



## The Young Adults and Alcohol Study – preliminary findings

The Young Adults and Alcohol Study that examines patterns of drinking and drinking related harms among young Melburnians. A sample of 802 young (18-25) Melburnians was recruited through telephone interviews conducted between July 30 and October 2, 2012. Around half of the sample was female and half were aged under 21. Other key characteristics of the sample are shown in the following Table.

<i>Characteristic</i>	<i>% sample</i>	<i>Characteristic</i>	<i>% sample</i>
<b>Country of birth</b>		<b>Sexual orientation</b>	
Australia	90	Heterosexual	92
other	10	other	8
<b>Recreational spending money</b>		<b>Living circumstances</b>	
\$0-80	21	With both parents	67
\$80-160	32	One parent	25
\$160+	47	Not with parents	8
<b>Highest level of education</b>		<b>Currently studying</b>	
< year 12	13	Fulltime	51
Year 12	52	Part-time	12
Tertiary	19	Not studying	37
Diploma	8		
Trade	8		

### **Drinking and drinking related harms**

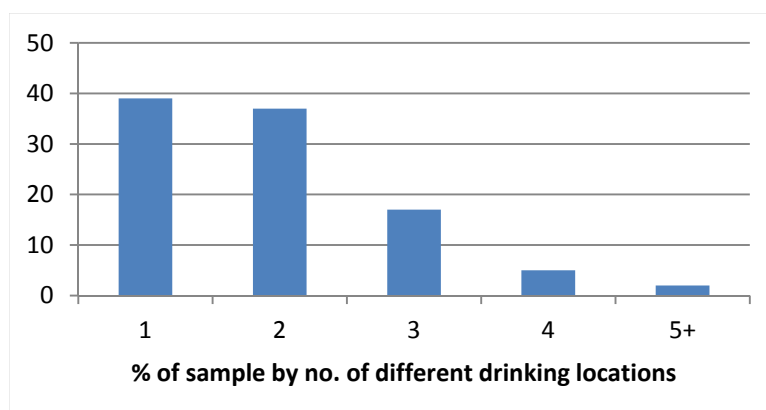
- Participants reported drinking an average of 17 drinks per week
- 47% of participants drank 20 or more standard drinks in an occasion in the past year
- 22% had been injured while under the influence of alcohol in the past year
- One third intended to get drunk when they drink alcohol

### **The big night out**

A particular focus of the study is on recent heavy drinking occasions reported by participants, 'the big night out'. Most of these occurred within one month of the interview and typically occurred on a Saturday night (56% of occasions) or Friday night (27% of occasions). Participants reported:

- drinking an average of 13 Standard Drinks
- spending \$79 on drinks (\$56 on their own, \$29 on others')
- drinking a range of beverages including spirits (68%), beer (45%), wine (23%), ready-to-drink spirits (17%), cider (8%) and energy drinks mixed with spirits (8%)

Most participants drank in only one or two locations during the big night out, as shown in the Figure below. A majority of participants began their big night out drinking in a private home (62%), with pubs/bars (17%) and nightclubs (5%) the next most frequent starting locations. Participants most frequently nominated pubs/bars (37%), or nightclubs (35%) as their second drinking locations.



The next phase of the study involves recontacting participants to interview them again about their experiences since they were interviewed. Interviewers from the Social Research Centre will be getting in touch over the next few weeks.

Thanks to everyone who participated – your assistance is very much appreciated!!