

## Instructions to Participants

Good morning everyone and thank you for taking part in this research.

I am going to read through the questionnaires that we need to complete and all that you have to do is to indicate your answer on the sheet by putting an “X” in the circle.

If you have any questions as we go along then please raise your hand. If you prefer, you can wait until the end to ask questions.

Just to emphasise again that we will be coding your answer sheet. You will see at the top of page 2 that there is a coding box. Once we take the answer sheets back to the office we will remove page 1 which contains your name and school name, and we will give you a number code. That way, the people who are scoring the sheets will have no idea who you are. This means that you are free to answer all questions honestly.

One last thing... there are NO trick questions.

Alcopops refers to things like “WKD” or “Bacardi Breezer” or “Smirnoff Ice”  
Spirits refers to things like Vodka, Jack Daniels, Whisky

I am now going to ask you some questions about what you know about alcohol and its effects. Please tick, True, False or Don’t Know. There are no trick questions.

### **Alcohol-related knowledge (True, False, Don’t Know)**

1. Fizzy drinks such as champagne are absorbed more quickly by the body than non-fizzy drinks
2. Alcohol is a drug
3. Most 12-16 year olds are regular drinkers
4. A person can die of alcohol poisoning if they drink too much
5. A can of regular strength beer contains approximately 1.5 units of alcohol
6. Alcohol is a stimulant which makes people feel more awake
7. The harm that comes from drinking depends on how much you drink and how often you drink it, rather than from the drinking itself
8. Drinking black coffee helps people to sober up
9. It takes approx. 4 hours for the body to break down 4 units of alcohol
10. A standard (10 glass) bottle of vodka contains around 15 units of alcohol

11. Heroin kills more people every year in the UK than alcohol
12. Females digest and break down alcohol differently to males
13. All the alcohol consumed will eventually reach the bloodstream
14. You can do things to sober up more quickly
15. The recommended daily amount of alcohol for an adult man is 4 units
16. It is illegal for anyone under 18 to drink alcohol
17. The place in which alcohol is used will influence its effects on a user
18. There is more alcohol in a unit of beer than in a unit of spirits
19. Guidelines say OK to drink a small amount every day

Thanks. Now we have a short and fairly simple section on your attitudes towards alcohol. This time there are 5 possible answers. Listen to the statement and indicate if you strongly disagree, strongly agree, or if your attitude is somewhere in between. Please tick one circle only for each answer.

**Alcohol-related attitudes (5 point Likert scale, *Strongly disagree – Strongly agree*)**

1. I would accept a lift from a person who had been drinking a lot
2. I know a lot about alcohol
3. People my age have a good time at parties when they get drunk
4. It is OK for young people to drink as long as they do it safely
5. Young people can enjoy alcohol without getting drunk
6. Sometimes I plan to get drunk

Thanks again. Now at the bottom of page 2 there are 6 possible times or occasions when you may have tried alcohol. If you have never tried it just leave them all blank. Please tick as many as apply to you. So, for example, if you tried alcohol with your family at dinner, please tick circle, and so on...

**I have tried alcohol... (mark as many as apply to you)**

- |  | <b>Yes</b>            |
|--|-----------------------|
| With my family on a special occasion/holiday       | <input type="radio"/> |
| With my family at dinner                           | <input type="radio"/> |
| With small groups of friends and NO adults present | <input type="radio"/> |
| At parties with NO adults present                  | <input type="radio"/> |
| Alone  | <input type="radio"/> |
| At parties with adults present                     | <input type="radio"/> |

Finally on page 2, you will see answers going from 0 up to 100. Using this scale or list could you please indicate what chances you think that you have of living to be 35 years old, where 0 = no chance, and 100 = you think that it is absolutely certain.

For the next 3 answers it is really important that you only tick “Yes” if you had a full drink, not just a sip (so for example a full bottle of beer, a full glass of wine etc... not just a sip of someone else’s).

So...

	Yes	No
<b>Have you EVER drank a full drink?</b>	<input type="radio"/>	<input type="radio"/>
<b>Have you had a full drink in the past year?</b>	<input type="radio"/>	<input type="radio"/>
<b>Have you had a full drink in the past month?</b>	<input type="radio"/>	<input type="radio"/>

<b>At what age did you have your first full drink?</b>	<b>Never</b>	<b>Before age 9</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you have never tried alcohol then obviously your answer to all of these questions will be “never”

**How frequently do you drink alcohol?**

<b>Never</b>	<b>Less than monthly</b>	<b>Once per month</b>	<b>Every 2 weeks</b>	<b>Once per week</b>	<b>2/3 times per week</b>	<b>Every day</b>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**How often in the past month would you have drunk more than 5 full drinks in the one drinking session?**

<b>Never</b>	<b>Once</b>	<b>Twice</b>	<b>3 times</b>	<b>4-5 times</b>	<b>6-7 times</b>	<b>8 or more times</b>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In other words on a given occasion if or when you were drinking, how often did you have 5 drinks, like 5 WKD’s or 5 bottles of beer

**What do you usually drink, and usually, how much of it?**

So for example, if you normally drink beer put an X in the beer circle and write how many bottles you would normally drink... Take a few moments to do this by yourself.

<input type="radio"/>	Beer	How many cans/bottles? _____
<input type="radio"/>	Alcopops (e.g. WKD)	How many bottles? (large/small) _____
<input type="radio"/>	Spirits (e.g., Vodka)	How much? (e.g. quarter bottle) _____
<input type="radio"/>	Cider	How much? _____
<input type="radio"/>	Wine	How much? _____
<input type="radio"/>	Buckfast	How much? _____
<input type="radio"/>	Other	How much? _____

Now the last question in this section... This is about the last (or most recent) time that you were drinking alcohol. Like before, please put an X in the circle and write how much of it. So for example Alcopops, 3 large ones, or whatever. If you drank something that is not listed please tick the "other" circle and write in what you drank and how much of it.

**On the last occasion that you drank alcohol, WHAT did you drink, and HOW MUCH of it did you drink? (e.g. 3 large WKDs, a quarter bottle of vodka, one litre of cider, a glass of wine etc...)**

		How Much?
<b>Beer</b>	<input type="radio"/>	
<b>Alcopops</b>	<input type="radio"/>	
<b>Spirits</b>	<input type="radio"/>	
<b>Cider</b>	<input type="radio"/>	
<b>Wine</b>	<input type="radio"/>	
<b>Buckfast</b>	<input type="radio"/>	
<b>Other</b>	<input type="radio"/>	

Ok we are nearly done with this section and then we will have a breather. On your answer sheets you will see a list of answer options ranging from Never up to 12 or more times. I am going to call out a series of questions and I would like you to tick how often in the past 6 months this has happened to you.

How often during the past 6 months...

1. Have you planned to get drunk?
2. Did you drink more than planned to?
3. Were sick after you had been drinking?
4. Did you have a hangover after you had been drinking?
5. Were unable to remember things that had happened when you had been drinking?
6. Did you verbally abuse someone when you had been drinking?
7. Did you get into a physical fight when you had been drinking?
8. Did you damage property when you had been drinking?
9. Were you sexually harassed when you had been drinking?
10. Was your school performance affected (e.g., day off) because you had been drinking?
11. Did you get in trouble with friends because of your drinking?
12. Did you get in trouble with a boyfriend/girlfriend because of your drinking?
13. Did you get in trouble with your Parents because of your drinking?
14. Did you get in trouble at school because of your drinking?
15. Did you get in trouble with the Police because of drinking?
16. Did you have to attend a doctor or hospital because of your own drinking?

Thanks and now there are 6 questions, but this time you do not have to have been drinking – in other words these are issues where someone else was drinking and you were the victim...

### **Else Harm**

How often during the past 6 months...

1. Were you verbally abused by **someone else** who had been drinking?
2. Were you physically hit by **someone else** who had been drinking?
3. Was your property damaged by **someone else** who had been drinking?
4. Were you the passenger in a car when **the driver** had been drinking?
5. Were you sexually harassed by **someone else** who had been drinking?
6. Did you have to prevent a friend who had been drinking from getting into trouble