DEEP SEAS

DEVELOPING AND EXTENDING EVIDENCE AND PRACTICE FROM THE STANDARD EUROPEAN ALCOHOL SURVEY

The future of surveys in the field of alcohol research: Lessons learned from a large-scale European survey

Structured Session at Lisbon Addictions 2022

Chair: Dr. Carolin Kilian

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2	Lessons for the future of alcohol surveys – Jürgen Rehm
3	The future of surveys in the field of alcohol research – Pia Mäkelä
4	New approaches for measuring alcohol use – Charlotte Probst

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Developing and Extending Evidence and Practice from the Standard European Alcohol Survey (DEEP SEAS): Key findings, strengths, and limitations

C. Kilian, J. Manthey, J. Moskalewicz, F. Braddick, S. Matrai, H. López-Pelayo, & J. Rehm

carolin.kilian@camh.ca

@carolinkilian

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Disclosure

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The DEEP SEAS Project

Main goal: to gather comparable alcohol consumption data based on a standardised alcohol survey across Europe

Alcohol survey: Standardised European Alcohol Survey (SEAS)

Participating countries: 33 European countries

- All European Union Member States
- Iceland, Norway, and the United Kingdom
- Bosnia and Herzegovina, Moldova, and Serbia
- Spanish Autonomous Community of Catalonia

Field work: January to March 2021

The Standardised European Alcohol Survey

- Modified version of the 2015 SEAS questionnaire (part of the Reducing Alcohol Related Harm RARHA initiative)

- **Modifications:**
  - Overall shorter questionnaire
  - Very few new survey items (e.g. WHO STEPS for the use of unrecorded alcohol, COVID-related consumption changes)
  - Mostly computer-assisted web interviews

Data collection

- Was outsourced to the market research company Kantar
- **Quota sampling** based on sex, age and region using existing Kantar panels
- **Target sample:** about 1,500 adults (18 to 64 years) per country

Data collection – Portuguese example

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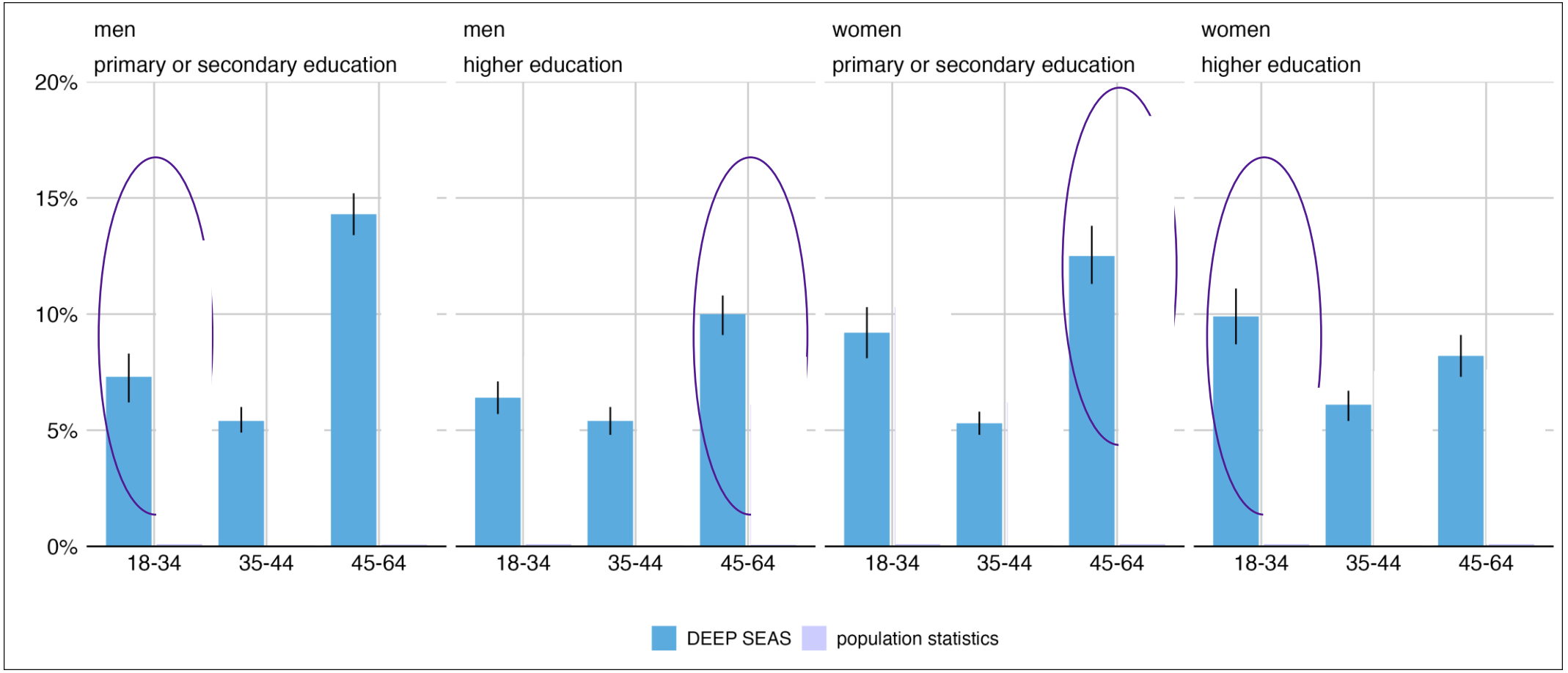
Key findings – sample distribution

n = 56,014 adults



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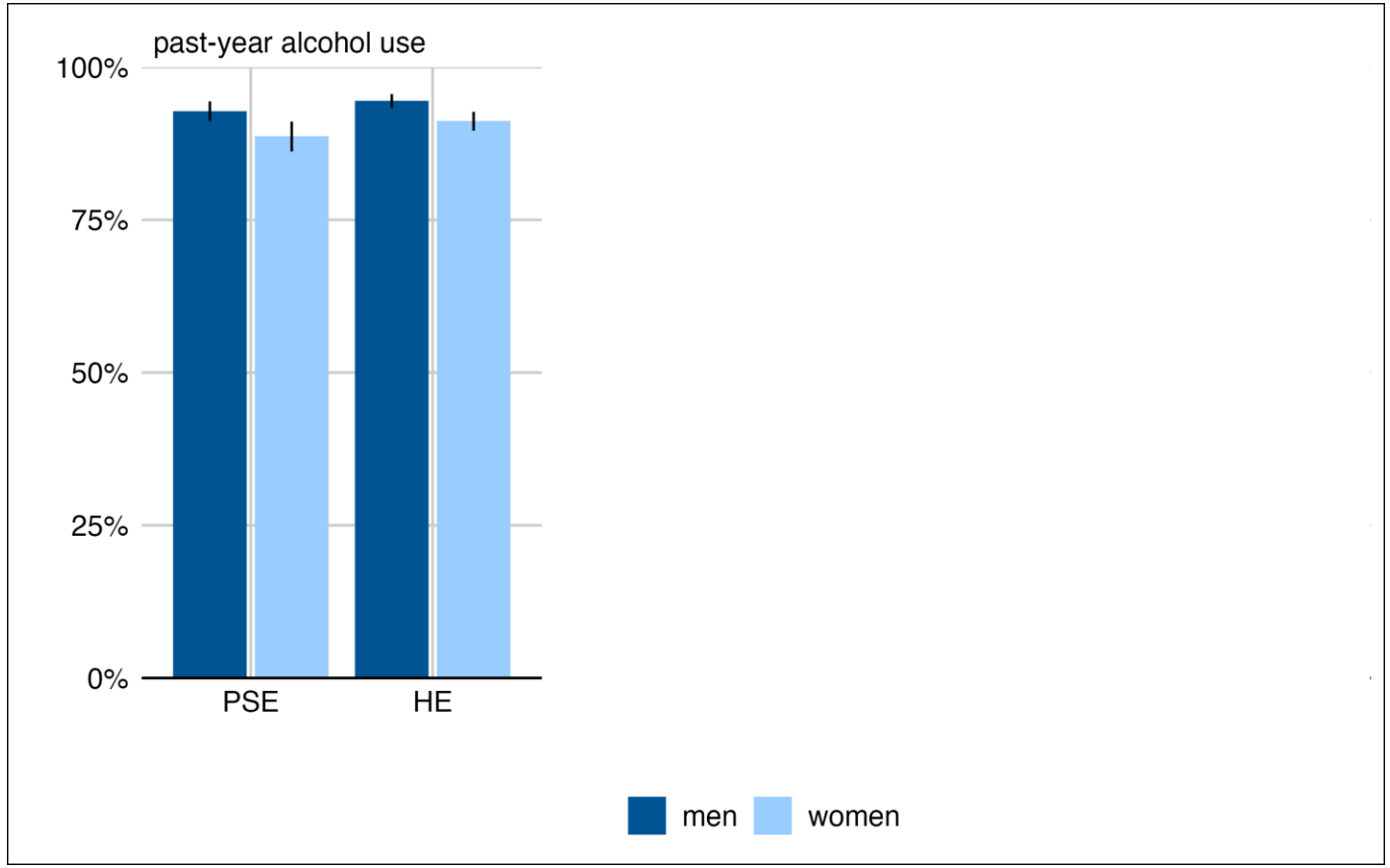
Key findings – alcohol use

Age-standardised population-weighted average prevalence



Comp. alcohol use prevalence 2019 European Health Interview Survey (EU27)

- Women: 51.1 – 80.3%
- Men: 71.3 –89.5%

*Alcohol users only (n = 49,081)

RSOD – risky-single occasion drinking: at least one drinking occasion with ≥40 grams (women) or ≥60 grams (men) of pure alcohol at least monthly

High-risk alcohol use: daily intake of ≥40 grams (women) or ≥60 grams (men) of pure alcohol

PSE: primary or secondary education
HE: higher education

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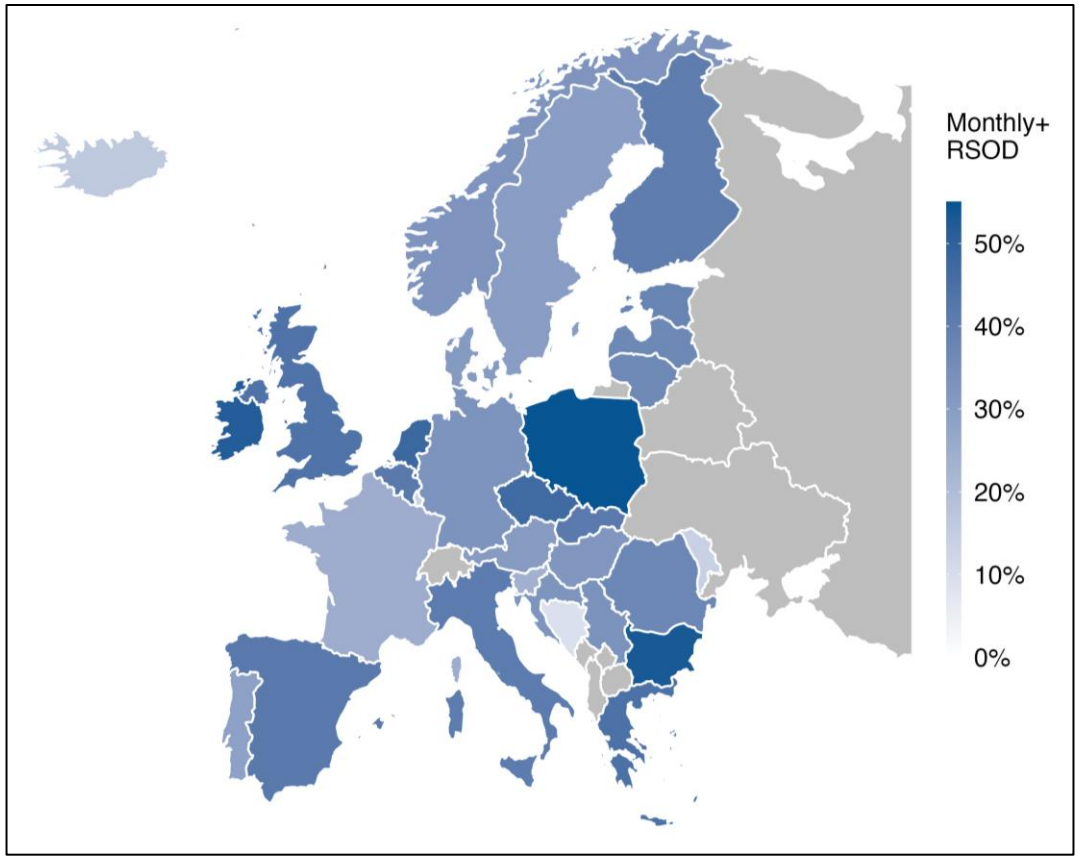
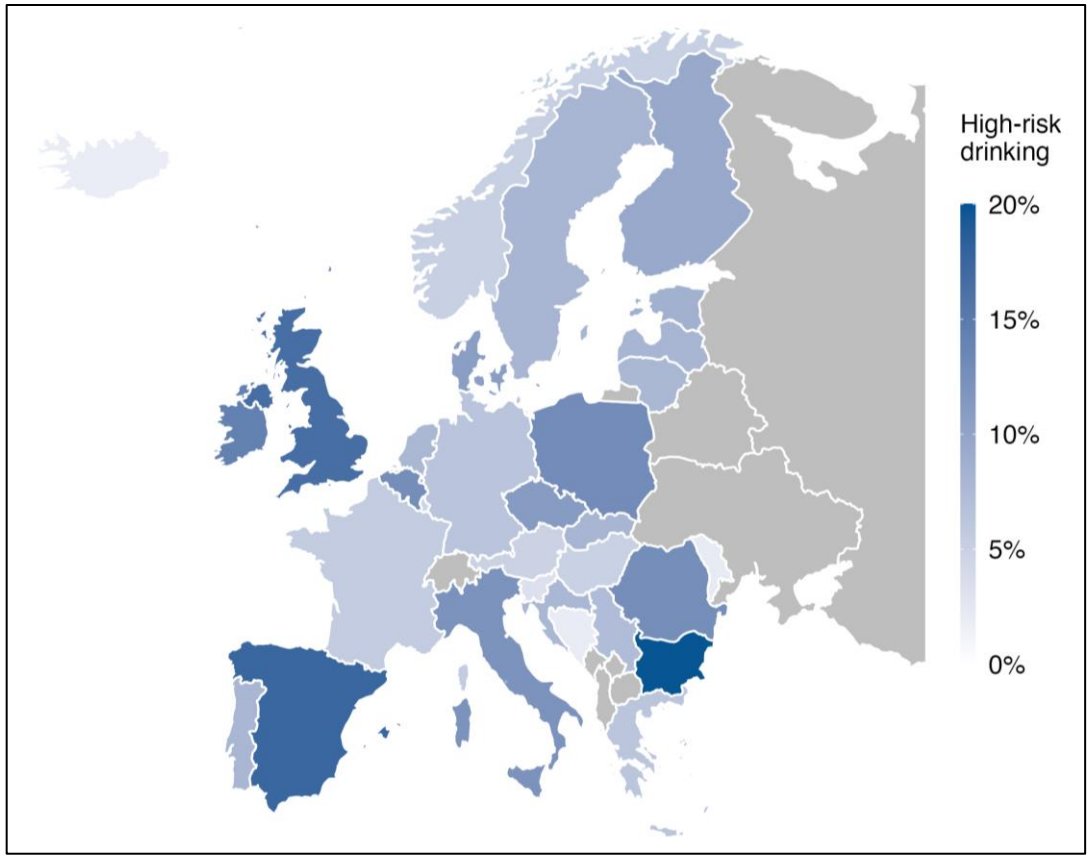
Key findings – cross-country variations

Age-standardized prevalence of monthly+ RSOD and high-risk alcohol use among past-year alcohol users across countries (n = 49,081)





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Key findings – alcohol use during the COVID pandemic

To what extent did the present coronavirus pandemic affect your current consumption of alcohol?

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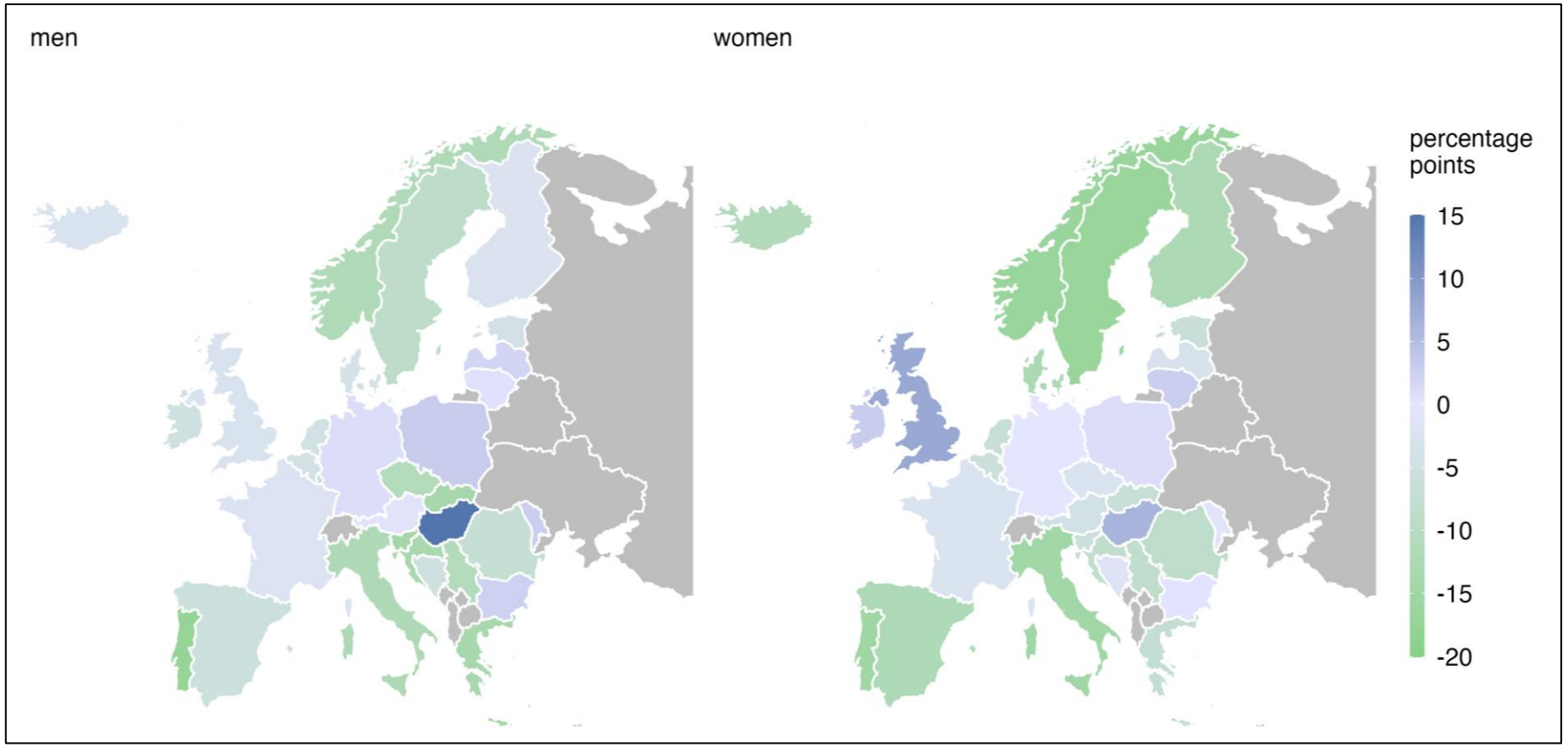
Key findings – alcohol use during the COVID pandemic

Age-standardised prevalence of increases versus decreases in alcohol use among past-year alcohol users (n = 47,081)



Alcohol users only, excluding n = 2,000 alcohol users with non-responses

Non-responders had lower education and were of younger age

Key findings – socioeconomic differences in alcohol use

Compared to respondents with high education, those with primary or secondary education have a…

- lower prevalence of past-year alcohol use
- higher prevalence of risky consumption patterns

Key findings – socioeconomic differences in alcohol use

Compared to respondents with high education, those with primary or secondary education have…

- No differences in risky alcohol consumption patterns
- Lower mean daily drinking levels

- No differences in daily drinking levels
- Higher prevalence of risky alcohol consumption patterns (monthly+ RSOD and high-risk alcohol use)

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The DEEP SEAS project provided us with

- **Comprehensive and comparable** data on alcohol use across Europe

But the data is limited by

- **Non-probabilistic** panel sampling leading to a **skewed sample** and underrepresentation of key groups

Although

- Alcohol use was very prevalent as were at-risk consumption patterns

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