

# **Young Australians Alcohol Reporting System (YAARS)**

**Report 2016/17**

## **- Western Australian 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 enable emergent 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 eight capital cities of Australia. It 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 Western Australian component of YAARS.

## 2. Site background

### *Population*

Perth is the largest city in Western Australia, and the greater Perth area has a population of 1.7 million. Of these residents, 6.8% are aged 15-19, and 1.6% identified as Aboriginal and/or Torres Strait Islander (2).

### *Schooling*

Nineteen percent of the Greater Perth area residents were attended a secondary school (9% government, 4.8% Catholic, 4.9% other non-Government), 7.3% a technical or further education institution, and 16.2% a university or tertiary institution (2).

The compulsory education period in Western Australia as of 2014 is set at (a) until the end of the year in which the child reaches the age 17 years and 6 months, or the child reaches the age 18 (whichever happens first), or (b) reaches the minimum requirements for graduation from secondary school (3).

### *General population youth alcohol and other drug use in 2016*

The National Drug Strategy Household survey (NDSHS) reported that in 2016, the majority (55.8%) of 14-19 year old Australians did not use alcohol in the past 12 months. However, a fifth (18.0%) of 14-19 year olds drank more than four standard drinks at least once a month (4). The National Health and Medical Research Council describes the consumption of more than four standard drinks as putting adults at risk of single occasion injury (5). This risky consumption increases with age – in 2016 it was estimated to occur in less than 1% of 12-15 year olds, 14.6% of 16-17 year olds and 36.9% of 18-19 year olds (4). Drinking at even higher levels (11+ standard drinks) at least once a month was estimated at 5.9% for 14-19 year olds; ranging from 4.6% of 16-17 year olds to 12.7% of 18-19 year olds.

A sixth (15.9%) of 14-19 year old Australians were estimated to have used an illicit drug in the past 12 months in 2016. 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%). Data from the 2016 NDSHS was available on a national level at the time of writing this report and jurisdiction-specific data is presented below with the 2013 dataset.

#### *Alcohol and other drug use in WA*

The 2013 NDSHS reports that 83% of West Australians aged 14 and over have used alcohol in the past year (80% nationally pg. 31), with 7.0% drinking on a daily basis (6.5% nationally). Of those that drank in the past year, 12.1% were consuming their alcohol at levels which put them at risk of single occasion injury (38% nationally) (4).

Almost a fifth (16.9%) of West Australians aged 14 and above had used an illicit drug in the past year. The national average for illicit drug use in the same year was 15.3%, and WA consistently reported high prevalence for a number of drugs. For example, WA was the state with the highest rates of recent meth/amphetamine (3.8%), and non-medical use of pharmaceuticals (5.6%). WA was the state with the third highest rates of use for cannabis and ecstasy.

The Australian School Student Alcohol and Drug (ASSAD) Survey surveyed just over 23,000 school students aged 12 to 17 years in 2014. Across Australia, 14.7 14.6% of the 12-17 year old students drank in the last week and 34.0% of these young people drank at risky quantities (5+ standard drinks in a single occasion) (6). Of the 3,305 12-17 year old students surveyed in WA, 13.9% drank in the past week, and just under a third (29.8%) drank at risky quantities.

More specifically, the following proportion of WA students drank in the past 7 days: 11.2% of 14 year olds, 18.4% of 15 year olds, 20.3% of 16 year olds and 22.7% of 17 year olds. Of these young people who drank in the last week, 25.4% of the 14 year olds, 32.6% of the 15 year olds, 43.5% of the 16 year olds and 40.0% of the 17 year olds consumed at risky quantities. Western Australian student drinking over the past decades has followed a similar pattern to the national trends which are discussed in the following section.



### Youth alcohol and other drug use trends across Australia

While in recent years most Australian teenagers choose not to drink at all, it seems that those who are continuing to drink, may be drinking in higher quantities (4, 6, 7).

As shown in figure 1, half of Australian high school students aged 16-17 drank in the past 7 days in 1984, whereas less than a third had done so in 2014 (6). In contrast, there has been a slight overall increase the proportion of current drinkers consuming at risky levels (5+ standard drinks) over time. This latter group may be drinking in higher quantities and contributing to some of the recently elevated rates of alcohol related harm in certain Australian jurisdictions (8). The YAARS project aims to investigate this 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.

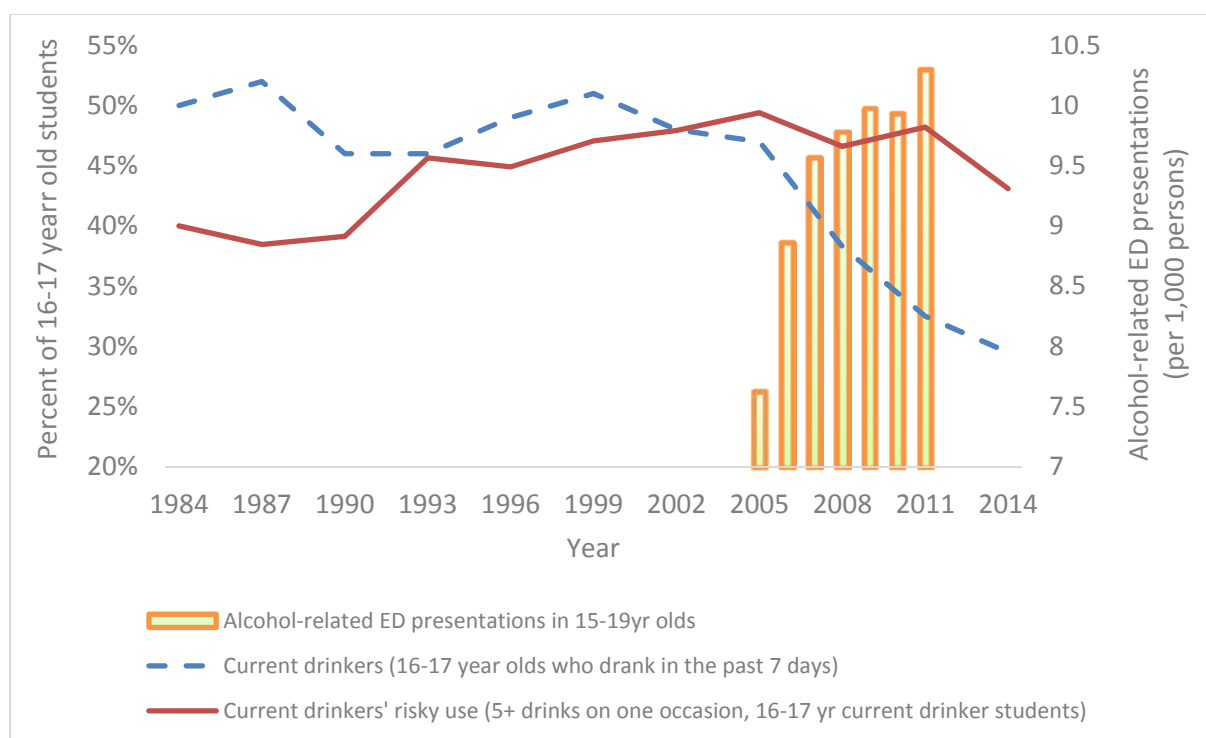


Figure note. Student consumption data from the Australian School Student Alcohol and Drug (ASSAD) Survey (6). Emergency department data from 2005-06 to 2011-12 includes all Australian jurisdictions excluding Tasmania (8).

### Legislative considerations

The legal purchase age for alcohol is 18 in all jurisdictions in Australia (9). 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 (10). Secondary supply legislation was introduced in Western Australia in November 2015 (11).

### 3. Recruitment

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

#### *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, snowballing, and through posters (see table 1-2).

Table 1. Recruitment of all Western Australia participants (both higher and lower risk)

	Survey modality		
	F2F	Self-administered	Total
Facebook advertisement	33%	61%	56%
Instagram advertisement	39%	31%	32%
A poster at university	4%	2%	2%
A poster in a shop	0%	0%	0%
A postcard	0%	0%	0%
Through a friend	31%	10%	14%
An electronic newsletter	1%	0%	0%
A service I use (e.g. youth health service)	0%	1%	1%
Other recruitment method	2%	1%	1%
<b>Total</b>	<b>121</b>	<b>664</b>	<b>785</b>

Table 2. Recruitment of Western Australia participants screened as 'higher risk'

	Survey modality		
	F2F	Self-administered	Total
Facebook advertisement	34%	62%	56%
Instagram advertisement	37%	29%	31%
A poster at university	3%	2%	2%
A poster in a shop	0%	0%	0%
A postcard	0%	0%	0%
Through a friend	33%	12%	17%
An electronic newsletter	0%	0%	0%
A service I use (e.g. youth health service)	0%	1%	1%
Other recruitment method	1%	1%	1%
<b>Total</b>	<b>93</b>	<b>318</b>	<b>411</b>

### *Paid Facebook advertisements*

Paid Facebook advertisements were ran across two time periods. First campaign ran for two weeks in November 2016. The follow-up campaign ran for a few weeks starting in January 2017 and ending in March 2017.

### *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. Western Australia, Victoria, and Australian Capital Territory paid Facebook ads were linked to this page.

### *Word of mouth*

Participants were encouraged to refer potential candidates from their social network for the project. If interested, potential candidates would contact the YAARS team via phone or email to see whether they met the eligibility criteria of the research study.

### *Posters*

A3 and A4 project posters with tear away sections listing contact details were posted around TAFEs and universities in communal pin board areas, student lunchrooms, on tables and on the backs of toilet stall doors.

### *Other sources*

Postcards and posters were also disseminated through:

- Direct recruitment during orientation week on university campuses across regional Perth.
- Youth services (Coburn Youth centre,) were fliers were handed out and posters with contact details were posted on the wall.

### *Screening of participants*

There was a two-stage screening process for the face-to-face interviews: initially with the site coordinator through telephone or email prior to the booking of the interview, and a face-to-face verification with the interviewer. The self-administered online survey participants were screened via survey logic programming.

The majority of potential respondents made initial contact via SMS to the recruitment mobile phone. However, a substantial proportion also emailed or directly called the recruitment landline.

The demographic of 14-15 year old males and females, were generally more difficult to recruit compared to the other groups.

#### 4. Interviewing

Interviews were conducted over two phases: the first during November 2016 and the second from mid-January to late March 2017.

Participants were offered one of several meeting locations for the quantitative face-to-face interviews. If one of the locations was not convenient for the respondents, an alternate location was arranged. The majority of interviews were conducted in a large public café in the inner northern suburb and rest were conducted in a large café in the city centre.

## 5. YAARS WA participant sample

A total of 965 14-19 year olds were interviewed or surveyed in WA in late 2016 and early 2017. One-hundred-and-twenty-one face-to-face (F2F) interviews and 844 short online surveys were conducted, and these young people were screened as either the 'top 25% of risky drinkers' or as 'lower risk drinkers' (see Table 1).

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 screened as consuming less than these quantities ('lower risk' participants) provided demographic and past 12 month drinking responses, but will not be described further in this report. This report focuses on the 479 higher risk drinkers (93 who completed a F2F interview, and the 386 that completed an online survey), who from this point on, are simply referred to as 'the participants'.

Table 3. Face-to-face interviews and self-administered surveys conducted in Western Australia by age, gender and screening status

Gender	Age	Face to face (F2F) interview			Self-administered online survey		
		Lower Risk	Top 25%' of risky drinkers	Total interviews	Lower Risk	Top 25%' of risky drinkers	Total surveys
Male	14-15	1	8	9	18	36	54
	16-17	5	14	19	45	55	100
	18-19	4	25	29	48	73	121
	Total	10	47	57	111	164	275
Female	14-15	0	5	5	33	64	197
	16-17	8	21	29	108	78	186
	18-19	10	20	30	102	76	178
	Total	18	46	64	243	218	561
Transgender	14-15	0	0	0	1	1	2
	16-17	0	0	0	1	1	2
	18-19	0	0	0	0	0	0
	Total	0	0	0	2	2	4
None of the above/ prefer not to say	14-15	0	0	0	0	2	2
	16-17	0	0	0	1	0	1
	18-19	0	0	0	1	0	1
	Total	0	0	0	2	2	4
Total	14-15	1	13	14	52	203	255
	16-17	13	35	48	155	134	289
	18-19	14	45	59	151	149	300
	Total	28	93	121	358	386	844

Most participants were students (49% school, 5% TAFE and 31% university) and metropolitan based (87%; see Table 4).

Table 4. Demographic characteristics of WA sample screened as eligible 'top 25%' of drinkers

		Survey modality					
		F2F		Self-administered		Total	
		n	%	n	%	n	%
Gender	Male	311	52%	1171	41%	1482	43%
	Female	283	47%	1673	58%	1956	56%
	Transgender	1	0%	19	1%	20	1%
	I do not identify as any of the above/ prefer not to say	1	0%	28	1%	29	1%
	<b>Total</b>	<b>596</b>	<b>100%</b>	<b>2891</b>	<b>100%</b>	<b>3487</b>	<b>100%</b>
Age	14-15	88	15%	487	17%	575	16%
	16-17	237	40%	1213	42%	1450	42%
	18-19	271	45%	1191	41%	1462	42%
	<b>Total</b>	<b>596</b>	<b>100%</b>	<b>2891</b>	<b>100%</b>	<b>3487</b>	<b>100%</b>
Occupation	School student (full time)	272	46%	1537	54%	1809	53%
	TAFE student (full time)	11	2%	72	3%	83	2%
	TAFE student (part time)	12	2%	63	2%	75	2%
	University student (full time)	195	33%	751	27%	946	28%
	University student (part time)	5	1%	42	1%	47	1%
	Trade apprentice (full time)	5	1%	52	2%	57	2%
	Trade apprentice (part time)	3	1%	25	1%	28	1%
	Employed (casual or part time)	239	40%	910	32%	1149	34%
	Employed (full time)	20	3%	113	4%	133	4%
	Unemployed	44	7%	172	6%	216	6%
	Home duties (full time)	1	0%	38	1%	39	1%
	Other	10	2%	57	2%	67	2%
<b>Total</b>	<b>596</b>	<b>100%</b>	<b>2821</b>	<b>100%</b>	<b>3417</b>	<b>100%</b>	
Languages spoken in your home	English only	513	86%	2332	89%	2845	89%
	English & another language(s)	81	14%	281	11%	362	11%
	<b>Total</b>	<b>594</b>	<b>100%</b>	<b>2613</b>	<b>100%</b>	<b>3207</b>	<b>100%</b>
Aboriginal and/or Torres Strait Islander	ATSI	24	4%	135	5%	159	5%
	Not ATSI	572	96%	2756	95%	3328	95%
	<b>Total</b>	<b>596</b>	<b>100%</b>	<b>2891</b>	<b>100%</b>	<b>3487</b>	<b>100%</b>
Location	Greater capital city area	573	97%	2169	79%	2742	82%
	Non-capital city area	18	3%	573	21%	591	18%
	<b>Total</b>	<b>591</b>	<b>100%</b>	<b>2742</b>	<b>100%</b>	<b>3333</b>	<b>100%</b>
Weekly budget available for recreational use	≤\$10	28	5%	150	5%	178	5%
	\$10-39	115	20%	704	25%	819	24%
	\$40-79	171	29%	726	26%	897	27%
	\$80-119	115	20%	498	18%	613	18%
	\$120-159	57	10%	208	7%	265	8%
	≥ \$160	102	17%	431	15%	533	16%
	Do not know	1	0%	64	2%	65	2%
	<b>Total</b>	<b>589</b>	<b>100%</b>	<b>2781</b>	<b>100%</b>	<b>3370</b>	<b>100%</b>

### *Explanatory notes for the main findings section*

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

Beyond the last risky drinking session, other outcomes such as drink driving in 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 and this modality has been abbreviated as 'F2F' in the tables. The 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, Males aged 18 to 19, Females aged 14 to 17, and Females aged 18 to 19.

In this report, the 'total' or 'all' groups are often larger than the sum of the male and female groups. Eligible respondents who were transgender or preferred not to disclose their gender have been included within the 'total' scores.

Alcohol quantity was reported via a number of standard drinks consumed, and using the beverage-specific response method. Respondents were provided with a visual prompt through 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 averages. The 'Total' or 'n' included in the tables reflect the number of participants who responded to the item.

## 6. Main findings from the 'last risky drinking session'

These young risky drinkers reported on the last time they consumed a minimum quantity of alcohol. This minimum quantity was determined by the 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 had 5+ standard drinks
- 18-19 year old females on the last time they had 7+ standard drinks
- 18-19 year old males on the last time they had 9+ standard drinks

### Recall period

Across both the F2F and self-administered survey modalities, more than half (56.2%) reported this last drinking session occurred seven or fewer days prior to completing their survey. The recall period was 14 days or less for 75.1%, and 28 or fewer days for 91.3%.

More specifically, most (68.8%) of the F2F sample reported that this last risky drinking session occurred seven or fewer days ago. More than three-quarters (80.6%) reported it occurred 14 or fewer days ago and the clear majority (95.7%) reported it occurred 28 or fewer days ago (n=88). Similarly, 52.9% of the self-administered survey respondents had their last risky drinking session seven or fewer days ago. Three-quarters (73.7%) reported it occurred 14 or fewer days ago and almost all (90.2%) reported it occurred 28 or fewer days ago (n=322).

Note these percentages exclude less than 1% of outlier recall periods. Of 360 self-administered recall periods, n=2 had drinking session dates after the survey date and n=1 recall periods  $\geq 100$  days. All F2F recall periods were between 0-100 days."



## Drinking locations

The most popular drinking location was a friend or acquaintance's home (67%), followed by the respondents' own home (18%), a bar/pub/hotel (15%) or a nightclub (12%). Three quarters (83%) of the young people drank at least one private location (friend's home, own home or car), and a quarter (23%) drank at least one licensed venue such as a pub or club at the last risky drinking session.

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

Both modalities	Male 14-17	Male 18-19	All Males	Female 14-17	Female 18-19	All Females	Total
Own home (Where did you drink alcohol during your last drinking session?)	9%	19%	14%	18%	25%	21%	18%
Home of a friend	72%	69%	71%	69%	55%	64%	67%
Bar or pub or hotel	5%	30%	16%	5%	30%	14%	15%
Nightclub	3%	22%	12%	3%	28%	12%	12%
Music festival or concert	3%	7%	5%	4%	8%	6%	5%
Sporting event or club	1%	3%	2%	1%	0%	1%	2%
Restaurant	0%	3%	2%	2%	3%	2%	2%
Car	2%	1%	2%	1%	2%	1%	1%
School, TAFE, university	1%	1%	1%	0%	0%	0%	1%
Reception centre or function room	3%	0%	2%	1%	1%	1%	1%
Public or other place	11%	12%	12%	12%	2%	8%	10%
Private location (a home or car)	82%	84%	83%	84%	79%	82%	83%
Drank in a non-licensed location (home, car, park, beach etc.)	90%	85%	87%	94%	79%	88%	88%
Drank in a licensed venue (bar, pub, club, casino etc.)	8%	44%	24%	6%	48%	22%	23%
Total	106	91	197	160	95	255	456

F2F	Male 14-17	Male 18-19	All Males	Female 14-17	Female 18-19	All Females	Total
Own home (Where did you drink alcohol during your last drinking session?)	5%	28%	17%	27%	30%	28%	23%
Home of a friend	91%	72%	81%	73%	65%	70%	75%
Bar or pub or hotel	9%	32%	21%	12%	15%	13%	17%
Nightclub	5%	24%	15%	0%	35%	15%	15%
Music festival or concert	0%	16%	9%	12%	15%	13%	11%
Sporting event or club	0%	8%	4%	0%	0%	0%	2%
Restaurant	0%	8%	4%	4%	5%	4%	4%
Car	5%	4%	4%	0%	0%	0%	2%
School, TAFE, university	5%	4%	4%	0%	0%	0%	2%
Reception centre or function room	0%	0%	0%	0%	0%	0%	0%
Public or other place	18%	24%	21%	12%	5%	9%	15%
Private location (a home or car)	96%	92%	94%	89%	95%	91%	93%
Drank in a non-licensed location (home, car, park, beach etc.)	96%	96%	96%	96%	95%	96%	96%
Drank in a licensed venue (bar, pub, club, casino etc.)	14%	52%	34%	12%	45%	26%	30%
Total	22	25	47	26	20	46	93

Self-administered online survey	Male 14-17	Male 18-19	All Males	Female 14-17	Female 18-19	All Females	Total
Own home (Where did you drink alcohol during your last drinking session?)	11%	15%	13%	16%	24%	19%	17%
Home of a friend	67%	68%	67%	69%	52%	63%	65%
Bar or pub or hotel	4%	29%	15%	4%	33%	14%	14%
Nightclub	2%	21%	11%	3%	27%	12%	11%
Music festival or concert	4%	3%	3%	2%	7%	4%	4%
Sporting event or club	1%	2%	1%	2%	0%	1%	1%
Restaurant	0%	2%	1%	2%	3%	2%	1%
Car	1%	0%	1%	1%	3%	1%	1%
School, TAFE, university	0%	0%	0%	0%	0%	0%	0%
Reception centre or function room	4%	0%	2%	2%	1%	1%	2%
Public or other place	10%	8%	9%	12%	1%	8%	9%
Private location (a home or car)	79%	80%	79%	84%	75%	80%	80%
Drank in a non-licensed location (home, car, park, beach etc.)	88%	80%	85%	93%	75%	87%	86%
Drank in a licensed venue (bar, pub, club, casino etc.)	6%	41%	21%	5%	49%	21%	21%
Total	84	66	150	134	75	209	363

## Drinking days and duration

Across the survey modalities, two thirds the drinking sessions were held on Fridays (27%) or Saturdays (42%). The first drink was most commonly consumed in the early evening (37% between 5-6.30pm, 32% between 7-8.30pm), and the last drink around midnight (28% 10-11.30pm, 30% midnight-1.30am, 18% 2-3.30am). The drinking session ran for an average of 6.2 hours (95% CI: 5.8, 6.5).

For F2F participants, Fridays (25%) and Saturdays (39%) were the most common days when the drinking session commenced. The first drink was usually consumed in the early evening (36% between 5-6.30pm, 26% between 7-8.00pm), and the last drink just after midnight (33% 10-11.30pm, 42% midnight-1.30am, 7.6% 2-4.30am). The mean drinking session duration was 6.4 hours (95% CI for the mean: 5.7, 6.9, excluding 1 outliers beyond 0-24 hours; n=92). For self-administered survey participants, Fridays (28%) and Saturdays (44%) were the most popular drinking session day. The first drink was most commonly consumed in the early evening (38% between 5-6.30pm, 34% between 7-8.30pm), and the last drink around midnight (26% 10-11.30pm, 27% midnight-1.30am, 21% 2-3.30am). The mean drinking session duration was 6.1 hours (95% CI for the mean: 5.7, 6.5, excluding 13 outliers beyond 0-24 hours; n=336).

## Beverage types

The most popular drink types were spirits (76%), beer (39%) and ready to drink beverages ('RTDs'; 40%). Females were more likely to report drinking spirits, RTDs, wine, and liqueurs or cocktails than males. Males were more likely to report drinking beer and cider.

Figure 2. Types of beverages consumed at the last risky drinking session (combined modalities)

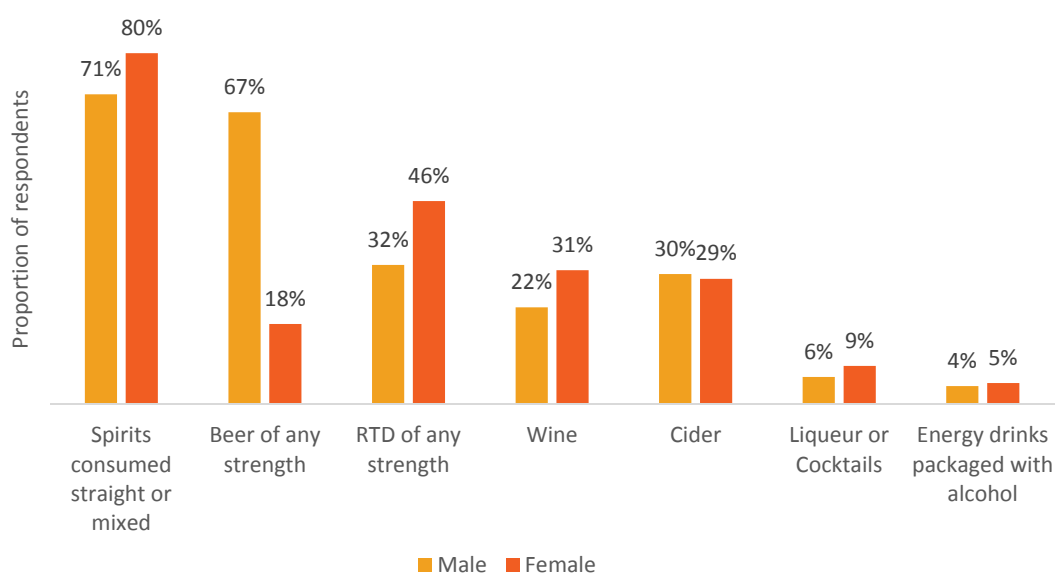


Table 6. Types of beverages consumed at the last risky drinking session

F2F	Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
Spirits consumed straight or mixed	68%	64%	66%	85%	90%	87%	76%
Beer of any strength	73%	88%	81%	12%	15%	13%	47%
RTD of any strength	9%	16%	13%	39%	30%	35%	24%
Wine	18%	24%	21%	39%	20%	30%	26%
Cider	41%	16%	28%	46%	20%	35%	31%
Liqueur or Cocktails	5%	0%	2%	0%	10%	4%	3%
Energy drinks packaged with alcohol	0%	0%	0%	0%	0%	0%	0%
Other	0%	0%	0%	0%	5%	2%	1%
Total	22	25	47	26	20	46	93

Self-administered	Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
Spirits consumed straight or mixed	74%	70%	72%	77%	81%	79%	76%
Beer of any strength	59%	67%	62%	20%	19%	19%	37%
RTD of any strength	43%	32%	38%	53%	42%	49%	44%
Wine	20%	26%	22%	30%	31%	31%	27%
Cider	31%	30%	30%	24%	34%	27%	28%
Liqueur or Cocktails	9%	6%	7%	8%	14%	10%	9%
Energy drinks packaged with alcohol	5%	6%	5%	5%	7%	6%	6%
Other	1%	2%	1%	2%	3%	2%	2%
Total	82	66	148	132	74	206	358

Both modalities combined	Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
Spirits consumed straight or mixed	73%	68%	71%	79%	83%	80%	76%
Beer of any strength	62%	73%	67%	18%	18%	18%	39%
RTD of any strength	36%	28%	32%	51%	39%	46%	40%
Wine	19%	25%	22%	32%	29%	31%	27%
Cider	33%	26%	30%	27%	31%	29%	29%
Liqueur or Cocktails	8%	4%	6%	6%	13%	9%	8%
Energy drinks packaged with alcohol	4%	4%	4%	4%	5%	5%	4%
Other	1%	1%	1%	2%	3%	2%	2%
Total	104	91	195	158	94	252	451

## Pre-drinking

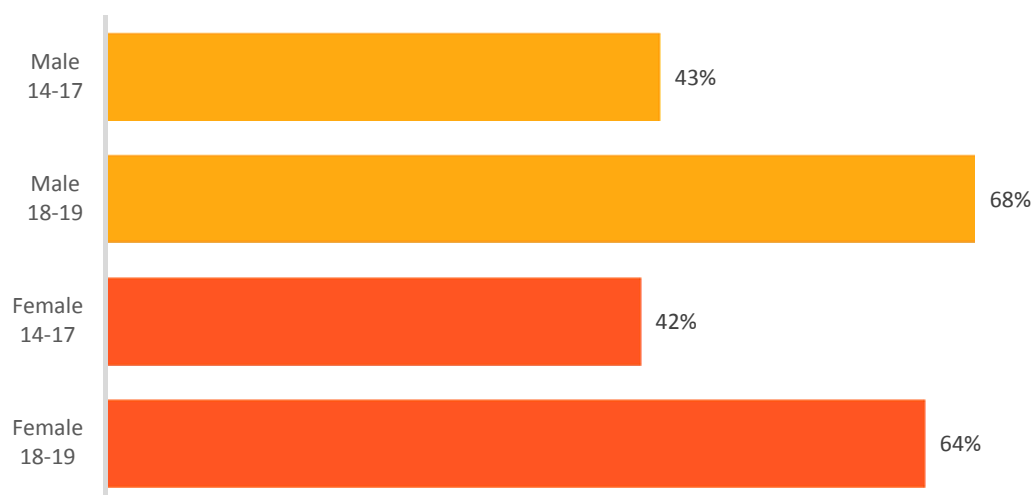
'Pre-drinking', also known as having 'pre's' or 'pre-loading', is consuming alcohol before you 'go out'. For example, you and your friends might drink alcohol at home before going out to a nightclub or a house party where there are more people.

Half (52%) pre-drank at the last risky drinking session. Participants aged 14-17 appeared less likely to engage in pre-drinking compared to 18-19 year old participants (42% vs. 66%,  $\chi^2=p<.001$ ).

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	46%	32%	38%	58%	35%	48%	43%
	Yes	55%	68%	62%	42%	65%	52%	57%
	Unsure	0%	0%	0%	0%	0%	0%	0%
	Total	22	25	47	26	20	46	93
Self-administered	No	52%	29%	42%	55%	35%	47%	46%
	Yes	41%	68%	53%	42%	64%	50%	50%
	Unsure	7%	3%	5%	4%	1%	3%	4%
	Total	84	66	150	134	75	209	363
Total	No	51%	30%	41%	55%	35%	48%	45%
	Yes	43%	68%	55%	42%	64%	50%	52%
	Unsure	6%	2%	4%	3%	1%	2%	3%
	Total	106	91	197	160	95	255	456

Figure 3. Pre-drinking at the last drinking session



## Quantity consumed

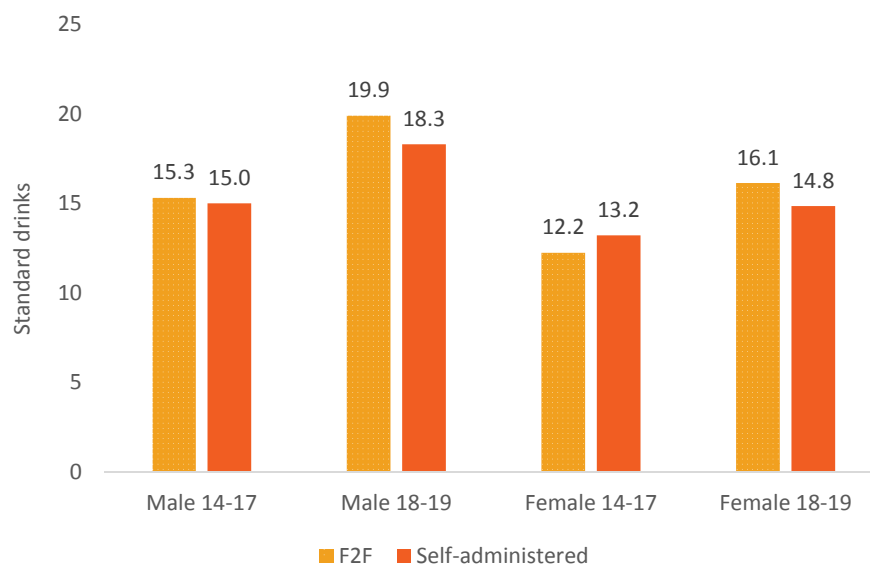
Respondents reported how much alcohol they drank at their last risky drinking session using the beverage specific response method.

Table 8. Mean alcohol use at the last risky drinking session

	Survey modality											
	F2F				Self-administered				Both modalities			
	Mean	95% CI for mean		n	Mean	95% CI for mean		n	Mean	95% CI for mean		n
Male 14-17	15.3	12.1	18.5	21	15.0	12.6	17.4	69	15.1	13.1	17.0	90
Male 18-19	19.9	15.5	24.3	25	18.3	15.7	20.8	62	18.8	16.6	20.9	87
Male 14-19	17.8	15.0	20.6	46	16.6	14.8	18.3	131	16.9	15.4	18.3	177
Female 14-17	12.2	10.2	14.3	26	13.2	11.2	15.3	106	13.0	11.3	14.7	132
Female 18-19	16.1	12.3	20.0	20	14.8	12.7	17.0	59	15.2	13.3	17.0	79
Female 14-19	13.9	11.9	16.0	46	13.8	12.3	15.3	165	13.8	12.6	15.1	211
Total	15.9	14.1	17.6	92	15.1	13.9	16.2	299	15.3	14.8	16.2	391

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

Figure 4. Mean alcohol consumed at the last risky drinking session by F2F participants.



The clear majority (89%) reported that they usually drank 'a little less', 'a similar amount', or 'a little more' compared to the last risky drinking session they described in the survey. More specifically, 7% said they usually drank a lot less, 25% usually drank a little less, 48% usually drank a similar amount, 15% usually drank a little more, and 4% usually drank a lot more alcohol (n=356).

## Outcomes of alcohol use from last 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 areas and included the items from the Brief Young Adult Alcohol Consequences Questionnaire (12). The 10 most frequently endorsed outcomes experienced in association with the last risky drinking session are presented in Table 9.

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

	F2F			Self-administered			Both modalities		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
I found it easier to talk to people due to my drinking	70%	76%	73%	71%	69%	70%	71%	70%	71%
While drinking, I have said or done embarrassing things	11%	30%	20%	33%	34%	33%	27%	34%	31%
I had a hangover (headache, sick stomach) the morning after I had been drinking	38%	41%	40%	29%	35%	33%	31%	36%	34%
I have felt very sick to my stomach or thrown up after drinking	17%	22%	19%	19%	26%	23%	19%	25%	23%
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	17%	22%	19%	20%	27%	24%	19%	26%	23%
When drinking, I have done impulsive things I regretted later	13%	9%	11%	12%	19%	16%	12%	17%	15%
I've not been able to remember large stretches of time while drinking heavily	15%	20%	17%	19%	23%	21%	18%	23%	20%
I have often found it difficult to limit how much I drink	15%	22%	18%	16%	21%	19%	16%	21%	19%
I have had less energy or felt tired because of my drinking	28%	41%	34%	16%	27%	23%	19%	30%	25%
I have been injured due to my drinking (inc. cuts & bruises)	17%	22%	19%	11%	18%	15%	12%	19%	16%
N	47	46	93	139	189	332	186	235	425

## Use of safety strategies while drinking

Use of safety (harm reduction) strategies during the past 12 months was assessed using Martens' Protective Behavioral Strategies Scale (13). 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.

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

	F2F			Self-administered			Both modalities		
	Male	Female	All	Male	Female	All	Male	Female	All
<b>Subscale 1: Stopping/ Limiting Drinking</b>									
Determine not to exceed a set number of drinks	7%	4%	5%	19%	22%	21%	16%	19%	17%
Alternate alcoholic and non-alcoholic drinks	26%	20%	23%	28%	21%	24%	28%	21%	24%
Have a friend let you know when you have had enough to drink	20%	15%	17%	18%	32%	26%	19%	29%	24%
Leave the bar or party at a predetermined time	33%	22%	27%	21%	18%	19%	24%	19%	21%
Stop drinking at a predetermined time	9%	7%	8%	14%	13%	13%	13%	11%	12%
Drink water while drinking alcohol	54%	48%	51%	50%	40%	44%	51%	42%	46%
Put extra ice in your drink	17%	13%	15%	14%	17%	16%	15%	16%	16%
<b>Subscale 2: Manner of Drinking</b>									
Avoid drinking games	4%	7%	5%	5%	11%	8%	5%	10%	8%
Drink shots of spirits	48%	67%	58%	50%	62%	57%	49%	63%	57%
Avoid mixing different types of alcohol	20%	20%	20%	21%	21%	21%	21%	21%	21%
Drink slowly, rather than gulp or scull	22%	11%	16%	14%	18%	16%	16%	16%	16%
Avoided trying to "keep up" or out-drink others	33%	28%	30%	21%	28%	25%	24%	28%	26%
<b>Subscale 3: Serious Negative Consequences</b>									
Use a designated driver	50%	54%	52%	50%	49%	50%	50%	51%	50%
Made sure that you go home with a friend	46%	70%	58%	49%	80%	66%	48%	78%	64%
Know where your drink has been at all times	70%	65%	67%	67%	81%	75%	67%	78%	73%
<b>Total</b>	<b>46</b>	<b>46</b>	<b>92</b>	<b>132</b>	<b>176</b>	<b>311</b>	<b>178</b>	<b>222</b>	<b>403</b>

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



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