Social Perception and Knowledge of Alcoholism in Spain

Julio Bobes
<table>
<thead>
<tr>
<th>Funding source</th>
<th>Consultant</th>
<th>Research support</th>
<th>Speakers bureau</th>
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<tr>
<td>AB-Biotics</td>
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<td>AstraZeneca</td>
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<td>Bristol-Myers Squibb</td>
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<td>European Comission (FP6, FP7)</td>
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<td>European Group for Research in Schizophrenia (EGRIS)</td>
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<td>Instituto de Salud Carlos III, Spanish Ministry of Economy and Competitiveness</td>
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<td>Ferrer</td>
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<td>Pfizer</td>
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<td>Plan Nacional sobre Drogas, Spanish Ministry of Health, Social Services and Equality</td>
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<td>Reckitt-Benckiser</td>
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</table>
METHODOLOGY: Data Sheet

Conducting research: MADISON, Market Research

Geographical scope: National

Reporting unit: Population aged 18 and 65 years

Research technique: Telephone survey

Fieldwork dates: March 9 to April 1, 2015

Fieldwork hours: from 13h to 22h

Sample size: 4,250 telephone surveys

Sample design: stratified, with homogeneous affixation by Autonomous Communities, to ensure representation in all of them, and proportional allocation according to sex and age random sampling

Sampling error: ±1.53% for global data and a confidence level of 95.5%, considering maximum variance and infinite population
Methodology: Sample

### Sex

<table>
<thead>
<tr>
<th>Sex</th>
<th>Universe*</th>
<th>Sample</th>
<th>Sampling fraction(‰)</th>
<th>Sampling error**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hombre</td>
<td>15.336.815</td>
<td>2.146</td>
<td>0,14</td>
<td>2,16%</td>
</tr>
<tr>
<td>Mujer</td>
<td>15.174.839</td>
<td>2.104</td>
<td>0,14</td>
<td>2,18%</td>
</tr>
<tr>
<td>TOTAL</td>
<td>30.511.654</td>
<td>4.250</td>
<td>0,14</td>
<td>1,53%</td>
</tr>
</tbody>
</table>

### Age group

<table>
<thead>
<tr>
<th>Age group</th>
<th>Universe*</th>
<th>Sample</th>
<th>Sampling fraction(‰)</th>
<th>Sampling error**</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-25</td>
<td>3.800.213</td>
<td>499</td>
<td>0,13</td>
<td>4,48%</td>
</tr>
<tr>
<td>26-35</td>
<td>6.607.151</td>
<td>875</td>
<td>0,13</td>
<td>3,38%</td>
</tr>
<tr>
<td>36-45</td>
<td>7.913.138</td>
<td>1.085</td>
<td>0,14</td>
<td>3,04%</td>
</tr>
<tr>
<td>46-55</td>
<td>6.926.480</td>
<td>1.009</td>
<td>0,15</td>
<td>3,15%</td>
</tr>
<tr>
<td>56-65</td>
<td>5.264.672</td>
<td>782</td>
<td>0,15</td>
<td>3,58%</td>
</tr>
<tr>
<td>TOTAL</td>
<td>30.511.654</td>
<td>4.250</td>
<td>0,14</td>
<td>1,53%</td>
</tr>
</tbody>
</table>


** sampling error calculated for global data and a confidence level of 95.5%, considering maximum variance and infinite population.
Self-perception of the level of consumption
How often do you drink containing alcohol the Spanish population?

N: 4,250

- 22.1% of Spaniards said they consume alcohol more than once a week.
- 22.5% consume alcohol once a month or less.
- 31.6% consume alcohol two to four times a month.
- 13.3% consume alcohol two to three times a week.
- 10.2% consume alcohol four or more times a week.
- 0.3% of the sample had Ns/Nc data.
How many drinks containing alcohol usually perform in a day of normal consumption?

Among those who say drink alcohol once (77.6% of the population)…

71.6% of alcohol consumers indicates that in a day of normal consumption takes one or two alcoholic drinks.

N: 3.304
How often take 6 or more drinks on a single occasion of consumption?

Among those who say drink alcohol once (77.6% of the population)...
Population distribution by level of consumption declared

Among men is more frequent alcohol and excessive consumption

Scoring obtained from AUDIT C
Population distribution by level of consumption declared

After scoring 4 for women and 5 for men, in the AUDIT C

Less than 4 points for women and less than 5 points to man in the AUDIT C

Scoring obtained from AUDIT C
Population distribution by level of consumption declared

The gap between the percentage that has a risk consumption and the percentage rate consumption as high or very high suspicion that the population risk consumption tends to rate their consumption as moderate, which gives an idea of the lower risk perception who are against the real risk posed by consumption.

Comparative between consumption performed and perceived consumption
What is alcoholism for you?

The Spanish population believes that alcoholism is ...

- It is a disease that starts with a vice: 33.7%
- An addiction: 32.3%
- An illness: 30.7%
- A vice: 12.4%

N: 4,250

Question multiple choice answer.
A person can give more than one answer.
What daily amount from what you think alcohol can pose a health risk?

- 1 o 2 UBE: 21.7%
- 3 o 4 UBE: 34.0%
- 5 o 6 UBE: 19.0%
- Más de 6 UBE: 11.9%
- Ns/Nc: 13.4%

N: 4,250

30.9% of Spaniards consider admissible an amount that is at risk.
The abuse of alcohol can cause ...

In general, respondents are fully agree with the stated consequences that may have alcohol abuse, especially that can lead to accidents.

<table>
<thead>
<tr>
<th>Category</th>
<th>Totally agree</th>
<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>In disagreement</th>
<th>Strongly Disagree</th>
<th>Nk/Na</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accidents</td>
<td>92,0%</td>
<td>6,0%</td>
<td>1,1%</td>
<td>0,5%</td>
<td>0,6%</td>
<td>0,1%</td>
</tr>
<tr>
<td>Problems in the family</td>
<td>85,1%</td>
<td>10,9%</td>
<td>2,9%</td>
<td>0,5%</td>
<td>0,5%</td>
<td>0,1%</td>
</tr>
<tr>
<td>Problems in the workplace</td>
<td>83,0%</td>
<td>12,0%</td>
<td>3,8%</td>
<td>0,5%</td>
<td>0,5%</td>
<td>0,1%</td>
</tr>
<tr>
<td>Mental health problems</td>
<td>79,6%</td>
<td>13,5%</td>
<td>4,8%</td>
<td>1,1%</td>
<td>0,1%</td>
<td></td>
</tr>
<tr>
<td>Physical health problems</td>
<td>78,2%</td>
<td>15,1%</td>
<td>4,8%</td>
<td>0,6%</td>
<td>0,1%</td>
<td></td>
</tr>
<tr>
<td>Problems in the social environment</td>
<td>71,6%</td>
<td>16,0%</td>
<td>9,4%</td>
<td>1,8%</td>
<td>0,9%</td>
<td>0,3%</td>
</tr>
</tbody>
</table>

Alcohol: risks and effects
Do you think that alcohol consumption has beneficial health effects?

- No: 58.3%
- Yes: 3.7%
- Only if it is moderate consumption: 36.9%
- NK/NA: 1.1%

36.9% of respondents believe that alcohol may have beneficial health effects only if it is moderate consumption.

N: 4,250

Alcohol: risks and effects
Healthcare
Does your family or immediate environment someone who has or is at risk for alcoholism?

17.2% of the population indicates that your environment **has any person who has or is at risk for alcoholism**

Cases of alcoholism in the environment

N: 4.250

Sí 17,2%

No 82,4%

Ns/Nc 0,4%
If you knew in your environment a case of alcoholism, where do you think I should go?

- Family doctor: 31.5%
- A partnership of alcoholics: 28.5%
- A Center for Addictions: 19.3%
- A psychologist: 5.5%
- A Social Services: 2.3%
- Someone in your family / environment: 2.0%
- Specialist alcoholism / addiction: 1.1%
- A psychiatrist: 0.9%
- Hospital: 0.8%
- Mental Health Center: 0.5%
- Proyecto Hombre: 0.3%
- Others: 0.9%
- NK/NA: 6.4%

Most respondents believe that if a case of alcoholism know would go to the family doctor, second mention an association of alcoholics and third a center of addictions.

N: 4.250
Ever your family doctor / nurse asked you about your drinking?

56.9% indicates that once your family doctor / nurse asked him about his drinking
Do you think the family doctor is an appropriate professional to address alcohol problems?

- Yes: 65.0%
- No: 31.1%
- Ns/Nc: 3.9%

65% believe that the family doctor is an appropriate professional to address alcohol problems.

N: 4,250
Conclusions

- In Spain, there is no risk awareness around alcohol
- The perception of alcohol consumption is far from true: the Spanish population drinks more than you think:
  - 17% of the Spanish population has a consumption of risk, 19.6% of men and 14.5% of women
  - However, only 1.3% of Spaniards perceive their drinking as high or very high, while more than 57% of Spanish consumption values as low or very low
  - Among those who say drink alcohol once (77.6% of Spaniards), 73.6% rated their alcohol consumption as low or very low
Conclusions

• Alcoholism, even under the stigma of "vice"
  
  – So believes 12% of respondents, while 33.7% believe it is a disease that begins with a vice

• No knowledge of what amount of daily alcohol poses a health risk

• The Spanish population perceives the effects of alcohol abuse and negative and do recognize that alcohol is a cause of accidents, problems in the family and work environment ...

• The primary care physician gateway for the diagnosis of alcohol abuse disorder / alcohol
Thank you!