

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

**Report 2016/17**

**- South 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 South Australian component of YAARS.

## 2. Site background

### *Population*

Adelaide is the largest city in South Australia, with a population of 1.23 million. Of these residents, 6.6% are aged 15-19, and 5.1% identified as Aboriginal and/or Torres Strait Islander (2).

### *Schooling*

Over half (52%) of the Greater Adelaide area residents aged 15-19 years attend a secondary school (27.7% government, 12.3% Catholic, 12.9% other non-Government), 5.8% a technical or further education institution, and 13.8% a university or tertiary institution (2).

School attendance in South Australia is compulsory for all children aged between 6 and 16 years. Children of compulsory education age (i.e. 16 years and younger) are required to remain in education until they turn 17 or gain a qualification (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 (4). However, 18.0% of 14-19 year olds drank more than four standard drinks at least once a month. The National Health and Medical Research Council (NHMRC) describes the consumption of more than four standard drinks on a single occasion as putting adults at risk of alcohol-related 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 (6). Drinking at even higher risk levels (11+ standard drinks) at least once a month was estimated at 5.9% for 14-19 year olds; and ranged 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 only available at a national level at the time of writing this report; as a result jurisdiction-specific data is presented below using 2013 NDSHS data.

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

The 2013 National Drug Strategy Household Survey (NDSHS) reports that 79.5% of South Australians aged 14 years and over have used alcohol in the past year (78% nationally), with 37.8% drinking on a weekly basis (37.3% nationally). Of those who drank in the past year, 14.9% were consuming alcohol at levels which put them at short-term risk at least weekly (14.2% nationally) (6).

In 2014, the Australian School Student Alcohol and Drug (ASSAD) Survey was completed by 23,007 school students aged 12 to 17 years. Of these, 1,856 students were South Australian. One in 10 (10.4%) South Australian students drank alcohol in the past week, compared to 14.6% nationally. Just over a quarter (27.9%) of South Australian students drank 5+ standard drinks on at least one occasion in the last four weeks, compared to 16.9% nationally (7).

The following proportions of South Australian students drank alcohol in the past 7 days: 5.2% of 12-15 year olds, and 21.3% of 16-17 year olds (5). This was lower than the national prevalence of 8.4% and 29.5% respectively.

One in six (15.7%) South Australians aged 14 years and above had used an illicit drug in the past year. The national average for illicit drug use in this age group was 15.0% (6).

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\* Estimate has a relative standard error of 25% to 50% and should be used with caution.



### 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 continue to drink, may be drinking in higher quantities than previously (4, 6, 8, 9).

As shown in Figure 1, in 1984 half of Australian high school students aged 16-17 years drank in the past 7 days, whereas less than a third had done so in 2014 (9). The age at which Australians consume their first full standard drink has risen significantly from 14.8 years in 1995 to 16.1 years in 2016 (4).

In contrast, there has been a slight overall increase in 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 recently elevated rates of alcohol-related harm in some Australian jurisdictions (10). The YAARS project aims to investigate this group of young risky drinkers who are underrepresented in the current general population surveys but whose drinking results in substantial acute and potentially chronic health consequences (1, 9).

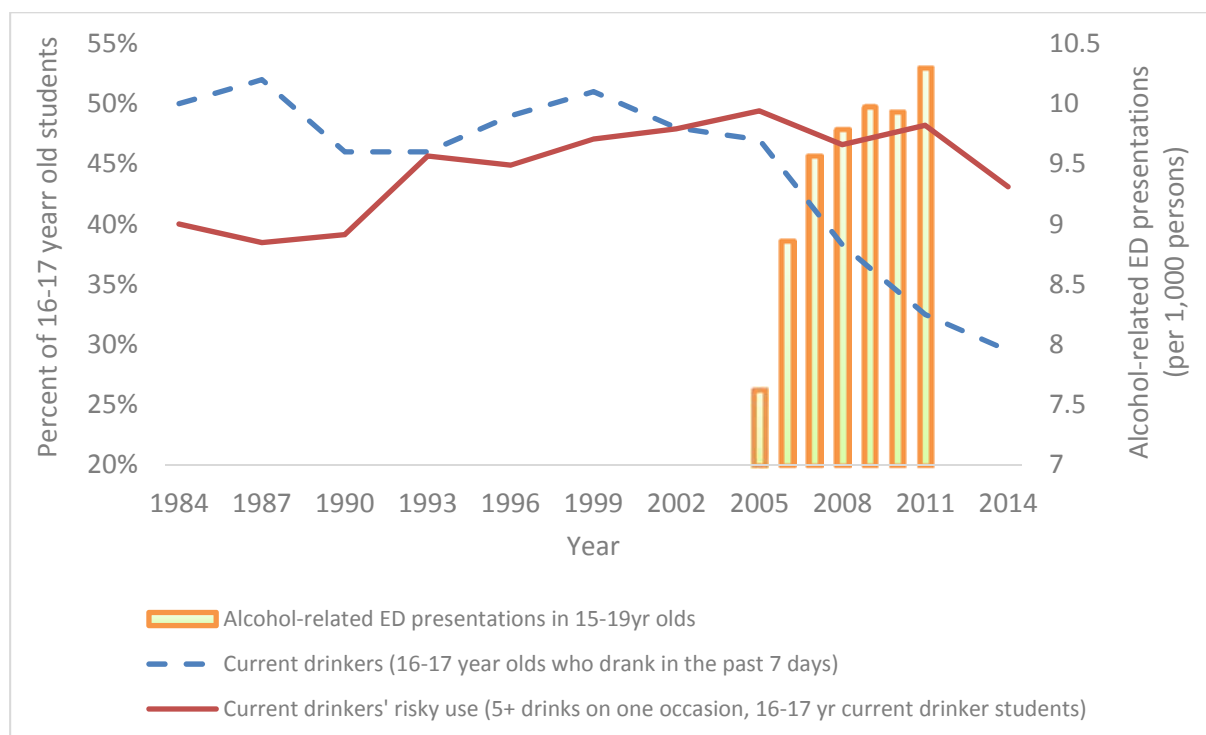


Figure 1. Australian teenage drinking trends 1984 to 2014.

Figure note. Student consumption data from the Australian School Student Alcohol and Drug (ASSAD) Survey. 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 years in all jurisdictions in Australia (11). All Australian jurisdictions except South Australia 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).

### 3. Recruitment

Recruitment for the SA face-to-face interviews was conducted between November 2016 and March 2017.

#### *Materials*

To maximise the project's appeal and relevance to the target population, advertising materials included: flyers (A4 and A5 sizes); and an animated video providing an overview of the project and site-specific contact details. A project-specific banner was also used on the project website, online survey and as the project's Facebook cover.

#### *Recruitment sources*

The most successful modes of recruitment for the face-to face interviews were Facebook advertisements and word of mouth (see Tables 1-2).

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

Recruitment method	Survey modality %		
	F2F	Self-administered	Total
Facebook advertisement	58	85	80
Instagram advertisement	6	10	9
A poster at university	6	2	3
A poster in a shop	0	0	0
A postcard	0	0	0
Through a friend	30	6	10
An electronic newsletter	0	1	1
A service I use (e.g. youth health service)	0	0	0
Other recruitment method	5	1	2
<b>Total (n)</b>	<b>96</b>	<b>435</b>	<b>531</b>

Table 2. Recruitment of SA participants screened as 'higher risk'

Recruitment method	Survey modality %		
	F2F	Self-administered	Total
Facebook advertisement	62	86	79
Instagram advertisement	5	10	8
A poster at university	3	2	2
A poster in a shop	0	0	0
A postcard	0	0	0
Through a friend	32	6	14
An electronic newsletter	0	1	1
A service I use (e.g. youth health service)	0	0	0
Other recruitment method	5	1	2
<b>Total (n)</b>	<b>74</b>	<b>186</b>	<b>260</b>

### *Paid Facebook advertisements*

Paid Facebook advertisements were a key component of recruitment. Substantial increases in the number of potential participants were noted when the Facebook geographical area for advertising was expanded, advertisements were rotated, and the budget increased. There was also a considerable uptake in interest when the video advertisement commenced.

### *Project website*

The South Australian project website included a description of the study, contact details and a link to the self-administered online survey.

### *Unpaid Facebook Advertisements*

A project page was established within NCETA's Facebook and poster-style images with project information were uploaded. The SA site coordinator made email/telephone contact with 18 government and non-government agencies to request they 'share' the uploaded images on their pages. These organisations were:

- DASSA Community Partnerships Program
- SANDAS
- Encounter Youth
- Adelaide PHN – including commissioned AOD services
- Country SA PHN – including commissioned AOD services
- Aboriginal Drug and Alcohol Council SA Inc (ADAC)
- Nunkuwarrin Yunti
- Youth Affairs Council SA
- Headspace – all SA offices
- Centacare
- Drug Arm SA
- Sammy D Foundation
- SA Police
- WCHN Youth Advisory Group
- Health Consumers Alliance SA
- Aboriginal Community Education Officers' Network
- Helping Young People Achieve (HYPA)
- Flinders University

### *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 given to friends if they were interested in participating.

### *Posters*

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

### *Electronic newsletters*

A short description of the project with pictures and a link to the project website were distributed by several government and non-government organisations via their email lists. These included: Encounter Youth, DASSA Community Partnerships Program, SANDAS, Youth Affairs Council SA, Adelaide Primary Health Network, Country SA Primary Health Network and Headspace.

### *Other sources*

Information and flyers were disseminated through the organisations listed under unpaid Facebook advertisements and also:

- Sporting clubs – direct contact with coaches who were provided with project information, coaches distributed postcards to players.

- Shopping areas and centres (Westfield West Lakes, Westfield Marion, Glenelg – Jetty Road, Norwood, Harbour Town, Fulham Gardens).

### *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 subsequently a face-to-face verification with the interviewer. The self-administered online survey participants were screened via survey logic programming.

The majority of potential participants for the face-to-face interviews made initial contact, and were screened, via email. However, a substantial proportion also directly called the recruitment landline or sent SMSs to the recruitment mobile phone.

## 4. Interviewing

Interviews were conducted in two phases: the first from 01-30 November 2016 and the second from 15 January – 15 March 2017.

Participants were offered interviews in public locations convenient for both the participant and interviewer. Nearly all face-to-face interviews were conducted at the State Library of South Australia ‘hub’ or the Flinders University ‘hub’. A few interviews were held in either coffee shops or other libraries in Adelaide.

## 5. YAARS SA participant sample

In South Australia, a total of 579 persons aged 14-19 years participated in the YAARS study between late 2016 and early 2017. The 579 participants included 105 interviewed face-to-face (F2F) and 474 who completed an online survey.

Participants were screened as either “risky drinkers” or “lower risk drinkers” (see 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

Lower risk drinkers’ (N=284) demographic characteristics and past 12 month drinking responses are included in this report, but are not described in detail. Rather this report focuses on the 295 risky drinkers (F2F interviews: n=80; online survey: n=215). These are “the participants”.

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

Gender	Age	Face-to-face (F2F) interview			Self-administered online survey		
		Lower Risk	Risky drinkers	Total interviews	Lower Risk	Risky drinkers	Total surveys
Male	14-15	0	1	1	3	5	8
	16-17	1	18	19	27	39	66
	18-19	5	19	24	23	25	48
	Total	6	38	44	53	69	122
Female	14-15	0	0	0	20	17	37
	16-17	4	15	19	102	68	170
	18-19	15	27	42	80	60	140
	Total	19	42	61	202	145	347
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	1	0	1
	16-17	0	0	0	3	0	3
	18-19	0	0	0	0	1	1
	Total	0	0	0	4	1	5
Total	14-15	0	1	1	24	22	46
	16-17	5	33	38	132	107	239
	18-19	20	46	66	103	86	189
	Total	25	80	105	259	215	474

Most participants were female (63%), aged 16-17 years (47%), students (49% school, 7% TAFE and 36% university) and metropolitan based (87%) (Table 4).

Table 4. Demographic characteristics of SA sample screened as eligible risky drinkers

Demographic characteristic		Survey modality					
		Face-to-Face		Self-administered		Total	
		n	%	n	%	n	%
Gender	Male	38	48	69	32	107	36
	Female	42	53	145	67	187	63
	Transgender	0	0	0	0	0	0
	I do not identify as any of the above/ prefer not to say	0	0	1	0	1	0
	Total	80	100	215	100	295	100
Age	14-15	1	1	22	10	23	8
	16-17	33	41	107	50	140	47
	18-19	46	58	86	40	132	45
	Total	80	100	215	100	295	100
Occupation	School student (full time)	28	35	116	54	144	49
	TAFE student (full time)	1	1	6	3	7	2
	TAFE student (part time)	3	4	12	6	15	5
	University student (full time)	35	44	64	30	99	34
	University student (part time)	1	1	5	2	6	2
	Trade apprentice (full time)	0	0	3	1	3	1
	Trade apprentice (part time)	0	0	5	2	5	2
	Employed (casual or part time)	26	33	70	33	96	33
	Employed (full time)	2	3	9	4	11	4
	Unemployed	3	4	17	8	20	7
	Home duties (full time)	0	0	1	0	1	0
	Other	1	1	4	2	5	2
	Total	80	100	215	100	295	100
Languages spoken in your home	English only	67	84	178	89	245	88
	English and another language(s)	13	16	21	11	34	12
	Total	80	100	199	100	279	100
Aboriginal and or Torres Strait Islander	ATSI	3	4	11	5	14	5
	Not ATSI	77	96	204	95	281	95
	Total	80	100	215	100	295	100
Location	Greater capital city area	78	99	179	83	257	87
	Non-capital city area	1	1	36	17	37	13
	Total	79	100	215	100	294	100
Weekly budget available for recreational use	≤\$10	2	3	11	5	13	4
	\$10-39	8	10	51	24	59	20
	\$40-79	21	27	77	36	98	34
	\$80-119	26	34	35	16	61	21
	\$120-159	7	9	15	7	22	8
	≥ \$160	13	17	23	11	36	12
	Do not know	0	0	1	0	1	0
Total	77	100	213	100	290	100	

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

The next section presents findings from both South Australian interviewer administered and online surveys by demographic characteristics.

Data were predominantly quantitative, supplemented with a few open-ended qualitative items. Items were focused upon the most recent occasion when the participant drank more than the recommended NHMRC low risk drinking guidelines for adults (for 14-15 year old participants, this is any drinking in the past month). These data items were: drinking location (including 'pre-loading'), quantities and types of alcohol consumed, the presence of other drinking peers/adults, risky protective behaviours.

Apart from these drinking event data, other items included in the survey were drink driving in the past 12 months, symptoms of dependence, and mental health issues. These broader findings are not reported here but are provided in the national report.

Tabulated findings comprise three parts: interviewer administered, online and both. In the tables, the abbreviation "F2F" are interviewer administered survey findings and "self-administered" online findings. The 'both modalities' category combines 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'). In this report, the 'total' or 'all' groups may be larger than the sum of the male and female groups, as 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, and using the beverage-specific response method. To facilitate recall respondents were provided with a visual prompt in the form of a standard drink chart. The upper alcohol quantity limit was set at 50 standard drinks.

Some participants did not answer all of 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'

Participants described their last risky drinking session. The minimum quantity defined as a risky drinking session was determined by the participants' age and gender:

- 14-15 year olds reported on the last time that they had 1+ standard drinks in a single sitting
- 16-17 year olds on the 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

Among the participants, more than half (55%) reported that their last risky drinking session had occurred seven or fewer days prior to completing the survey. The recall period was 14 days or less for 75%, and 28 or fewer days for 91% of the sample.

Among the F2F participants (n=80), 61% reported that this last risky drinking session occurred seven or fewer days ago. More than four-fifths (83%) reported it occurred 14 or fewer days ago, and the clear majority (93%) reported that it occurred 28 or fewer days ago. Among the self-administered survey participants (n=200), 53% had their last risky drinking session seven or fewer days ago. Approximately three-quarters (73%) reported it occurred 14 or fewer days ago, and almost all (91%) reported it occurred 28 or fewer days ago.

All F2F and self-administered survey participants had recall periods between 0-100 days and thus no outlier recall periods occurred in either sample.

### Drinking locations

At the last risky drinking session, the most popular drinking location was a friend or acquaintance's home (64%), followed by a bar/pub/hotel (24%) or a nightclub (23%). Four in five (80%) participants drank at a private location (friend's home, own home or car) and 37% drank at a licensed venue such as a pub or club (Table 5).



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

Drinking location	Face-to-face interview, gender and age categories						
	%						
	Males 14-17	Males 18-19	All males	Females 14-17	Females 18-19	All females	All F2F
Own home	11	16	13	13	33	26	20
Friend's home	63	63	63	73	70	71	68
Bar or pub or hotel	26	26	26	27	41	36	31
Nightclub	5	63	34	13	41	31	33
Music festival or concert	5	21	13	7	11	10	11
Sporting event or club	5	0	3	7	0	2	3
Restaurant	0	0	0	0	0	0	0
Car	0	0	0	7	0	2	1
School, TAFE, university	0	5	3	0	4	2	3
Reception centre or function room	0	5	3	13	4	7	5
Public or other place	11	16	13	13	11	12	13
Drank in a private location (a home or car)	74	79	76	87	89	88	83
Drank in a non-licensed location (home, car, park, beach etc.)	79	89	84	87	89	88	86
Drank in a licensed venue (bar, pub, club, casino etc.)	26	74	50	33	63	52	51
Total (n)	19	19	38	15	27	42	80

Drinking location	Self-administered online survey, gender and age categories						
	%						
	Males 14-17	Males 18-19	All males	Females 14-17	Females 18-19	All females	All online
Own home	12	17	14	24	22	23	21
Friend's home	73	50	65	72	46	61	62
Bar or pub or hotel	10	33	18	8	39	21	21
Nightclub	2	33	14	8	39	21	19
Music festival or concert	7	8	8	5	5	5	6
Sporting event or club	0	0	0	1	3	2	1
Restaurant	0	0	0	0	0	0	0
Car	2	4	3	2	5	4	3
School, TAFE, university	0	0	0	0	2	1	0
Reception centre or function room	0	4	2	1	0	1	1
Public or other place	15	0	9	8	7	8	8
Drank in a private location (a home or car)	80	67	75	89	69	81	79
Drank in a non-licensed location (home, car, park, beach etc.)	85	67	78	94	69	84	82
Drank in a licensed venue (bar, pub, club, casino etc.)	10	58	28	12	63	33	32
Total (n)	41	24	65	83	59	142	208

Drinking location	Both survey modalities, gender and age categories %						
	Males 14-17	Males 18-19	All males	Females 14-17	Females 18-19	All females	Both modalities
Own home	12	16	14	22	26	24	2
Friend's home	70	56	64	72	53	64	64
Bar or pub or hotel	15	30	21	11	40	24	24
Nightclub	3	47	21	9	40	23	23
Music festival or concert	7	14	10	5	7	6	7
Sporting event or club	2	0	1	2	2	2	2
Restaurant	0	0	0	0	0	0	0
Car	2	2	2	3	3	3	3
School, TAFE, university	0	2	1	0	2	1	1
Reception centre or function room	0	5	2	3	1	2	2
Public or other place	13	7	11	9	8	9	9
Drank in a private location (a home or car)	78	72	76	89	76	83	80
Drank in a non-licensed location (home, car, park, beach etc.)	83	77	81	93	76	85	83
Drank in a licensed venue (bar, pub, club, casino etc.)	15	65	36	15	63	38	37
Total (n)	60	43	103	98	86	184	288

## Drinking days and duration

The last risky drinking session most commonly occurred on a Friday (28%) or a Saturday (56%). The first drink was typically consumed in the early evening (35% between 5-6.30pm, 38% between 7-8.30pm), and the last drink around midnight (24% 10-11.30pm, 29% midnight-1.30am, 30% 2-3.30am). The drinking session ran for an average of 6.1 hours (95% CI: 5.8-6.5, excluding 9 outliers beyond 13 hours) (Table not shown).

For F2F participants, Fridays (34%) and Saturdays (53%) were the most common days when the risky drinking session commenced. The first drink was typically consumed in the early evening (39% between 5-6.30pm, 40% between 7-8.30pm), and the last drink around midnight (28% 10-11.30pm, 29% midnight-1.30am, 33% 2-3.30am). The mean drinking session duration was 6.0 hours (95% CI for the mean: 5.5, 6.5; n=79). No outliers were present (Table not shown). For self-administered survey participants, Fridays (26%) and Saturdays (57%) were also the most common risky drinking days. The first drink was typically consumed in the early evening (34% between 5-6.30pm, 38% between 7-8.30pm), and the last drink around midnight (22% 10-11.30pm, 30% midnight-1.30am, 30% 2-3.30am). The mean drinking session duration was 6.2 hours (95% CI for the mean: 5.7, 6.7, excluding 9 outliers beyond 13 hours; n=200) (Table not shown).

## Beverage types

The most common beverages consumed at the last risky drinking session were spirits (74%), ready to drink beverages ('RTDs'; 34%) and cider (36%) (Table 6). Females most commonly reported drinking spirits (79%), RTDs (57%) and cider (40%) whilst males reported drinking spirits (66%) and beer (56%) (Figure 2).

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

Beverage type	Face-to-face sex and age categories						
	%						
	Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
Spirits consumed straight or mixed	47	84	66	93	89	90	79
Beer of any strength	53	63	58	27	15	19	38
RTD of any strength	16	21	18	60	48	52	36
Wine	37	32	34	33	22	26	30
Cider	37	26	32	40	26	31	31
Liqueur or Cocktails	5	11	8	7	15	12	10
Energy drinks packaged with alcohol	0	5	3	7	4	5	4
Other	0	0	0	0	0	0	0
Total (n)	19	19	38	15	27	42	80

Beverage type	Self-administered sex and age categories						
	%						
	Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
Spirits consumed straight or mixed	61	74	66	77	75	76	73
Beer of any strength	56	52	55	22	22	22	32
RTD of any strength	32	30	31	68	46	59	50
Wine	27	9	20	26	34	29	26
Cider	39	9	28	48	36	43	38
Liqueur or Cocktails	5	9	6	9	10	9	8
Energy drinks packaged with alcohol	5	9	6	10	5	8	7
Other	0	9	3	2	0	1	2
Total (n)	41	23	64	82	59	141	206

Beverage type	Both modalities combined sex and age categories						
	%						
	Male 14-17	Male 18-19	Male	Female 14-17	Female 18-19	Female	Total
Spirits consumed straight or mixed	57	79	66	79	79	79	74
Beer of any strength	55	57	56	23	20	21	34
RTD of any strength	27	26	26	67	47	57	47
Wine	30	19	25	27	30	28	27
Cider	38	17	29	46	33	4	36
Liqueur or Cocktails	5	10	7	8	12	10	9
Energy drinks packaged with alcohol	3	7	5	9	5	7	6
Other	0	5	2	2	0	1	1
Total (n)	60	42	102	97	86	183	286

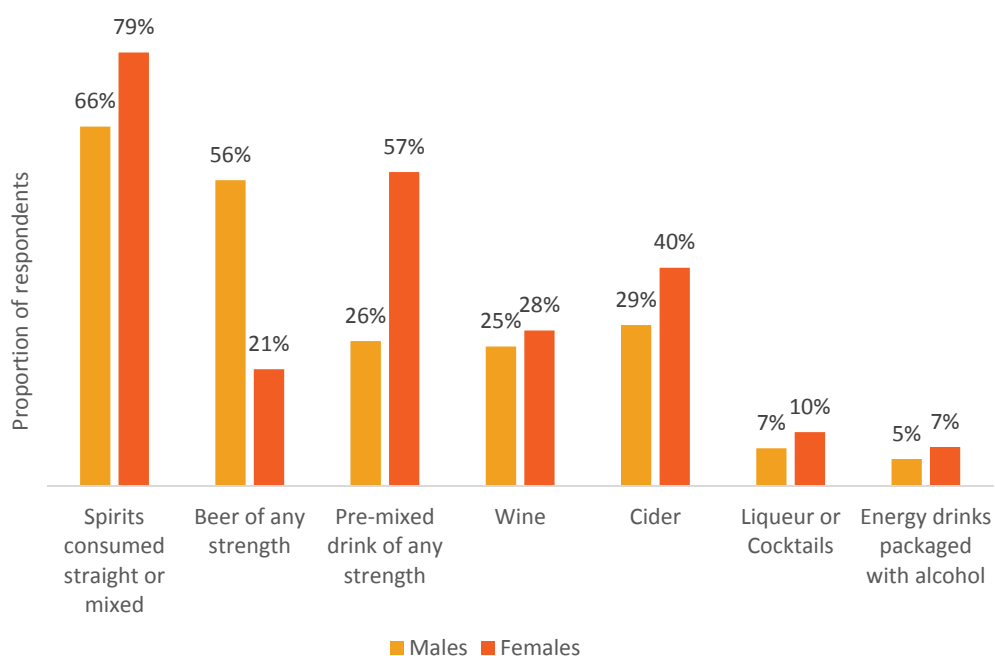


Figure 2. Types of beverages consumed at the last risky drinking session (combined modalities)

## Pre-drinking

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

Two-thirds (65%) of participants pre-drank at their last risky drinking session. Participants aged 18-19 were more likely to pre-drink than those aged 14-17 years (Table 7 and Figure 3).

Table 7. Pre-drinking at the last risky drinking session, SA sample

Administration modality		Sex and age categories						Total
		Male		Male	Female		Female	
		14-17	18-19		14-17	18-19		
F2F	No	16	16	16	20	22	21	19
	Yes	84	84	84	80	78	79	81
	Unsure	0	0	0%	0	0	0	0
	Total (n)	19	19	38	15	27	42	80
Self-administered	No	54	25	43	42	32	38	40
	Yes	44	75	55	55	68	61	59
	Unsure	2	0	2	2	0	1	1
	Total (n)	41	24	65	83	59	142	208
Total	No	42	21	33	39	29	34	34
	Yes	57	79	66	59	71	65	65
	Unsure	2	0	1	2	0	1	1
	Total (n)	60	43	103	98	86	184	288

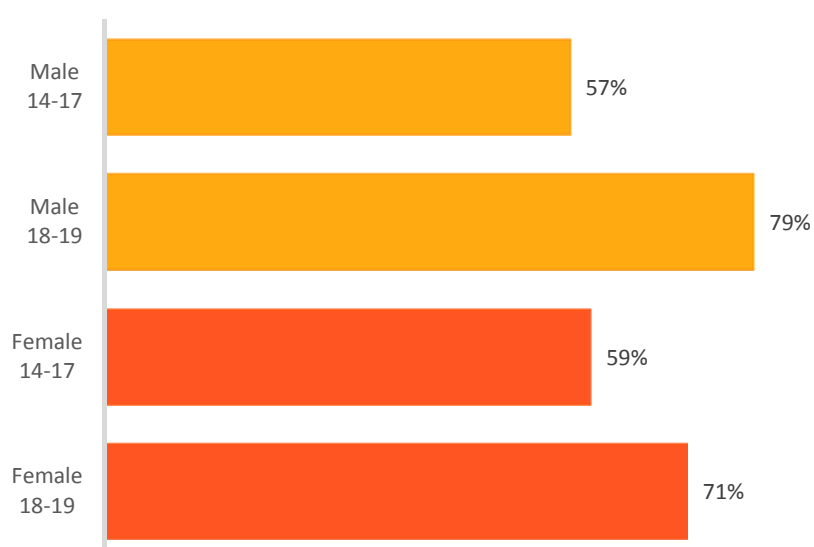


Figure 3. Pre-drinking at the last drinking session

## Quantity consumed

Participants reported how much alcohol they drank at their last risky drinking session, using the beverage specific response method. The mean number of drinks consumed by F2F participants was 17.2 (95% CI: [15.0,19.4]) and for self-administered participants 14.2 (95% CI: [12.9,15.5]). Among F2F participants males consumed more standard drinks than females (males: 19.5, 95% CI: [15.6, 23.4]; females: 15.1, 95% CI: [12.9,17.3]) whilst in the self-administered group this was the opposite (males: 13.6, 95% CI: [11.3,15.9]; females: 14.4, 95% CI: [12.8,16.1]) (see Table 8 and Figure 4).

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

	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	14.8	10.2	19.4	19	12.7	9.8	15.5	35	13.4	11.0	15.8	54
Male 18-19	24.2	18.2	30.1	19	15.2	11.2	19.2	21	19.5	15.8	23.1	40
Males 14-19	19.5	15.6	23.4	38	13.6	11.3	15.9	56	16.0	13.9	18.1	94
Female 14-17	16.7	13.2	20.10	15	14.5	12.1	17.0	70	14.9	12.9	17.0	85
Female 18-19	14.2	11.2	17.2	27	14.3	12.2	16.4	54	14.3	12.6	15.9	81
Females 14-19	15.1	12.9	17.3	42	14.4	12.8	16.1	124	14.6	13.3	15.9	166
Total	17.2	15.0	19.4	80	14.2	12.9	15.5	181	15.1	14.0	16.2	261

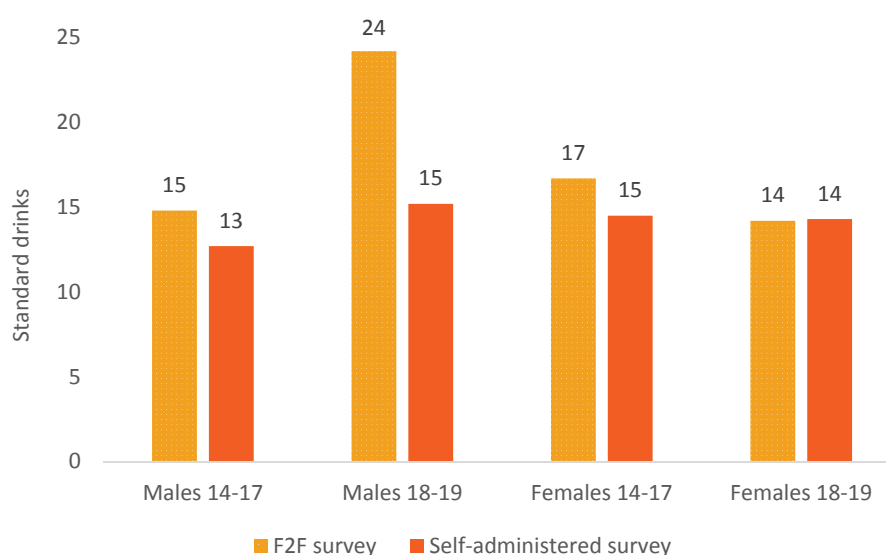


Figure 4. Mean number of standard drinks consumed at the last risky drinking session.

The clear majority (87%) 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, 9% said they usually drank a lot less, 20% usually drank a little less, 41% usually drank a similar amount, 17% usually drank a little more, and 5% usually drank a lot more alcohol (n=233) (table not shown).

## 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. The 32 outcomes include items from the Brief Young Adult Alcohol Consequences Questionnaire (13). The 10 most frequently endorsed outcomes experienced during the last risky drinking session are presented in Table 11.

Overall, the most common outcome experienced by participants was “I found it easier to talk to people due to my drinking” (74%). The second most common were “While drinking, I have said or done embarrassing things” (35%) and “I had a hangover (headache, sick stomach) the morning after I had been drinking” (35%) (see Table 9).

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

	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	74	83	79	76	70	72	75	73	74
While drinking, I have said or done embarrassing things	29	38	34	30	38	36	30	38	35
I had a hangover (headache, sick stomach) the morning after I had been drinking	32	43	38	25	39	35	28	40	35
I have felt very sick to my stomach or thrown up after drinking	11	31	21	11	22	18	11	24	19
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	5	21	14	24	22	22	17	22	20
When drinking, I have done impulsive things I regretted later	16	14	15	17	16	16	17	15	16
I’ve not been able to remember large stretches of time while drinking heavily	21	19	20	21	22	21	21	21	21
I have often found it difficult to limit how much I drink	13	21	18	13	20	18	13	20	18
I have had less energy or felt tired because of my drinking	42	55	49	26	19	21	32	28	29
I have been injured due to my drinking (inc. cuts & bruises)	13	29	21	14	22	19	14	23	20
N	38	42	80	63	134	198	101	176	278

## Use of safety strategies while drinking

Safety (harm reduction) strategies implemented during the past 12 months were assessed with the Martens' Protective Behavioral Strategies Scale (14). These behavioural strategies can limit alcohol-related problems even after controlling for the quantity of alcohol consumed.

Table 12 lists the safety strategies 'always' or 'usually' engaged in while drinking by gender and survey administration modality. Overall the most common safety strategies in each subscale were:

- "Drink water while drinking alcohol" (44%)
- "Avoided trying to "keep up" or out-drink others" (33%)
- "Know where your drink has been at all times" (75%)

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

	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	3	10	6	18	21	20	12	18	16%
Alternate alcoholic and non-alcoholic drinks	30	17	23	27	24	25	28	23	25
Have a friend let you know when you have had enough to drink	16	15	15	20	27	25	18	24	22
Leave the bar or party at a predetermined time	30	15	22	38	26	30	35	23	28
Stop drinking at a predetermined time		20	14	15	13	13	12	15	14
Drink water while drinking alcohol	49	32	40	49	44	45	49	41	44
Put extra ice in your drink	11	12	12	13	21	18	12	19	16
<b>Subscale 2: Manner of Drinking</b>									
Avoid drinking games	5	5	5	22	11	14	15	9	11
Drink shots of spirits (risk behaviour)	46	66	56	53	56	56	50	59	56
Avoid mixing different types of alcohol	19	20	19	13	18	17	15	19	17
Drink slowly, rather than gulp or scull	19	17	18	31	18	22	26	18	21
Avoided trying to "keep up" or out-drink others	32	41	37	25	34	31	28	35	33
<b>Subscale 3: Serious Negative Consequences</b>									
Use a designated driver	57	63	60	38	51	47	46	54	51
Made sure that you go home with a friend	59	76	68	64	69	67	62	71	68
Know where your drink has been at all times	65	80	73	75	78	76	71	78	75
<b>Total (n)</b>	<b>37</b>	<b>41</b>	<b>78</b>	<b>55</b>	<b>131</b>	<b>187</b>	<b>92</b>	<b>172</b>	<b>265</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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