

Appendix 1

Briefing sheet sent to all participants giving evidence to the public inquiries in London and Edinburgh.

New Research Project: Parental drinking and its impact on children

Background and aim of the study

While there is a significant amount of research on the impact of chronic drinking on families and children, far less is known about the impact of 'moderate' and 'lower risk' drinking. This project, which will be undertaken by a collaboration of alcohol charities, aims to address this by investigating the impact of alcohol on children across a range of drinking levels and patterns.

This study will build upon the 2012 Children's Commissioner for England's report "Silent Voices, supporting children and young people affected by parental alcohol misuse". One of the many key findings was that little is known about how different level of alcohol consumption, not just parents who are dependent drinkers, and different styles of drinking (such as binge drinking) may affect children.

This study proposes to address this gap in the research by exploring how a range of drinking levels and styles may impact on children and families. The project will also identify means of supporting parents and children where alcohol use may be having a negative impact.

Method

The study will be overseen by a panel of expert advisors, with members from academic and practitioner networks, and will involve qualitative and quantitative techniques:

- A comprehensive literature review will be conducted by the Institute of Alcohol Studies.
- Public inquiries will be organized by Adfam (in London), and Alcohol Focus Scotland (in Scotland), on behalf of the Alcohol and Families Alliance. This will involve calls for written and oral evidence from relevant stakeholders, including academics, social workers and family and substance misuse specialists.
- An online survey of a nationally representative sample of 1,000 parents and their children.
- Four focus groups exploring the same issues in more detail. The survey and focus groups will be carried out by market research agency ORB

Research outputs

Detailed research findings will be produced, and depending on timescales and ethical approval, findings may be submitted for peer review. Implications for both policy and practice will be highlighted, with a particular focus on better understanding

opportunities for early intervention and methods for supporting families and children that may be affected.

Project partners

This research project is funded by the Institute of Alcohol Studies, and is a collaboration between the Institute of Alcohol Studies and the Alcohol and Families Alliance, with additional input from Alcohol Focus Scotland.

Project Research Questions

1. What are the levels of consumption and circumstances in which parental drinking has a negative impact on children.
2. What is the impact of drinking and attitudes towards drinking within the family on other familial relationships?
3. How do parent and children view wider influences on drinking attitudes and behaviour?
 - a. Does this alter in relation to parental drinking?
4. Do these impacts change over time (on children aged 10 – 15, 16 - 18)
5. What is the qualitative nature and impact of parental/carer drinking and attitudes toward drinking on children? And of other familiar relationships?
6. What services are available for children and families if they have been affected by alcohol use within the family? How do these vary by area?
7. What types of services and policies are likely to improve the situation of those affected by alcohol use within the family?

The 'Impact' of parental drinking

Impacts may include issues such as:

- Indications that the child may experience a lesser level of parental involvement as a result of parental/carer drinking which could include. less parental supervision, reading/playing with their child less, parents missing either events or day to day events, unpredictability of behaviour
- Mental health (e.g. anxiety, depression)
- Social harms (e.g. increased conflict/aggression in the family, lower educational attainment, truancy, criminality)
- The physical health of the child (e.g. experiencing injury as a result of violence)
- The child's own use of, and attitudes towards, alcohol.

While there is a significant amount of research on the impact of chronic drinking on families and children, far less is known about the impact of drinking at lower levels. As a result many of the questions will focus on parents who are not known to services, exploring challenges in identifying potentially problematic drinking, intervening early, and what support professionals may need to do this.

Information for participants:

Thank you for agreeing to give evidence to this inquiry, your input is greatly appreciated.

Participants will be given two minutes at the start of their session in order to introduce themselves and briefly explain their relevant experience in this area.

Oral sessions will be recorded and quotes from transcripts may be used in the final report. All participants will be asked for consent before any quotes are used and the transcripts will not be circulated anywhere else. Please let us know in advance if you would prefer that all or part of your evidence remains anonymous.

The interview panel is keen to hear about any relevant professional experience you have in this area. If you have personal experience from outside of your working life you think to be relevant, please identify this as such.

Inquiry Questions:

Session 1: Practitioners/ service managers (focus on dependent drinking and early intervention) 90 minutes

| Question | Comments for Panel |
|---|--|
| 1. In your professional experience, what are the challenges in identifying points at which parental drinking becomes a cause for concern regarding its impact on children? Is there a grey area before the impacts become more clearly recognisable, or where you are less confident in making a judgement? | Please ask additional questions if needed to explore a wide range of potential impacts, as mentioned in the briefing. |
| 2. In your professional experience, have you noticed differing patterns of parental drinking which are particularly problematic, or which lead to problems later on? What factors influence these? | Such as people drinking more at home, binge drinking, steady drinking every day, only drinking with meals. What about holidays, family occasions and celebrations? |
| 3. How does parental alcohol use interact with other risk factors, such as drug use, domestic violence or mental health problems? | |
| 4. What kinds of early interventions could help to address the impact of parental drinking on children before things become too problematic? What are the barriers to these? | Such as what could be done/who could support helping to better identify children/families who may need help. Barriers could be that families may feel uncomfortable asking for help/non-specialist practitioners may feel uncomfortable raising the issue. |
| 5. What services and other types of support are available for children and families if they have been affected by alcohol use within the family? How do these vary by area? | How much of a gap is there between the need for services and the provision of services. |

Session 2: Social work/ universal services
(focus on universal services and general safeguarding)
90 minutes

| Question | Comments for Panel |
|--|---|
| <p>1. In your professional experience, what are the challenges in identifying the point at which parental drinking becomes a cause for concern regarding its impact on children? Is there a grey area before the impacts become more clearly recognisable, or where you are less confident in making a judgement?</p> | <p>Please ask additional questions if needed to explore a wide range of potential impacts, as mentioned in the briefing.</p> |
| <p>2. In your professional experience, have you noticed differing patterns of parental drinking which are particularly problematic, or which lead to problems later on? What factors influence these?</p> | <p>Such as people drinking more at home, binge drinking, steady drinking every day, only drinking with meals. What about holidays, family occasions and celebrations?</p> |
| <p>3. In your safeguarding role:</p> <ul style="list-style-type: none"> a. How often do you come across a situation where you are confident that parental drinking is impacting negatively on a child? b. How often do you come across a situation where you think that parental drinking is impacting negatively on a child but you are less sure about this? c. What could be done to help you, and other similar professionals, to identify these issues more clearly? | |
| <p>4. Is there a gap between the level at which interventions are available and the place where you consider parental drinking to start to negatively impact upon children? If so, what factors cause this gap?</p> | <p>Factors such as capacity, confidence in making a referral, fear of other consequences e.g. child being taken away</p> |
| <p>5. What services are available for children and families if they have been affected by alcohol use within the family? What could be done in settings such as schools, nurseries, or GP surgeries to better identify children at risk because of parental drinking?</p> | <p>Focus on universal services and identifying parents not already known to services.</p> |

**Session 3: Wider perspectives, police, academics, policy
(focus on current policy and practice)
90 minutes**

| Question | Comments for Panel |
|--|---|
| <p>1. As far as you know, what are the impacts that parental alcohol use has on children? Do the impacts of parental alcohol use:</p> <ul style="list-style-type: none"> a. Differ in relation to drinking patterns and styles b. Change in relation to the child's age? c. Differ by sex of the child, or any other factor? | <p>Please ask additional questions if needed to explore a wide range of potential impacts, as mentioned in the briefing.</p> |
| <p>2. At what level of impact on the child does policy and practice currently regard parental drinking to be potentially problematic?</p> <ul style="list-style-type: none"> a. Is this level appropriate? b. Why is it at its current level? c. If it should be lowered, what might prevent this? | |
| <p>3. Children affected by parental alcohol use appear to come to the attention of social services later than children living with comparable parental drug use, and the chances of intervention are lower. Why does parental drug use get greater priority?</p> | <p>Potential normalization of alcohol hiding its impact? What could change this situation?</p> |
| <p>4. In 2012 Silent Voices identified three key limitations to affectively helping children affected by parental alcohol misuse. These were:</p> <ul style="list-style-type: none"> a. A focus on 'at risk' children at the expense of children 'in need' b. That despite greater prevalence, parental alcohol misuse gets far less attention than parental drug use c. The lack of joined up strategies to address parental alcohol misuse's common occurrence with domestic violence and mental health problems <p>Has there been any progress on these issues since 2012?</p> | <p>What would be needed to drive forward policy in this area?</p> |
| <p>5. How is data gathered on parental drinking and its impact on children? What could be done differently to produce a clearer picture regarding both prevalence and impact on children?</p> | <p>How important is getting an accurate national picture of prevalence? Lack of data is often cited as a barrier to action.</p> |

Appendix 2

Online polling questions

PLEASE NOTE: The questions are not in numerical order, but rather the order in which questions were asked during the sessions.

| |
|-----------------|
| SCREENER |
|-----------------|

S1 Are you happy for a specified child to also complete a short survey following the questions that are asked to you?

| | | |
|-----|----|-----------|
| Yes | 01 | CONTINUE |
| No | 02 | TERMINATE |

S2 And can I confirm that you personally do typically drink alcohol at least once every two weeks?

| | | |
|-----|----|-----------|
| Yes | 01 | CONTINUE |
| No | 02 | TERMINATE |

D1 Gender

| | |
|--------|---|
| Male | 1 |
| Female | 2 |

D2 And what is your age? Please write in and then select a category

| | |
|-------------|---|
| 18-24 years | 1 |
| 25-34 years | 2 |
| 35-44 years | 3 |
| 45-54 years | 4 |
| 55-64 years | 5 |
| 65+ years | 6 |

D4 And in which of the following regions of the country do you live?

| | | | |
|---------------|---|------------------------|----|
| South West | 1 | Wales | 7 |
| East Midlands | 2 | West Midlands | 8 |
| London | 3 | South East | 9 |
| Eastern | 4 | North East | 10 |
| North West | 5 | Yorkshire & Humberside | 11 |
| Scotland | 6 | N. Ireland | 12 |

S3 How many children between the ages of 10 – 17years do you have currently living under the same roof as you? (PLEASE WRITE IN THE NUMBER AND THEIR RESPECTIVE AGE)

Child 1 Age _____
 Child 2 Age _____
 Child 3 Age _____
 Child 4 Age _____

Make sure there are at least 200 children aged 10-11years, 200 children aged 12-15years and 200 children aged 16-17years years

Thank you – the computer has randomly picked Child XX to answer the questions. Please can you make sure he/she is willing and available to answer some questions? You can exit and re-enter the survey at any time if you/they would like to complete the survey at a more convenient time.

S4 And are you **[INSERT NAME OF CHILD SELECTED AT S3]**'s mother or father?

| | |
|-----------------------------|-----------|
| | S4 |
| Mother | 1 |
| Step-Mother | 2 |
| Father | 3 |
| Step-Father | 4 |
| Other Guardian (Specify) | 5 |

Q3 How would you describe your own relationship with alcohol?

| | |
|--------------------------------|-----------|
| I am a light drinker | 1 |
| I am a moderate drinker | 2 |
| I am a heavy drinker | 3 |
| Don't Know | 98 |
| Refused | 99 |

Q1a On how many days did you drink alcohol in the last four weeks?

Q1b And how about in the last 7 days?

| | Q1a | Q1b |
|-------------------|-----|-----|
| Never | 1 | 1 |
| Once | 2 | 2 |
| 2 – 3 times | 3 | 3 |
| About once a week | 4 | |
| 2 -3 times a week | 5 | |
| 4 times a week | 6 | 6 |
| 5-6 times a week | 7 | 7 |
| Daily | 8 | 8 |

Q2a Thinking back over the last four weeks, what was the maximum number of units you consumed in any one day? Please refer to the guide below to calculate units.

One unit is:



Half a pint of regular beer, lager or cider



A small glass of wine



A single measure of spirits ...



... with or without a mixer



A small glass of sherry

Each of these is more than one unit:



A pint of 3.5% beer, lager or cider



A pint of 5% beer, lager or cider



A 330ml bottle or can of 4.5% alcopop or lager



A 500ml can of 4% lager or strong beer



A 500ml can of 8% lager



A medium (175ml) glass of 11% wine



A bottle of 12% wine

Q2b And on how many days in the last four weeks did you drink.....

ASK NUMBER OF DAYS FOR EACH CATEGORY OF UNIT

[PROG: KEEP UNIT GUIDE ON SCREEN FOR Q2B]

| IF Q2a is 20 or more | IF Q2a is 6 -19 units | IF q2a is 5 or fewer units |
|----------------------|-----------------------|----------------------------|
| 0 – 1 units | 0 – 1 units | 1 unit |
| 2 units | 2 units | 2 units |
| 3 units | 3 units | 3 units |
| 4 units | 4 units | 4 units |
| 5 units | 5 units | 5 units |
| 6 – 10 units | 6 – 10 units | |
| 11 – 20 units | 11 – 15 units | |
| 21 – 30 units | 16 – 20 units | |
| 31 – 40 units | | |
| 41 – 50 units | | |
| 51 or more units | | |

Q5 And overall, how concerned, if at all, would you say you are with the amount of alcohol you typically consume each week?

| | |
|----------------------|----|
| Very concerned | 1 |
| Somewhat concerned | 2 |
| Not very concerned | 3 |
| Not at all concerned | 4 |
| Don't Know | 98 |
| Refused | 99 |

Q6 You will now see a list of reasons other people have given for having an alcoholic drink. For each reason please state how frequently it has been a reason for you to drink

RANDOMISE

| | | Almost always/ always | Some of the time | Rarely | Never | Don't know |
|----------|--|-----------------------------|---------------------|--------|-------|---------------|
| A | Because it makes social gatherings more fun/improves parties, celebrations | 1 | 2 | 3 | 4 | 98 |
| B | Because it helps you when you feel depressed or nervous | 1 | 2 | 3 | 4 | 98 |
| C | Because you like the feeling / get a buzz | 1 | 2 | 3 | 4 | 98 |
| D | To relax or feel happier | 1 | 2 | 3 | 4 | 98 |
| E | To escape your problems | 1 | 2 | 3 | 4 | 98 |
| F | Because it is fun | 1 | 2 | 3 | 4 | 98 |
| G | So as not to feel left out | 1 | 2 | 3 | 4 | 98 |

Q8 Now thinking specifically about **[INSERT NAME OF CHILD SELECTED AT S3]** aged 10-17 living in your household. Overall, how do you think they feel about your drinking?

| | |
|---|----|
| Very comfortable/I don't think they ever think about it | 1 |
| Somewhat comfortable/I think they only very rarely think about it | 2 |
| Somewhat uncomfortable/I think it concerns them a little | 3 |
| Very uncomfortable/I think it concerns them a lot | 4 |
| I don't think they are aware of it | 5 |
| Don't know | 98 |
| Refused | 99 |

Q9 How frequently, if at all, do you drink alcohol in front of **[INSERT NAME OF CHILD SELECTED AT S3]** in the following settings?

RANDOMISE

| | | Yes | No | Don't know |
|----------|---|-----|----|---------------|
| A | At home with a meal | 1 | 2 | 98 |
| B | In a pub or restaurant while eating | 1 | 2 | 98 |
| C | In a pub but not while eating | 1 | 2 | 98 |
| D | At home without a meal | 1 | 2 | 98 |
| E | At a family celebration | 1 | 2 | 98 |
| F | At a children's birthday party | 1 | 2 | 98 |
| G | At other social occasions (BBQs, friends party) | 1 | 2 | 98 |
| H | While on holiday | 1 | 2 | 98 |
| I | At a school event | 1 | 2 | 98 |
| J | While watching TV with my children | 1 | 2 | 98 |
| K | While reading with my children | 1 | 2 | 98 |
| L | While playing with my child at home | 1 | 2 | 98 |

Q14 To what extent do you think your drinking behaviour influences the way in which **[INSERT NAME OF CHILD SELECTED AT S3]** views alcohol?

| | |
|-------------------|----|
| Not at all | 1 |
| A little | 2 |
| Quite a lot | 3 |
| Don't know/Unsure | 98 |
| Refused | 99 |

Q15 And do you think your typical drinking behaviour provides a positive or negative role model for [INSERT NAME OF CHILD SELECTED AT S3]?

| | |
|-------------------|----|
| Very positive | 1 |
| Somewhat positive | 2 |
| Somewhat negative | 3 |
| Very negative | 4 |
| Don't Know | 98 |
| Refused | 99 |

Q21 You will now see a number of statements. For each I would like you to state how strongly you agree or disagree with each statement.

| | | Strongly Agree | Slightly Agree | Slightly Disagree | Strongly Disagree | Don't know |
|----------|---|----------------|----------------|-------------------|-------------------|------------|
| A | As long as it doesn't happen regularly it is OK for parents to get drunk in front of their children | 1 | 2 | 4 | 5 | 98 |
| B | You can still be a perfectly good parent and drink | 1 | 2 | 4 | 5 | 98 |
| C | Alcohol plays a valuable role in the social lives of parents | 1 | 2 | 4 | 5 | 98 |
| D | I have felt guilty/ashamed of my parenting as a result of my drinking | 1 | 2 | 4 | 5 | 98 |
| E | Drinking alcohol has a bad reputation that it doesn't deserve | 1 | 2 | 4 | 5 | 98 |
| F | We should be more relaxed about alcohol | 1 | 2 | 4 | 5 | 98 |
| G | The fact that drinking alcohol is so normal hides the problems it can cause in families | 1 | 2 | 4 | 5 | 98 |
| H | We are too tolerant towards alcohol and should pay more attention to the impact it can have on families | 1 | 2 | 4 | 5 | 98 |
| I | I would be interested in finding out more about how alcohol can have an impact on families? | 1 | 2 | 4 | 5 | 98 |

Q10a Has [INSERT NAME OF CHILD SELECTED AT S3] ever seen you tipsy before? By tipsy I mean they have seen you drunk enough to be slightly wobbly, seem slightly less in control, or your behaviour might seem a little funny.

| | | |
|------------|----|-------------|
| Yes | 01 | ASK Q10b |
| No | 02 | SKIP TO Q11 |
| Don't Know | 98 | SKIP TO Q11 |
| Refused | 99 | SKIP TO Q11 |

Q10b And how many times in the last four weeks have they seen you tipsy?

| | |
|-------------------|----|
| Never | 1 |
| Once | 2 |
| 2 – 3 times | 3 |
| About once a week | 4 |
| 2 -3 times a week | 4 |
| 4 times a week | 6 |
| 5-6 times a week | 7 |
| Daily | 8 |
| Don't Know | 98 |
| Refused | 99 |

Q11a Has **[INSERT NAME OF CHILD SELECTED AT S3]** ever seen you drunk before? By drunk I mean they have seen you less in control, wobbly or perhaps saying things or doing things that you wouldn't normally do or say without a drink (positive or negative things)

| | | |
|------------|----|-------------|
| Yes | 01 | ASK Q11b |
| No | 02 | SKIP TO Q12 |
| Don't Know | 98 | SKIP TO Q12 |
| Refused | 99 | SKIP TO Q12 |

Q11b And how many times in the last four weeks have they seen you drunk?

| | |
|-------------------|----|
| Never | 1 |
| Once | 2 |
| 2 – 3 times | 3 |
| About once a week | 4 |
| 2 -3 times a week | 4 |
| 4 times a week | 6 |
| 5-6 times a week | 7 |
| Daily | 8 |
| Don't Know | 98 |
| Refused | 99 |

Q12 The following is a list of things that parents have told us have resulted from drinking a little too much alcohol. Please read through them and click those which have happened to you in relation to **[INSERT NAME OF CHILD SELECTED AT S3]** as a result of alcohol.

[ROTATE LIST OVER TWO SCREENS AND ASK THEM TO CLICK ALL THOSE THAT APPLY]

- 1 Find parenting more difficult than normal**
- 2 Find parenting easier than normal**
- 3 Be more unpredictable than normal with your children**
- 4 Gave your child less attention than usual**
- 5 Missed a family meal or gathering**
- 6 Argued with your child more than normal**
- 7 Argued with your partner more than normal**
- 8 Put your child to bed earlier than usual**
- 9 Been less comforting and sensitive with your child than normal**
- 10 Put your child to bed later than usual**
- 11 Made your child late for school**

Q13 FOR EACH STATEMENT CLICKED ABOVE ASK
And on how many times in the last 12 months do you think this has happened as a result of drinking too much alcohol?

| | |
|-------------------|----|
| Never | 1 |
| Once | 2 |
| A number of times | 3 |
| Don't Know | 98 |
| Refused | 99 |

Q20 How frequently, if ever, has **[INSERT NAME OF CHILD SELECTED AT S3]** ever asked you to drink less?

| | |
|------------------|----|
| Often | 1 |
| Some of the time | 2 |
| Rarely | 3 |
| Never | 4 |
| Don't Know | 98 |
| Refused | 99 |

Q16a How aware are you of the risks associated with drinking alcohol?

Q16b And how aware of the risks do you think **[INSERT NAME OF CHILD SELECTED AT S3]** is?

| | Q16a | Q16b |
|------------------------|------|------|
| Very aware of the risk | 1 | 1 |
| Somewhat aware | 2 | 2 |
| Somewhat unaware | 3 | 3 |
| Very unaware | 4 | 4 |
| Don't Know | 98 | 98 |
| Refused | 99 | 99 |

Q17 And how comfortable do you find it to talk to **[INSERT NAME OF CHILD SELECTED AT S3]** about the following subjects? Thinking firstly about (INSERT FIRST ISSUE) – do you find it very easy, somewhat easy, somewhat tricky or very tricky to have a conversation about this?

| | | Very easy | Fairly easy | Fairly tricky | Very tricky | Don't know |
|----------|-------------------------|-----------|-------------|---------------|-------------|------------|
| A | Smoking | 1 | 2 | 3 | 4 | 98 |
| B | Drugs | 1 | 2 | 3 | 4 | 98 |
| C | Sex education | 1 | 2 | 3 | 4 | 98 |
| D | Alcohol | 1 | 2 | 3 | 4 | 98 |
| E | Cyber (online) bullying | 1 | 2 | 3 | 4 | 98 |

Q18 And if you wanted to get more information about the effects of alcohol and how to talk about alcohol with your children, where would you prefer to turn to for credible advice? **CLICK ALL MENTIONS**

| | |
|------------------|----|
| Online/Internet | 1 |
| Facebook groups | 2 |
| Twitter | 3 |
| Instagram groups | 4 |
| A library | 5 |
| Your doctor | 6 |
| A friend | 7 |
| Other (specify) | 8 |
| Don't Know | 98 |

Q22 And how much influence do you think the following have on **[INSERT NAME OF CHILD SELECTED AT S3]**'s view towards alcohol? I would like you to rate the following on a scale of influence, from 'Very strong influence' to 'Very weak influence'

| | | Very Strong Influence | Strong Influence | Weak Influence | Very weak influence | Don't Know |
|----------|--|-----------------------|------------------|----------------|---------------------|------------|
| A | Talking to their friends | 1 | 2 | 3 | 4 | 98 |
| B | What they see their peers doing on social media | 1 | 2 | 3 | 4 | 98 |
| C | The way alcohol is portrayed in TV and adverts | 1 | 2 | 3 | 4 | 98 |
| D | Sponsorship of sports teams by alcohol brands | 1 | 2 | 3 | 4 | 98 |
| E | Your own drinking behaviour | 1 | 2 | 3 | 4 | 98 |
| F | Alcohol references in the music they listen to | 1 | 2 | 3 | 4 | 98 |
| G | Alcohol adverts online, in newspapers, magazines ad billboards | 1 | 2 | 3 | 4 | 98 |
| H | In lessons at school | 1 | 2 | 3 | 4 | 98 |

Thank you for answering these questions and for agreeing to let your child answer some questions. We would now like you to ask CHILD XX to come to the computer to answer a few questions by clicking 'next'. CHILD XX should complete the survey unaided and in private if possible, however you are welcome to sit with your child as they complete the questionnaire. We are going to ask your child about how they view your drinking behaviour by asking the same questions as those you have already answered (with slightly simplified language).

CHILDREN SPECIFIC QUESTIONS

Information for Survey Participants

We would like to invite you to take part in our research study. You do not have to take part if you do not want to.

Before you decide, it is important that you understand why the research is being done. Please take the time to read through the information here to discuss any questions you may have, or if anything is not clear.

This information tells you the purpose of the study and what will happen to you if you take part.

What is the purpose of the study?

We would like to try to find out what you know about the alcohol that your parents drink, and to see how you feel about it.

You do not have to take part if you do not want to, and you can stop answering at any time.

How the survey works:

Part 1: One of your parents will answer some questions

Part 2: We would like to ask you some questions about how your parents drink alcohol. If you feel comfortable, please answer the questions on your own.

The purpose of this designing the survey this way is to link the answers that parents give to the answers that their children give. You can choose to end the survey at any time.

Why am I being asked to fill this in?

You have been invited because you are a child living at home with your parents.

What will happen if I take part?

If you take part you will be asked some questions about how often your parents drink, what you notice about their drinking, and how you feel about it. This will take about 10 minutes, but you can stop at any time if you want to.

What will happen to the information I provide?

The information will be collected in a way that keeps your identity secret, and it will be kept safe by a company which does research, called ORB. They will then pass the information from everyone who takes part in this survey to the research team involved in this study. They will not share this any further, but it will be looked at and used to see what influence the alcohol that parents drink has on their children. A research report will be produced outlining the findings.

Will taking part in this study be confidential?

Yes. All information collected from you during the study will be kept strictly confidential. We will not share what you tell us with your parents, school or young people at other discussion groups. However, if you tell us something which we believe places you or

others at serious risk, we are obliged to pass this information on to the relevant persons, e.g. if the researcher were to become aware of a significant child protection issue.

Advantages and Disadvantages of taking part

What are the possible benefits (good things) of taking part?

Taking part in this research may not help you personally, although you may like having a chance to talk about your experiences and to know that what you tell us may help others in the future.

What are the disadvantages (maybe not such good things) of taking part in the study?

Taking part in the study will use up some of your own time. Also, some people find talking about parental drinking difficult. The survey is designed to address issues in a sensitive way, but if anything makes you anxious or upset, you can stop at any time.

What happens if I have some questions?

If you have any questions you can click on the 'Any Questions?' button.

If you feel anxious about any of the issues raised in the survey you can find a [wide range of support and helplines here](#).

If you're happy to take part in an interview, please tick each box below.

I have read the information above.

I understand that I can choose to take part or not.

I understand that I can stop taking part at any time.

I agree to take part in this study.

Contact for concern or complaint?

If you have a concern or complaint and would like to speak to someone independent who is not involved in the study, please contact:

Professor Jayne Donaldson, Faculty of Health Sciences and Sport, University of Stirling, Stirling FK9 4LA, Tel: 01786 466345, Email (Secretary): l.m.black@stir.ac.uk

Q23 There are some things that we find hard to talk to our parents about and some things we find easy to talk with our parents about. How easy do you find it to talk with your **[INSERT RESPONSE FROM S4]** about the following issues?

| | | Very easy | Fairly easy | Fairly tricky | Very tricky | Don't know | Refused |
|----------|----------------|-----------|-------------|---------------|-------------|------------|---------|
| A | Smoking | 1 | 2 | 3 | 4 | 98 | 99 |
| B | Drugs | 1 | 2 | 3 | 4 | 98 | 99 |
| C | Sex education | 1 | 2 | 3 | 4 | 98 | 99 |
| D | Alcohol | 1 | 2 | 3 | 4 | 98 | 99 |
| E | Cyber bullying | 1 | 2 | 3 | 4 | 98 | 99 |

Q42 When your parents make rules, or say that you cannot do something, do they:

| | |
|--|----|
| Always explain why this is, so that you understand their decision | 1 |
| Sometimes explain why this is, so that you understand their decision | 2 |
| Do not try to explain their decision | 3 |
| Don't know | 98 |
| Refused | 99 |

Q43 Outside of school, how often do your parents know where you are, or who you are with?

| | |
|------------------|----|
| Always | 1 |
| Most of the time | 2 |
| Rarely | 3 |
| Never | 4 |
| Don't know | 98 |
| Refused | 99 |

Q24 In a normal week, how often do you think that your **[INSERT RESPONSE FROM S4]** has a drink containing alcohol?

| | |
|---------------|----|
| 7 days a week | 1 |
| 6 days a week | 2 |
| 5 days a week | 3 |
| 4 days a week | 4 |
| 3 days a week | 5 |
| 2 days a week | 6 |
| Once a week | 7 |
| Don't know | 98 |
| Refused | 99 |

Q25 And do you think that this amount of alcohol is a lot, a normal amount or a small amount?

| | |
|-----------------|----|
| A lot | 1 |
| A normal amount | 2 |
| A small amount | 3 |
| Don't know | 98 |
| Refused | 99 |

Q26 The following are some reasons why other children have said they think their parents drink alcohol. Please click the three which you think are the main reasons your **[INSERT RESPONSE FROM S4]** chooses to drink alcohol

| | |
|----------|--|
| A | Because it makes social gatherings more fun/improves parties, celebrations |
| B | Because it helps you when you feel depressed or nervous |
| C | Because you like the feeling / get a buzz |
| D | To fit in with a group |
| E | To escape your problems |
| F | Because it is fun |
| G | To not feel left out |

98 Don't Know

99 Refused

Q27a When someone is tipsy it means that they have drunk enough to be slightly wobbly, feel slightly less in control and might sound a little bit funny. They might be described as being 'a little bit drunk.' Do you think you have ever seen your **[INSERT RESPONSE FROM S4]** tipsy?

| | | |
|------------|----|--------------|
| Yes | 01 | ASK Q28a |
| No | 02 | SKIP TO Q27b |
| Don't Know | 98 | SKIP TO Q27b |
| Refused | 99 | SKIP TO Q27b |

Q27b And how times in the last 4 weeks have you seen your **[INSERT RESPONSE FROM S4]** tipsy?

| | |
|-------------------|----|
| Never | 1 |
| Once | 2 |
| 2 – 3 times | 3 |
| About once a week | 4 |
| 2 -3 times a week | 4 |
| 4 times a week | 6 |
| 5-6 times a week | 7 |
| Daily | 8 |
| Don't Know | 98 |
| Refused | 99 |

Q28a When someone is drunk it means they have drunk enough alcohol to feel less in control, are wobbly or perhaps saying things or doing things that they wouldn't normally do or say without a drink (good or bad things). Do you think you have ever seen your **[INSERT RESPONSE FROM S4]** drunk?

| | | |
|------------|----|-------------|
| Yes | 01 | ASK Q28b |
| No | 02 | SKIP TO Q31 |
| Don't Know | 98 | SKIP TO Q31 |
| Refused | 99 | SKIP TO Q31 |

Q28b And how times in the last 4 weeks have you seen your **[INSERT RESPONSE FROM S4]** drunk?

| | |
|-------------------|----|
| Never | 1 |
| Once | 2 |
| 2 – 3 times | 3 |
| About once a week | 4 |
| 2 -3 times a week | 4 |
| 4 times a week | 6 |
| 5-6 times a week | 7 |
| Daily | 8 |
| Don't Know | 98 |
| Refused | 99 |

Q29 These are some feelings that other children and young people have told us they felt when they have seen their parents drinking alcohol. Please read them carefully and click those you have personally felt. You may tick as many or as few as you like.

| | |
|----------|-------------|
| A | Happy |
| B | Excited |
| C | Embarrassed |
| D | Confused |
| E | Angry |
| F | Scared |
| G | Worried |
| H | Ignored |
| I | Normal |

98 Don't Know

99 Refused

Q31 Do you think that your **[INSERT RESPONSE FROM S4]** ever tries to hide their drinking from you?

| | |
|-------------------|----|
| Yes | 1 |
| No | 2 |
| Don't know | 98 |
| Prefer not to say | 99 |

Q32 And how comfortable do you generally feel about **[INSERT RESPONSE FROM S4]** drinking alcohol in front of you?

| | |
|----------------------|----|
| Very comfortable | 1 |
| Fairly comfortable | 2 |
| Fairly uncomfortable | 3 |
| Very uncomfortable | 4 |
| Don't Know | 98 |
| Refused | 99 |

Q33 Do you think it is OK for **[INSERT RESPONSE FROM S4]** to drink alcohol in front of you in the following situations?

| | | Yes | No | Don't know |
|----------|---|-----|----|------------|
| A | At home with a meal | 1 | 2 | 98 |
| B | In a pub or restaurant while eating | 1 | 2 | 98 |
| C | In a pub but not while eating | 1 | 2 | 98 |
| D | At home without a meal | 1 | 2 | 98 |
| E | At a family celebration | 1 | 2 | 98 |
| F | At a children's birthday party | 1 | 2 | 98 |
| G | At other social occasions (BBQs, friends party) | 1 | 2 | 98 |
| H | While on holiday | 1 | 2 | 98 |
| I | At a school event | 1 | 2 | 98 |
| J | While watching TV with you | 1 | 2 | 98 |
| K | While reading with you | 1 | 2 | 98 |
| L | While playing with you at home | 1 | 2 | 98 |

Q34a How much do you know about the risks that there can be when drinking alcohol?

Q34b How much do you think your **[INSERT RESPONSE FROM S4]** knows about the risks?

| | Q34a | Q34b |
|------------------------|------|------|
| Very aware of the risk | 1 | 1 |
| Somewhat aware | 2 | 2 |
| Somewhat unaware | 3 | 3 |
| Very unaware | 4 | 4 |
| Don't know | 98 | 98 |

Q35 And do you think the way your **[INSERT RESPONSE FROM S4]** drinks alcohol provides a positive or negative role model for you?

| | |
|-------------------|----|
| Very positive | 1 |
| Somewhat positive | 2 |
| Somewhat negative | 3 |
| Very negative | 4 |
| Don't Know | 98 |

Q44 Has your **[INSERT RESPONSE FROM S4]**'s behaviour when they are drinking, or the morning after drinking, ever caused your parent to:

| | |
|---|----|
| Be more unpredictable than normal with you. [By 'unpredictable' we mean that they act differently in many ways than normal] | 1 |
| Give you less attention than usual | 2 |
| Miss a family meal or gathering | 3 |
| Argue with you more than normal | 4 |
| Put you to bed earlier than usual | 5 |
| Been less comforting and sensitive with you than normal | 6 |
| Put you to bed later than usual | 7 |
| Made you late for school | 8 |
| Don't Know | 98 |
| Refused | 99 |

Q45: Has your [INSERT RESPONSE FROM S4]'s behaviour when they are drinking, or the morning after drinking, ever caused you to:

| | |
|--|----|
| Think that your parents are more fun than usual | 1 |
| Feel that you have more freedom than usual | 2 |
| Spend less time doing your homework | 3 |
| Pay less attention at school | 4 |
| Miss an event/occasion you were supposed to go to (like a family dinner) | 5 |
| Play less than normal | 6 |
| Think that your parents argue more than normal | 7 |
| Don't Know | 98 |
| Refused | 99 |

Q22 And how much influence do you think the following have on the way you think about alcohol?

| | | A lot | A little | Not at all | Don't know |
|----------|--|-------|----------|------------|------------|
| A | Talking to your friends | 1 | 2 | 3 | 4 |
| B | What you see your friends doing on social media | 1 | 2 | 3 | 4 |
| C | The way alcohol is shown on TV and in adverts | 1 | 2 | 3 | 4 |
| D | Alcohol logos at sports events | 1 | 2 | 3 | 4 |
| E | The way your parents drink | 1 | 2 | 3 | 4 |
| F | The way alcohol is spoken about in the music you listen to | 1 | 2 | 3 | 4 |
| G | Alcohol adverts in newspapers, magazines and billboards | 1 | 2 | 3 | 4 |
| H | In lessons at school | 1 | 2 | 3 | 4 |

[IF CHILD IS 10-13 COMPLETE INTERVIEW. IF CHILD IS OVER 14 CONTINUE INTERVIEW]

Q36 Below are some things children and young people have said about why people of your age drink alcohol. Some people think they are true while other people think they are false. For each statement please tell me what you think.

| | True | False | DK |
|--|------|-------|----|
| People of my age drink alcohol because it helps them relax | 1 | 2 | 9 |
| People of my age drink alcohol because it makes them feel more confident | 1 | 2 | 9 |
| People of my age drink alcohol to be sociable with friends | 1 | 2 | 9 |
| People of my age drink alcohol because they are bored and have nothing to do | 1 | 2 | 9 |
| People of my age drink alcohol to look cool in front of their friends | 1 | 2 | 9 |
| People of my age drink alcohol because it helps them to forget their problems | 1 | 2 | 9 |
| People of my age drink alcohol because it gives them a rush or a buzz | 1 | 2 | 9 |
| People of my age drink alcohol because their friends pressure them into it | 1 | 2 | 9 |
| People of my age drink alcohol because other people they live with drink alcohol | 1 | 2 | 9 |

Q37 Have you ever had an alcoholic drink – that is a whole drink and not just a sip?

| | | |
|------------|----|-------------------------|
| Yes | 1 | CONTINUE |
| No | 2 | SKIP TO Demographics |
| Don't Know | 98 | SKIP TO Demographics |
| Refused | 99 | SKIP TO Demographics |

Q38 How old were you when you had your first alcoholic drink?

| | | |
|------------------|--|--|
| YEARS (write in) | | |
|------------------|--|--|

Q39a On how many days did you drink alcohol in the last 4 weeks?

Q39b And how about in the last 7 days?

| | Q1a | Q1b |
|-------------------|-----|-----|
| Never | 1 | 1 |
| Once | 2 | 2 |
| 2 – 3 times | 3 | 3 |
| About once a week | 4 | |
| 2 -3 times a week | 5 | |
| 4 times a week | 6 | 6 |
| 5-6 times a week | 7 | 7 |
| Daily | 8 | 8 |

Q40 Have you tried to get deliberately drunk in the last 4 weeks?

| | |
|------------|----|
| Yes | 1 |
| No | 2 |
| Don't Know | 98 |
| Refused | 99 |

Q41 Did any of the following things happen to you when you drank alcohol in the last 4 weeks?

[RANDOMISE EACH ITEM]

| | Yes | No | Don't Know | Refused |
|---|-----|----|------------|---------|
| I got into an argument | 1 | 2 | 98 | 99 |
| I got into a fight | 1 | 2 | 98 | 99 |
| I felt sick | 1 | 2 | 98 | 99 |
| I vomited/was sick | 1 | 2 | 98 | 99 |
| I had to be taken to hospital | 1 | 2 | 98 | 99 |
| I lost some money/other items | 1 | 2 | 98 | 99 |
| I fell over and hurt myself | 1 | 2 | 98 | 99 |
| My clothes or other things like my bag or phone got damaged or broken | 1 | 2 | 98 | 99 |
| I got into trouble with the police | 1 | 2 | 98 | 99 |
| Had more fun | 1 | 2 | 98 | 99 |
| Enjoyed being with my friends | 1 | 2 | 98 | 99 |
| I had sex | 1 | 2 | 98 | 99 |

[CHILD INTERVIEW COMPLETION SCREEN]

Thank you for helping us with the project. We would now like your parent to please finish off the survey with a few final questions.

Just to ensure that we have a representative sample of adults, please can you finally respond to the following questions

[CODE AS COMPLETE INTERVIEW AT CHILD COMPLETION]

D3 And what age did you complete your full time education?

| | |
|---------------------|---|
| 16 years or under | 1 |
| 17/18 years | 2 |
| 19-21 years | 3 |
| 22-25 years | 4 |
| 26+ years | 5 |
| I am still studying | 6 |

D5 And would you say that you live in a predominantly ...

| | |
|-----------------|---|
| Urban area | 1 |
| Semi-rural area | 2 |
| Rural area | 3 |

D6 And thinking back over the last 12 months would you say that your financial situation has got

| | |
|-------------------|---|
| A lot worse | 1 |
| Somewhat worse | 2 |
| Remained the same | 3 |
| Somewhat improved | 4 |
| Improved a lot | 5 |

D7 SOCIAL CLASS QUESTIONS

D8 EMPLOYMENT QUESTIONS