

Alcohol Focus Scotland and Alcohol Change UK Polling Statistics Summary

Total sample size for Scotland was 576 adults (18+), of whom 83% drank alcohol before the lockdown began. The survey was carried out online by [Opinium](#), between 8 and 14 April 2020, two weeks after the UK and Scottish governments introduced more stringent social distancing measures to tackle the COVID-19 crisis (23 March 2020).

- 41% of adults who drink are drinking about the same number of days as before the lockdown
- 29% of adults who drink are drinking more often. This equates to over 1 million adults in Scotland.
- 29% of adults who drink are drinking less often or have stopped completely. This equates to over 1 million adults in Scotland.
 - The adult drinking population of Scotland was calculated to be 3,703,813. Estimates of the adult population were taken from National Records of Scotland (2019). *Mid-Year Population Estimates, Mid-2018*, and an estimate of the proportion of the Scottish population that drink alcohol (84%) was obtained from the Scottish Health Survey 2018 Edition.

- 19% of adults who drink say that they are drinking more (units per typical drinking day)
- 48% of drinkers drinking the same amount of alcohol
- 32% of adults who drink say they are drinking less or have stopped drinking completely (20% cut down, 13% stopped completely)

- 43% of drinkers or past drinkers said that they are taking active steps to manage their drinking, suggesting that there is an awareness that lockdown might lead us to drink more frequently or heavily and that many are keen to keep their drinking healthy. People reported:
 - Taking drink-free days (21%)
 - Being careful with the amount of alcohol they buy (10%)
 - Stopping drinking completely for the lockdown (5%)
 - Seeking advice online (3%)
 - Using apps to monitor their drinking (2%)
 - Attending remote support groups (1%)

- 50% of those who drank once a month or less before the lockdown have cut down or stopped drinking completely
- 19% of those drinking four or more times a week have cut down or stopped drinking completely

- 13% of those who drank once a month or less before the lockdown have increased the amount they drink.
- 29% of people who drank four or times a week before lockdown have increased the amount they drink.

- Positive impact of drinking less on health - of those who are drinking less:
 - 28% said mental health had improved
 - 35% said physical health had improved
 - 26% said productivity had improved
 - 34% said hangovers had improved
 - 34% said quality of sleep had improved
 - 32% said energy levels had improved

- Negative impact of drinking more on health - of those who are drinking more:
 - 29% said mental health had worsened
 - 23% said physical health had worsened
 - 42% said energy levels had worsened
 - 42% said quality of sleep had worsened
 - 35% said productivity had worsened
 - 20% said hangovers had worsened.