



The Sober Experiment - Alcohol Survey Data

Most recent data – 564 people July 2020

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The Sober Experiment – Alcohol Survey



The following survey was carried out during one month (July 2020) on 564 UK citizens between the ages of 18 and 65 years old. The sample was random through various social media platforms including LinkedIn, Twitter, and Facebook, gender was not identified.

All participants were told the survey was anonymous and were not influenced to answer in a particular way.

All extended answers are written in the participant's own words.

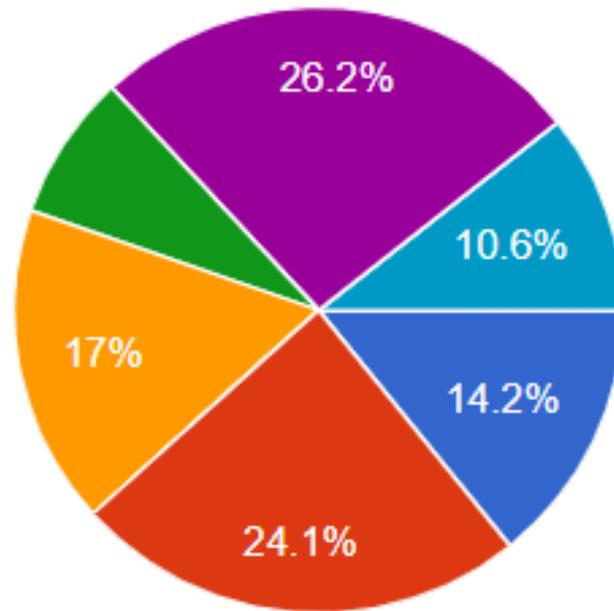
Where a sample of answers is provided, they are provided in the same ratio as originally given on the survey to avoid bias.

All answers are given in the participant's own opinion, company name and sector were not collected to protect the anonymity of the participant and employer.

Numbers on written responses vary as not all participants chose to answer these questions (they were optional).

How frequently do you drink alcohol?

564 Responses



- Daily
- 2-3 times per week
- Weekly
- Monthly
- Rarely
- Never

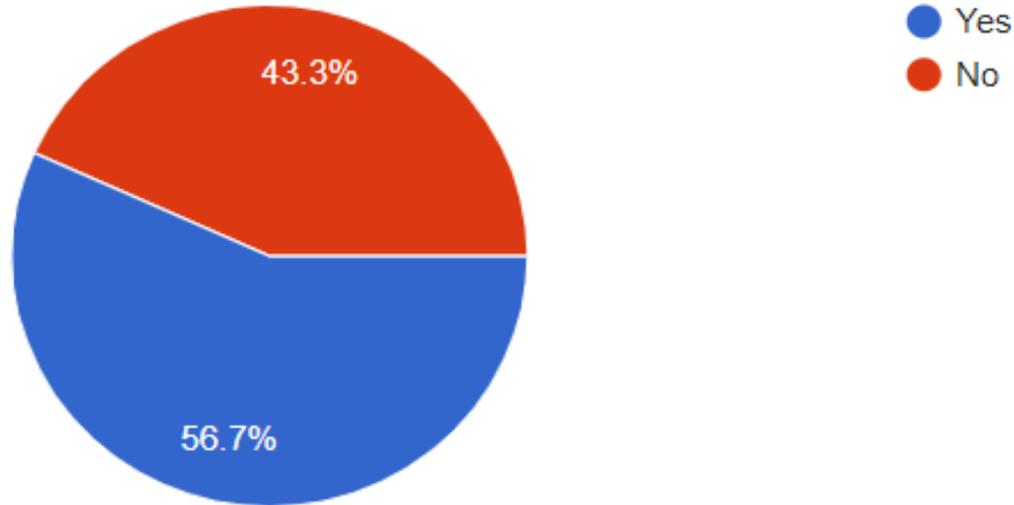
Have you ever gone to work hungover or under the influence of alcohol?



564 Responses

If you answered yes, how frequently? (sample from 564 responses):

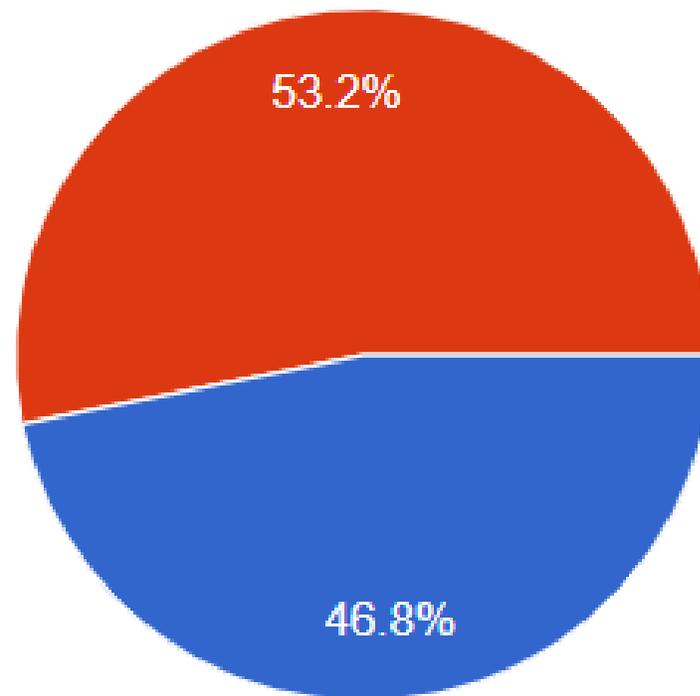
Once; Rarely; Not Often; Once or twice; Occasionally; Once a month maybe; 3 monthly; None; Twice in the last 4 years; Once 20 years ago and I was out so late I just went straight to work; Once a year or so ago which is less often than I used to; In my 20s around once a week hungover; Many times in my early 20s; 3 times; Rare; Once in a blue moon; Once a week; Too many; 3 times in total; A couple of times when I was younger; Bimonthly; Very rare in my youth; Couple of times a year – normally after a big work party where it's general consensus; Once a year after Christmas party; Twice in 17 years hungover; Often years ago but very rarely now; Not for a long time but a few times when I was younger; Not for months now; Less than once a month; Weekly; Every Monday, 2 day hangover or rough from Sunday afternoon drinking; Twice many years ago following work nights out; Once but never again; Quite a lot; Once a month; Hungover quite a few times; Hungover everyday; 5 days a week; Daily; At least once a week; About 6 times a year; Once per week; At least once a month.



Do you ever use alcohol to alleviate work stress?



564 Responses

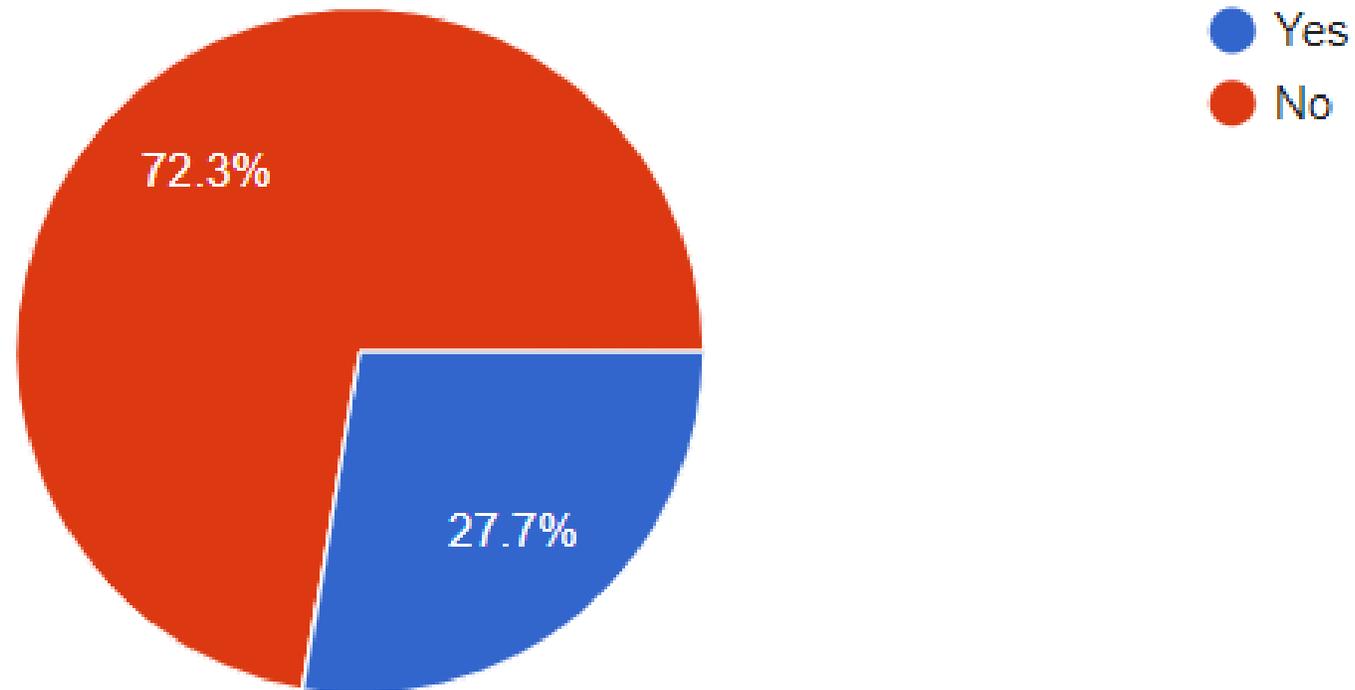


● Yes
● No

Has your performance at work ever suffered as a result of alcohol?

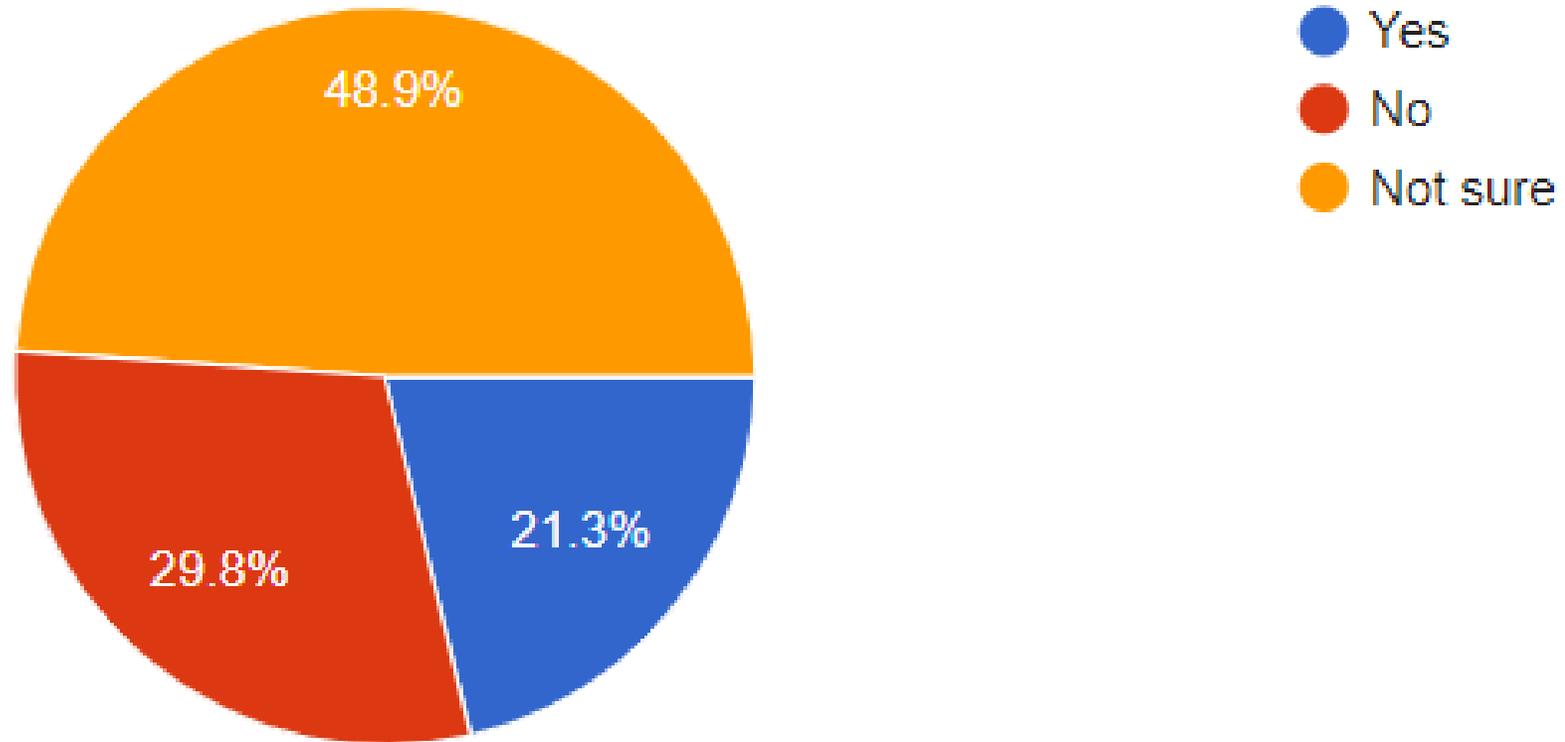


564 Responses



Is there help and support available at work for alcohol use?

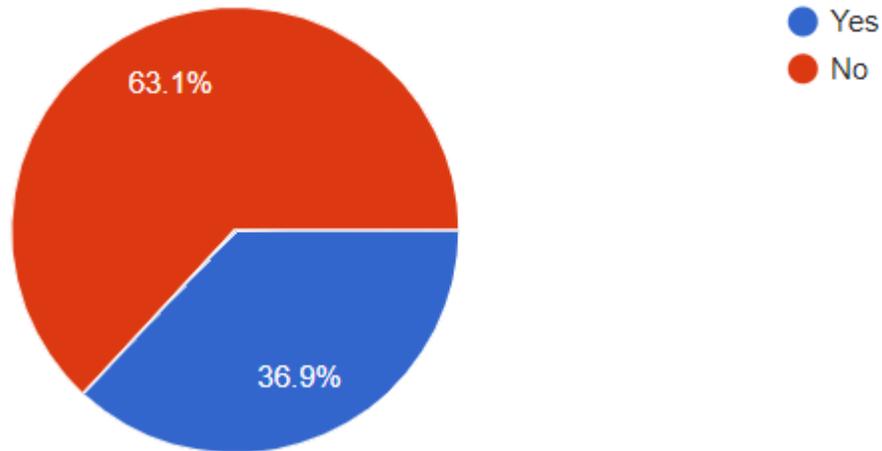
564 Responses



Have you or would you use this support?



564 Responses

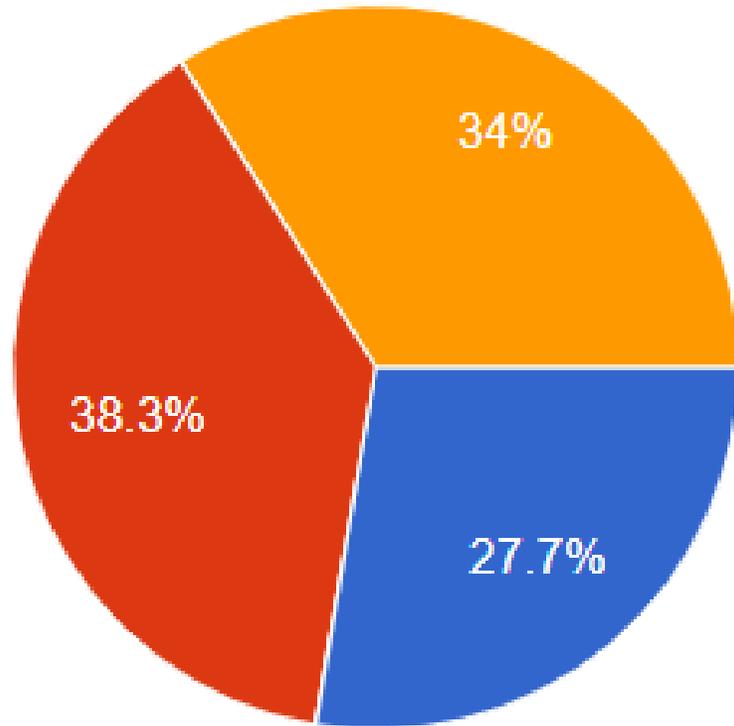


If you answered no, why? (sample from 284 responses):

Stigma; Don't need it; Don't need any help; Don't need to but if I did I'd be worried it would be used against me; Embarrassment of telling someone at work if I needed help like that; I don't think I need help; Not sure there is any help; I feel like if I had an issue, I'd be embarrassed; Worried my colleagues and bosses would judge me; What if work found out?; Probably not as I wouldn't want them to know if it was a problem as would feel it would affect my job; I don't see it as being significant and it's just part of our culture; Bloke thing; Not needed and not available; Shame; Wouldn't want management to know; Personal life is separate to professional; Don't feel as though I need support with alcohol but I would use support if I did; Wouldn't want my employer knowing; Can't trust them; Wouldn't want work place involved; Embarrassing; Alcohol addiction is a taboo subject and people don't like to admit they have a problem and certainly wouldn't want others to know; Judgement; Don't need it and most of my colleagues are Muslims so don't drink; Not needed to since it's been available; Wouldn't want work to know if I had a problem, accessing support isn't normalised there is too much stigma; It's not something I would like to discuss at work; Fear of job loss; I don't feel a couple of hangovers warrants a problem

Are you familiar with how to report concerns at work about your own or someone else's drinking?

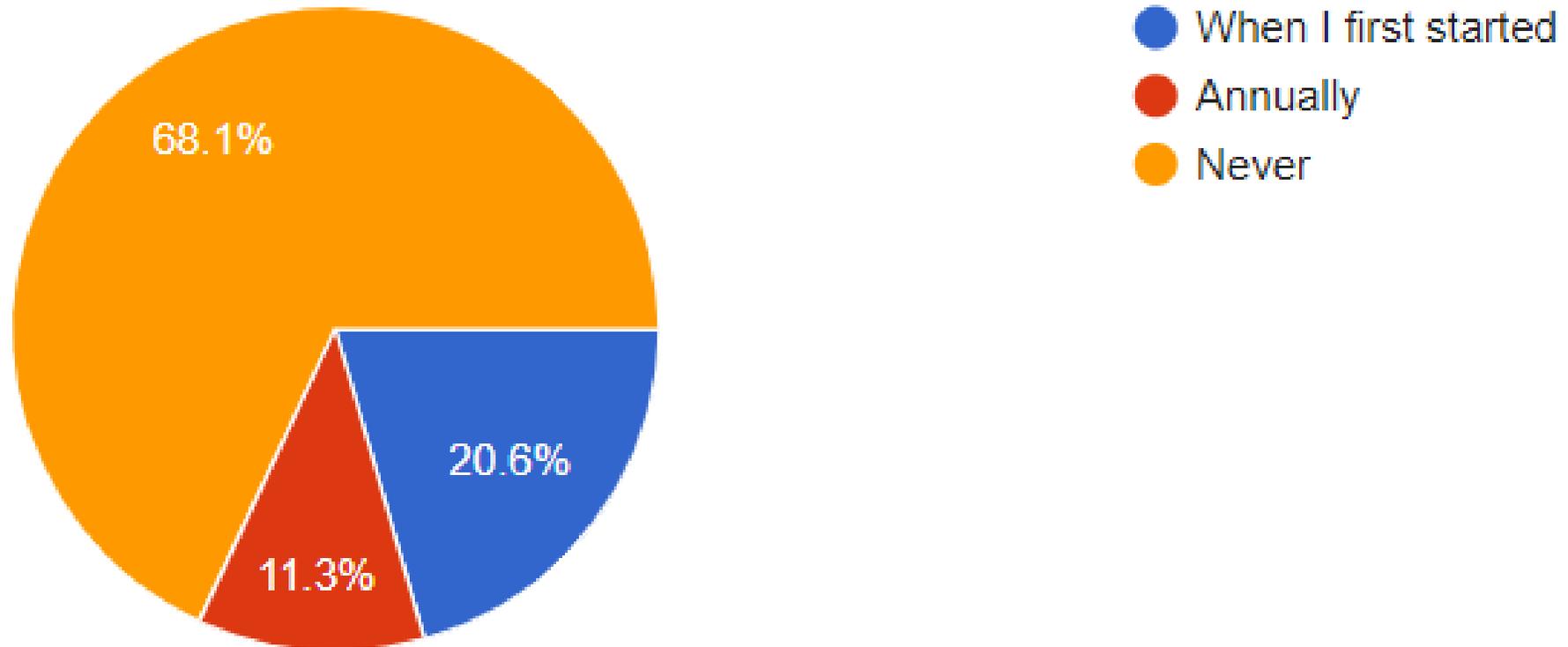
564 Responses



- I know how to do it
- I have some idea of how to do it
- I have no idea how to do it

When did you last receive training on your workplace alcohol and drugs policy?

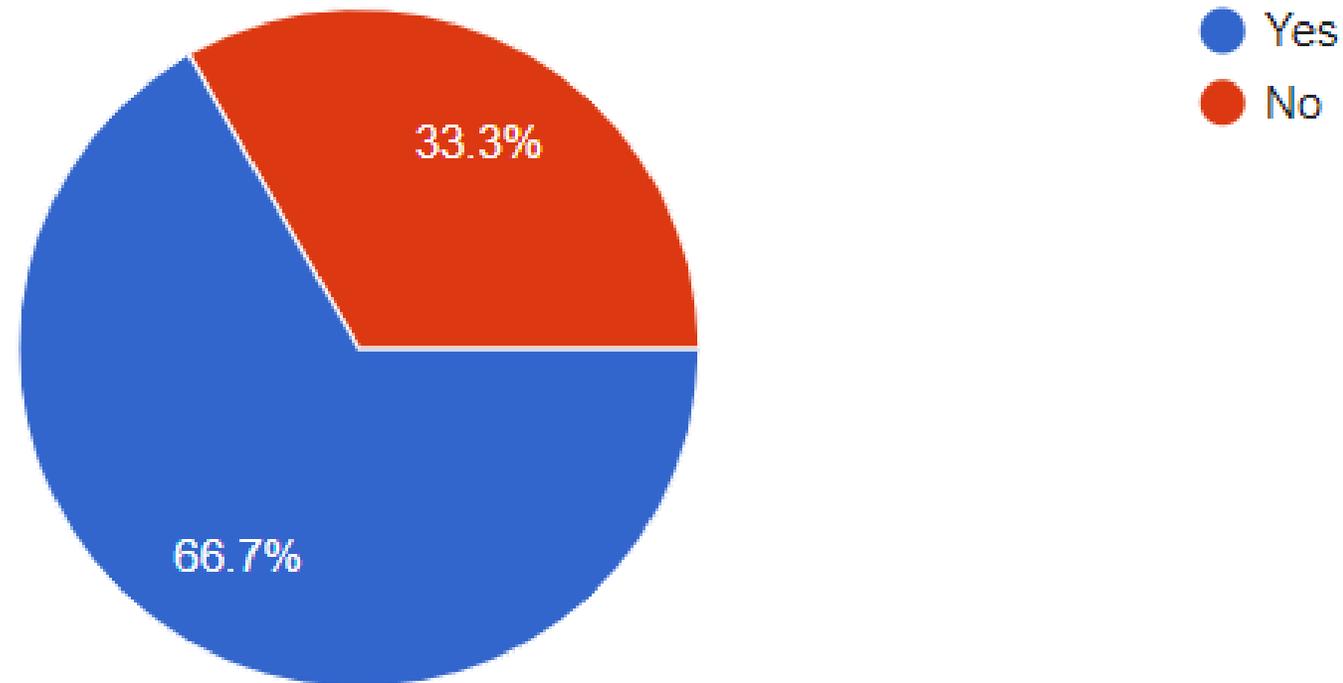
564 Responses



If you suspected a colleague of being under the influence of alcohol, hungover or have some form of alcohol dependency would you know who to report it to?



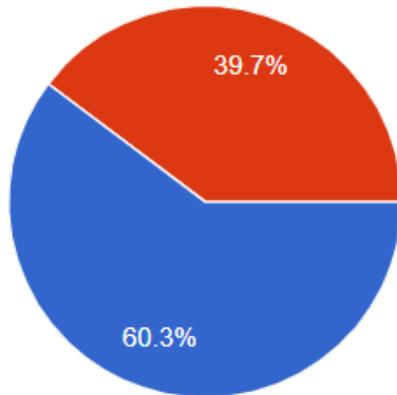
564 Responses



Would you feel comfortable reporting any concerns about your own or a colleague's drinking?



564 Responses



- Yes
- No

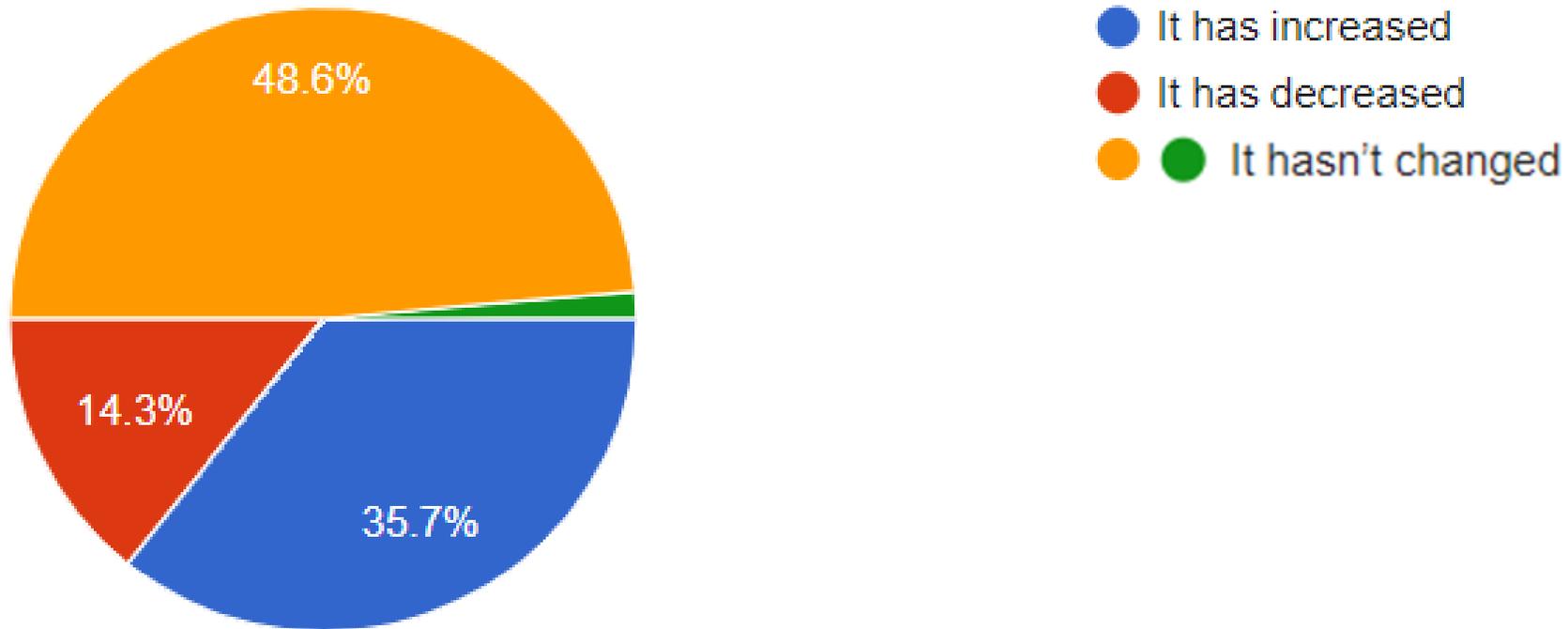
If you answered no, please elaborate (sample from 152 responses):

It is never comfortable to report someone with a problem; None of my business, would speak to them myself rather than speaking to work and potentially getting them sacked or put under the radar on performance; Don't want to get people into trouble; Why would I?; Give bad impression which could lead to problems, missing out on promotion or losing respect; Because it is very serious and private; Stigmatisation; Wouldn't want to get anyone in trouble; Embarrassment; I wouldn't feel comfortable admitting or grassing someone else up; Stigma; Feels judgemental and not confident it would end with support; Not my business; Privacy; Would be judged or might lose job; I wouldn't want to get myself or anyone in trouble; The information could be used by management; If it's an issue then it needs addressing; Don't get involved with my work colleagues, we all have our problems; They could lose their job; Confidence but I would consider it; Not my place to say; Retribution; I wouldn't feel comfortable; Wouldn't want to interfere; I might talk to them rather than report it; Judgement and negative repercussions; Get in trouble; I would deal with it; Unless it affected work no; I have reported this before and was asked by the person that I reported it to, to not mention in again because it made the other person feel uncomfortable. I was also shunned by mutual friends; Fear of repercussions and being accused of being judgemental for something "normal"; I would feel I was letting them down but I know this is silly and probably for their best but no, I wouldn't feel comfortable doing this; Fear of job loss; I don't think a hangover is a massive crime in the workplace, drunk however would be an issue; Not close with that person

Has your alcohol intake changed during lockdown?

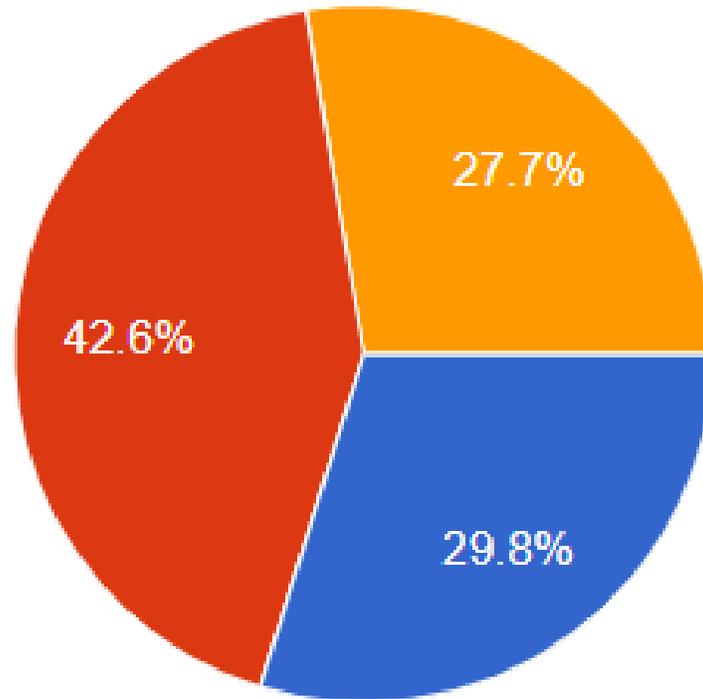


564 Responses



Does your workplace offer non-alcohol related events?

564 Responses

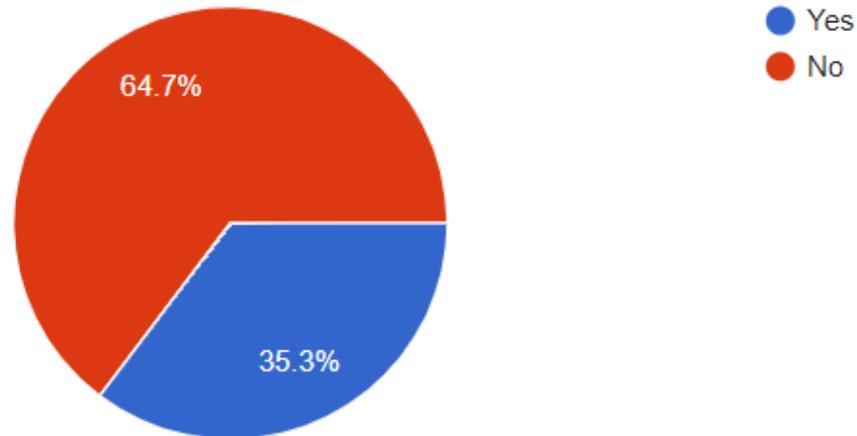


- Yes
- No
- I don't know

Please answer ONLY if you do not drink any alcohol. Have you ever felt uncomfortable in the workplace because you don't drink alcohol?



118 Responses



If you answered yes, please elaborate (sample from 88 responses):

People don't understand and think my sobriety is just a phase and are constantly encouraging drinking saying don't you miss it or how do you have fun etc; I am day 40 alcohol free so I have not experienced it yet. I feel the next social will be the test; Even though the company as a whole discourages drinking because our owner is a recovering alcoholic, there's lots of peer pressure at smaller outings to drink; Other people begin to put pressure on me to drink alcohol, even if I tell them that I am driving myself home after events. They tell me, "Oh, just have one..." and have added vodka to my drinks in the hope that I will not recognise the taste; If I refuse to comply with drinking alcohol, then I am called names and told repeatedly that I am boring. Such comments have been posted on social media about me, though the posters are unaware that I have seen it. Consequently, I rarely go out to such events; I never drink at Christmas do as I'd rather drive and know I can get home safely, but it does get questioned regularly by colleagues and people frown when a soft drink is bought or refuse to buy me a soft drink. It's apparently classed as being boring; On times when I haven't drank, I've felt a bit stupid would rather not go; Just because when I used to work at a hospital all social events involved alcohol; My job involves a lot of social time, I've been pressured to drink, and once even had a soft drink spiked with vodka by a colleague; Xmas parties etc, which everyone is getting drunk; Can be awkward being the only non-drinker in a social situation; When people drink, they get loud and harder to understand. The evening is much less entertaining when only talking to drunk people; They have in jokes from the pub