

Young Australians Alcohol Reporting System (YAARS)

Report 2016/17

- Queensland main findings

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1. Introduction

The Young Australians' Alcohol Reporting System (YAARS) is a research project that aims to provide insight into the risky drinking patterns of young Australians.

The purpose of the research is twofold. Firstly, the project seeks to investigate event-specific alcohol consumption amongst young high-risk drinkers who are overrepresented in alcohol-related harms, but are underrepresented in general population health surveys. Secondly, YAARS aims to investigate trends in alcohol use among young people over time and thus, as successive years of data accrue, to identify emerging trends and to detect developing patterns of problematic alcohol use and associated harms. This information on patterns of use and related problems will be used to inform policy, prevention and treatment initiatives (1).

In 2016 and 2017, YAARS was conducted in all State and Territory capital cities of Australia. This project combined information from existing data sources with interviews and surveys targeting young people aged 14-19 who regularly engaged in risky drinking.

This report documents the Queensland component of YAARS, comprising interview data from Brisbane, Ipswich and the Gold Coast.

2. Site background

Population

Brisbane is the largest city in Queensland, and the Greater Brisbane area has a population of 2.4 million people. Of these residents, 6.3% are aged 15-19, and 2% identified as Aboriginal and/or Torres Strait Islander (2).

Schooling

Eighteen per cent of Greater Brisbane area residents attended a secondary school (11% government, 4.2% Catholic, 4.5% other non-Government), 6.5% a technical or further education institution in 2013, and 17.4% a university or tertiary institution (3). The compulsory education period in Queensland as of 2015 is from when a child turns six years old until they turn sixteen, or they complete Year 10 (whichever comes first) (4).

Australian youth alcohol and other drug use in 2016

The National Health and Medical Research Council (NHMRC) 2009 Guidelines recommend that for people under the age of 18, not drinking alcohol is the safest option. These guidelines describe the consumption by healthy adults of more than four standard drinks in a single sitting as increasing the risk of injury arising from that occasion of drinking (5).

The National Drug Strategy Household survey (NDSHS) reported that in 2016, the majority (55.8%) of 14-19 year old Australians did not drink alcohol in the past 12 months. However, one fifth (18.0%) of 14-19 year olds drank more than four standard drinks at least once per month, thus placing them at increased risk of injury according to NHMRC Guidelines. This risky consumption increased with age – in 2016 it was reported by fewer than 1% of 12-15 year olds, but 14.6% of 16-17 year olds and 36.9%

of 18-19 year olds (6). Drinking at higher levels (11+ standard drinks) at least once per month was reported by 5.9% for 14-19 year olds, ranging from 4.6% for 16-17 year olds to 12.7% of 18-19 year olds.

In a study of younger adolescents, the Australian School Students Alcohol and Drug (ASSAD) Survey surveyed 22,000 school students aged 12 to 17 years in 2014. Nationally, 14.6% of these students reported drinking during the last week. This proportion of current drinkers has declined since 2002; more markedly for 12-15 year olds (from 30% in 2002 to under 10% in 2014) than for 16-17 year olds (48% in 2002 to 32% in 2014). Of those who reported current drinking in 2014, one third (34.0%) reported consuming five or more standard drinks on a single occasion. This risky pattern of drinking did not decline among current drinkers (7).

In the NHDS report for 2016, one-sixth (15.9%) of 14-19 year old Australians reported using an illicit drug during the past 12 months. The most common illicit drug used by 14-19 year olds was cannabis (12.2%), followed by pharmaceuticals used for non-medical purposes (3.7%), and ecstasy (3.2%). Figures from the 2014 ASSAD are similar: 16.6% of 12-17 year olds reported cannabis use during the previous 12 months, and 2.6% reported use of ecstasy (7). The use of illicit substances other than cannabis had declined since 2008 (7).

Alcohol and other drug use in Queensland

Data from the 2016 NDSHS was available only at national level at the time of this report: jurisdiction-specific data are presented below from the 2013 dataset. The 2013 NDSHS reported that 80% of Queenslanders aged 14 years and older had used alcohol during the past year, with 37.3% drinking on a weekly basis. Of those who drank in the past year, 20.2% reported consuming alcohol at levels which placed them at risk of single occasion injury. These figures aligned closely with national figures of 78.3%, 37.3% and 18.2% respectively (8).

Almost one fifth (15.5%) of Queenslanders aged 14 years and older reported having used an illicit drug in the past year. Queensland's reported drug use was generally consistent with national levels, but rates of cannabis, synthetic cannabinoids and novel psychoactive substance use were marginally higher. Queensland figures for the 2014 ASSAD were not available for comparison at the time of publication.

Youth alcohol use trends across Australia

Although most Australian teenagers report *not* drinking in recent years, those who do may be drinking greater quantities of alcohol per drinking occasion (7-9).

As shown in Figure 1, half of Australian high school students aged 16-17 drank during the previous 7 days in 1984, whereas less than one third had done so in 2014 (7). In contrast, there has been a small overall increase the proportion of current drinkers consuming alcohol at risky levels (5+ standard drinks) over this period. This latter group may be contributing to the recently elevated rates of alcohol related harm in certain Australian jurisdictions (10). The YAARS project aims to examine the group of young risky drinkers who are overrepresented in the experience of alcohol-related harms and underrepresented in the current general population surveys (1).

Figure 1: Australian teenage drinking trends 1984 to 2014

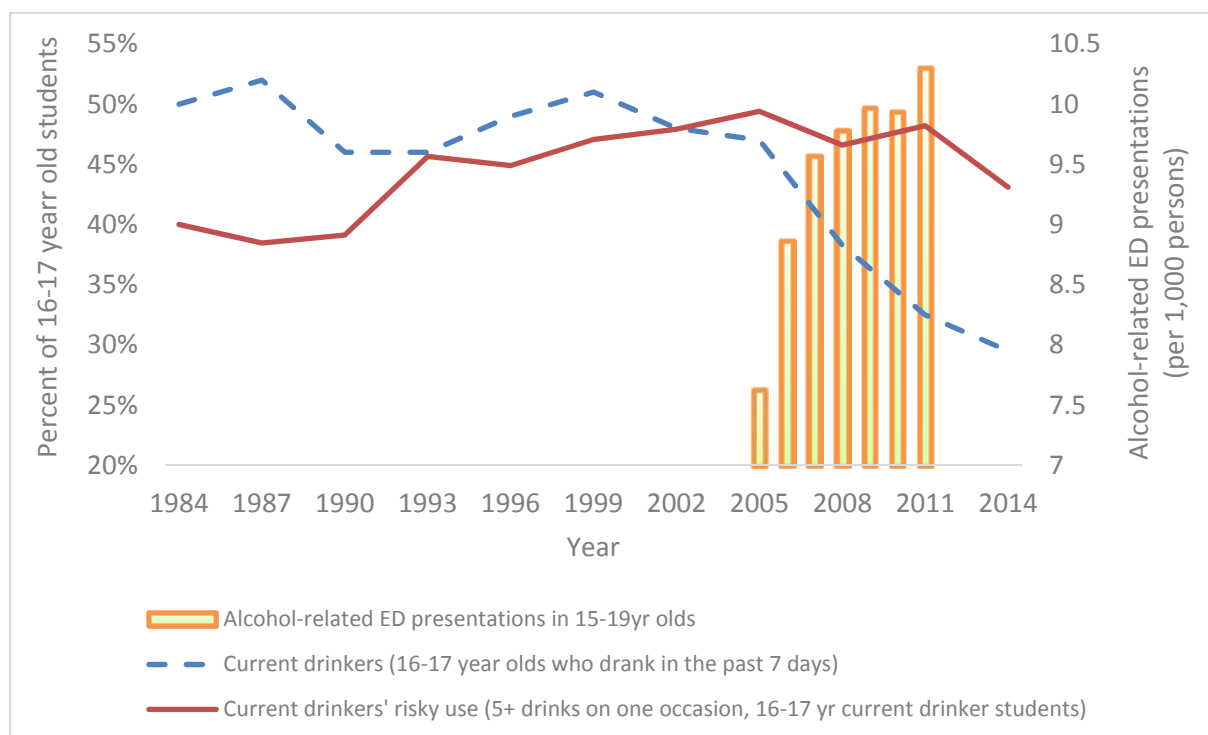


Figure note. Student consumption data from the Australian School Student Alcohol and Drug (ASSAD) Survey. (7). Emergency department data from 2005-06 to 2011-12 includes all Australian jurisdictions excluding Tasmania (10).

Legislative considerations

The legal purchase age for alcohol is 18 in all jurisdictions in Australia (11). All Australian jurisdictions except one (SA) in have 'secondary supply laws' prohibiting the supply of alcohol to an individual under the legal purchase age within a private premise, without permission from the adolescent's parents (12). Secondary supply legislation was introduced in Queensland in 2009 (13).

3. Recruitment

Recruitment for the Queensland face-to-face interviews ran from November 2016 to March 2017.

Advertising materials

To maximise the project's appeal and relevance to the target population, advertising materials were professionally designed. These materials included a poster, postcards, a picture to accompany the Facebook ad, an animated video providing an overview of the project and site-specific contact details, and a banner that was used on the project website, online survey and as the project's Facebook cover.

Recruitment sources

The most popular modes of recruitment for the face-to face interviews were social media and snowballing (referral by other participants). Self-administered survey participants were mostly recruited via social media. There were no appreciable differences in recruitment source between higher and lower risk participants (Tables 1 and 2).

Table 1: Recruitment of all Queensland participants (both higher and lower risk)

	Survey modality		
	F2F	Self-administered	Total
Facebook advertisement	52%	86%	69%
Instagram advertisement	0%	3%	1%
A poster at university	0%	2%	1%
A poster in a shop	1%	0%	1%
A postcard	0%	0%	0%
Through a friend	46%	9%	27%
An electronic newsletter	0%	0%	0%
A service I use (e.g. youth health service)	1%	0%	1%
Other recruitment method	0%	0%	0%
Total	100	103	203

Table 2: Recruitment of Queensland participants screened as 'higher risk'

	Survey modality		
	F2F	Self-administered	Total
Facebook advertisement	51%	88%	59%
Instagram advertisement	0%	3%	1%
A poster at university	0%	0%	0%
A poster in a shop	1%	0%	0.6%
A postcard	0%	0%	0%
Through a friend	47%	9%	27%
An electronic newsletter	0%	0%	0%
A service I use (e.g. youth health service)	1%	0%	1%
Other recruitment method	0%	0%	0%
Total	91	68	159

Paid Facebook boosts

A project page was established within the Facebook domain and poster-style images with project information were uploaded. Regular posts were made to this page, varying to target specific subgroups within the expected participant group. Paid boosts (ads) raised the number of people seeing posts; the resulting commentary and sharing between friends provided complementary impetus of similar impact to the paid ads themselves.

Project webpage

The central project webpage included a description of the study, contact details for each site and a link to the self-administered online survey. The Queensland Facebook page and paid ads were linked to this page.

Word of mouth

Potential participants were encouraged to recruit their friends for the project. Postcards were included in reimbursement packs with the instruction that they could be provided to friends if they were interested in participating.

Posters

A4 project posters with tear away sections listing contact details were posted in communal areas on TAFE and university campuses. Posters were also disseminated through youth services and health services which include youth clients via interagency networks and direct contact with colleagues.

Screening of participants

A two-stage screening process was used for face-to-face interview. Initial screening was done by the site coordinator via telephone or Facebook message prior to interview booking; this was followed by a face-to-face verification by the interviewer. The self-administered online survey participants were screened via survey logic programming.

The majority of potential respondents made initial contact and were screened via private message on Facebook. A substantial proportion also directly called or sent SMSs to the recruitment mobile phone.

Despite specifically targeted ads, the demographics of under-15 year olds and young people identifying as Aboriginal or Torres Strait Islander were generally more difficult to recruit than other groups within the target population.

4. Interviewing

Interviews were conducted over two phases: the first from 01-30 November 2016 and the second from 15 January – 18 February 2017. This timing was chosen to avoid the “party season”, which may have otherwise inflated the “typical drinking” patterns reported. Participants were offered a choice of several meeting locations for the face-to-face interviews. The majority (75) were conducted in public cafés in the city area; eight were in cafés on university campuses, and seventeen in cafés in outer suburbs. Only two of these locations held SES scores lower than the state average (14).

YAARS Queensland participant sample

A total of 203 14-19 year olds were interviewed or surveyed in QLD during late 2016 and early 2017. One hundred face-to-face (F2F) interviews and 103 short online surveys were conducted. These young people were screened as the 'top 25% of risky drinkers' or as 'lower risk drinkers' (Table 3).

The survey eligibility criteria for the heaviest 25% of drinkers by age and gender were based on previous research with young Australians aged 14-19. The criteria were:

- 14-15 year olds who drank 1+ Standard Drinks (SD) in a single session, at least once a month
- 16-17 year olds who drank 5+ SD in a single session, at least twice a month
- 18-19 year old females who drank 7+ SD in a single session, at least twice a month
- 18-19 year old males who drank 9+ SD in a single session, at least twice a month

Young people consuming less than these quantities ('lower risk' participants) provided demographic and past 12 month drinking responses, but are not further described in this report. This report focuses on the 91 higher risk drinkers who completed a F2F interview, and the 89 that completed an online survey, who from this point on are referred to as 'the participants'.

Table 3: Face-to-face interviews and self-administered surveys conducted in Queensland by age, gender and screening status

Gender	Age	Face to face (F2F) interview			Self-administered online survey		
		Lower Risk	Top 25% of drinkers	Total interviews	Lower Risk	Top 25% of drinkers	Total surveys
Male	14-15	0	9	9	1	10	11
	16-17	1	26	27	9	23	32
	18-19	4	18	22	3	8	11
	Total	5	53	58	13	41	54
Female	14-15	0	13	13	0	6	6
	16-17	3	10	13	16	21	37
	18-19	1	16	16	9	20	29
	Total	4	38	42	25	47	72
Transgender	14-15	0	0	0	0	0	0
	16-17	0	0	0	0	0	0
	18-19	0	0	0	0	0	0
	Total	0	0	0	0	0	0
None of the above/ prefer not to say	14-15	0	0	0	0	1	1
	16-17	0	0	0	0	0	0
	18-19	0	0	0	0	0	0
	Total	0	0	0	0	1	1
Total	14-15	0	22	22	1	17	18
	16-17	4	36	40	25	44	69
	18-19	5	33	38	12	28	40
	Total	9	91	100	38	89	127

Most participants were students (38% school, 5% TAFE and 41% university) and from the Brisbane catchment area (83%; see Table 4).

Table 4: Demographic characteristics of QLD sample screened as eligible 'top 25%' of drinkers

		Survey modality					
		F2F		Self-administered		Total	
		n	%	n	%	n	%
Gender	Male	53	58%	41	46%	94	52%
	Female	38	42%	47	53%	85	47%
	Transgender	0	0%	0	0%	0	0%
	I do not identify as any of the above/ prefer not to say	0	0%	1	1%	1	1%
	Total	91	100%	89	100%	180	100%
Age	14-15	22	24%	17	19%	39	22%
	16-17	36	40%	44	49%	80	44%
	18-19	33	36%	28	32%	61	34%
	Total	91	100%	89	100%	180	100%
Occupation	School student (full time)	35	39%	34	38%	69	38%
	TAFE student (full time)	4	4%	2	2%	6	3%
	TAFE student (part time)	0	0%	4	5%	4	2%
	University student (full time)	37	41%	34	38%	71	39%
	University student (part time)	1	1%	3	3%	4	2%
	Trade apprentice (full time)	1	1%	0	0%	1	1%
	Trade apprentice (part time)	1	1%	2	2%	3	2%
	Employed (casual or part time)	43	47%	30	34%	73	41%
	Employed (full time)	4	4%	6	7%	10	6%
	Unemployed	8	9%	6	7%	14	8%
	Home duties (full time)	0	0%	0	0%	0	0%
	Other	2	2%	3	3%	5	3%
Total	91	100%	89	100%	180	100%	
Languages spoken in your home	English only	75	82%	78	93%	153	87%
	English and another language(s)	16	18%	6	7%	22	13%
	Total	91	100%	84	100%	175	100%
Aboriginal and or Torres Strait Islander	ATSI	6	7%	3	3%	9	5%
	Not ATSI	85	93%	86	97%	171	95%
	Total	91	100%	89	100%	180	100%
Location	Greater Capital City area	79	89%	68	76%	147	83%
	Non-capital city area	10	11%	21	24%	31	17%
	Total	89	100%	89	100%	178	100%
Weekly budget available for recreational use	≤\$10	3	3%	5	6%	8	5%
	\$10-39	22	24%	27	31%	31	17%
	\$40-79	24	26%	20	23%	44	25%
	\$80-119	16	18%	9	10%	25	14%
	\$120-159	8	9%	9	10%	17	10%
	≥ \$160	17	19%	14	16%	31	17%
	Do not know	1	1%	4	5%	5	3%
Total	91	100%	88	10%	179	10%	

Explanatory notes for the main findings section

The data from this project were predominantly quantitative, and were supplemented with a small number of open-ended qualitative items. The methodology focused on the most recent occasion when the young person consumed more alcohol than recommended in the NHMRC low risk drinking guidelines for adults (or any alcohol in the past month for 14-15 year olds). The use of event-level data allowed for a rich context to be described: the linking of quantities of alcohol consumed, the venue type and the presence of other drinking peers/adults with risks such as pre-loading with alcohol before the event and protective factors in relation to likelihood of experience of a single instance of harm such as physical assault.

Other outcomes such as drink driving during the past 12 months, symptoms of dependence and mental health issues are outlined in the national report.

In the following section, most tables present results separately by survey administration modality and/or by demographic. The interviewer administered surveys were conducted face to face (F2F); self-administered online surveys are abbreviated as 'self-administered'. 'Both modalities' combines both the interviewer and self-administered responses.

The term 'demographic' summarises age and gender information into four main categories: Males aged 14 to 17 ('M 14-17'), males aged 18 to 19 ('M 18-19'), females aged 14 to 17 ('F 14-17'), and females aged 18 to 19 ('F 18-19'). The one eligible respondent who preferred not to disclose their gender has been included within the 'total' scores.

Alcohol quantity was reported as the number of standard drinks consumed, using the beverage-specific response method. Respondents were provided with a visual prompt (a standard drink chart) to facilitate recall. The upper alcohol quantity limit was set at 50 standard drinks.

Some participants did not answer all the questions – the resulting 'missing values' were not included in the computation of descriptive percentages and statistics such as means. The 'Total' or 'n' included in the tables reflects the number of participants who responded to the item.

Chi-square tests were used to compare categorical variables between groups such as gender. Results were reported as significant where $p < 0.05$.

5. Main findings from the ‘last risky drinking session’

The participants reported on the last occasion at which they consumed a minimum quantity of alcohol. This minimum quantity was determined by respondents’ age and gender:

- 14-15 year olds reported on the most recent occasion that they drank 1+ standard drinks in a single sitting
- 16-17 year olds on last time they drank 5+ standard drinks
- 18-19 year old females on the last time they drank 7+ standard drinks
- 18-19 year old males on the last time they drank 9+ standard drinks.

Recall period

Across both the F2F and self-administered survey modalities, nearly two-thirds (65%) reported this last drinking session occurred seven or fewer days prior to completing their survey. The recall period was 14 days or less for 83%, and 28 or fewer days for 92%.

More specifically, most (71%) of the F2F sample reported that this last risky drinking session occurred within the last week (i.e. seven or fewer days ago). More than three-quarters (87%) reported it occurred 14 or fewer days ago and the clear majority (95%) reported it occurred within the last month (i.e. 28 or fewer days ago; n=91). Similarly, 57% of the self-administered survey respondents had their last risky drinking session seven or fewer days ago. Three-quarters (78%) reported it occurred 14 or fewer days ago and almost all (89%) reported it occurred 28 or fewer days ago (n=67).

These figures exclude 3% of outlier or missing recall periods. All F2F recall periods were between 0-58 days.

Drinking locations

The most common drinking location was a private home, either a friend or acquaintance’s home (68%) or the respondent’s own home (28%), even for those who were over the age of 18 and thus able to access licensed venues. The majority (87%) of participants drank in at least one private location (friend’s home, own home or car) for their last risky drinking occasion. Only one in five (22%) drank in a licensed venue such as a nightclub (15%) or bar/pub/hotel (15%; Table 5). This did not differ substantially between survey modalities.

Table 5: Drinking locations at the last risky drinking session by age, gender and survey modality

F2F	Males 14-17	Males 18-19	All males	Females 14-17	Females 18-19	All females	All F2F
Own home	17%	17%	17%	39%	47%	42%	28%
Friend's home	74%	78%	76%	65%	47%	58%	68%
Bar or pub or hotel	3%	11%	6%	9%	60%	29%	15%
Nightclub	0%	17%	6%	0%	73%	29%	15%
Music festival or concert	0%	0%	0%	0%	0%	0%	0%
Sporting event or club	0%	0%	0%	0%	0%	0%	0%
Restaurant	0%	0%	0%	4%	7%	5%	2%
Car	3%	0%	2%	0%	0%	0%	1%
School, TAFE, university	0%	0%	0%	0%	0%	0%	0%
Reception centre or function room	3%	0%	2%	4%	0%	3%	2%
Public or other place	11%	17%	13%	13%	20%	16%	14%
Drank in a private location (a home or car)	86%	89%	87%	87%	87%	87%	87%
Drank in a non-licensed location (home, car, park, beach etc.)	92%	100%	94%	87%	93%	90%	92%
Drank in a licensed venue (bar, pub, club, casino etc.)	3%	22%	9%	9%	87%	40%	22%
Total	35	18	53	23	15	38	91

Self-administered online survey	Males 14-17	Males 18-19	All males	Females 14-17	Females 18-19	All females	All online
Own home	15%	43%	20%	9%	10%	9%	14%
Friend's home	73%	0%	60%	87%	50%	70%	66%
Bar or pub or hotel	0%	57%	10%	4%	35%	19%	14%
Nightclub	0%	43%	8%	0%	20%	9%	8%
Music festival or concert	3%	0%	3%	4%	5%	5%	4%
Sporting event or club	0%	0%	0%	0%	5%	2%	1%
Restaurant	0%	0%	0%	4%	0%	2%	1%
Car	0%	0%	0%	0%	0%	0%	0%
School, TAFE, university	0%	0%	0%	0%	5%	2%	1%
Reception centre or function room	0%	0%	0%	0%	10%	5%	2%
Public or other place	9%	0%	8%	4%	5%	5%	6%
Drank in a private location (a home or car)	88%	43%	80%	91%	60%	77%	79%
Drank in a non-licensed location (home, car, park, beach etc.)	94%	43%	85%	96%	60%	79%	82%
Drank in a licensed venue (bar, pub, club, casino etc.)	0%	71%	13%	4%	40%	21%	17%
Total	33	7	40	23	20	43	84

	Males 14-17	Males 18-19	All males	Females 14-17	Females 18-19	All females	Both modalities
Both modalities							
Own home	16%	24%	18%	24%	26%	25%	21%
Friend's home	74%	56%	69%	76%	49%	64%	67%
Bar or pub or hotel	2%	24%	8%	7%	46%	24%	15%
Nightclub	0%	24%	7%	0%	43%	19%	12%
Music festival or concert	2%	0%	1%	2%	3%	3%	2%
Sporting event or club	0%	0%	0%	0%	3%	1%	1%
Restaurant	0%	0%	0%	4%	3%	4%	2%
Car	2%	0%	1%	0%	0%	0%	1%
School, TAFE, university	0%	0%	0%	0%	3%	1%	1%
Reception centre or function room	2%	0%	1%	2%	6%	4%	2%
Public or other place	10%	12%	11%	9%	11%	10%	10%
Drank in a private location (a home or car)	87%	76%	84%	89%	71%	82%	83%
Drank in a non-licensed location (home, car, park, beach etc.)	93%	84%	91%	91%	74%	88%	87%
Drank in a licensed venue (bar, pub, club, casino etc.)	2%	36%	11%	7%	60%	30%	19%
Total	68	25	93	46	35	81	174

Drinking days and duration

Across survey modalities, two thirds of drinking sessions occurred on Fridays (27%) or Saturdays (43%). The first drink was most commonly consumed in the early evening (27% between 6 and 6.30pm, 37% 7-8.30pm), and the last drink around midnight (32% 10-11.30pm, 32% midnight-1.30am, 20% 2-3.30am). The drinking session ran for an average of 5.7 hours (CI₉₅: 5.2, 6.2, excluding 1 outlier beyond 0-24 hours; n=161). These results did not differ between survey modalities.

Beverage types

The most popular drink types were spirits (73%), beer (45%) and ready to drink beverages (RTDs; 33%; Table 6). Females were more likely to report drinking spirits, RTDs and liqueurs or cocktails than males ($p < 0.05$). Males were more likely to report drinking beer ($p < 0.05$; Figure 2).

Figure 2: Beverage types consumed at the last risky drinking session (combined modalities)

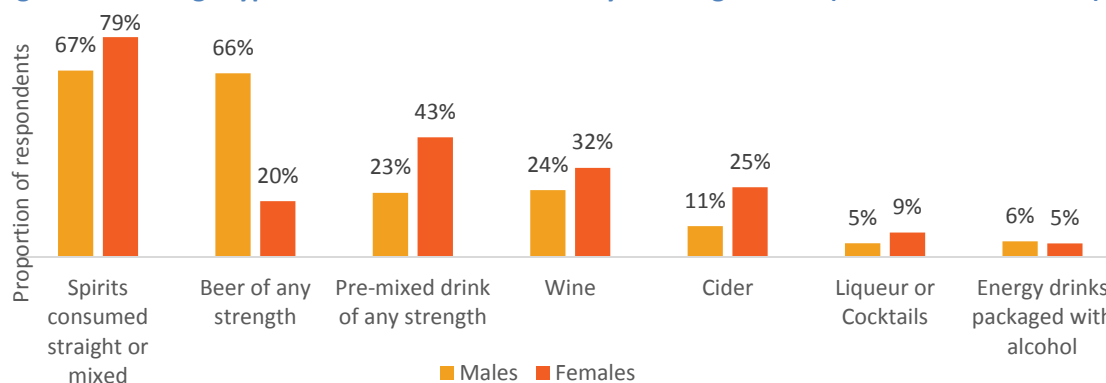


Table 6: Beverage types consumed at the last risky drinking session

F2F	Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
Spirits consumed straight or mixed	57%	89%	68%	78%	100%	87%	76%
Beer of any strength	66%	72%	68%	35%	13%	26%	51%
RTD of any strength	26%	22%	25%	35%	40%	37%	30%
Wine	29%	22%	26%	39%	33%	37%	31%
Cider	6%	6%	6%	26%	33%	29%	15%
Liqueur or Cocktails	0%	0%	0%	0%	27%	11%	4%
Energy drinks packaged with alcohol	0%	11%	4%	0%	0%	0%	2%
Other	3%	0%	2%	4%	7%	5%	3%
Total	35	18	53	23	15	38	91

Self-administered	Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
Spirits consumed straight or mixed	63%	86%	67%	83%	60%	72%	70%
Beer of any strength	66%	57%	64%	17%	10%	14%	39%
RTD of any strength	25%	0%	21%	61%	35%	49%	36%
chi	22%	14%	21%	13%	45%	28%	24%
Cider	22%	0%	18%	17%	25%	21%	21%
Liqueur or Cocktails	6%	0%	5%	13%	15%	14%	10%
Energy drinks packaged with alcohol	13%	0%	10%	0%	10%	5%	7%
Other	0%	0%	0%	0%	0%	0%	0%
Total	32	7	39	23	20	43	83

Both modalities	Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
Spirits consumed straight or mixed	60%	88%	67%	80%	77%	79%	73%
Beer of any strength	66%	68%	66%	26%	11%	20%	45%
RTD of any strength	25%	16%	23%	48%	37%	43%	33%
Wine	25%	20%	24%	26%	40%	32%	28%
Cider	13%	4%	11%	22%	29%	25%	18%
Liqueur or Cocktails	3%	0%	2%	7%	20%	12%	7%
Energy drinks packaged with alcohol	6%	8%	7%	0%	6%	3%	5%
Other	2%	0%	1%	2%	3%	3%	2%
Total	67	25	92	46	35	81	174

Pre-drinking

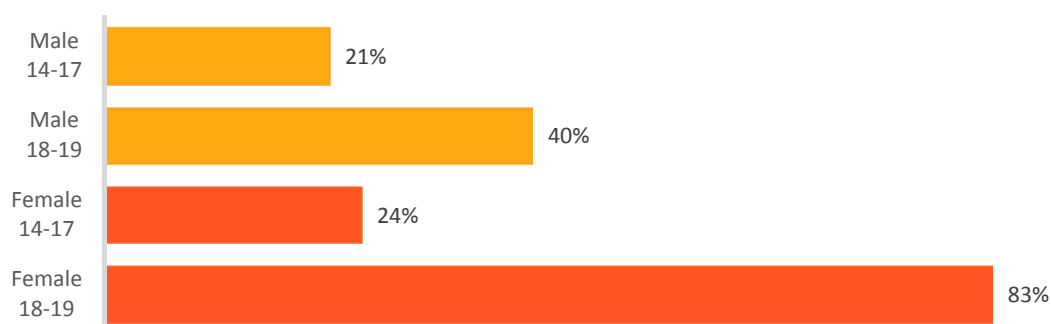
'Pre-drinking', also known as 'pre-loading', is becoming increasingly common among young people, and involves consuming alcohol before 'going out'. For example, friends might drink alcohol together at home before going out to a nightclub or a house party where there are more people.

Overall, one third (37%) of participants pre-drank as part of the last risky drinking session (Table 7). Older participants were more likely to pre-drink ($p < 0.01$) and 18-19 year old girls were more likely to pre-drink than boys of the same age ($p < 0.05$). For younger participants, there were no significant gender differences in pre-drinking (Figure 3).

Table 7: Pre-drinking at the last risky drinking session

		Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
F2F	No	80%	61%	74%	78%	7%	50%	64%
	Yes	20%	39%	26%	22%	93%	50%	36%
	Unsure	0%	0%	0%	0%	0%	0%	0%
	Total	35	18	53	23	15	38	91
Self-administered	No	79%	29%	70%	73%	25%	50%	60%
	Yes	21%	43%	25%	27%	75%	50%	37%
	Unsure	0%	29%	5%	0%	0%	0%	2%
	Total	33	7	40	22	20	42	83
Total	No	79%	52%	72%	76%	17%	50%	62%
	Yes	21%	40%	26%	24%	83%	50%	37%
	Unsure	0%	8%	0%	0%	0%	0%	1%
	Total	68	25	93	45	35	80	174

Figure 3: Pre-drinking as part of the last drinking session



Quantity consumed

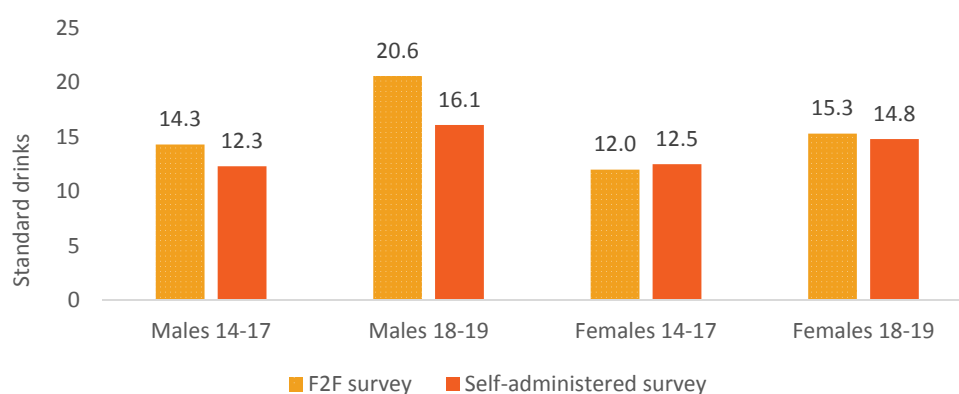
Respondents reported how much alcohol they consumed at their last risky drinking session using the beverage specific response method (Table 8). These participants reported consuming an average of 14.3 standard drinks during their last risky drinking session, placing them well above adult criteria for single occasion risky drinking. The older male respondents (18-19 year olds) reported consuming the most (19.4 standard drinks) and the younger female respondents (14-17 years) the least at 12.3 standard drinks. Boys reported slightly greater consumption in face to face interviews than online (Figure 4); there were no reporting differences between modalities for girls.

Table 8: Mean alcohol use at the last risky drinking session (standard drinks)

	Survey modality											
	F2F				Self-administered				Both modalities			
	95% CI for mean				95% CI for mean				95% CI for mean			
	Mean	LB	UB	n	Mean	LB	UB	n	Mean	LB	UB	n
Male 14-17	14.3	11.6	17.0	33	12.3	9.2	15.4	27	13.4	11.4	15.4	60
Male 18-19	20.6	15.7	25.4	18	16.1	5.7	26.5	6	19.4	15.3	23.6	24
Males 14-19	16.5	14.0	19.0	51	13.0	10.0	15.9	33	15.1	13.2	17.0	84
Female 14-17	12.0	8.2	15.9	23	12.5	6.9	18.0	22	12.3	9.0	15.5	45
Female 18-19	15.3	13.2	17.4	15	14.8	10.0	19.6	17	15.0	12.4	17.6	32
Females 14-19	13.3	10.9	15.8	38	13.5	9.9	17.1	39	13.4	11.3	15.6	77
Total	15.1	13.4	16.9	89	13.2	10.9	15.5	73	14.3	12.9	15.7	162

Note: responses above 50 standard drinks were excluded from analyses.

Figure 4: Mean alcohol consumption at the last risky drinking session

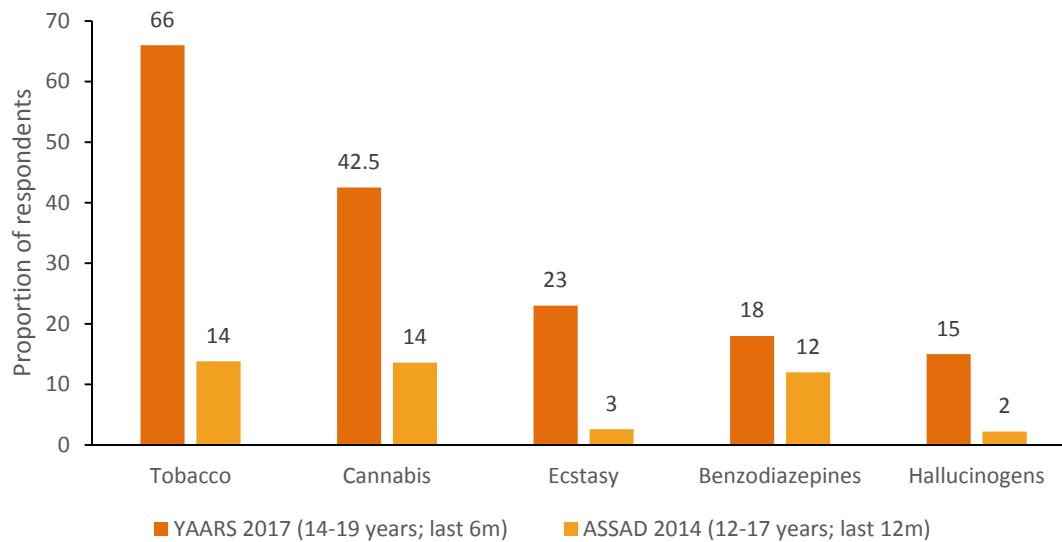


A clear majority (89%) indicated that the last risky drinking session described in the survey was typical of such occasions, reporting that they usually drank 'a little less', 'a similar amount', or 'a little more' than the session described in the survey. Only 6% said they usually drank a lot less and 5% that they usually drank a lot more alcohol on such occasions (n=152).

Use of other substances

One third (37%) of participants reported having smoked tobacco and a quarter (26.4%) having used an illicit or non-prescribed substance during their last risky drinking occasion. The most commonly reported illicit substances were cannabis (22%) and ecstasy (5%). Prevalence of recent use in the YAARS sample was greater than that reported in the 2014 Australian School Students Alcohol and Drug survey (ASSAD)(7) .

Figure 5: Recent use of drugs other than alcohol by YAARS participants, compared with ASSAD



Outcomes of alcohol use at the last risky drinking session

Alcohol-related outcomes were assessed over two time periods: the ‘last risky drinking session’ and the past 12 months. These 32 outcomes covered a range of issues and included items from the Brief Young Adult Alcohol Consequences Questionnaire (15). The ten most frequently endorsed outcomes experienced in association with the last risky drinking session are presented in Table 9.

Two-thirds of participants “found it easier to talk to people”, with more girls reporting this than boys ($p < 0.05$). The most commonly-reported negative outcome was a hangover (40%), while one third (30%) reported feeling less energy after drinking. One quarter (28%) reported having done embarrassing things while drinking, nearly one in 5 (18%), injuries, and one in eight (12%) reported blackouts (memory blanks). Boys were more likely than girls to report memory blanks ($p < 0.01$) but no other gender differences were noted.

Table 9: Outcomes experienced in association with the last risky drinking session

	F2F			Self-administered			Both modalities		
	Male	Female	All	Male	Female	All	Male	Female	All
I found it easier to talk to people due to my drinking	59%	87%	70%	68%	68%	67%	62%	78%	65%
While drinking, I have said or done embarrassing things	15%	32%	22%	38%	32%	34%	24%	32%	28%
I had a hangover (headache, sick stomach) the morning after I had been drinking	28%	45%	35%	44%	45%	44%	35%	45%	40%
I have felt very sick to my stomach or thrown up after drinking	13%	18%	15%	27%	18%	22%	18%	18%	18%
I have found that I needed larger amounts of alcohol to feel any effect, or that I could no longer get high or drunk on the amount that used to get me high or drunk	13%	13%	13%	21%	16%	14%	16%	15%	16%
When drinking, I have done impulsive things I regretted later	13%	8%	11%	9%	11%	10%	12%	9%	10%
I’ve not been able to remember large stretches of time while drinking heavily	15%	5%	11%	24%	5%	14%	18%	5%	12%
I have often found it difficult to limit how much I drink	15%	8%	12%	21%	14%	17%	17%	11%	14%
I have had less energy or felt tired because of my drinking	34%	24%	30%	21%	40%	30%	29%	32%	30%
I have been injured due to my drinking (inc. cuts & bruises)	15%	18%	16%	18%	24%	21%	16%	21%	18%
Total	53	38	91	34	38	73	87	76	164

Use of “safety strategies” while drinking

Use of harm reduction strategies during the past 12 months was assessed using Martens’ Protective Behavioral Strategies Scale (16). These behavioural strategies can limit alcohol-related problems even after controlling for the quantity of alcohol consumed. Table 10 lists the safety strategies ‘always’ or ‘usually’ engaged in while drinking by gender and survey administration modality. The most commonly used strategy for both sexes was to limit drinking was to drink water (46%). Girls, more than boys, had a friend tell them when they’d had too much (29% of girls, $p<0.05$). Nearly two-thirds (61%) reported usually/always going home with a friend to reduce negative consequences, with girls more likely than boys to report this ($p<0.01$). Few used harm-reduction strategies around their manner of drinking, with half drinking shots of spirits and girls more likely than boys to report this ($p<0.05$).

Table 10: Safety strategies usually or always engaged in while drinking during the past 12 months

	F2F			Self-administered			Both modalities		
	Male	Female	All	Male	Female	All	Male	Female	All
Subscale 1: Stopping/ Limiting Drinking									
Determine not to exceed a set number of drinks	14%	13%	13%	25%	16%	21%	18%	15%	17%
Alternate alcoholic and non-alcoholic drinks	27%	13%	21%	22%	26%	24%	25%	20%	22%
Have a friend let you know when you have had enough to drink	15%	37%	24%	19%	21%	20%	17%	29%	22%
Leave the bar or party at a predetermined time	14%	24%	18%	22%	13%	17%	17%	18%	17%
Stop drinking at a predetermined time	10%	8%	9%	16%	11%	13%	12%	9%	11%
Drink water while drinking alcohol	50%	45%	44%	44%	42%	44%	48%	43%	46%
Put extra ice in your drink	21%	5%	14%	13%	24%	20%	18%	15%	17%
Subscale 2: Manner of Drinking									
Avoid drinking games	8%	18%	12%	9%	11%	10%	8%	15%	11%
Drink shots of spirits (risk behaviour)	50%	68%	58%	41%	58%	49%	46%	63%	54%
Avoid mixing different types of alcohol	14%	18%	16%	16%	24%	21%	14%	21%	18%
Drink slowly, rather than gulp or scull	14%	11%	12%	16%	21%	20%	14%	16%	16%
Avoided trying to “keep up” or out-drink others	23%	37%	29%	22%	26%	25%	23%	32%	27%
Subscale 3: Serious Negative Consequences									
Use a designated driver	37%	26%	32%	41%	50%	47%	38%	38%	39%
Made sure that you go home with a friend	58%	79%	67%	38%	66%	54%	50%	72%	61%
Know where your drink has been at all times	64%	71%	67%	72%	79%	76%	67%	75%	71%
Number of respondents	52	38	90	32	38	71	84	76	161

Table note: Response options presented in the survey were: never, rarely, occasionally, sometimes, usually and always. These options were dichotomised for summary purposes; this table represents individuals who selected usually or always.

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