

Alcohol consumption in Scotland between October 2020 and December 2023

- Based on data from Alcohol Toolkit Study [1, 2]
- Analysis conducted in RStudio (version 2022.07.2, R version 4.2.1)
- Syntax available on Open Science Framework: <https://osf.io/3azbr>

Table 1: Weighted prevalence of increasing and higher risk drinking (AUDIT ≥ 8 or AUDIT-C ≥ 5 [3]) in Scotland. Data for 2020 only from October to December.

Year	AUDIT ≥ 8 , % (95% CI) ¹	AUDIT-C ≥ 5 , % (95% CI) ²
2020	20.3 (17.6, 23.1)	36.5 (33.3, 39.8)
2021	20.5 (19.1, 21.8)	37.4 (35.8, 38.9)
2022	21.3 (19.9, 22.8)	38.3 (36.7, 39.9)
2023	19.1 (17.4, 20.7)	33.3 (31.4, 35.1)

¹based on unweighted N= 16,290

²based on unweighted N=16,500

Table 2: Weighted prevalence of risk of alcohol-related harm (AUDIT 8-15: increasing risk, AUDIT 16-19: higher risk, AUDIT ≥ 20 : possible dependence) in Scotland (unweighted N=16,290). Data for 2020 only from October to December.

Year	AUDIT 8-15, % (95% CI)	AUDIT 16-19, % (95% CI)	AUDIT ≥ 20 , % (95% CI)
2020	18.0 (15.3, 20.6)	1.4 (0.5, 2.3)	1.0 (0.4, 1.6)
2021	17.9 (16.6, 19.1)	1.4 (1.0, 1.8)	1.2 (0.8, 1.6)
2022	19.2 (17.8, 20.6)	1.3 (0.9, 1.7)	0.9 (0.5, 1.2)
2023	16.5 (14.9, 18.0)	1.5 (0.9, 2.1)	1.1 (0.7, 1.6)

Table 3: Weighted mean AUDIT or AUDIT-C score, respectively, among increasing and higher risk drinkers (AUDIT ≥ 8 or AUDIT-C ≥ 5) in Scotland. Data for 2020 only from October to December.

Year	AUDIT score among those with AUDIT ≥ 8 , mean (95% CI) ¹	AUDIT-C score among those with AUDIT-C ≥ 5 , mean (95% CI) ²
2020	11.3 (10.8, 11.9)	6.8 (6.6, 7.0)
2021	11.3 (11.0, 11.6)	7.0 (6.9, 7.1)
2022	11.2 (10.8, 11.5)	6.9 (6.8, 7.0)
2023	11.5 (11.0, 12.0)	7.1 (6.9, 7.2)

¹based on unweighted n=2,933

²based on unweighted n=5,696

Table 4: Weighted mean weekly alcohol consumption (based on first and second AUDIT questions) among increasing and higher risk drinkers (AUDIT ≥ 8 or AUDIT-C ≥ 5) in Scotland. Data for 2020 only from October to December.

Year	Weekly alcohol consumption among those with AUDIT ≥ 8 , mean (95% CI) ¹	Weekly alcohol consumption among those with AUDIT-C ≥ 5 , mean (95% CI) ²
2020	17.2 (15.3, 19.0)	13.1 (11.9, 14.3)
2021	19.6 (18.3, 20.9)	14.7 (13.9, 15.6)
2022	16.7 (15.4, 17.9)	13.1 (12.3, 13.8)
2023	19.6 (17.5, 21.6)	14.9 (13.7, 16.1)

¹based on unweighted n=2,933

²based on unweighted n=5,696

For comparison: England 2018-2023

Table 5: Weighted prevalence of increasing and higher risk drinking (AUDIT ≥ 8 or AUDIT-C ≥ 5) in England. Change from face-to-face to telephone interviews in April 2020 [4].

Year	AUDIT ≥ 8 , % (95% CI) ¹	AUDIT-C ≥ 5 , % (95% CI) ²
2018	13.1 (12.6, 13.6)	26.5 (25.8, 27.1)
2019	12.3 (11.8, 12.8)	25.3 (24.7, 26.0)
2020	16.5 (16.0, 17.1)	32.0 (31.3, 32.7)
2021	16.9 (16.3, 17.4)	31.9 (31.2, 32.6)
2022	17.7 (16.5, 18.9)	32.7 (31.9, 33.4)
2023	-	31.2 (30.5, 31.9)

¹based on unweighted N= 82,751. Full AUDIT score only collected until March 2022 in England.

²based on unweighted N=117,337

Table 6: Weighted prevalence of risk of alcohol-related harm (AUDIT 8-15: increasing risk, AUDIT 16-19: higher risk, AUDIT ≥ 20 : possible dependence) in England (unweighted N=82,751). Change from face-to-face to telephone interviews in April 2020. Full AUDIT score only collected until March 2022.

Year	AUDIT 8-15, % (95% CI)	AUDIT 16-19, % (95% CI)	AUDIT ≥ 20 , % (95% CI)
2018	11.8 (11.4, 12.3)	0.8 (0.6, 0.9)	0.5 (0.4, 0.6)
2019	11.1 (10.6, 11.5)	0.8 (0.6, 0.9)	0.4 (0.3, 0.6)
2020	14.6 (14.1, 15.2)	1.2 (1.0, 1.4)	0.7 (0.6, 0.9)
2021	14.7 (14.1, 15.2)	1.2 (1.1, 1.4)	1.0 (0.8, 1.1)
2022	15.5 (14.4, 16.7)	1.1 (0.8, 1.4)	1.0 (0.7, 1.4)

Table 7: Weighted mean AUDIT or AUDIT-C score, respectively, among increasing and higher risk drinkers (AUDIT ≥ 8 or AUDIT-C ≥ 5) in England. Change from face-to-face to telephone interviews in April 2020.

Year	AUDIT score among those with AUDIT ≥ 8 , mean (95% CI) ¹	AUDIT-C score among those with AUDIT-C ≥ 5 , mean (95% CI) ²
2018	10.9 (10.7, 11.1)	6.8 (6.8, 6.9)
2019	10.9 (10.7, 11.1)	6.8 (6.7, 6.8)
2020	11.3 (11.1, 11.5)	6.9 (6.8, 6.9)
2021	11.5 (11.4, 11.7)	6.9 (6.9, 7.0)
2022	11.3 (11.0, 11.7)	6.9 (6.9, 7.0)
2023	-	6.9 (6.9, 7.0)

¹based on unweighted N=12,074. Full AUDIT score only collected until March 2022 in England.

²based on unweighted N=23,638

Table 8: Weighted mean weekly alcohol consumption (based on first and second AUDIT questions) among increasing and higher risk drinkers (AUDIT ≥ 8 or AUDIT-C ≥ 5) in England. Change from face-to-face to telephone interviews in April 2020.

Year	Weekly alcohol consumption among those with AUDIT ≥ 8 , mean (95% CI) ¹	Weekly alcohol consumption among those with AUDIT-C ≥ 5 , mean (95% CI) ²
2018	20.1 (19.4, 20.7)	14.9 (14.5, 15.3)
2019	19.9 (19.2, 20.7)	14.7 (14.3, 15.2)
2020	21.4 (20.7, 22.1)	15.9 (15.5, 16.4)
2021	21.5 (20.8, 22.3)	16.0 (15.5, 16.4)
2022	18.7 (17.5, 20.0)	15.5 (15.1, 16.0)
2023	-	15.4 (15.0, 15.9)

¹based on unweighted N=12,074. Full AUDIT score only collected until March 2022 in England.

²based on unweighted N=23,638

References:

- 1 Beard E, Brown J, West R, et al. Protocol for a national monthly survey of alcohol use in England with 6-month follow-up: 'The Alcohol Toolkit Study'. *BMC Public Health* 2015;15(1):230. doi: 10.1186/s12889-015-1542-7
- 2 Kock L, Shahab L, Moore G, et al. Protocol for expansion of an existing national monthly survey of smoking behaviour and alcohol use in England to Scotland and Wales: The Smoking and Alcohol Toolkit Study. *Wellcome Open Res* 2021;6:67. doi: 10.12688/wellcomeopenres.16700.1 [published Online First: 2021/08/31]
- 3 National Institute for Health and Care Excellence. Alcohol - problem drinking: How should I screen for problem drinking? London, United Kingdom: National Institute for Health and Care Excellence; 2022; updated July 2023. <https://cks.nice.org.uk/topics/alcohol-problem-drinking/diagnosis/how-to-screen/#:~:text=The%20AUDIT%2DC%20questionnaire%20consists,at%20an%20increasing%20risk%20level>. (accessed 5 January 2024).
- 4 Kock L, Tattan-Birch H, Jackson S, et al. Socio-demographic, smoking and drinking characteristics in GB: A comparison of independent telephone and face-to-face Smoking and Alcohol Toolkit surveys conducted in March 2022. *Qeios* 2022