



Health Canada Santé Canada

# HORIZONS THREE

**YOUNG CANADIANS' ALCOHOL**

**AND OTHER DRUG USE:**

**INCREASING OUR UNDERSTANDING**

Canada

# **HORIZONS THREE**

**Edited by**

**DAVID HEWITT,**

**GARRY VINJE, AND**

**PATRICIA MACNEIL**

**YOUNG CANADIANS' ALCOHOL**

**AND OTHER DRUG USE:**

**INCREASING OUR UNDERSTANDING**

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# INTRODUCTION

This publication is based on a report titled *Guidelines for Assessing the Use of Alcohol and Other Psychoactive Drugs Among Young People* by Florence Andrews and Jane Fry, Carleton University, Ottawa. Andrews and Fry conducted a selective review of surveys and recent literature on alcohol and other drug use by young people which included an examination of contemporary results from surveys and youth-related methodological issues.

Their report, which includes a comprehensive set of survey questions for assessing alcohol and other drug use by young people, is designed primarily for those who are planning to conduct alcohol and other drug use surveys. Readers who wish to have an in-depth understanding of the issues surrounding assessing alcohol and other drug use by young people are encouraged to consult the original report. Limited copies are available from the Canadian Centre on Substance Abuse.

This publication presents highlights of the original report and is intended as a quick reference and resource for addictions and public health staff involved in public education and community development, policy research staff involved in preparing briefs and other information documents, and applied researchers who need to collect better information on young peoples' alcohol and other drug use. It has been written in a non-technical style to encourage use by a wide variety of readers.

## **Canada's Drug Strategy Phase II**

Alcohol and other drug use among young Canadians, especially those out of the mainstream, is one of the key elements in the second phase of Canada's Drug Strategy. Canada's Drug Strategy is a coordinated effort to reduce the harm caused by alcohol and other drugs to individuals, families and communities. The strategy combines the efforts and the resources of seven federal government departments and those of partners at all government levels and the public and private sectors.

Phase II of the strategy began in 1992 and focuses on populations at risk. In addition to young people, the strategy pays special attention to women, older Canadians (that is, adults aged 55 and over), Métis, Inuit, off-reserve aboriginal peoples, and persons who drive while impaired.

Dissemination of research knowledge about the at-risk populations is an essential element in the strategy. *Young Canadians' Alcohol and Other Drug Use: Increasing Our Understanding* is one of a series of publications designed to increase use of current research and improve future studies.

### **Surveying youth**

This publication focuses exclusively on survey research. Information on alcohol and other drug use has and can be obtained in many other ways. However, surveys are the most common method used and are most likely to be used by those who need information for a wide range of purposes, from setting national policy to evaluating a local community-based initiative. Therefore, knowing what is available from past surveys and learning how to collect better information in the future is essential.

The assessment of alcohol and other drug use among young people is particularly important because such research can identify present problems and may predict trends and future problems related to substance use.

Alcohol and other drug use among young people is characterized by rapid change in context. From the early teens onward, there is decreasing psychological and physical dependency on parents and other care givers, coupled with the increasing influence of peers. However, at least throughout early adolescence, the original family continues to exert considerable control. This control may conflict with peer influence and with situations and circumstances in which it is no longer valid.

During mid to late adolescence and much of young adulthood the influences of those of similar age are strongest. Single young people are free of parental authority and free of the responsibility for their own families. Social life with age peers, in the absence of older and younger people, often takes place in situations where there is less control or limits on behaviour, including limits in the use of alcohol and other drugs. Thus, drinking and drug use contexts, as well as changes in these contexts throughout youth and young adulthood, are important to assess in order to understand patterns of drug and alcohol consumption among the young.



## **Generational differences**

Alcohol problems among youth differ from alcohol problems among adults. Aside from the fact that young people are frequently violating the law by the very act of drinking, problems among youth tend to have two dimensions: intensity of use (drinking large amounts frequently or infrequently) and use-related problems. Unlike older people, youth are less likely to experience chronic health problems, familial breakdown or severe threats to their economic well-being as a result of drinking. Young people are more likely to report acute problems such as hangovers, nausea and loss of coordination, or situational problems such as arguments, physical injury and driving while impaired.

Among young people inappropriate use of medications is rare. Thus, such use is not often captured by general population surveys. On the other hand, the use of illegal drugs is almost exclusive to young people with the use of more than one substance a common occurrence.

In summary, the characteristics of young people are: greater frequencies of binge-like drinking and drug use patterns; the use of alcohol along with illicit drugs; and situations characterized by less social control than is the case with older people.

## **Survey findings**

The next part of this publication presents information from Canadian surveys on the use of alcohol, tobacco, medications and illegal drugs by young people. While general population surveys are the most common source of information, it is important to note that some groups such as "youth on the street" are often missed. Reference will be made to these groups when information is available.

Throughout this publication the terms "young people" and "youth" are used and generally refer to those aged 15 to 24 or 29. Since typical Canadian surveys, which do not have youth as a special focus, begin sampling the population at age 15, this is the lowest age at which information is generally available. The third decade of life was chosen as the upper limit for "youth", because this is the period when drinking and problems associated with alcohol use have the highest frequencies and are most likely to predict trouble with alcohol in the later years. The definition of youth presents special problems which are discussed in the final part of this publication.

Where possible, factors which may affect use are examined and observations on the implications and the specific cautions which must be exercised when interpreting these survey findings are provided. The information provided has been primarily selected from the Health Promotion Survey 1990 and the National Alcohol and Other Drugs Survey

1989. In addition, the Yukon Alcohol and Drug Survey 1990 has provided some special insights.

### **Survey questions**

The last part outlines some of the most important factors which should be taken into account when surveying young people, and provides survey questions which could be used in future research. The survey questions are taken from a variety of sources and their inclusion is intended to provide a means of obtaining better information in those areas which have not been adequately addressed in the past.

After looking at what is known to date, it is hoped that the development of better questions and better methodologies will be encouraged so that a greater understanding of the complex issues surrounding alcohol and other drug use in younger populations will be achieved.

## EXECUTIVE SUMMARY

The assessment of alcohol and other drug problems among young people is particularly important because such research can identify present problems and may predict future trends and problems.

Alcohol and other drug use among young people is characterized by rapid change. From the early teens onward there is decreasing psychological and physical dependency on parents and other adults, combined with the increasing influence of peers. However, throughout early adolescence the family still continues to exert considerable control which may conflict with peer influence and with situations where this control is no longer valid. Thus, drinking and drug use contexts and changes in these contexts are important to assess in order to understand patterns of alcohol and other drug consumption among the young.

Alcohol and other drug problems among youth differ from those among adults. First, if young people are under the legal drinking age they violate the law by the very acts of purchasing and consuming alcohol. Second, their problems tend to have two dimensions: using large amounts periodically rather than regular consumption and having acute experiences like nausea, loss of coordination, and situational difficulties like arguments and physical injury rather than chronic health concerns and familial breakdown.

This report summarizes some of the more significant and interesting results about young people's alcohol and other drug use from recent Canadian survey research. It also highlights gaps in current knowledge and suggests methods by which deficiencies in our understanding can be corrected.

## **KEY FINDINGS TO DATE**

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### **Alcohol**

- ◆ Among young people alcohol is the most frequently used drug. There are large increases in use with age up to the mid-twenties.
- ◆ Research during the last two decades has tended to show a decrease in alcohol consumption among youth. There are, however, some indications that this trend may be reversing, particularly among older youth in university.
- ◆ The rate of abstinence from alcohol is greater for young women than for young men. However, it is not known if reported abstinence among young people represents permanent abstinence.
- ◆ Among young Canadians problem drinking is often of the infrequent, high volume variety.
- ◆ Although consumption rates rise considerably with age, reported problems do not. Reported problems tend to consist of acute distress, such as nausea and hangovers or interpersonal problems with friends.
- ◆ Friends are the dominant drinking companions for young people and a significant amount of consumption occurs in bars and taverns despite legal age restrictions.

### **Tobacco**

- ◆ Among those under 20, less than one fifth smoke daily and there is little difference between men and women.
- ◆ Young men are more likely than young women to be lifetime abstainers.

### **Medications**

- ◆ There is an extremely low rate of medication use by young people.
- ◆ The two most frequently reported types of potentially addictive medications used by young people are diet pills or stimulants and codeine, demerol or morphine.

## **Illegal drugs**

- ◆ The most widely used illegal drug is cannabis with over one-third of those aged 15-24 having used at some time in their lives.
- ◆ Use of other illegal drugs is rare in the general youth population. However, studies of street youth have shown greater use of LSD.

## **FUTURE RESEARCH NEEDS**

Because the use of alcohol and other drugs varies with age, each age group presents unique problems for survey design and analyses. With respect to young people, the following issues and problems are particularly relevant.

### **Age, or what is youth?**

- ◆ Among major surveys, the age range for young people varies from 12 to 30. Because there is no consistency in the range limits or in the age groupings used, comparisons among surveys are difficult.
- ◆ Youth is a time of rapid change, thus any study of the relationship between age and change must have a large enough sample to allow for very fine categorization.
- ◆ The legal drinking age, which varies from province to province, is an important consideration and should be taken into account when creating age categories.

### **Sampling**

- ◆ Youth who are most at risk from harm related to drug use are not likely to be identified through national sample surveys. They must be sought out in institutions, in the streets and in aboriginal communities.
- ◆ Problems of adolescents who are in the most trouble with substance use cannot be assessed through surveys. Different, perhaps more qualitative and intensive, methods are required.

### **Measuring alcohol consumption**

- ◆ Patterns of use vary considerably with age; therefore, careful consideration must be given to assessing alcohol consumption.
- ◆ A three-dimensional conceptualization as used in the Yukon Alcohol and Drug Survey is suggested for use with young people.

### **Education, marital status and income**

- ◆ While these variables have fairly good associations with some measures of alcohol and other drug use, the meaning of such associations is dubious

when young people are involved.

### **Contexts of young peoples' alcohol use**

- ◆ Drinking contexts have rarely been examined systematically despite their presumed importance.
- ◆ For youth, special attention needs to be paid to the aspects of the setting in which drinking occurs, the incidence of intoxication and the length of the drinking occasion.

### **Consequences of alcohol use**

- ◆ The positive functions of alcohol use have received little attention. Since most people begin drinking in a social situation, the positive aspects of this are important to understand.
- ◆ With respect to problems, the instruments and scales commonly used to measure alcohol dependence in adults are inappropriate for measuring the problems common to youth.

### **Health risks**

- ◆ Research about youth and substance use generally ignores the biomedical consequences of frequent and/or heavy use. Nutrition is an important factor which should be examined.
- ◆ Studies have consistently shown a positive association between alcohol use, sexual activity and having unprotected sex. Since youth are generally sexually active and likely to periodically drink heavily, these relationships need to be explored in more detail.

## **RECOMMENDED SURVEY QUESTIONS**

The final part of this report presents a wide variety of recommended survey questions for use with young people.

# ALCOHOL

## 1 **PREVALENCE**

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### **Current drinkers**

Among young people, alcohol is the most frequently used drug. There are large increases in the percentage of current drinkers from the lower to the higher age categories. In general, fewer young women than young men are current drinkers.

**Table 1: Current drinkers<sup>1</sup>**

<b>Age</b>	<b>Women</b>	<b>Men</b>	<b>Total</b>
15-16	66%	61%	64%
17-19	76%	85%	80%
20-24	83%	93%	88%
<b>Total 15-24</b>	78%	85%	81%

<sup>1</sup> Individuals who consumed at least one alcoholic beverage in the previous 12 months.

Source: National Alcohol and Other Drugs Survey 1989

## Abstinence

The proportion of abstainers (lifetime abstainers and former drinkers) decreases with age. More women than men report abstaining.

**Table 2: Abstainers<sup>1</sup>**

Age	Life-time abstainers		Former drinkers	
	Women	Men	Women	Men
15-16	15%	20%	19%	19%
17-19	9%	8%	15%	8%
20-24	5%	3%	12%	4%
Total 15-24	8%	7%	14%	8%

<sup>1</sup> Lifetime abstainers have never drunk; former drinkers did not consume alcohol during the past year.

Source: National Alcohol and Other Drugs Survey 1989



### Frequency of drinking

In total, the youngest age category (15-19) has the highest proportion of heavy-infrequent drinkers, and young adults (20-24) contributed the highest proportion of heavy-frequent drinkers. Men are disproportionately represented in both categories.

Although the Yukon has more heavy drinkers in each age group, the concentration of heavy drinking (large amounts on specific occasions) in the younger ages is apparent in both the Yukon and the rest of Canada.

**Table 3a: Drinker categories, provinces<sup>1</sup>**

Age	Drinker categories <sup>1</sup>			
	Light/ infrequent	Light/ frequent	Heavy/ infrequent	Heavy/ frequent
15-19	42%	12%	10%	11%
20-24	34%	29%	8%	17%
25-34	39%	35%	4%	8%
35-44	38%	38%	2%	5%
45-54	31%	39%	2%	4%
55+	31%	28%	—	2%

<sup>1</sup> Light-infrequent: less than 5 drinks per occasion, less than 4 times per month

Light-frequent: less than 5 drinks per occasion, 4 times per month or more

Heavy-infrequent: 5 or more drinks per occasion, less than 4 times per month

Heavy-frequent: 5 or more drinks per occasion, 4 times per month or more

Source: National Alcohol and Other Drugs Survey 1989

**Table 3b: Drinker categories, Yukon<sup>1</sup>**

Age	Drinker categories <sup>1</sup>			
	Light/ infrequent	Light/ frequent	Heavy/ infrequent	Heavy/ frequent
15-19	35%	10%	17%	11%
20-24	17%	27%	15%	28%
25-34	27%	29%	10%	21%
35-44	32%	33%	8%	10%
45-54	30%	31%	2%	11%
55+	21%	19%	3%	4%

<sup>1</sup> Light-infrequent: less than 5 drinks per occasion, less than 4 times per month

Light-frequent: less than 5 drinks per occasion, 4 times per month or more

Heavy-infrequent 5 or more drinks per occasion, less than 4 times per month

Heavy-frequent: 5 or more drinks per occasion, 4 times per month or more

Source: National Alcohol and Other Drugs Survey 1989; Yukon Alcohol and Drug Survey 1990

**Frequency of intoxication**

The amount of alcohol consumed on one occasion has been measured in a variety of ways and considered a good predictor of alcohol related problems.

High alcohol consumption is most frequent in the young age groups, in particular those between 20 and 24.

**Table 4: Amount consumed per occasion<sup>1</sup>**

<b>Age</b>	<b>Average number of drinks consumed per occasion</b>	<b>Percentage of current<sup>2</sup> drinkers who consumed five or more drinks at least once</b>
15-19	3.5	61%
20-24	3.9	71%
25-34	3.0	59%
35-44	2.5	49%
45-54	2.5	43%
55-64	2.3	29%
65+	1.7	19%
Total 15+	2.8	50%

<sup>1</sup> In the previous 12 months

<sup>2</sup> Individuals who consumed at least one alcoholic beverage in the previous 12 months

Source: National Alcohol and Other Drugs Survey 1989

**Table 5: Highest consumption per occasion<sup>1</sup>**

Age	Average maximum number of drinks consumed per occasion
15-19	7.5
20-24	8.8
25-29	7.1
30-34	6.1
35-39	5.6
40-44	4.9
45-49	5.2
50-54	4.7
55-59	4.2
60-64	3.8
65-69	3.4
70+	2.6

<sup>1</sup> In the previous 12 months

Source: National Alcohol and Other Drugs Survey 1989

## 2 DRINKING COMPANIONS

Friends are the dominant drinking companions for people aged 15-24. Within this age group, there is a clear increase with age in the frequency of drinking with friends.

As well, with age, the frequency of drinking with relatives increases, but young people drink far more often with friends than they do with relatives.

Among the young, drinking with a spouse or partner is infrequent. This category is largely irrelevant to this age group because most are single. For the 15-19 age group, drinking with co-workers is also relatively infrequent because, although they may work, they tend to work casually or part-time, diminishing the likelihood of spending leisure time with people from work.

**Table 6: Drinking with a companion**

Companion	Age						
	15-19	20-24	25-34	35-44	45-54	55-64	65+
Friends	60%	70%	55%	47%	45%	33%	29%
Relatives	19%	28%	29%	25%	25%	26%	21%
Spouse/partner	2%*	16%	36%	41%	41%	36%	26%
Co-workers	13%	24%	19%	14%	11%	3%*	<1%*
Alone	6%*	9%	9%	11%	11%	12%	15%

\* High sampling variability; interpret with caution.

Source: National Alcohol and Other Drugs Survey 1989

### 3 DRINKING DURING VARIOUS SOCIAL ACTIVITIES

Age is strongly related to both social activity and level of consumption during that activity. Overall the proportion of alcohol consumed in bars and taverns is significantly higher among young people. For example, drinking in bars or taverns accounts for 27% of total consumption among 20-24 year olds, compared to only 2% among those 65 and older. This dramatic drop begins at about age 25.

Also of interest is that 21% of total alcohol consumption among 15-19 year olds takes place in bars or taverns. This suggests that a good deal of illegal, underage drinking takes place in licensed establishments.

Drinking at parties and social gatherings accounts for more than one-quarter (27%) of consumption for 15-19 year olds. This suggests that parties and/or social gatherings appear to provide young people with special opportunities to drink without adult supervision. On the other hand, quiet evenings at home are not an occasion for young people to drink with only 6% and 8% of consumption respectively occurring for 15-19 year olds and 20-24 year olds.

**Table 7: Proportion of total alcohol consumed by current<sup>1</sup> drinkers while participating in various social activities<sup>1</sup>**

Activity	Age						
	15-19	20-24	25-34	35-44	45-54	55-64	65+
Quiet evening at home	6%	8%	17%	22%	24%	24%	25%
Visit with friends	30%	26%	30%	30%	28%	32%	38%
Restaurant (dinner)	6%	10%	13%	14%	17%	13%	12%
Bar or tavern	21%	27%	14%	8%	7%	3%	2%
Parties, weddings, etc.	27%	15%	15%	15%	13%	18%	14%
Others	11%	13%	12%	11%	12%	10%	9%

<sup>1</sup> Individuals who consumed at least one alcoholic beverage in the previous 12 months  
Source: National Alcohol and Other Drugs Survey 1989

## **4      ADDITIONAL FACTORS ASSOCIATED WITH ALCOHOL USE**

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Factors which are believed to affect alcohol consumption among young people include gender and ethnicity.

Gender: As a variable, gender has a consistent association with amount and frequency of alcohol use. Among women there are more abstainers, and when they drink, they drink less than men. However, among the young, this difference is continually decreasing and the percentage rates for women who drink is nearly as high as for men.

As current groups of young women drinkers age, the drinking patterns of women as a whole are likely to differ in the future.

Ethnicity: In general there is insufficient data to determine differences related to ethnicity. The Yukon Alcohol and Drug Survey (1990) had a sample consisting of 20% aboriginals. In this study the drinking patterns of aboriginal and non-aboriginal people were clearly different. Among aboriginals there were more extremes: more abstainers, more heavy drinkers and fewer light drinkers. However, caution must be used in generalizing these results to young southern aboriginals. More study is required.

Factors such as education, marital status and income are generally associated with alcohol use for older age groups but the meaning of such associations is questionable when young people are involved. This problem is discussed in the last part of this publication

## 5 CONSEQUENCES OF ALCOHOL USE

### Types of problems associated with alcohol

Nearly one-quarter of those aged 15-24 report that their own drinking had a harmful social, emotional or physical effect. Specifically, "physical health" and interpersonal problems involving friends were mentioned most frequently.

Young men report more negative consequences than do young women. Men have higher rates of reporting each type of problem and they report a greater number of problems.

**Table 8: Current drinkers<sup>1</sup> reporting various alcohol-related problems<sup>2</sup>**

Type of problems	15-19	20-24	25-34	35+
Friends/social life	9% *	9%	5%	4%
Physical health	9%	12%	9%	6%
Outlook on life	6%	5% *	5%	2%
Homelife/marriage	5% *	5% *	4%	3%
Work studies	5% *	5% *	2% *	<1%
Financial position	8% *	9%	4%	2%

<sup>1</sup> Individuals who consumed at least one alcoholic beverage in the previous 12 months

<sup>2</sup> Problems experienced in the previous 12 months

\* High sampling variability

Source: National Alcohol and Other Drugs Survey 1989



### Types of problems associated with others' drinking

Of young Canadians reporting different kinds of problems resulting from others' drinking, about 70% of those aged 15-24 reported having experienced at least one problem.

Over one-third of young people reported interpersonal problems. The higher incidence of some problems in the 20-24 age group may indicate more exposure to situations in which alcohol use is a social problem.

Most problem areas show only small gender differences. The areas with the biggest differences are: family problems, where women reported a higher incidence of difficulties; riding with a drunk driver; and being involved in pushing and hitting, where men have higher rates.

**Table 9: Problems<sup>1</sup> caused by others' drinking**

Type of problems	Age			
	15-19	20-24	25-34	35+
Insulted/humiliated	34%	41%	26%	13%
Arguments/quarrels	32%	33%	22%	9%
Broke off friendship	11%	11%	7%	4%
Family problems	10%	13%	11%	7%
Passenger with drunk driver	21%	25%	13%	5%
Car accident	2%*	3%*	1%*	<1%
Property vandalized	9%	7%	4%	<1%
Pushed/hit/assaulted	17%	18%	9%	3%
Disturbed by loud parties	32%	39%	32%	19%
Financial problems	2%*	2%*	2%*	<1%

<sup>1</sup> Problems experienced in the previous 12 months

\* High sampling variability

Source: National Alcohol and Other Drugs Survey 1989

## 6 DRINKING AND DRIVING

Those aged 20-24 and 25-34 have the highest rates of people reporting driving within an hour of having two or more drinks. However, substantial decreases do not occur until age 55.

At all ages, a higher percentage of men report driving after drinking. More men than women reporting driving after drinking can be expected because men are more frequent drivers than women and by custom are most likely to drive when men and women participate in social activities.

**Table 10: Current drinkers<sup>1</sup> who report drinking and driving<sup>2</sup>**

Age	Men	Women	Total
15-19	16%	7%*	12%
20-24	32%	16%	24%
25-34	39%	13%	27%
35-44	30%	11%	21%
45-54	28%	6%	18%
55-64	13%	4%*	9%
65 +	10%	<1%	5%
Total 15 +	27%	9%	19%

<sup>1</sup> Individuals who consumed at least one alcoholic beverage in the previous 12 months

<sup>2</sup> In the previous 12 months

\* High sampling variability

Source: National Alcohol and Other Drugs Survey 1989

## 7 CONCURRENT USE OF ALCOHOL AND OTHER DRUGS

The majority of young people use alcohol and a sizeable minority use other drugs for non-medical purposes. Alcohol is used most often by people who use other drugs.

For all age groups, alcohol and tobacco form the most frequent combination. For young people, the drugs used with alcohol other than tobacco tend to be illegal; for older people, they tend to be medications.

**Table 11: Patterns of alcohol and other drug use<sup>1</sup>**

Drug being used	Age				
	Total 15+	15-19	20-24	25-34	35+
No drug used	15%	21%	9%	9%	18%
Alcohol only	44%	46%	43%	45%	43%
Tobacco only	4%	3%	3%	3%	6%
Alcohol & tobacco	5%	4%	3%	4%	6%
Medical only	2%	1%	<1%	1%	4%
Alcohol & medical	5%	4%	3%	4%	6%
Tobacco & medical	1%	<1%	<1%	<1%	2%
Alc + tob + med	3%	1%	3%	2%	3%
Cannabis only	<1%	0%	<1%	<1%	0%
Alc + cannabis	2%	5%	6%	3%	<1%
Alc + tob + cann	2%	4%	8%	3%	1%
Other pattern	2%	4%	5%	4%	<1%

<sup>1</sup> In the previous 12 months

Source: National Alcohol and Other Drugs Survey 1989

## 8 OBSERVATIONS

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Research during the past two decades has tended to show a decrease in alcohol consumption among young Canadians. The mid-seventies were peak years for the consumption of alcohol and the 1980s saw a decline in the number who were drinking as well as decreases in the amount consumed among drinkers. There are, however, some indications that this trend may now be reversing, particularly among university students.

The interpretation of the nature of abstinence among young people presents problems. While a reasonable interpretation of the relatively high rates within the youngest age category is that they have not yet begun to use alcohol, no assumption can be made about the proportion who will be committed, lifetime abstainers.

Because the percentage of current drinkers rises very sharply between age categories, it is reasonable to conclude that "former drinkers" and "abstainers" mean something quite different for young people from what it means for older people.

Among Canadian young people, problem drinking is often of the infrequent, high volume variety. It is impaired behaviour that results in problems for the young, rather than addiction or physical problems which are more frequently reported by older people.

Caution should be used in interpreting measures of intoxication. While a reporting of the number of drinks consumed, frequency of five or more drinks per occasion, and the maximum amount consumed at one time may seem to be objective measures, the extent to which they reflect intoxication is open to question.

The extent to which given amounts of alcohol will produce intoxication is dependent on a number of factors, including body weight and composition, prior experience with alcohol, gender, and psychological and cultural expectancies.

While parental drinking, attitudes and control continue to affect youthful drinking, the peer group increases in influence with increasing age. There is considerable evidence that peer drinking behaviour overrides attitudes and values in predicting individual

consumption. These findings support the dominance of social context over individual characteristics.

There is also evidence to suggest that the presence of peers in the drinking situation has a different impact on individuals, depending on their usual drinking practices. Peers' drinking is associated with an increase in the consumption of heavy drinkers while having a relatively minor effect on the consumption level of moderate drinkers. This effect seems to apply equally for men and women.

The relatively high incidence of reported negative effects of alcohol on physical health may appear to contradict claims that physical dependence is rarely a problem of the young. However, it is most likely that the physical effects of alcohol on youth are different from those of older persons and largely consist of acute distress such as hangovers and digestive upsets.

Although consumption rates rise considerably between those aged 15-19 and those 20-24, reported problems do not. This may indicate that people rapidly learn to drink in ways that are acceptable to others in much the same way as a variety of other adult behaviours are learned. It may also indicate increasing tolerance for alcohol, learning of compensating behaviours and acquiring greater skill over time (e.g., better driving skills can compensate more adequately when driving after drinking).

Drinking and driving is an important issue for younger people because the young are relatively inexperienced in both the practice of drinking and the practice of driving.

While concurrent use of alcohol and other drugs is a problem for all age groups, younger people tend to have a distinctive use pattern. First of all, multiple use of the most common drugs is primarily nonmedical use. Secondly, the use tends to be socially prescribed and motivated. Thirdly, the use of illegal drugs and the inappropriate use of medications is almost always a younger person's activity.

# TOBACCO

## 1 PREVALENCE

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Less than one-third of the total population (30% men and 27% women) are regular smokers. Among those under 20, less than one-fifth smoke regularly (20% men and 19% women).

Regular smokers increase with-increasing age until the 25-44 age group, after which smoking rates decline steadily.

Currently there is little difference between men and women with respect to being a "regular" smoker. However, young men are more likely than young women to be lifetime abstainers. For the 15-19 age group 58% of men and 47% of women are lifetime abstainers.

For regular smokers, the majority smoke between 11 and 25 cigarettes a day by the time they are 20.

**Table 12a: Smoking among men**

Age	Lifetime non-smoker <sup>1</sup>	Former smoker <sup>2</sup>	Regular smoker <sup>3</sup>
15-19	58%	20%	20%
20-24	41%	24%	32%
25-44	30%	34%	35%
45-64	19%	50%	29%
65+	19%	63%	18%

<sup>1</sup> Lifetime non-smoker—those who report never having smoked

<sup>2</sup> Former smoker—those who report having smoked in the past, but no longer smoke (amount previously smoked and time since quitting not specified)

<sup>3</sup> Regular smoker—those who report now smoking daily (amount smoked not specified)

Source: Health Promotion Survey 1990

**Table 12b: Smoking among women**

<b>Age</b>	<b>Lifetime non-smoker<sup>1</sup></b>	<b>Former smoker<sup>2</sup></b>	<b>Regular smoker<sup>3</sup></b>
15-19	47%	32%	19%
20-24	42%	24%	31%
25-44	36%	30%	33%
45-64	42%	32%	26%
65+	51%	35%	13%

<sup>1</sup> Lifetime non-smoker—those who report never having smoked

<sup>2</sup> Former smoker—those who report having smoked in the past, but no longer smoke (amount previously smoked and time since quitting not specified)

<sup>3</sup> Regular smoker—those who report now smoking daily (amount smoked not specified)

Source: Health Promotion Survey 1990

## **2      OBSERVATION**

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There is some evidence that people who do smoke are making an effort to reduce their tobacco consumption and that increasing proportions of people are giving up their use of tobacco.

# MEDICATIONS

## 1 PREVALENCE

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There is an extremely low rate of medication use by young people. The two most frequently reported types of potentially addictive medications are diet pills or stimulants and codeine, demerol or morphine.

**Table 13: Frequent medication use**

Age	Diet pills or stimulants	Codeine, demerol or morphine
15-19	1%*	5%*
20-24	1%*	6%
25-29	<1%*	5%

\* High sampling variability.

Source: National Alcohol and Other Drugs Survey 1989

## 2 OBSERVATION

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The relatively high rate of codeine, demerol or morphine may be due to the fact that some common over-the-counter pain medications contain small amounts of codeine. Demerol, morphine and larger amounts of codeine are not available without prescription.



# ILLEGAL DRUGS

## 1 PREVALENCE

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Young people have more experience with marijuana and hash than other people. Over one-third of those aged 15-24 have used these substances sometime in their lives.

About 5% of the 15-24 age group have used other rarer drugs such as LSD, cocaine, crack, speed or heroin. However, studies of street youth have shown higher levels of LSD use, second only to marijuana and hash.

**Table 14a: Use of illegal drugs by women**

Age	Marijuana or hash		Cocaine or crack		LSD, speed or heroin		No use <sup>1</sup>
	Ever	Last year	Ever	Last year	Ever	Last year	
15-16	16%	12%	<1%	<1%	<1%	<1%	84%
17-19	27%	10%	<1%	<1%	5%	<1%	73%
20-24	37%	13%	6%	<1%	3%	<1%	63%
Total 15-24	30%	12%	4%	2%	4%	<1%	69%

<sup>1</sup> Have never used

Source: National Alcohol and Other Drugs Survey 1989

**Table 14b: Use of illegal drugs by men**

Age	Marijuana or hash		Cocaine or crack		LSD, speed or heroin		No use <sup>1</sup>
	Ever	Last year	Ever	Last year	Ever	Last year	
15-16	13%	10%	<1%	<1%	<1%	<1%	87%
17-19	29%	17%	4%	<1%	7%	<1%	71%
20-24	49%	24%	8%	4%	6%	<1%	50%
Total 15-24	37%	19%	6%	3%	6%	2%	63%

<sup>1</sup> Have never used  
 Source: National Alcohol and Other Drugs Survey 1989

## **2 OBSERVATIONS**

Current use of illegal drugs is almost entirely a young people’s issue. The use of marijuana virtually disappears after age 45, while the use of cocaine becomes negligible after age 35.



# **SURVEYING YOUNG PEOPLE**

## **INTRODUCTION**

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This section is primarily intended to assist those who wish to conduct survey research of their own. It provides a brief overview of some of the special considerations which should be attended to when surveying young people and presents questions which have been used in previous surveys. Many of these questions were used in gathering the information presented in the previous section. Also included are questions which could be used in the future to help fill some of the gaps identified.

Those who are primarily users of survey information may also find this section useful. Understanding some of the problems encountered when surveying young people and knowing specifically how a question is asked can be valuable in interpreting and explaining the information presented in this and other publications.

## **SPECIAL CONSIDERATIONS**

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Because the use of alcohol and other drugs varies with age, there is good reason to believe that each age group presents unique problems for survey design and analyses. With respect to young people, there are issues and problems relevant to definition, sampling conceptualization, measurement of alcohol and other drug use, predictor variables of substance use, multiple drug use, and consequences and control of use and abuse.

### **1. Age, or what is youth?**

Among major surveys, the age range for young people varies from 12 years and older to age 30. Typical national surveys in Canada which do not have youth as a special focus sample the population aged 15 and older. Those surveys with youth as subjects, sample younger respondents, starting with ages 12 or 13. Thus, it is often difficult to compare studies which contain different age ranges. Further confounding the lack of consistency of age ranges are differences in categorization or cutting points. Rapid changes during the younger years in drinking and drug use patterns could be best assessed through as detailed a breakdown as possible. A fine breakdown necessitates a larger sample and an oversampling of younger people where appropriate.

Collapsing of age categories should be done with a consideration of legal issues. The legal drinking age varies among provinces. Thus, age categorizations should take account of the shift from illegal to legal drinking status (from 17 to 18, in some places; from 18 to 19, in others).

Youth, however it is defined, is a time of rapid change in physical, psychological, and social attributes. Because changes take place so rapidly, any study of the relationship between age and change that focuses on the younger ages should contain enough cases in each age category to allow for identification of these changes. Surveys which sample populations which include adults as well as young people should over-sample youth to allow for finer categorization of the lower age groupings. High frequencies of youth in a sample allow for more flexible category breakdowns for assessment of legal and other social factors, as well as changes associated with maturation.

### **2. Sampling**

Issues of the sampling of young people vary with the particular target group. Because youth are "in training" for adult vocations, educational institutions have been found to be efficient locations for collecting research data. Collecting data from classrooms or university residences substantially reduces the cost per case, because large numbers of cases may be obtained with fewer administrative sessions. When the institution is the sampling site, however, it is necessary to be aware of its limitations.

Obvious limitations have to do with omissions from the sampling frame and the population itself. The school classroom as the administration site will capture the age group of interest to the extent that those of that age group remain enrolled in school. The "older" the

that those of that age group remain enrolled in school. The "older" the youth, the less representative of the age group the classroom will be.

While it may seem that the problem of representativeness may be solved through avoiding institutions and making "households" the sampling unit, as is the practice in most national studies, such procedures are likely to omit important sectors of the youthful population. Household sampling frames typically exclude residents of institutions. Thus, people living in college residences, military bases, group homes, and correctional and treatment facilities are not likely to be included in the sampling frame, and population samples of this age group are likely to be misrepresented in serious, but unknown, ways.

When "younger" youth are sampled in middle or secondary schools, the minor status of the research subjects requires particular attention. Consideration of parental permission to participate in studies concerning alcohol and other drugs, negotiations with schools and school boards, and adequate representation of types of schools are necessary when targeting school-age respondents.

Youth who are most at risk from harm related to drug use are not likely to be identified through national sample surveys. They must be sought out in institutions, in the streets, in emergency rooms, in the more disorganized sections of large cities and in the aboriginal communities. Problems of adolescents who are in the most trouble from substance use cannot be assessed through surveys; nor can their problems be reduced through programs informed by general population surveys. Their troubles are, for the most part, discontinuous from those of more conventional youth. Thus, assessment of their problems needs different, and perhaps more qualitative, intensive research methods for problem identification. Furthermore, such identification has more immediacy than the results of a survey. Research on youth in trouble should be integrated with programs aimed at control or cure.

### **3. Measuring alcohol consumption**

Careful consideration of survey items is crucial in assessing alcohol consumption because of the age-related distribution of use patterns. As well as the survey items themselves, the construction of the variables employed in analysis is similarly important.

Different variables assess different patterns of drinking behaviour.

- ◆ A quantity measure addresses the usual number of drinks on any occasion, and provides some indication of inclination toward heavy drinking.
- ◆ A frequency measure addresses how often drinking occasions occur.

Frequent occasions characterize adult alcohol use. Frequency also provides some indication of the availability of leisure in adult samples.

◆ Quantity-frequency measure (usually constructed from the two above) provides an assessment of total volume as well as risk of chronic physical damage from alcohol use. This measure has less relevance to youth than to older people.

◆ The "Volmax" measures, or a variation of the Volmax idea which appears in the Yukon Alcohol and Drug Survey report, is three-dimensional, and includes a measure of a maximum number of drinks on any one occasion as well as a measure of quantity and frequency. This constructed variable provides opportunities to assess a broad range of use patterns, including those common to young people.

*Description of Volmax measures*

1. Abstainers are those who drink less than once a year or who never drink.
2. Low volume-low maximum drinkers are those who drink fewer than 17.5 drinks per month and who never have more than 2 drinks per occasion.
3. Low volume-medium maximum drinkers are those who drink fewer than 17.5 drinks per month and who drink 3 or 4 drinks per occasion at least "once in awhile", but who never drink more than 5 drinks per occasion.
4. Low volume-high maximum drinkers are those who drink fewer than 17.5 drinks per month and who drink 5 or more drinks per occasion at least "once in awhile".
5. Medium volume-low maximum drinkers report drinking between 17.5 and 44.9 drinks per month and never have more than 2 drinks per occasion.
6. Medium volume-medium maximum drinkers are those who drink between 17.5 and 44.9 drinks per month and who drink 3 or 4 drinks per occasion at least "once in awhile", but who never drink more than 5 drinks per occasion.
7. Medium volume-high maximum drinkers are those who drink between 17.5 and 44.9 drinks per month and who drink 5 or more drinks per occasion at least "once in awhile".
8. High volume-low maximum drinkers are those who drink 45 or more drinks per month and who never have more than two drinks per occasion.
9. High volume-medium maximum drinkers are those who drink 45 or more drinks per month and who drink 3 or 4 drinks per occasion at least "once in awhile", but who never drink 5 or more per occasion.
10. High volume-high maximum drinkers are those who drink 45 or more drinks per month and who drink 5 or more drinks per occasion at least "once in awhile".

Source: Hilton and Clark 1991; p. 161



*Yukon analytic drinker categories*

Light-infrequent:	less than 5 drinks per occasion, less than 4 times per month
Light-frequent:	less than 5 drinks per occasion, 4 times per month or more
Heavy-infrequent:	5 or more drinks per occasion, less than 4 times per month
Heavy-frequent:	5 or more drinks per occasion, 4 times per month or more

Source: Yukon Alcohol and Drug Survey 1990

- ◆ A simple measure of the maximum number of drinks consumed during the past year provides a good indication of high-risk use.
- ◆ The measure of number of drinks during each of the seven days prior to the survey involves a heavy response burden and yields missing data for infrequent drinkers. Youth and women have high missing data rates for this item.
- ◆ Respondents, and especially youth, should be queried directly about frequency of intoxication, regardless of the drinking patterns. Such an item would remove the need to infer inebriety from reported body weight and number of drinks.

**4. Education, marital status, and income**

While level of education, marital status, and income have fairly good associations with some alcohol measures and measures of drug use, the meaning of such associations is dubious when young people are involved.

In Canada, people typically finish high school at 18 or 19, and over half have some post-secondary education. Thus, many young people (perhaps over half of those under 25) have not completed training, and their level of education is, in a sense, underestimated.

The meaning of marital status is also linked to age. Compared to those who are older, relatively few marriages occur during the teens. When they do, they are "deviant cases", both statistically and socially.

Income represents a two-fold problem in its use as a variable for the young. First, it is tied to education and career experience. As such, the present earning power of a young person does not reflect what it will be when he or she holds a permanent occupational position. Secondly, querying adolescents about household income most often means asking them what their parents earn, and many do not know this.

Presenting data on these variables for young people also introduces substantial "noise" into the results. A sample survey of a population 15 and over will include about a quarter of cases under 25. We suggest that when examining the effect of marital status, income and education, these cases be removed from the analysis.

### **5. Contexts of young peoples' alcohol use**

While their importance has been assumed, drinking contexts have rarely been examined systematically. Friends are the dominant drinking companions for those aged 15-24, and the frequency of drinking with friends (as opposed to family and relatives) increases with age.

The presence of peers has a differential impact on individuals, depending on their (reported) usual drinking practices: heavier drinkers increase their drinking when in the company of peers.

The presence of peers and close friends in the drinking situation increases the likelihood of intoxication among young people.

Given their relationship to youth, special attention needs to be paid to aspects of the setting in which drinking occurs, the incidence of intoxication and the length of the drinking occasion.

### **6. Concurrent use of alcohol and other drugs**

While concurrent use of alcohol and other drugs is a problem for all age groups, younger people do have a distinctive use pattern. First of all, multiple drug use among the young is overwhelmingly non-medical use. Secondly, the use tends to be socially prescribed and motivated, at least in its inception. Thirdly, the use of illegal drugs and inappropriate use of medications is almost always a younger person's activity.

Recent research suggests that young people who use illegal drugs are heavier users of alcohol. Thus, it is recommended attention be paid to a "backward progression" of the effects of cannabis and other illegal drugs on alcohol use, as well as an examination of attitudinal links which would account for the association between illegal drug use and heavier alcohol use.

### **7. Consequences of alcohol use**

The positive functions of alcohol use have received little attention. By and large, people report that they drink for "social" reasons. However, understanding of this motivation is vague. Most drinking is "social", occurring in the company of others. Given the general acceptance of

alcohol use which is embedded in social customs, more detailed questions which could emphasize the role of alcohol in social situations would add to our understanding of its use in modern contexts. While qualitative, smaller group studies give us rich detail about the social use of alcohol, delineating its integrative and celebratory functions; surveys, through their items and their usual mode of analysis concentrate on discovering problem aspects of the use of alcohol.

Instruments and scales used to measure alcohol dependence in adults are inappropriate for the assessment of alcohol-related problems common to younger people. Youth tend to drink less frequently than adults, but drink more when they do drink. Frequency of drinking tends to increase substantially after the age of 20, perhaps reflecting attaining the age of majority, combined with some independence of income and from parents.

What is called problem drinking among adolescents and younger adults usually concerns behavioural and interpersonal issues. These should receive more detailed attention in youth surveys.

## **8. Health risks**

Research about youth and substance use generally ignores the biomedical consequences of frequent and/or heavy use. Overlooking the issue of physical damage constitutes a serious omission because of the possibility of permanent effects when substances are heavily used during periods of rapid development. One reason that physical consequences of substance use are overlooked is that physicians are rarely the primary contact for adolescents with substance abuse problems; most often youth with drug problems are seen by school authorities, psychologists and social workers. Moreover, physicians are not trained to identify (or treat) adolescents with substance abuse problems. Among issues around substance abuse and physical consequences which should be examined is their relationship to nutrition.

With the increase in AIDS and other sexually transmitted diseases, research has begun to focus on behaviour which increases the chances of contracting and spreading these infections. Studies have consistently shown a positive association between level of alcohol use and sexual activity and between alcohol use level and the likelihood of having unprotected sex.

Three possible reasons for this relationship have been proposed: 1) relaxing inhibitions decreases the probability of using protection; 2) unprotected sex and heavy drinking may be expressions of a general

propensity to take risks; and, 3) meetings ending in sexual encounters often begin in licensed premises. There is, however, an absence of data which would determine if those respondents who drank and had unprotected sex were liable to have unprotected sex if they did not drink.

Since youth are generally sexually active and likely to drink heavily, these relationships need to be explored in more detail.

### **9. Avoiding negative consequences**

Surveys are usually developed to assess behaviour, not the lack of it. Thus, survey questions on consumption levels, motivation or context tend to be far more sophisticated than items concerning abstaining or avoiding behaviour.

Abstaining from or limiting problem drinking or tobacco use often involves far more than a simple decision to avoid or reduce consumption. Often, there are social pressures, vacillation, back-sliding, professional help, and considerable psychological investment involved. That is to say, avoiding, limiting, and controlling substance use and abuse entails complex phenomena which have been explored in small-scale qualitative studies, but not in large-scale surveys.

With regard to the simple rate of abstaining from alcohol use, the data must be interpreted with caution. The rate of abstention among youth under 20 years of age is much higher than the average for the population. However, this is also the time of acquisition of many adult habits, customs, and practices. Previous discussion in this report reveals very dramatic rises in the rates of both current drinkers and alcohol consumption between the onset of the teenage years through the age of 25. Much avoidance of alcohol could be an artifact of some delay in the eventual taking on of adult status as well as the legal status of young people. An increase in abstention rates among the young, however, can be interpreted optimistically, for age of first use is inversely related to high consumption rates and problem use later in life.

## **RECOMMENDED SURVEY QUESTIONS**

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### **Alcohol**

#### **Identifying drinkers and their consumption patterns**

Canada's Alcohol and Other Drugs Survey (CADS) 1994 contains a series of well designed questions on this topic. It is recommended that the CADS questions be used in other survey work. A copy of the survey instrument can be obtained from Health Canada.

#### **Other issues relevant to young people**

The following questions deal with issues related to alcohol use that are of particular relevance to young people. Not all questions will be relevant to every survey conducted. The choice of specific questions should be based on the objectives of a particular survey.

#### **1. Establishing when drinking began and the accompanying circumstances**

▶ **WHEN YOU WERE VERY YOUNG DID YOUR PARENTS EVER GIVE YOU A SIP OR A TASTE OF WINE, BEER OR LIQUOR? (A SIP OR A TASTE IS JUST A SMALL AMOUNT OR A SWALLOW OR A TASTE FROM SOMEONE ELSE'S GLASS; IT'S NOT A DRINK OF YOUR OWN)**

- can't remember
- never
- 1 or 2 times
- several times
- often or very often

▶ **HAVE YOU EVER BEEN OFFERED ALCOHOL (BEER, WINE OR LIQUOR) BY ANYONE?**

- |        |                          |     |                          |    |
|--------|--------------------------|-----|--------------------------|----|
| Beer   | <input type="checkbox"/> | yes | <input type="checkbox"/> | no |
| Wine   | <input type="checkbox"/> | yes | <input type="checkbox"/> | no |
| Liquor | <input type="checkbox"/> | yes | <input type="checkbox"/> | no |

▶ APPROXIMATELY HOW OLD WERE YOU WHEN YOU HAD YOUR FIRST DRINK OF ALCOHOL, NOT JUST A SIP OR TWO?

- \_\_\_\_\_ years old
- don't drink

▶ WHICH OF THE FOLLOWING COMES CLOSEST TO THE REASON YOU TRIED ALCOHOL FOR THE FIRST TIME?

- I wanted to see what it was like.
- My friends were drinking.
- It seemed like fun.
- I thought it would calm me down.
- I wanted to escape from worries about home or school.
- I was old enough to use it safely.
- I heard it could make me feel good.
- I was bored, there was nothing else to do.
- Some other reason (please specify)

▶ WHERE DID YOU HAVE YOUR FIRST DRINK?

- at home with parent's permission
- at home without parent's permission
- with friends
- other (please specify)

▶ AT WHAT AGE DID YOU FIRST START DRINKING REGULARLY—THAT IS ONCE A MONTH OR MORE?

- \_\_\_\_\_ years of age
- don't drink regularly

▶ DO YOUR PARENTS OR GUARDIANS LET YOU DRINK ALCOHOL AT HOME?

- on special occasions (religious holidays, birthdays, etc.)
- on special occasions and at other times
- never
- not applicable

▶ HOW OLD WERE YOU WHEN YOU FIRST USED ALCOHOL WHILE NOT WITH YOUR PARENTS OR GUARDIANS?

- \_\_\_\_\_ years of age
- never used or never used while not with parents or guardians

▶ WHERE WERE YOU THE FIRST TIME YOU EVER DRANK ALCOHOL?

- your own home
- a friend's home
- a relative's home
- outside at a park or beach
- at a public place like a restaurant, bar, hall or sports event
- in a school building or on school grounds (include parties and sports events at school)
- just driving around or parked in a car
- other (please specify)

▶ IF YOU HAVE HAD MORE THAN ONE KIND OF ALCOHOLIC BEVERAGE, PLEASE INDICATE WHICH KIND YOU HAD FIRST.

- I had only one kind of alcoholic beverage  
○ beer ○ wine or ○ liquor
- I had beer before I had anything else.
- I had wine before I had anything else.
- I had a drink with liquor before I had anything else.

## 2. Drinking contexts

▶ IN THE LAST 12 MONTHS, HOW MANY TIMES DID YOU DRINK (BEER, WINE, OR LIQUOR) WITH YOUR PARENTS OR GUARDIANS?

- not at all
- once
- twice
- 3 - 6 times
- 7 - 12 times
- 13 or more times

▶ WHEN YOU DRINK WITH YOUR PARENTS OR GUARDIANS, HOW MANY DRINKS DO YOU USUALLY HAVE?

- 1 drink
- 2 drinks
- 3 drinks
- 4 drinks
- 5 drinks
- 6 drinks
- more than 6 drinks

▶ IN THE LAST 12 MONTHS, HOW MANY TIMES DID YOU DRINK (BEER, WINE, OR LIQUOR) WITHOUT YOUR PARENTS OR GUARDIANS?

- not at all
- once
- twice
- 3 - 6 times
- 7 -12 times
- 13 or more times

▶ WHEN YOU DRINK AND YOUR PARENTS OR GUARDIANS ARE NOT WITH YOU, HOW MANY DRINKS DO YOU USUALLY HAVE?

- 1 drink
- 2 drinks
- 3 drinks
- 4 drinks
- 5 drinks
- 6 drinks
- more than 6 drinks

▶ HOW OFTEN DO YOU DRINK WITH THE FOLLOWING PEOPLE?

	Often	Sometimes	Never
with friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
with a sexual partner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
with strangers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
with family members	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
with a date	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
other (please specify)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



SURVEYING YOUNG PEOPLE

▶ PLEASE INDICATE HOW OFTEN YOU DRINK BEER, WINE OR LIQUOR IN EACH OF THE FOLLOWING SETTINGS, PLACES OR OCCASIONS.

	Do not drink in this setting	Sometimes	Frequently	Most of the time
at parties when others are drinking and your parents or other adults are not present	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at home on special occasions, such as birthdays, or holidays such as Thanksgiving, etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
driving around or sitting in a car at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at dinner at home with the family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at places where friends hang around when their parents or other adults are not present	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
during or after a school activity such as a dance or football game when your parents or other adults you know are not present or cannot see you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
by yourself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
in a public place where liquor is sold (night club, beer parlour, bar, lounge)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

▶ LISTED BELOW ARE SITUATIONS THAT PEOPLE SOMETIMES FIND THEMSELVES IN. FOR EACH ONE, CHECK HOW MUCH YOU WOULD FEEL FREE TO DRINK IF YOU WERE IN THAT SITUATION.

	No drinking	Maybe 1-2 drinks, but not enough to get high	OK to be high, but not drunk	Getting drunk sometimes all right
the host of a small party or get together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
studying for an exam	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
about to drive a car	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
an employee, during working hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
about to go to a routine class	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a student invited to an on-campus reception where alcohol is served	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
working around the house	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
on a casual date during the weekend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
relaxing after playing a softball game during the weekend	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at a New Year's party	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at a party where people are dancing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
playing cards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at home during the evening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
hung over	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
out running errands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**3. Reasons for never having used alcohol**

▶ IF YOU HAVE EVER TRIED ALCOHOL WHICH ONE OF THE FOLLOWING COMES CLOSEST TO YOUR REASON FOR NOT TRYING IT? (FILL IN ONE ANSWER ONLY)

- I think it might be harmful to my health
- I think it might be addictive
- It's illegal for me to drink
- I would get into trouble with my parents or teachers
- I would get into trouble with the police
- I cannot get any
- I cannot afford it
- I am not interested in it
- I am afraid of what it might do to me
- I have other things I enjoy doing
- My friends do not drink
- It's against my religion
- Some other reason (please specify)

**4. Reasons for not drinking**

▶ IF YOU USED TO DRINK ALCOHOL BUT DO NOT DRINK NOW, WHICH ONE OF THE FOLLOWING COMES CLOSEST TO YOUR REASON FOR NOT DRINKING NOW? (FILL IN ONE ANSWER ONLY.)

- I think it might be harmful to my health
- I think it might be addictive
- My parents made me stop
- It is illegal to use it
- I was just experimenting with it and did not intend to use it again
- I am not interested in using it any more
- I got into trouble (with my parents or teachers) because I had used it
- My friends stopped using it
- I got into trouble with the police because I had used it
- I did not like what it did to me
- I have other things I enjoy doing
- Some other reason (please specify)

▶ HOW IMPORTANT TO YOU IS EACH OF THE FOLLOWING REASONS FOR ABSTAINING FROM ALCOHOLIC BEVERAGES OR BEING CAREFUL ABOUT HOW MUCH YOU DRINK?

	Very important	Somewhat important	Not important
Drinking is bad for your health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It costs too much when you need money for other things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your family or friends get upset when you drink.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It may interfere with your job or work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It goes against your religion.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You are afraid of becoming an alcoholic.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drinking often makes you do things you are sorry for later on.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drinking can make you feel sick.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drinking can get you into trouble with the police or authorities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drinking leads to losing control over your life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### 5. Reasons for drinking

▶ IF YOU ARE STILL DRINKING ALCOHOL WHICH OF THE FOLLOWING COMES CLOSEST TO THE REASON YOU ARE STILL USING IT? (FILL IN ONE ANSWER ONLY)

- It is fun
- My friends still drink it
- I find I cannot stop drinking
- It helps me get along with my friends

SURVEYING YOUNG PEOPLE

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- It makes it easier to do school work
- It is good for my health
- It calms me down
- It helps me forget about problems at home and school
- Adults say it is not a good thing to do
- I am bored, there is nothing else to do
- I am old enough to drink carefully
- It makes me feel good
- Other reasons (please specify)

► THE FOLLOWING ARE SOME REASONS WHY PEOPLE DRINK. FOR EACH ONE TELL ME IF IT WAS TRUE FOR YOU DURING THE PAST 12 MONTHS ...

	Often	Sometimes	Seldom	Never
Drinking makes me feel happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I drink because I enjoy the taste	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I drink because it adds to the enjoyment of social occasions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I drink when I have been under stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I drink when my friends are drinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel more in control of my life when I drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drinking puts me in a "party" mood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I drink when I am sad, lonely or depressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

▶ WHY DO YOU THINK YOU USE ALCOHOL? INDICATE HOW IMPORTANT EACH OF THE FOLLOWING REASONS ARE FOR YOU.

	Not important	Fairly important	Very important
because I feel more at ease and less self-conscious in a group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
because I feel I can express myself more easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
because I feel more at ease with the opposite sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
because I'm bored; there is not much else to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
because my friends drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
because I get relief from tensions and worries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
because it makes me feel good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
out of habit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
it makes me feel more masculine or feminine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
to get drunk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
to get high (feel a buzz without getting drunk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**6. Frequency of intoxication**

▶ ABOUT HOW OFTEN (DO/DID) YOU GET HIGH (ENOUGH TO FEEL A BUZZ WITHOUT GETTING DRUNK), ON THE AVERAGE, FROM DRINKING ALCOHOLIC BEVERAGES?

- every day
- a few times a week
- a few times a month
- a few times a year
- about once a year
- never

▶ **HOW OFTEN IN THE PAST YEAR DID YOU DRINK ENOUGH TO FEEL DRUNK?**

- every day or nearly every day
- three to four times a week
- once or twice a week
- once to three times a month
- seven to 11 times in the past year
- three to six times in the past year
- twice in the past year
- once or never in the past year

▶ **SINCE YOU STARTED DRINKING, HOW MANY TIMES HAVE YOU ... (WRITE NUMBER OF TIMES)**

- become drunk
- passed out
- gone on weekend drinking sprees
- become drunk when alone
- been aggressive or destructive due to drink
- had several drinks before a party to be sure of getting enough to drink
- awakened after drinking with no recollection of what happened during a period of time (although you didn't pass out)

▶ **HOW OFTEN HAVE YOU GONE ON WEEKEND DRINKING SPREES, THAT IS, BEEN HIGH FOR MOST OF SATURDAY OR SUNDAY?**

- Never in my life
- Once in my life
- Twice in my life
- Three or more times in my life

**7. Other measures of high-risk use**

▶ **THINK ABOUT THE TIME IN THE LAST 12 MONTHS THAT YOU HAD THE MOST TO DRINK. HOW MANY DRINKS DID YOU HAVE AT THAT TIME?**

beer: \_\_\_\_\_ cans or bottles  
wine: \_\_\_\_\_ glasses  
liquor: \_\_\_\_\_ drinks

▶ DURING THE LAST 12 MONTHS, HOW OFTEN DID YOU HAVE THE FOLLOWING NUMBER OF DRINKS OF ANY KIND OF ALCOHOLIC BEVERAGE IN A SINGLE DAY, THAT IS, ANY COMBINATION OF CANS OF BEER, GLASSES OF WINE, OR DRINKS CONTAINING LIQUOR OF ANY KIND?

	every day or nearly every day day	3 - 4 times a week	once or twice a week	1 - 3 times a month	7 - 11 times in the past year	3 - 6 times in the past year	twice in the past year	once in the past year	never in the past year
12 or more drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8-11 drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5-7 drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3-4 drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1-2 drinks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

▶ WHAT IS THE LARGEST NUMBER OF DRINKS YOU CAN RECALL EVER DRINKING AT ONE OCCASION? (PLEASE SPECIFY)

\_\_\_\_\_ # of drinks.

▶ HOW LONG DID THIS OCCASION LAST? (PLEASE SPECIFY)

\_\_\_\_\_ hours

▶ WHAT WAS THIS OCCASION? (PLEASE SPECIFY)

▶ WAS THERE EVER A TIME IN YOUR LIFE WHEN YOU DRANK FIVE OR MORE DRINKS AT A SITTING AS OFTEN AS ONCE A WEEK?

- yes
- no

▶ WHICH OF THE FOLLOWING ALTERNATIVE BEST DESCRIBES HOW MUCH YOU DRINK ON A TYPICAL OCCASION?

- Roughly whatever amount others with me are drinking
- The amount that I always drink: like one drink or whatever
- I drink until I get a strong feeling that I should stop—like feeling uncomfortable, full or high, feeling guilty, feeling worried and so on



- The amount that is supposed to do what I want—that is, the amount that doctors, friends or others say will relieve pain, help me sleep, reduce anger and so on
- I drink until I feel the way I want—such as good, full, relaxed or until I have the experiences I want such as feeling high, having creative thoughts and so on
- Other (please specify)

**8. Consequences of use**

▶ HOW DO MOST OF THE KIDS YOU HANG AROUND WITH FEEL ABOUT SOMEONE YOUR AGE DRINKING? DO THEY ...

- strongly approve
- approve
- don't really care
- disapprove
- strongly disapprove

▶ HOW DO MOST OF THE KIDS YOU HANG AROUND WITH FEEL ABOUT YOUR DRINKING IN PARTICULAR? DO THEY ...

- strongly approve
- approve
- don't really care
- disapprove
- strongly disapprove

▶ HOW OFTEN HAS YOUR DRINKING ALCOHOL LED TO AGGRESSIVE OR DESTRUCTIVE BEHAVIOUR LIKE PICKING FIGHTS FOR NO REASON, DAMAGING PARKED CARS OR OTHER PROPERTY, PLAYING DANGEROUS JOKES ON OTHERS, ETC.?

- never in my life
- once in my life
- twice in my life
- three or more times in my life

► NOW FOR SOME OTHER EXPERIENCES THAT MAY HAVE HAPPENED TO YOU IN CONNECTION WITH YOUR DRINKING.

	Yes	No
Sometimes I have needed a drink so badly that I couldn't think of anything else.	<input type="checkbox"/>	<input type="checkbox"/>
Sometimes my desire for a drink is very strong.	<input type="checkbox"/>	<input type="checkbox"/>
I started drinking even though I hadn't intended to.	<input type="checkbox"/>	<input type="checkbox"/>
Once I started drinking it was difficult for me to stop before I became completely intoxicated.	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes kept on drinking after I had promised myself not to.	<input type="checkbox"/>	<input type="checkbox"/>
I deliberately tried to cut down or quit drinking, but I was unable to do so.	<input type="checkbox"/>	<input type="checkbox"/>
I kept wanting to cut down or quit drinking.	<input type="checkbox"/>	<input type="checkbox"/>
I have taken a strong drink in the morning to get over the effects of last night's drinking.	<input type="checkbox"/>	<input type="checkbox"/>
I found that I needed a drink to keep from getting the shakes or becoming sick.	<input type="checkbox"/>	<input type="checkbox"/>
My hands shook a lot the morning after drinking.	<input type="checkbox"/>	<input type="checkbox"/>
Sometimes I awakened during the night or early morning sweating all over because of drinking.	<input type="checkbox"/>	<input type="checkbox"/>
I was sick or vomited after drinking or the morning after drinking.	<input type="checkbox"/>	<input type="checkbox"/>
I was depressed, irritable or nervous after drinking or the morning after drinking.	<input type="checkbox"/>	<input type="checkbox"/>
I needed more alcohol than I used to, to get the same effect as before.	<input type="checkbox"/>	<input type="checkbox"/>
I found that the same amount of drinking had much less effect than it used to.	<input type="checkbox"/>	<input type="checkbox"/>

▶ HAS THIS EVER HAPPENED TO YOU?

	Yes	No
I found that I drank the same way regard-less of where I was or who I was with	<input type="checkbox"/>	<input type="checkbox"/>
I found that I drank the same way, no matter whether it was a weekday, a weekend, or a holiday	<input type="checkbox"/>	<input type="checkbox"/>
I have given up or reduced important work or social activities for my drinking	<input type="checkbox"/>	<input type="checkbox"/>
My drinking has interfered with my spare time activities	<input type="checkbox"/>	<input type="checkbox"/>
I have given up or neglected pleasures or interests in favour of drinking	<input type="checkbox"/>	<input type="checkbox"/>
I spend a lot of my time on drinking or getting over the effects of drinking or doing things to get alcohol	<input type="checkbox"/>	<input type="checkbox"/>
I often got high or felt bad after drinking when I was supposed to be doing something important, like being at work or school, or taking care of children	<input type="checkbox"/>	<input type="checkbox"/>
I often got high from drinking when I had to drive a car or do something where there might be an injury if I didn't pay attention	<input type="checkbox"/>	<input type="checkbox"/>
I kept on drinking although I knew I had a health problem caused by or made worse by my drinking	<input type="checkbox"/>	<input type="checkbox"/>

▶ SOME PEOPLE WORRY ABOUT THEIR DRINKING EVEN THOUGH THEY MAY NOT BE REALLY HEAVY DRINKERS. HOW MUCH DO YOU WORRY ABOUT DRINKING?

- Don't worry at all
- Worry a little
- Worry some
- Worry a lot

▶ HERE IS A LIST OF THINGS PEOPLE SAY HAPPEN TO THEM WHEN THEY DRINK ALCOHOL. HOW LIKELY IT IS THAT THESE THINGS HAPPEN TO YOU WHEN YOU DRINK. WHEN I DRINK ALCOHOL ...

	Always	Usually	Some-times	Never
I am less shy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I lose my self-control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am more accepted socially	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am less sexually inhibited	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy the buzz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I become aggressive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am more sexually assertive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am able to take my mind off my problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel sick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am more outgoing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have more desire for sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel sad or depressed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I take more risks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I do things I would not do otherwise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am more energetic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy sex more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I become clumsy or uncoordinated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel part of the group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel ashamed of myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It is easier for me to socialize	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get sleepy or tired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am less nervous about sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a good time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I behave badly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am more likely to do something sexually that is risky	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am relaxed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**9. Concern over own drinking**

▶ HAS YOUR DRINKING CHANGED OVER THE LAST 12 MONTHS?

- Drinking more now
- Drinking less now
- no change over last 12 months

▶ DO YOU WISH YOU COULD DRINK LESS ALCOHOL THAN YOU DO NOW?

- yes
- no

▶ DURING THE PAST 12 MONTHS, HAVE YOU DONE ANY OF THE FOLLOWING THINGS IN ORDER TO REDUCE THE AMOUNT YOU DRINK? HAVE YOU ... (CHECK ALL THAT APPLY)

- skipped parties or other social events
- avoided being with friends who drink a lot
- gone to bars and taverns less often
- limited the number of drinks you have
- switched from liquor to beer or wine
- started drinking low alcohol beer or wine
- started drinking non-alcoholic beverages
- looked for help to stop drinking such as A.A., or sought medical assistance

▶ JUST SUPPOSE THAT YOU BEGAN TO THINK THAT YOU HAD A DRINKING PROBLEM. HOW LIKELY WOULD YOU BE TO SEARCH OUT AN ALCOHOLISM TREATMENT PROGRAM OR GROUP?

- definitely would search out treatment
- probably would search out treatment
- probably wouldn't search out treatment
- definitely wouldn't search out treatment

▶ HAVE YOU EVER TALKED ABOUT AN ALCOHOL PROBLEM OF YOUR OWN WITH ANYONE?

- yes
- no

▶ HAVE YOU EVER HIDDEN YOUR DRINKING FROM ANYONE, THAT IS PARENTS, SIBLINGS, FRIENDS?

- yes
- no

▶ WHO DID YOU HIDE YOUR DRINKING FROM? (CHECK ALL THAT APPLY.)

- parents
- brothers and/or sisters
- friends
- boyfriend or girlfriend
- other (please specify)

▶ WHEN YOU'VE BEEN WITH OTHER PEOPLE WHO WERE DRINKING, HAVE YOU EVER FELT PRESSURE TO DRINK WHEN YOU DIDN'T WANT TO OR DRINK MORE THAN YOU REALLY WANTED? (CHECK ONE)

- never
- once or twice
- several times
- frequently
- doesn't apply; I've never been with other people who were drinking

#### 10. Friends' drinking behaviour

▶ HOW MANY OF YOUR FRIENDS DRINK BEER AT LEAST ONCE A MONTH? (CHECK ONE)

- all of them
- most of them
- several of them
- one or two of them
- none
- don't know

▶ WHEN YOU GET TOGETHER SOCIALLY WITH YOUR CLOSE FRIENDS, HOW OFTEN ARE DRINKS

- nearly every time
- more than half the time
- less than half the time
- once in awhile
- never

▶ **WOULD YOU PREFER YOUR CLOSE FRIENDS TO DRINK SOCIALLY OR NOT TO DRINK AT ALL?**

- definitely not drink
- preferably not drink, but it's not important
- doesn't really matter
- preferably drink, but it's not important
- definitely drink

▶ **AMONG YOUR CLOSE FRIENDS, HOW MANY WOULD YOU SAY DRINK QUITE A BIT?**

- nearly all
- more than half
- less than half
- only a few
- none

**11. Attitudes toward drinking**

▶ **DO YOU AGREE OR DISAGREE WITH THE FOLLOWING STATEMENTS?**

	Strongly agree	Agree	Disagree	Strongly disagree
Drinking is never a good thing to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drinking is all right, but a student should never get high or drunk.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
An occasional "drunk" is nothing to condemn	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Regularly getting drunk is OK as long as it doesn't interfere with marks or responsibilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's nobody's business how much anyone else drinks as long as he or she doesn't bother anyone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

▶ THE FOLLOWING STATEMENTS DESCRIBE HOW SOME PEOPLE ACT. PEOPLE FEEL DIFFERENTLY ABOUT THESE ACTIONS. PLEASE INDICATE HOW YOU FEEL ABOUT DOING THESE THINGS. DO YOU FEEL THAT A PERSON ...

	Absolutely should	Should	May or may not	Should not	Absolutely should not
should stop seeing a friend because they have started drinking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
should try to prevent a drunk friend from driving a motor vehicle or riding a bicycle?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
should give their child a drink with a meal if s/he is under the legal drinking age?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
should make fun of someone who doesn't want to try a drink?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
should stop seeing friends who pressure him/her to drink less?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
should help and support a friend who does not want to drink too much?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
should accept all drinks that are offered to him/her?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
should, as an older teen, try to keep a younger teen from drinking too much?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
should keep offering drinks to a friend who said 'no'?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
should drive a motor vehicle or ride a bicycle after having three or four drinks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



**12. Obtaining alcoholic beverages**

▶ HOW DID YOU OBTAIN YOUR ALCOHOLIC BEVERAGES THE LAST TIME YOU DRANK EITHER BEER, WINE, OR LIQUOR?

- bought it myself at a liquor store
- bought it myself at a bar, lounge, or restaurant
- bought it myself from a bootlegger
- friends bought it for me at a liquor store
- friends bought it for me from a bootlegger
- stranger bought it for me
- used my parents' supply
- brewed or made it myself

▶ HAVE YOU EVER USED A FALSE I.D. CARD TO OBTAIN ALCOHOLIC BEVERAGES OR TO ENTER A CLUB OR LOUNGE?

- never
- rarely
- often
- most of the time

▶ HOW EASY WOULD IT BE FOR YOU OR YOUR FRIENDS TO GET SOME BEER/WINE/LIQUOR IF YOU WANTED SOME?

- very easy
- fairly easy
- somewhat difficult
- very difficult
- don't know

**13. Drinking and driving**

▶ IN THE PAST TWO MONTHS, HOW MANY TIMES HAVE YOU BEEN IN A CAR DRIVEN BY SOMEONE WHO HAD BEEN DRINKING? (WRITE IN NUMBER)

\_\_\_\_\_ times in car driven by a drinking driver

▶ PLEASE INDICATE WHETHER YOU AGREE OR DISAGREE WITH THE FOLLOWING STATEMENTS.

	Strongly agree	Agree	Disagree	Strongly disagree
Drinking and driving is cool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drinking and driving is a serious problem among people my age	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You are likely to hurt someone if you drink and drive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It is fun to ride in a car or other motor vehicle when the driver has been drinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

▶ HOW OLD WERE YOU WHEN YOU FIRST DROVE A MOTOR VEHICLE AFTER HAVING AT LEAST ONE DRINK?

- \_\_\_\_\_ years old
- Do not drink and drive
  - Do not drive

▶ HOW OFTEN, IN THE PAST 12 MONTHS, HAVE YOU DRIVEN A MOTOR VEHICLE SUCH AS A CAR, TRUCK, MOTORCYCLE, BOAT OR SNOWMOBILE WITHIN AN HOUR OF HAVING TWO OR MORE DRINKS OF ALCOHOL?

- not at all
- once or twice
- 3-5 times
- 6-8 times
- 9 or more times

▶ DURING THE LAST SIX MONTHS, HOW OFTEN HAVE YOU BEEN CHARGED WITH A DRIVING OFFENCE (OTHER THAN PARKING) AFTER DRINKING ALCOHOLIC BEVERAGES?

- never
- once
- twice
- three times or more

▶ DURING THE LAST SIX MONTHS, HOW OFTEN HAVE YOU BEEN INVOLVED IN A TRAFFIC ACCIDENT AS A DRIVER AFTER DRINKING ALCOHOLIC BEVERAGES?

- never
- once
- twice
- three times or more

▶ DO YOU STILL FROM TIME TO TIME DRIVE AFTER HAVING AT LEAST ONE DRINK?

- yes
- no

▶ IN THE PAST SIX MONTHS HAVE YOU DONE ANY OF THE FOLLOWING THINGS TO AVOID DRIVING AFTER DRINKING TOO MUCH?

- have not done anything
- skipped a party or social occasion
- taken a cab, bus or public transportation
- asked a non-drinking friend to drive
- walked home
- stayed overnight at a friend's place
- had fewer drinks
- drank more slowly
- ate while I drank
- had a cup of coffee before driving
- took a cold shower
- substituted low-alcohol beer or wine
- other (please specify)

## **Tobacco**

### **1. Identifying and classifying smokers**

▶ WHICH CATEGORY BEST DESCRIBES YOU?

- I smoke daily
- I smoke now, but not every day
- I used to smoke, but don't smoke any more
- I have never smoked

▶ IN THE PAST 12 MONTHS, HOW OFTEN DID YOU USE TOBACCO?

- not in the past 12 months
- I tried one cigarette in the past 12 months
- I had less than 1 cigarette a day
- I had 1 or 2 cigarettes a day
- I had 3 to 5 cigarettes a day
- I had 6 to 10 cigarettes a day
- I had 11 to 15 cigarettes a day
- I had 16 to 20 cigarettes a day
- I had more than 20 cigarettes a day

▶ IN THE PAST 30 DAYS I HAVE SMOKED CIGARETTES:

- not at all
- less than one a day
- 1 - 5 a day
- 6 - 10 a day
- 11 - 25 a day
- more than 25 a day

▶ DO YOU SMOKE MORE OR LESS THAN YOU USED TO?

- more
- about the same
- less

▶ ON THE AVERAGE, ABOUT HOW MANY CIGARETTES DID YOU SMOKE A DAY, WHEN YOU SMOKED MOST HEAVILY?

- less than one a day
- just a few (1-4)
- about 5-14
- about half a pack (15-24)
- about 1 ½ packs (25-34)
- about 2 packs (35-44)
- more than 2 packs (45 +)

▶ DO YOU THINK YOU WILL BE SMOKING TOBACCO SOME TIME IN THE FUTURE?

- yes
- no
- don't know

**2. Establishing when smoking began and the accompanying circumstances**

▶ AT WHAT AGE DID YOU TRY YOUR FIRST CIGARETTE?

\_\_\_\_\_years old

▶ WHICH OF THE FOLLOWING REASONS COME CLOSEST TO THE REASON YOU TRIED YOUR FIRST CIGARETTE? (CHECK ALL THOSE THAT APPLY) I TRIED SMOKING BECAUSE:

- I wanted to see what it was like
- my friends were smoking
- I thought it would calm me down
- I was bored, there was nothing else to do
- my friends convinced me to try it
- I thought it would help me lose weight or keep me from gaining weight
- It made me feel part of the group
- my parents smoke
- my brothers and sisters smoke
- it seemed like fun
- I wanted to escape from worries about home or school
- I heard it could make me feel good
- other reason (please specify)

▶ HOW OLD WERE YOU WHEN YOU FIRST STARTED SMOKING ON A FAIRLY REGULAR BASIS?

\_\_\_\_\_years of age

▶ WHY DO YOU THINK YOU SMOKE CIGARETTES? INDICATE HOW IMPORTANT EACH OF THE FOLLOWING REASONS IS FOR YOU:

	Not important	Fairly important	Very important
because I feel more at ease and less self-conscious in a group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
because I feel more at ease with the opposite sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
because I'm bored; there is not much else to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
because my friends smoke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
because I get relief from tensions and worries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
because it makes me feel good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
out of habit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### 3. Friends and parents smoking

▶ HOW MANY OF YOUR FRIENDS WOULD YOU SAY NOW SMOKE REGULARLY. WOULD YOU SAY ...

- none
- a few
- some
- most
- all

▶ DOES YOUR MOTHER SMOKE CIGARETTES?

- yes
- no
- not applicable

▶ DOES YOUR FATHER SMOKE CIGARETTES?

- yes
- no
- not applicable

**4. Attempting to stop smoking**

▶ HAVE YOU TRIED TO STOP SMOKING DURING THE LAST 12 MONTHS?

- yes
- no

▶ WHY DID YOU TRY TO STOP SMOKING? (PLEASE SPECIFY)

▶ WHY DID YOU TRY TO STOP SMOKING? (PLEASE SPECIFY)

**5. Hiding smoking**

▶ HAVE YOU EVER HIDDEN YOUR SMOKING FROM ANYONE, THAT IS PARENTS, SIBLINGS, FRIENDS?

- yes
- no

▶ WHO DID YOU HIDE YOUR SMOKING FROM? (CHECK ALL THAT APPLY.)

- parents
- brothers and/or sisters
- friends
- boyfriend or girlfriend
- other (please specify)

▶ WHY DID YOU HIDE YOUR SMOKING? (PLEASE SPECIFY)

## 6. Opinions and attitudes about smoking

▶ NOW I'D LIKE YOUR OPINION ON SOME STATEMENTS ABOUT SMOKING. TELL ME WHETHER YOU AGREE OR DISAGREE WITH EACH OF THE FOLLOWING. DO YOU THINK ...

	Agree	Disagree	Have no opinion
children are more likely to start smoking if their parents smoke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
people are too concerned about the effect on their health of other people's smoking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
most non-smokers don't mind when people smoke in their presence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
women should not smoke during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
non-smokers should be provided with a smoke-free area where they work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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▶ THE FOLLOWING STATEMENTS DESCRIBE HOW SOME PEOPLE ACT. PEOPLE FEEL DIFFERENTLY ABOUT THESE ACTIONS. PLEASE INDICATE HOW YOU FEEL ABOUT DOING THESE THINGS.

	Absolutely should	Should	May or may not	Should not	Absolutely should not
Should you help and support a friend who is trying to quit smoking cigarettes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Should a smoker feel free to smoke cigarettes wherever he/she likes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Should a smoker offer a cigarette to a non-smoker?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Should a person start smoking cigarettes just to be part of the gang?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Should a person smoke cigarettes around younger people who might be influenced to start smoking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Should a smoker ask permission of others before smoking in a confined area?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Should a non-smoker stop seeing a friend because they smoke cigarettes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Should a person make fun of someone who doesn't want to try a cigarette?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Should a cigarette smoker stop seeing friends who pressure him/her to quit?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Should you support a friend who refused a cigarette?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Should a non-smoker insist that friends not smoke in his/her home?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

▶ PLEASE INDICATE WHETHER YOU AGREE OR NOT WITH THE FOLLOWING STATEMENTS.

	Agree a lot	Agree a little	Disagree a little	Disagree a lot
More teenagers than ever before are smoking cigarettes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Most people my age only smoke because their friends do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoking cigarettes is a sign of being grown up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smoking helps people stay slim	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

▶ DO YOU EVER FEEL UNPLEASANT EFFECTS FROM THE CIGARETTE SMOKE OF OTHERS?

- yes
- no

▶ WHICH OF THE FOLLOWING, IF ANY, DO YOU BELIEVE ARE EFFECTS OF SMOKING? (CHECK ALL THOSE)

- make you feel less nervous and tense
- help you to concentrate
- make your mouth taste bad
- make you less shy
- cause lung disease and cancer
- make you addicted to cigarettes
- make you feel part of the group
- make your clothes and hair smell
- help you lose weight
- cause you to burn things like your clothes, or couches
- make it harder for you to do sports
- make you feel more masculine or feminine
- other (please specify)

## Medications

There is an extremely low rate of medication use by young people. In previous national surveys, the two most frequently used medication types were "diet pills or stimulants" and "codeine, demerol or morphine". The relatively high rate in the category of "codeine, demerol, or morphine" is due to the fact that common over-the-counter pain relievers contain codeine. It is, therefore, recommended that survey items designating codeine content be separated from those containing other narcotics.

When conducting a survey of the use of medications a number of other factors should be kept in mind.

- ◆ In face-to-face interviews a trained interviewer can record exactly what medications are taken by examining the bottle and recording the names of the drug. This procedure permits the researcher to categorize the specific drugs at a later date according to the purpose of the study.

- ◆ In telephone interviews the ability to identify medications is severely restricted and some classification scheme must be used that will be both meaningful to the respondent and to the researcher. The scheme chosen must be simple and use fairly broad classifications with widely accepted terminology. The categories should be mutually exclusive and coincide with some established scheme for classifying pharmaceuticals.

- ◆ Comparability with other surveys must be considered. If it is important or necessary, then the same language and classification schemes should be used.

- ◆ The time period respondents are queried about should be kept relatively short to reduce recall errors. An additional consideration should also be the extent of consumption. If heavy users are being screened, then a short period such as seven days may be appropriate.

- ◆ It is recommended that surveys distinguish between pain relievers that contain acetylsalicylic acid (ASA, e.g. aspirin) and acetaminophen (e.g. Tylenol). These substances were responsible for 57% of drug poisoning in Canada in 1987. More needs to be known about their use.

The following is an example of a basic question regarding use of medications. Other medications considered important can be added to this basic list.

▶ THE NEXT FEW QUESTIONS REFER TO THE USE OF MEDICATIONS AND PILLS IN THE LAST 30 DAYS.

In the past 30 days did you take any of the following medications?	Was this with a doctor's order or prescription?		Did you consume any alcoholic beverages while using this medication?	
	yes	no	yes	no
Aspirin or ASA pain reliever <input type="checkbox"/> yes ▶ <input type="checkbox"/> no	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Acetaminophen type pain reliever <input type="checkbox"/> yes ▶ <input type="checkbox"/> no	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tranquillizers such as valium <input type="checkbox"/> yes ▶ <input type="checkbox"/> no	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diet pills or stimulants <input type="checkbox"/> yes ▶ <input type="checkbox"/> no	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anti-depressants <input type="checkbox"/> yes ▶ <input type="checkbox"/> no	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Codeine <input type="checkbox"/> yes ▶ <input type="checkbox"/> no	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demerol, morphine <input type="checkbox"/> yes ▶ <input type="checkbox"/> no	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleeping pills <input type="checkbox"/> yes ▶ <input type="checkbox"/> no	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Illegal drugs

### Prevalence of drug use

Canada's Alcohol and Other Drugs Survey (CADS) 1994 contains a series of well designed questions on this topic. It is recommended that the CADS questions be used with the following modifications.

◆ CADS queries the use of "cocaine or crack." Crack is a cheaper, faster acting cocaine compound. According to most sources, crack use in Canada is relatively rare but the involvement of crack users in crime,

violence and marginal lifestyles is much greater than that of the typical cocaine user. Thus, a distinction between the two forms of cocaine should be made. In addition, mode of use should be asked (e.g., snorting, smoking, injecting).

◆ Some illegal drugs appear and disappear fairly quickly (e.g., angel dust, ecstasy) and other substances have serious health consequences but low incidence (e.g., solvents). Thus, there should be an item where use of a drug which is not directly queried can be recorded. This way, the appearance and disappearance of substances can be monitored. Such information can be particularly useful for drug education programs.

## Marijuana

Since marijuana is the most frequently used illegal drug, it is suggested that more detailed information be collected in addition to basic prevalence and use patterns. These questions could also be asked of other drug use if appropriate.

### 1. First use

▶ HOW OLD WERE YOU WHEN YOU FIRST USED MARIJUANA?

\_\_\_\_\_ years of age

▶ WHICH ONE OF THE FOLLOWING COMES CLOSEST TO THE REASON YOU TRIED MARIJUANA THE FIRST TIME? (FILL IN ONE ANSWER ONLY.)

- I wanted to see what it was like
- My friends were using it
- It seemed like fun
- I thought it would calm me down
- I wanted to escape from worries about home or school
- I was old enough to use it safely
- I heard it could make me feel good
- I was bored, there was nothing else to do
- Some other reason (please specify)

▶ IF A YOUNG PERSON WERE GOING TO START SMOKING MARIJUANA, WHAT AGE DO YOU THINK OF AS BEING THE AGE TO START?

▶ AGE OF MALES (ONE ANSWER PLEASE)

- should never start
- should be at least \_\_\_\_\_ years of age
- any age

▶ AGE OF FEMALES (ONE ANSWER PLEASE)

- should never start
- should be at least \_\_\_\_years of ages
- any age

**2. Reasons for use**

▶ WHY DO YOU THINK YOU USE MARIJUANA? INDICATE HOW IMPORTANT EACH OF THE FOLLOWING REASONS ARE FOR YOU.

	Not important	Fairly important	Very important
I feel more at ease and less self- conscious in a group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel I can express myself more easily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel more at ease with the opposite sex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm bored, there is not much else to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My friends use it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I get relief from tensions and worries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It makes me feel good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Out of habit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Some other reason (please specify)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

▶ WHICH ONE OF THE FOLLOWING COMES CLOSEST TO THE REASON YOU ARE STILL USING MARIJUANA? (CHECK ONE ANSWER ONLY.)

- It is fun
- My friends still use it
- I find I cannot stop using it
- It helps me get along with my friends
- It makes it easier to do school work
- It is good for my health

- It calms me down
- It helps me forget about problems at home and school
- Adults say it is not a good thing to do
- I am bored, there is nothing else to do
- I am old enough to use it carefully
- It makes me feel good
- Other reasons (please specify)

**3. Reasons for not using**

▶ IF YOU HAVE TRIED MARIJUANA BUT DO NOT USE IT NOW, WHICH ONE OF THE FOLLOWING COMES CLOSEST TO YOUR REASON FOR NOT USING IT NOW? (FILL IN ONE ANSWER ONLY.)

- I have never used marijuana
- I still use marijuana
- I thought it might be harmful to my health
- I thought it might be addictive
- My parents made me stop
- It is illegal to use it
- I was just experimenting with it and did not intend to use it again
- I am not interested in using it
- I got into trouble (with my parents or teachers) because I had used it
- My friends stopped using it
- I got into trouble with the police because I had used it
- I did not like what it did to me
- I have other things I enjoy doing
- I was convinced to stop by educational efforts
- Some other reason (please specify)

▶ IF YOU HAVE NEVER TRIED MARIJUANA, WHICH ONE OF THE FOLLOWING COMES CLOSEST TO YOUR REASON FOR NOT TRYING IT? (FILL IN ONE ANSWER ONLY.)

- I do not know what marijuana is
- I have tried or am still using marijuana

▶ I HAVE NEVER TRIED MARIJUANA BECAUSE:

- I think it might be harmful to my health
- I think it might be addictive
- It is illegal to use it
- I would get into trouble with my parents or teachers

- I would get into trouble with the police
- I cannot get any
- I cannot afford it
- I am not interested in it
- I am afraid of what it might do to me
- I have other things I enjoy doing
- My friends do not use it
- Some other reason (please specify)

▶ WHY DID YOU NEVER USE MARIJUANA OR USE IT LESS THAN 10 TIMES?

- because family or friends would not approve?
- because you might become dependent on it?
- because you couldn't get it, or it cost too much?
- because it might have a bad effect on your health?
- because it might get you in trouble with the police?
- because of religious or moral reasons?
- because you might lose control over yourself?
- because you did not like it or its effects, or thought you would not like it?
- other (please specify)

**4. Context of use**

▶ HOW OFTEN HAVE YOU USED MARIJUANA IN THE FOLLOWING SITUATIONS?

	Often	Sometimes	Once	Never
at parties	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
when I'm with friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
when I'm alone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
when I'm happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
when I'm bored	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at concerts, movies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
when I'm just hanging about	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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▶ HOW OFTEN HAVE YOU USED MARIJUANA WITH THE FOLLOWING PEOPLE?

	Often	Sometimes	Once	Never
by myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
with a date	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
with a friend or friends, but not on a date	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
with my parents	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
with my brother(s) or sister(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

▶ HOW OFTEN DO YOU USE MARIJUANA IN THE FOLLOWING PLACES?

	Often	Sometimes	Once	Never
at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at a public place outdoors (park, beach, campground, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at a public place indoors (club, lounge, restaurant, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at school during school hours.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at a school dance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at a community dance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at a friend's home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at a public party (wedding, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
in a car	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
at a sporting event	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

▶ THINKING ABOUT HOW OFTEN YOUR FRIENDS USE MARIJUANA, WOULD YOU SAY THAT THEY USE IT ...

- never or almost never
- sometimes
- regularly (more than once a month)
- frequently (more than once a week)

## 5. Effects and consequences

▶ HAVE YOU EVER BEEN HIGH OR STONED ON MARIJUANA TO THE POINT WHERE YOU WERE PRETTY SURE THAT YOU HAD EXPERIENCED THE DRUG'S EFFECT?

- have used marijuana, but have not gotten high
- have gotten high once
- have gotten high more than once
- get high whenever I take it

▶ HAS YOUR USE OF MARIJUANA CHANGED SINCE YOU STARTED USING IT?

- yes
- no

▶ HOW HAS YOUR USE OF IT CHANGED?

- use it more frequently
- use it less frequently

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▶ IN THE LAST SIX MONTHS HOW OFTEN HAVE THE FOLLOWING EXPERIENCES RESULTED FROM YOUR USE OF MARIJUANA?

	Never	Once	Two or more times
been arrested, whether detained or charged, for possession, pushing or dealing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
came before school authorities for punishment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
missed at least half a day of school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
had an accident or physical injury	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
been expelled from classroom or school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
lost a job	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
became involved in a fight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
damaged school property	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
stolen something	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
did not complete homework or other assignment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
felt restless, nervous, or uptight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
felt physically ill (nausea, headaches, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
my memory does not seem as good as it was before	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

▶ HAVE YOU EVER HIDDEN YOUR MARIJUANA SMOKING FROM ANYONE, THAT IS PARENTS, SIBLINGS, FRIENDS?

- yes
- no

▶ WHO DID YOU HIDE YOUR MARIJUANA SMOKING FROM? (CHECK ALL THAT APPLY.)

- parents
- brothers and/or sisters
- friends
- boyfriend or girlfriend
- other (please specify)

▶ WHICH OF THE FOLLOWING, IF ANY, DO YOU BELIEVE ARE EFFECTS OF USING MARIJUANA? (CHECK ALL THAT APPLY) MARIJUANA CAN ...

- make you feel part of the group
- help you appreciate music more
- make you feel really mellow
- make you less nervous and tense n make you more daring
- make you feel somewhat paranoid
- make you less shy
- make you lose track of time
- decreases your fertility
- make you addicted to it
- make it harder to concentrate
- give you the munchies, make you hungry
- make you unable to drive a car safely
- make you feel sexy
- give you lung damage
- increase your creativity
- make you get lost in your thoughts or drift away
- make you more aggressive
- make you feel/act silly and giggly
- make you more friendly and outgoing
- make you feel masculine or feminine,
- other effects (please specify)

## 6. Availability

▶ DO YOU, OR SOMEONE VERY CLOSE TO YOU, USUALLY KEEP A SUPPLY OF MARIJUANA SO THAT IT'S AVAILABLE WHEN YOU WANT TO USE IT?

- yes
- no

▶ SOME DRUGS ARE EASIER TO GET THAN OTHER DRUGS. HOW EASY OR DIFFICULT WAS IT (OR WOULD IT HAVE BEEN) TO GET MARIJUANA IN THE LAST 12 MONTHS, EVEN IF YOU DID NOT USE IT OR WANT TO USE IT?

- impossible
- difficult
- fairly easy
- very easy
- don't know

▶ CHECK AS MANY AS NEEDED TO GIVE AN ACCURATE, HONEST ANSWER. WHEN YOU USE MARIJUANA, WHERE DO YOU GET IT?

- at home with parents' permission
- at home without parents' permission
- a "pusher" on the streets
- steal it
- from friends who buy it for you
- at social gatherings (e.g. parties)
- other (please specify)

## 7. Attitudes

▶ THINKING ABOUT YOUR OWN ATTITUDES TO TEENAGERS USING MARIJUANA, WOULD YOU SAY THAT YOU ...

- disapprove strongly
- disapprove but not strongly
- are neutral
- approve

▶ THINKING ABOUT YOUR FRIENDS' ATTITUDES TO TEENAGERS USING MARIJUANA, WOULD YOU SAY THAT THEY ...

- disapprove strongly
- disapprove but not strongly
- are neutral
- approve

► NOW SOME GENERAL QUESTIONS ABOUT MARIJUANA USE.

	Yes	No
Should a person make fun of someone who doesn't want to try marijuana?	<input type="checkbox"/>	<input type="checkbox"/>
Should you help and support a friend who is trying to quit using marijuana?	<input type="checkbox"/>	<input type="checkbox"/>
Should a person smoke marijuana around younger people who might be influenced to start using marijuana?	<input type="checkbox"/>	<input type="checkbox"/>
Should a person offer a joint to a non-user?	<input type="checkbox"/>	<input type="checkbox"/>
Should a marijuana user stop seeing friends who pressure him/her to quit?	<input type="checkbox"/>	<input type="checkbox"/>
Should you support a friend who refuses a joint?	<input type="checkbox"/>	<input type="checkbox"/>
Should you work hard to encourage a friend to quit smoking marijuana?	<input type="checkbox"/>	<input type="checkbox"/>
Should a person feel free to smoke marijuana whenever they like?	<input type="checkbox"/>	<input type="checkbox"/>
Should a person stop seeing a friend because they smoke marijuana?	<input type="checkbox"/>	<input type="checkbox"/>
Should a non-user insist that friends do not smoke marijuana in his/her home?	<input type="checkbox"/>	<input type="checkbox"/>
Should a person start smoking marijuana just to be part of the crowd?	<input type="checkbox"/>	<input type="checkbox"/>
Should a person drive a motor vehicle or ride a bicycle after using marijuana?	<input type="checkbox"/>	<input type="checkbox"/>

## Sexual activity and substance use

Since youth are generally very active sexually, the relationships between aspects of this activity and substance use should be explored.

### 1. Incidence

► HAVE YOU EVER HAD SEXUAL INTERCOURSE?

- yes  
 no

▶ HAVE YOU HAD SEXUAL INTERCOURSE IN THE LAST FIVE YEARS?

- yes
- no

## 2. Frequency

▶ IN THE LAST 12 MONTHS, HOW OFTEN DID YOU HAVE SEXUAL INTERCOURSE WITH A PRIMARY PARTNER (THAT IS, THE PERSON YOU USUALLY HAVE SEXUAL INTERCOURSE WITH) WHILE UNDER THE INFLUENCE OF ALCOHOL?

- every day or nearly every day
- three or four times a week
- once or twice a week
- two or three times a week
- two or three times a month
- about once a month
- less than once a month
- not at all in the last 12 months

▶ IN THE LAST 12 MONTHS, HOW OFTEN DID YOU HAVE SEXUAL INTERCOURSE WITH A NON-PRIMARY PARTNER (THAT IS, NOT THE USUAL PERSON YOU HAVE SEXUAL INTERCOURSE WITH) WHILE UNDER THE INFLUENCE OF ALCOHOL?

- every day or nearly every day
- three or four times a week
- once or twice a week
- two or three times a month
- about once a month
- less than once a month
- not at all in the last 12 months

## 3. Use of condoms

▶ HOW OFTEN DID YOU USE A CONDOM WHEN YOU HAD SEX WHILE UNDER THE INFLUENCE OF ALCOHOL WITH A PRIMARY PARTNER?

- every time
- nearly every time
- more than half the time
- about half the time
- less than half the time
- not at all in the last 12 months

▶ **HOW OFTEN DID YOU USE A CONDOM WHEN YOU HAD SEX WHILE UNDER THE INFLUENCE OF ALCOHOL WITH A NON-PRIMARY PARTNER?**

- every time
- nearly every time
- more than half the time
- about half the time
- less than half the time
- not at all in the last 12 months

▶ **HOW OFTEN DID YOU USE A CONDOM WHEN YOU HAD SEX WITHOUT BEING UNDER THE INFLUENCE OF ALCOHOL WITH A PRIMARY PARTNER?**

- every time
- nearly every time
- more than half the time
- about half the time
- less than half the time
- not at all in the last 12 months

▶ **HOW OFTEN DID YOU USE A CONDOM WHEN YOU HAD SEX WITHOUT BEING UNDER THE INFLUENCE OF ALCOHOL WITH A NON-PRIMARY PARTNER?**

- every time
- nearly every time
- more than half the time
- about half the time
- less than half the time
- not at all in the last 12 months

**4. Most recent experience with a new partner**

▶ **WERE YOU DRINKING ALCOHOL (THIS INCLUDES BEER, WINE, LIQUOR) THE LAST TIME YOU HAD SEX WITH A NEW PARTNER?**

- no, I didn't drink any alcohol.
- yes, I did drink alcohol



▶ ON THIS LAST OCCASION YOU HAD SEX WITH A NEW PARTNER, HOW MUCH ALCOHOL DID YOU DRINK?  
(WRITE IN AMOUNT)

beer: \_\_\_\_\_ cans or bottles  
wine: \_\_\_\_\_ glasses  
liquor: \_\_\_\_\_ drinks

▶ WHEN YOU HAD SEX THE LAST TIME, HOW MUCH WERE YOU FEELING THE EFFECTS OF ALCOHOL?

- not at all
- a little
- feeling the effects, but not drunk
- drunk

▶ HOW WOULD YOU DESCRIBE THE PERSON YOU HAD SEX WITH THE LAST TIME?

- someone I just met
- friend or acquaintance
- steady girl/boyfriend
- fiancée (engaged to be married)
- spouse (wife or husband)
- other (please specify) \_\_\_\_\_

▶ STILL THINKING ABOUT THE MOST RECENT TIME YOU HAD SEX, HAD THE PERSON YOU HAD SEX WITH BEEN DRINKING ALCOHOL?

- yes, he or she had been drinking alcohol
- no, he or she didn't drink any alcohol
- don't know if he or she was drinking

## Other problem behaviours

### 1. Illegal activities

▶ HAVE YOU EVER BEEN INVOLVED IN ANY ILLEGAL ACTIVITIES (SUCH AS THEFT, SHOP-LIFTING, BREAKING AND ENTERING)?

- yes
- no

▶ WHAT WERE THESE ACTIVITIES? (PLEASE SPECIFY)

▶ WHEN DID YOU DO THESE ACTIVITIES? (CHECK ALL THAT APPLY.)

- during the day, during the week
- during the day, on the weekend
- in the evening, during the week
- in the evening, on the weekend
- at night, during the week
- at night, on the weekend
- other (please specify) \_\_\_\_\_

▶ HAVE YOU EVER BEEN CAUGHT BY THE POLICE FOR DOING THESE ACTIVITIES?

- yes
- no

## 2. Running away from home

▶ HAVE YOU EVER RUN AWAY FROM HOME?

- yes
- no

▶ HOW MANY TIMES HAVE YOU RUN AWAY FROM HOME?

\_\_\_\_\_ times

▶ HOW LONG DID YOU STAY AWAY, ON AVERAGE? (PLEASE SPECIFY)

▶ WHERE DID YOU GO TO WHEN YOU RAN AWAY? (PLEASE SPECIFY)

▶ WAS THERE SOMEONE YOU RAN AWAY WITH AND IF SO, WHO?

- no
- yes (please specify)

## 3. Skipping school

▶ DID YOU EVER SKIP SCHOOL?

- yes
- no

▶ HOW MANY TIMES?

\_\_\_\_\_ times

▶ WHERE DID YOU GO WHEN YOU SKIPPED SCHOOL? (PLEASE SPECIFY)

▶ WHO WERE YOU WITH, THAT IS FRIENDS, BOYFRIEND, GIRLFRIEND, ALONE? (PLEASE SPECIFY)

### Personal income and expenses

▶ HOW MUCH MONEY DO YOU SPEND IN AN AVERAGE MONTH?

- 0 - \$10
- \$10.01 - \$20
- \$20.01 - \$30
- \$30.01 - \$40
- \$40.01 - \$50
- \$50.01 - \$100
- \$100.01 - \$300
- Over \$300

▶ WHAT IS YOUR MAJOR SOURCE OF SPENDING MONEY?

- don't have any
- allowance only
- part-time or summer job only
- full-time job only (30 hours per week or more)
- combination of allowance and some job
- combination of jobs but no allowance
- other (specify) \_\_\_\_\_

▶ HOW MUCH MONEY DO YOU SPEND ON NORMAL LIVING EXPENSES?

- none
- less than \$20
- \$20 to \$49
- \$50 to \$99
- \$100 to \$200
- more than \$200

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