has gambling caused you any mental health problems, including stress or anxiety?
- Have people criticised your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
- Has your gambling caused any financial problems for you or your household?
- Have you felt guilty about the way you gamble or what happens when you gamble?

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Each item is assessed on a four-point scale: never, sometimes, most of the time, almost always. Responses to each item are given the following scores: never = 0; sometimes = 1; most of the time = 2; almost always = 3. The scores for each item are summed to give a total score ranging from 0 to 27.

Typically, gamblers are classified as: no harm or risk (PGSI score of 0); low-risk (PGSI score of 1-2); moderate-risk (PGSI score of 3-7); problem gambler (PGSI score of 8+).

Method

Sampling

As with previous Drinkaware Monitor surveys, the sample for the 2022 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.

A new objective for 2022 was to explore the experiences of certain groups in more detail; these were LGBTQ+ adults, and those from ethnic minority backgrounds. There was therefore a requirement to reach large, robust numbers for these audiences. However, it was also important to maintain the comparability with previous years, given that key measures have been tracked on the Monitor over time, going back potentially to 2012 (when the study migrated to an online method).

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Since it was paramount to keep the main Monitor sampling approach consistent with previous years, we elected to treat additional LGBTQ+ and ethnic minority respondents as separate boost samples, which would be processed in separate datasets. This would maintain the consistency of the main dataset with previous years. Respondents from the main Monitor sample who were classified as LGBTQ+ or ethnic minority would appear in both the main dataset and the relevant boost dataset, while those from the boost samples could only appear in their respective intended dataset.

Main Monitor sample

In total, 6,318 UK adults aged 18-85 were interviewed, including 3,692 in England, 1,013 in Wales, 1,001 in Scotland and 612 in Northern Ireland. The devolved nations were proportionally over-sampled, relative to their population size, to allow for more robust analysis at nation level.

Ethnic minority boost sample

667 UK adults were interviewed, who were classified as Mixed or Multiple ethnic groups, Asian, Black, or Other ethnic groups, according to the UK Census categories. These were combined with 341 respondents in these categories who naturally fell out of the main Monitor sample, to make a total of 1,008 respondents in the final ethnic minority dataset.

LGBT boost sample

2,386 UK adults were interviewed, who were classified as LGBTQ+. These were combined with 703 respondents in these categories who naturally fell out of the main Monitor sample, to make a total of 3,089 respondents in the final LGBTQ+ dataset. The process of classifying respondents involved several questions, as follows:

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
4. Prefer not to say

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S2. Is the gender you identify with the same as your sex registered at birth?

1. Yes
2. No

If No at S2

S2a. How would you describe your current gender identity? (open response)

S3. How would you describe your sexual orientation?

3. Bisexual
4. Heterosexual
5. Queer
6. Pansexual
7. Unsure
8. Lesbian
9. Asexual
10. Gay
11. Another way (open response)
12. Prefer not to say

Respondents were classified as LGBQ+ if they fell into the categories: Bisexual, Queer, Pansexual, Lesbian, Asexual, Gay, Another way. In total, 3,004 respondents fell into one of these categories.

Respondents were classified as trans or non-binary based on their responses at S1, S2 and S2a. Reviewing the responses revealed that we could not rely on S2 alone to define trans/non-binary people, because many respondents gave answers which suggested they had possibly misunderstood the question. A common example of this was respondents giving a gender at S2a which matched their sex as provided at S1, despite saying 'no' at S2. There were also instances of respondents typing irrelevant and possibly facetious terms. We classified respondents as trans/non-binary if they met one of the following criteria:

- They typed a relevant term at S2a (any form of trans/transgender etc, non-binary, genderqueer, acronyms such as MTF and FTM)
- They typed male/female or man/women at S2a where this was a 'mismatch' with their response at S1.

In total, 241 respondents were classified as trans/non-binary using this approach. It is important to note that many respondents fell into both the 'LGBQ+' category and the 'trans or non-binary' category.

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The final achieved numbers for each subcategory were as shown below.

Table 3: LGBTQ+ sample breakdown

Sample	Achieved n
Bisexual	748
Queer	166
Pansexual	116
Lesbian	918
Asexual	116
Gay	940
Another way	56
Trans/non-binary	241

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 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, on cleaned data.

Main Monitor dataset

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 4 provides a breakdown of the sample for the 2022 Drinkaware Monitor.

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Table 4: Unweighted and weighted sample breakdown (Main Monitor dataset)

Sample	Unweighted N	Unweighted %	Weighted N	Weighted %
Male	3035	48%	3103	49%
Female	3283	52%	3215	51%
18 to 24	718	11%	742	12%
25 to 34	919	15%	1113	18%
35 to 44	1019	16%	1057	17%
45 to 54	1126	18%	1161	18%
55 to 64	1099	17%	940	15%
65 to 75	960	15%	859	14%
76+	477	8%	446	7%
North East	182	3%	255	4%
North West	486	8%	695	11%
Yorkshire and Humber	383	6%	520	8%
East Midlands	352	6%	462	7%
West Midlands	373	6%	557	9%
East of England	438	7%	584	9%
London	491	8%	838	13%
South East	593	9%	859	14%
South West	394	6%	536	8%
Wales	1001	16%	536	8%
Scotland	1013	16%	301	5%
Northern Ireland	612	10%	176	3%
ABC1	3417	54%	3353	53%
C2DE	2901	46%	2965	47%

Ethnic minority dataset

This dataset was weighted to be representative of the ethnic minority population of the UK. Weighting was applied by age, gender, social grade, region and ethnic group (Mixed or Multiple ethnic groups, Asian, Black, and Other ethnic groups).

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

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Table 5: Unweighted and weighted sample breakdown (ethnic minority dataset)

Sample	Unweighted N	Unweighted %	Weighted N	Weighted %
Male	487	48%	502	50%
Female	521	52%	506	50%
18 to 24	196	19%	183	18%
25 to 34	269	27%	284	28%
35 to 44	232	23%	228	23%
45 to 54	159	16%	153	15%
55 to 64	86	9%	83	8%
65 to 75	53	5%	60	6%
76+	13	1%	17	2%
North East	11	1%	15	2%
North West	79	8%	82	8%
Yorkshire and Humber	71	7%	70	7%
East Midlands	49	5%	61	6%
West Midlands	113	11%	116	12%
East of England	65	6%	65	6%
London	373	37%	420	42%
South East	97	10%	99	10%
South West	43	4%	30	3%
Wales	35	3%	17	2%
Scotland	59	6%	28	3%
Northern Ireland	13	1%	4	0%
ABC1	570	57%	544	54%
C2DE	438	43%	464	46%
Mixed / multiple ethnic groups	159	16%	115	11%
Asian	566	56%	576	57%
Black	210	21%	240	24%
Other ethnic groups	73	7%	77	8%

LGBTQ+ dataset

The component of the sample which was classified as LGB were weighted by age, gender, ethnicity, region, sexual orientation and social grade. The weighting targets for these factors were based on demographic information from the Annual Population Survey, sourced from the ONS.

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The sexual orientation categories from the Annual Population Survey data are significantly less detailed than those included in our survey. For weighting purposes, ‘Pansexual’ was combined with ‘Bisexual’, and ‘Queer’, ‘Asexual’ and ‘Another way’ were placed into ‘Other’.

For the trans/non-binary component of the sample, it was not possible to apply any weighting because official data on this population is limited, and there is no suitable published source of demographic information which could be used to create a weighting profile. Therefore, respondents who were classified as trans/non-binary and who did not also fall into one of the ‘LGBQ+’ categories, were left unweighted in the final data. However, due to the considerable overlap between those classified as LGBQ+ and those classified as trans/non-binary, this applied to a very small number of respondents (29).

Table 6 below shows the unweighted and weighted sample breakdown for the portion of the sample that was included in the weighting (3,060 respondents).

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Table 6: Unweighted and weighted sample breakdown (LGBT+ dataset)

Sample	Unweighted N	Unweighted %	Weighted N	Weighted %
Male	1479	48%	1580	52%
Female	1581	52%	1480	48%
18 to 34	1209	40%	1538	50%
35 to 49	874	29%	684	22%
50-64	630	21%	507	17%
65+	347	11%	331	11%
North East	107	4%	96	3%
North West	322	11%	265	9%
Yorkshire and Humber	245	8%	205	7%
East Midlands	202	7%	233	8%
West Midlands	200	7%	250	8%
East of England	233	8%	227	7%
London	411	13%	554	18%
South East	433	14%	536	18%
South West	255	8%	243	8%
Wales	221	7%	170	6%
Scotland	336	11%	241	8%
Northern Ireland	95	3%	41	1%
ABC1	1964	64%	1652	54%
C2DE	1096	36%	1408	46%
White	2751	90%	2751	90%
BAME	217	7%	278	9%
Unknown ethnicity	92	3%	31	1%
Gay/lesbian	1858	61%	1436	47%
Bisexual	748	24%	1010	33%
Other	454	15%	614	20%

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.

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Appendix

Full questionnaire

SECTION: SCREENING

#Base: all
[S1] {single} **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
[S2] {single} **Is the gender you identify with the same as your sex registered at birth?**
<1>Yes
<2>No

#Base: 'no' at S2
[S2a if S2==2] {open} **How would you describe your current gender identity?**

#Base: all
[S3] {single} **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 (specify)
<99> Prefer not to say

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#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 (specify)

#Base: Those who have given up alcohol
[A1b if A1a==1]{multiple order=randomize} **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 (specify)
<98 fixed xor> Can’t remember
<97 fixed xor> Prefer not to say

{module drinkers if A1 in [1,2,3,4,5,6,7,8,9]}

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#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

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#Base: drinkers
[A3]{grid-open}**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: drinkers
[A4] {grid roworder=randomize} **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

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#Base: drinkers
[A5] {grid} **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] <<u>A small number of drinks at home with the family</u>>
-[A5_3] <<u>A small number of drinks at home with a partner as a couple</u>>
-[A5_4] <<u>Several drinks at home with a partner</u>>
-[A5_5] <<u>Getting together at your or someone else's house</u>>
-[A5_6] <<u>Going out for a meal</u>>
-[A5_7] <<u>Evening or night out with friends, with no drinking at home</u>>
-[A5_8] <<u>Mixed home drinking and night out with friends</u>>

<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
[A_new_1] {scale 1 5} H**ow important is alcohol to your social life?**
-[A_new_1_scale] Very important | Not at all important

#Base: drinkers
[A7] {single} **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

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#Base: drinkers
[A8] {grid roworder=randomize} **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
[T1] {single} **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] {single} **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] {single} **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

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#Base: drinkers
[T4] {single} **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] {single} **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] {single} **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] {single} **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
[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

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#Base: Those who have been concerned about someone else's drinking.
[CO_2 if CO_1==1] {multiple order=randomize} W**hose 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 (specify)
<97 xor fixed>Prefer not to say

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 https://www.drinkaware.co.uk/alcohol-support-services **for Drinkaware alcohol support services information.**

Or https://www.wearewithyou.org.uk/ **We are With You alcohol support services information.**

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#Base: all
[CO_3]{grid roworder=randomize} **Because of SOMEONE ELSE'S drinking, how often in the last 12 months have you…**
-[CO_3_1] Had a serious argument that did not include physical violence
-[CO_3_2] Felt physically threatened
-[CO_3_3] Been emotionally hurt or neglected
-[CO_3_4] Been physically hurt due to them assaulting me or acting violently
-[CO_3_5] Been physically hurt due to them accidentally injuring me (e.g. by falling on me)
-[CO_3_6] Been put at risk in a car when someone was driving after drinking
-[CO_3_7] Felt forced or pressured into sex or something sexual
-[CO_3_8] Felt uncomfortable or anxious at a social occasion (e.g. a party)
-[CO_3_9] Had someone break or damage something that mattered to me
-[CO_3_10] Had money that would have improved the quality of my life spent on their alcohol-related purchases
-[CO_3_11] Felt genuinely concerned that they may cause harm to my children or someone else's children
-[CO_3_12] Had to spend my personal time caring for a person with a long-term health condition or disability that resulted from their current or previous drinking
-[CO_3_13] Been let down by someone due to them failing to do something that I was counting on them to do because of their drinking
-[CO_3_14] Been kept awake due to noise or disruption
-[CO_3_15] Drank alcohol myself in order to cope with the problems caused by their drinking
-[CO_3_16] Had to stop seeing or being in contact with someone because of their drinking
-[CO_3_17] Had to move out of my usual place of residence and stay somewhere else
-[CO_3_18] Had contact with the police
<1> Never
<2> Less than monthly
<3> 1-3 times a month
<4> Weekly or more
<99> Prefer not to say

#Base: all
[SA_1] {single} **If you or somebody close to you (for example a friend or member of your family) was experiencing problems with alcohol use, how confident are you that you would know how to find and contact services or organisations providing help and advice?**
<1> Very confident
<2> Fairly confident
<3> Not very confident
<4> Not at all confident
<98> Don't know

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#Base: all
[SA_2]{grid roworder=randomize} **If you needed support or advice about alcohol (either on your own behalf or on behalf of someone close to you), how likely would you be to use the following support services?**
-[SA_2_1] General Practitioner (GP)
-[SA_2_2] Other health professional (e.g. specialist doctor, nurse etc)
-[SA_2_3] Counsellor/therapist
-[SA_2_4] Alcohol charity/organisation
-[SA_2_5] App/digital service
-[SA_2_6] Online community support
-[SA_2_7] In person support group (e.g. Alcoholics Anonymous)
-[SA_2_8] LGBT-specific support group
<1> Very likely
<2> Fairly likely
<3> Not very likely
<4> Not at all likely
<98> Don't know
<99> Prefer not to say

#Base: all
[SA_3] {single} **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> No
<99> Prefer not to say

#Base: Answered yes – on own behalf
[Sa_4 if SA_3==1] {single} **How supportive did you find this organisation/service?**
<1> Very supportive
<2> Fairly supportive
<3> Not very supportive
<4> Not at all supportive
<98> Don’t know
<99> Prefer not to say

The next questions are about alcohol guidelines.

#Base: all
[GU_1] **Some drinks contain more alcohol than others. The amount of alcohol in a drink is measured in units.<
><
> Before this survey, have you ever heard of there being a recommended maximum number of alcohol units people should drink in a day or a week? This is sometimes known as a drinking guideline.**
<1> Yes
<2> No
<98> Don’t know

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#Base: all
[GU_2] {multiple} **Which of the following do you think the guidelines include? Please tick all that apply.**
<1> A daily limit
<2> A weekly limit
<3> Different limits for men and women
<4> The same limit for everyone
<98 xor> Don't know

#Base: all
[GU_3] {open-int} **The Chief Medical Officers' low-risk drinking guidelines were updated in 2016 and became a weekly guideline with the same limit for everyone.<
><
> How many units of alcohol per week do you think are in the guideline? Please enter your answer as a number.**

#Base: all who inserted free text response to guideline units
[GU_4 if GU_3 > -7] {scale 1 5} **How confident are you that you know the drinking guidelines?**
-[GU_4_scale] Very confident | Not at all confident

#Base: all
[GU_5] **To keep health risks from alcohol to a low level, the Chief Medical Officers' guideline recommends it is safest not to drink more than 14 units a week on a regular basis. This is the equivalent of 6 medium glasses of wine, six pints of beer, or six single measures of spirits.<
><
> Do you think this limit is…?**
<1> Too low
<2> About right
<3> Too high
<98> Don't know

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
[DS_1] {single} **Do you understand the term 'drink spiking'?**
<1> Yes
<2> No
<98> Not sure

#Base: all
[DS_2] {single} **Drink spiking is the act of deliberately adding alcohol or other substances, such as drugs of abuse or pharmaceutical compounds, to a drink without knowledge of the individual who is drinking it. <
><
> Do you understand the term 'needling' in relation to drink spiking?**
<1> Yes
<2> No
<98> Not sure

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#Base: all
[DS_8] **Do you think you have ever been a victim of drink spiking?**
<1> Yes
<2> No
<98> Not sure
<99> Prefer not to say

#Base: all
[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 ever been a victim of 'needling'?**
<1> Yes
<2> No
<98> Not sure
<99> Prefer not to say

{module victim if DS_8==1 or DS_9==1}

The following questions may be very sensitive and are based on your own personal experiences. There is an option of 'prefer not to say' for all of these questions which you can use if you would rather not answer a question. If you find these questions distressing, you should leave the questionnaire incomplete. You can also contact the relevant helplines listed below. These will also be listed at the end of the survey. Your response to these questions is **anonymous and cannot be tracked back to you.**

If you are a survivor of multiple drugging incidents, please describe the last one or the best remembered.

Victim support
Victim support offers help for people who have been a victim of crime, including drink spiking or needling. You can contact them by calling 0808 1689 111 or visiting their website https://www.victimsupport.org.uk

Rape Crisis
Rape Crisis offer support to those who have experienced rape, sexual assault, sexual abuse or any type of sexual violence. In England and Wales, you can contact them at https://rapecrisis.org.uk/get-help

Please click www.rapecrisisscotland.org.uk **to access their support services if you are in Scotland and** https://rapecrisisni.org.uk **to get support if you are in Northern Ireland.**

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#Base: Those who think they have been spiked
[DS_10 if DS_8==1]{multiple order=randomize} **You said that you think you have been a victim of drink spiking. Where did the incident 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 (specify)
<99 fixed xor> Prefer not to say

#Base: Those who think they have been a victim of needling
[DS_11 if DS_9==1]{multiple order=randomize} **You said that you think you have been a victim of needling. Where did the incident 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 (specify)
<99 fixed xor> Prefer not to say

#Base: Those who think they have been drugged
[DS_12] {single} **Still thinking about the most recent time you were drugged (either via drink spiking or needling), do you know the identity of the perpetrator?**
<1> Yes
<2> No
<99> Prefer not to say

#Base: answered “yes” to knowing perpetrator
[DS_13 if DS_12==1] {single} **What was your ‘relationship’ with the perpetrator (how well did you know them)? Please select the option that best applies. If you cannot identify them, please select that option.**
<1> Relative
<2> Co-worker/ workmate
<3> Acquaintance
<4> Stranger
<5> Partner/Ex-partner
<6> Friend
<7> Classmate
<95> Other (specify)
<98> Cannot identify them
<99> Prefer not to say

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#Base: Those who think they have been drugged
[DS_14] {multiple order=randomize} **After you were drugged, what happened next? Please tick all that apply.**
<1> Rape
<2> Sexual assault
<3> Theft/ Robbery
<4> Blackmail
<5> Harassment
<6> Intimidation
<7> Prank
<95 fixed> Other (specify)
<99 fixed xor> Nothing happened
<97 fixed xor> Prefer not to say

#Base: Those who think they have been drugged
[DS_15] {single} **Did you report this incident to the police?**
<1> Yes
<2> No
<99> Prefer not to say

#Base: answered “no” to reporting the incident to police
[DS_16 if DS_15==2] {single} **Did you tell anyone else about this incident?**
<1> Yes
<2> No
<99> Prefer not to say

#Base: answered “yes” to telling anyone
[DS_17 if DS_16==1] {multiple order=randomize} **Who did you tell about this incident? Please select all that apply.**
<1> Security at the venue
<2> Staff at the venue
<3> Medical professional
<4> Counsellor
<5> School/college/university staff
<6> Friend
<7> Family member
<8> Colleague or employer
<95 fixed> Someone else (specify)
<97 xor fixed> Prefer not to say

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#Base: Answered no to reporting to police
[DS_18 if DS_15==2] {multiple order=randomize} **What were your reasons for not reporting the incident to the police?**
<1> Too much time had passed since the incident
<2> I didn't think there was much point
<3> I didn't know it was illegal
<4> I was scared I'd get into trouble
<5> I was embarrassed
<6> I couldn't remember exactly what happened
<95 fixed> Other (specify)
<97 fixed xor> Prefer not to say

#Base: answered 'yes' to reporting the incident to the police
[DS_19 if DS_15==1] {open} **Please describe your overall experience in reporting the incident to the police.**

#Base: Those who think they have been drugged
[DS_20] {single} **Did being drugged result in any physical or mental health problems?**
<1> Yes
<2> No
<3> Not sure
<99> Prefer not to say

#Base: Those who think being drugged resulted in health problems
[DS_20_open if DS_20==1] {open} **What physical or mental health problems did you experience as a result of being drugged?**

#Base: Those who think being drugged resulted in health problems
[DS_21 if DS_20==1] **Have you sought any medical assistance (either physical and/or psychological) for these problems?**
<1> Yes
<2> No
<3> Not sure
<99> Prefer not to say

{end module victim}

{module not_victim if DS_8 !=1 and DS_9 !=1}

#Base: all except those who have been a victim
[DS_3] {open} **What, if anything, do you think makes people vulnerable to being drugged (i.e. drink spiking or 'needling')?**

#Base: all except those who have been a victim
[DS_4] {single} **Would you know what to do in case of a drink spiking or 'needling' incident?**
<1> Yes
<2> No
<98> Not sure
<99> Prefer not to say

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#Base: answered “yes” to knowing what to do in a spiking or needling incident.
[DS_5 if DS_4==1]{open} **You said you would know what to do in the case of a drink spiking or 'needling' incident. What would you do?**

#Base: all except those who have been a victim
[DS_6] {single} **Would you be careful of a possible drink spiking or needling during a night out in a club or bar?**
<1> Very careful
<2> Somewhat careful
<3> I don’t think it will happen to me
<4> Not applicable - this is not relevant to me
<99> Prefer not to say

#Base: all except those who have been a victim
[DS_7]{grid roworder=randomize} **If you were drugged (i.e. via drink spiking or ‘needling’) and it led to the following consequences, how likely is it that you would report it to the police?**
-[DS_7_1] Rape
-[DS_7_2] Sexual assault
-[DS_7_3] Theft/ Robbery
-[DS_7_4] Blackmail
-[DS_7_5] Harassment
-[DS_7_6] Intimidation
-[DS_7_7] A prank
-[DS_7_8] No particular consequences
<1> 1 - Very likely
<2> 2
<3> 3
<4> 4 - very unlikely
<98> Don’t know
<99> Prefer not to say

{end module not_victim}

The next questions are about tobacco and drug use. Please remember that all responses are anonymous and it will not be possible to identify individuals from their answers. You can use the 'Prefer not to say' option if you would like to.

#Base: all
[T_1] {single} **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

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Cannabis	Amphetamines	Cocaine	Opiates	Hallucinogens	Solvents/inhalants	GHB and others
Marijuana Hash Hash oil	Methamphetamine Phenmetraline Khat Betel nut Ritaline (Methylphenidate)	Crack Freebase Coca leaves	Smoked heroin Heroin Opium	Ecstasy LSD (Lisergic acid) Mescaline Peyote PCP, angel dust (Phencyclidine) Psilocybin DMT (Dimethyltryptamine)	Thinner Trichlorethylene Gasoline/petrol Gas Solution Glue	GHB Anabolic steroids Laughing gas (Halothane) Amyl nitrate (Poppers) Anticholinergic compounds

#Base: all
[D_1] {single} **How often, if at all, do you use drugs other than alcohol? (See list of drugs above)**
<1> Never
<2> Once a month or less often
<3> 4 times a week or more often
<4> 2-3 times a week
<5> 2-4 times a month
<6> Less than once a month
<99> Prefer not to say

#Base: ever use drugs
[D_2 if D_1 in [2,3,4,5,6]] {single} **Do you use more than one type of drug on the same occasion? Please do NOT include alcohol in your answer.**
<1> Never
<2> Once a month or less often
<3> 2-4 times a month
<4> 2-3 times a week
<5> 4 times a week or more often
<99> Prefer not to say

#Base: ever use drugs
[D_7 if D_1 in [2,3,4,5,6]] {single} **Has a relative or a friend, a doctor or a nurse, or anyone else, been worried about your drug use or said to you that you should stop using drugs?**
<1> No
<2> Yes, but not over the past year
<3> Yes, over the past year
<99> Prefer not to say

The next questions are about gambling.

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#Base: all
[GA_1]{multiple order=randomize} **Have you spent any money on any of the following activities in the last 12 months? Please tick all that apply.**
<1> National Lotteries (including Thunderball, Euromillions etc.)
<2> Scratchcards/other lotteries (not online)
<3> Fruit/slot machines or virtual casino games (not online)
<4> Playing poker in a pub tournament/ league or at a club
<5> Online gambling (e.g., poker, bingo, instant win/scratchcard games, slot machine style games or casino games)
<6> Betting (e.g. on sports, races, or events) by phone or at a venue (not online)
<7> Online betting with a bookmaker on any event or sport
<8> Private betting (with friends, family, colleagues)
<95 fixed> Another form of gambling in the last 12 months
<99 xor fixed> None of these

#All gamblers (participated in last 12 months)
[Q5 if GA_1.has_any([1,2,3,4,5,6,7,8])] {dyngrid roworder=randomize} **Thinking about the last 12 months:**
-[Q5_1] Have you bet more than you could really afford to lose?
-[Q5_2] Have you needed to gamble with larger amounts of money to get the same excitement?
-[Q5_3] When you gambled, did you go back another day to try and win back the money you lost?
-[Q5_4] Have you borrowed money or sold anything to get money to gamble?
-[Q5_5] Have you felt that you might have a problem with gambling?
-[Q5_6] Has gambling caused you any mental health problems, including stress or anxiety?
-[Q5_7] Have people criticised your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
-[Q5_8] Has your gambling caused any financial problems for you or your household?
-[Q5_9] Have you felt guilty about the way you gamble or what happens when you gamble?

<1>Never
<2>Sometimes
<3>Most of the time
<4>Almost always

The following questions are about your personal health and wellbeing.

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#Base: all
[MH_2]{single} **Thinking about your own life and personal circumstances, how satisfied are you with your life as a whole?**
<1> 0 - No satisfaction at all
<2> 1
<3> 2
<4> 3
<5> 4
<6> 5
<7> 6
<8> 7
<9> 8
<10> 9
<11> 10 - Completely satisfied
<99> Prefer not to say

#Base: all
[MH_3] {dyngrid roworder=randomize} **How satisfied are you with…**
-[MH_3_1] Your standard of living
-[MH_3_2] Your health
-[MH_3_3] What you are achieving in life
-[MH_3_4] Your personal relationships
-[MH_3_5] How safe you feel
-[MH_3_6] Feeling part of your community
-[MH_3_7] Your future security
<1> 0 - No satisfaction at all
<2> 1
<3> 2
<4> 3
<5> 4
<6> 5
<7> 6
<8> 7
<9> 8
<10> 9
<11> 10 - Completely satisfied

#Base: all
[MH_4]{grid roworder=randomize} **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

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{module lgbt if S3 in [1,3,4,6,8] or S2==2}

The next questions are about sexuality and/or gender identity.

#Base: LGBT respondents only
[SC_1] {single} **To what extent do you agree with the following statement:**

I feel part of an LGBTQ+ community/LGBTQ+ communities
<1> Strongly agree
<2> Somewhat agree
<3> Neither agree nor disagree
<4> Somewhat disagree
<5> Strongly disagree
<98> Don't know

#Base: LGBT respondents who feel part of a community
[SC_2 if SC_1 in [1,2]] {multiple order=randomize} **The LGBTQ+ community/communities I feel part of tend to be...**
<1> Physical and near where I live
<2> Virtual/online
<3> A feeling
<4> Physical but not near where I live
<5> Physical and based where I work
<95 fixed> Other
<98 fixed xor> Don't know

#Base: LGBT respondents only
[SC_3]{grid} **With how many people within the following communities are you open about your sexual orientation and/or gender identity?**
-[SC_3_1] Family
-[SC_3_2] Friends
-[SC_3_3] Co-workers
-[SC_3_4] Neighbours
-[SC_3_5] Online communities
<1> None
<2> Some
<3> About half
<4> Most
<98> Not applicable
<99> Prefer not to say

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#Base: LGBT respondents only
[SC_4]{grid roworder=randomize} **On the basis of your sexual orientation and/or gender identity, have you experienced discrimination in any of the following settings:**
-[SC_4_1 if employee_status==1] Workplace
-[SC_4_2] Education/training
-[SC_4_3] Healthcare
-[SC_4_4] Local public services (police, local authorities)
-[SC_4_5] Local community
-[SC_4_6] LGBT communities
-[SC_4_7] Online communities
<1> Never
<2> Rarely
<3> Sometimes
<4> Often
<99> Prefer not to say

#Base: LGBT respondents only
[SC_5] {grid} **On the basis of your sexual orientation and/or gender identity, how supported do you feel by the following:**
-[SC_5_1] Family
-[SC_5_2] Friends
-[SC_5_3 if employee_status==1] Co-workers
-[SC_5_4] My local community
-[SC_5_5] An LGBT community/communities
-[SC_5_6] Online communities
<1> 1 - Not supported at all
<2> 2
<3> 3
<4> 4
<5> 5
<6> 6 - Completely supported
<99> Not applicable

#Base: Identified as LGB only
[SC_8] **Do you feel that your sexual orientation is an important part of your identity?**
-[SC_8_scale 1 6] Not important at all | Extremely important

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#Base: LGBT respondents only
[HS_1] {multiple order=randomize} **Have you ever experienced any of the following situations when using or trying to access healthcare services? Please tick all that apply.**
<1> Difficulty in gaining access to healthcare
<2> Having to change general practitioners or other specialists due to their negative reaction
<3> Receiving unequal treatment when dealing with medical staff
<4> Foregoing treatment for fear of discrimination or intolerant reactions
<5> Specific needs ignored (not taken into account)
<6> Inappropriate curiosity
<7> Pressure or being forced to undergo any medical or psychological test
<97 xor fixed> None of the above
<99 xor fixed> Prefer not to say

The final questions are about alcohol marketing.

#Base: all
[AM_1] {scale 1 7} **During Pride month, certain alcohol brands release adverts or products using the rainbow flag, to what extent do you find this practice appropriate or inappropriate?**
-[AM_1_scale] Appropriate | Inappropriate

#Base: those who find it inappropriate
[AM_2a if AM_1_scale in [1,2,3]]{open} **You indicated you find this practice appropriate, could you tell us your reasons?**

#Base: those who find it appropriate
[AM_2b if AM_1_scale in [5,6,7]]{open} **You indicated you find this practice inappropriate, could you tell us your reasons?**

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