

The background features a dark blue gradient with several overlapping, semi-transparent circles in various shades of blue. At the bottom, there are two light blue arrows pointing outwards to the left and right. The text is centered within the overlapping circles.

Member Survey Results

Al-Anon Family Groups

Fall 2006

**Scroll down using the right arrow
to view the presentation.**
For all the data tables [click here.](#)

Al-Anon Family Groups is a community-based mutual support program for the friends and families of alcoholics. It is open to anyone affected by someone else's drinking.

Since 1984, Al-Anon Family Groups' World Service Office (WSO) has conducted a Membership Survey every three years. The 2006 Membership Survey is the eighth study.

The findings are an aid to professionals, researchers, students, the media, or anyone seeking information about Al-Anon Family Groups.

For further information about Al-Anon Family Groups, contact:

**Al-Anon Family Group Headquarters, Inc., Virginia Beach, VA
Telephone (757) 563-1600**

**Al-Anon Family Group Headquarters (Canada) Inc., Ottawa, Ontario
Telephone (613) 723-8484**

**Toll free Al-Anon meeting information available 8 am to 6 pm ET, Monday – Friday
Telephone 888-4AL-ANON (888-425-2666)**

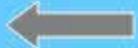
www.al-anon.alateen.org



Methodology

- ❖ **The survey was conducted from June to September 2006**

- ❖ **3% of a total of 14,924 Al-Anon groups in the U.S. and Canada were surveyed. 443 group representatives each received 16 surveys for their home group. A total of 7,088 surveys were distributed.**
- ❖ **For the first time, English-speaking respondents were given the choice of completing the survey on paper or on-line**
- ❖ **645 members responded to the survey; 322 web responses and 323 paper responses were tabulated.**
- ❖ **Study results contain a margin of error of +/- 3.4 at the 95% confidence level**
- ❖ **The results were tabulated by Southeastern Institute of Research (SIR), in Richmond, VA**



Key findings

- ❖ Family members and therapists were the most important influences in referring members to their first Al-Anon meeting
- ❖ 82% reported their mental health and well-being was much improved due to Al-Anon. Mental health and well-being was reported as improving the most.
- ❖ 57% of Alateen group sponsors reported that the number one benefit of being a sponsor was the improvement of their own personal recovery.
- ❖ Half of Al-Anon member respondents have been involved in service to Al-Anon
- ❖ 40% of respondents have left Al-Anon, returning after an average of 4.2 years.
- ❖ 53% Members say that “Practicing principles over personalities” will keep them coming back



A few Al-Anon demographics...

❖ **Average age: 55 years**

- ❑ 5% under 35
- ❑ 41% 35-54
- ❑ 54% over 54

❖ **Ethnicity:**

- ❑ 88% Caucasian
- ❑ 7% Latino
- ❑ 1% African-American
- ❑ 1% Mixed
- ❑ 1% Asian
- ❑ 1% Native-American
- ❑ 1% Other

❖ **Membership is 85% Female**

❖ **Marital Status:**

- ❑ 58% married
- ❑ 15% divorced
- ❑ 12% single
- ❑ 5% separated
- ❑ 4% life partner
- ❑ 8% widowed

❖ **Employment:**

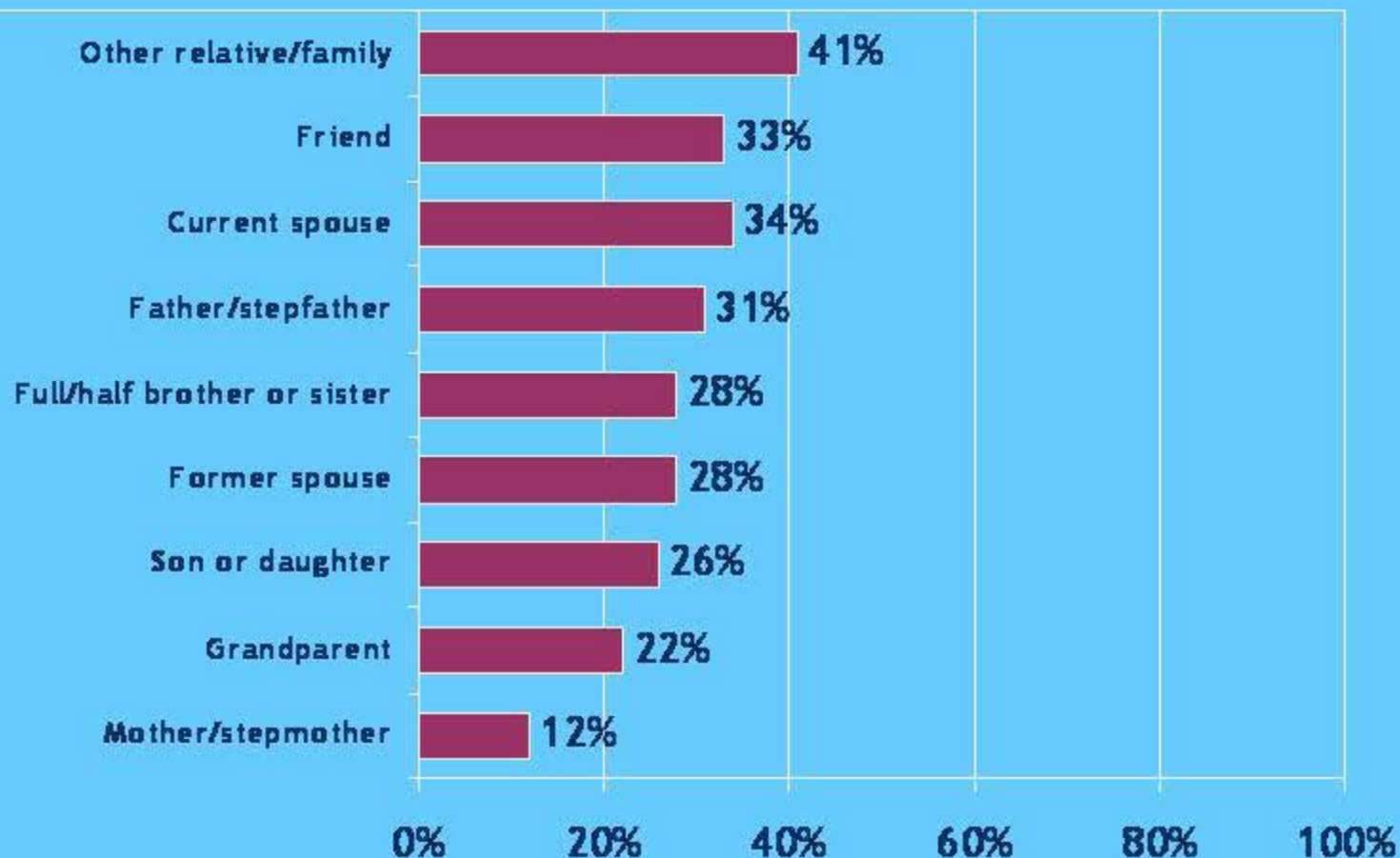
- ❑ 11% clerical
- ❑ 25% professional or managerial
- ❑ 8% homemakers
- ❑ 18% retired
- ❑ 6% medical
- ❑ 8% sales, marketing

❖ **Average membership length: 11.3 years**

❖ **14% are also members of Alcoholics Anonymous**



Members reported that this person in their life is an alcoholic*



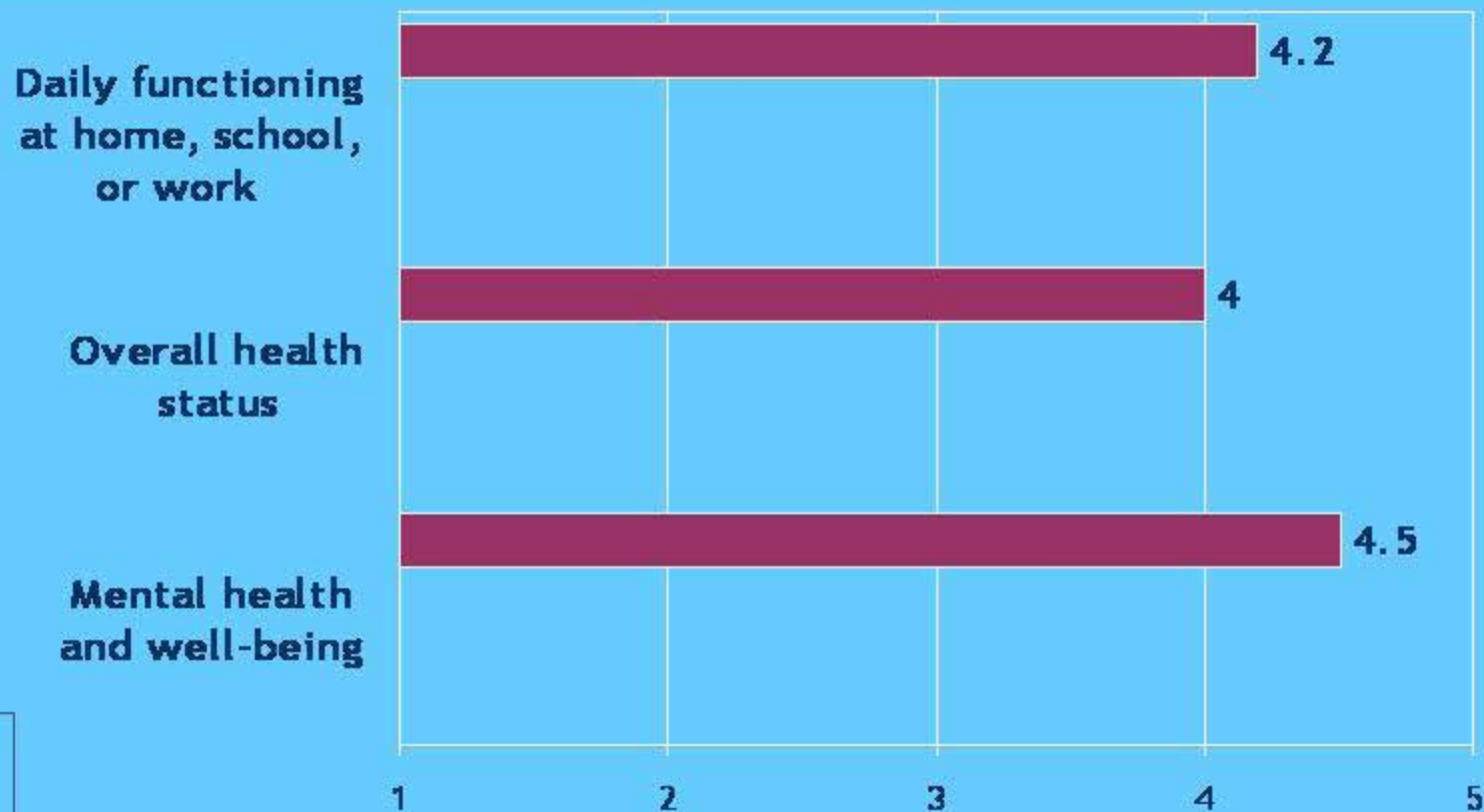
Canadian members are more likely to say their current spouse is alcoholic, 47% vs. 31% (U.S.)

*More than one response could be given

n = 645

Question 4: Below is a list of people with whom you may have a relationship. For each person, please indicate on the grid if this person currently is an alcoholic, an AA member, and/or active duty military.

Al-Anon members reported that another person's drinking "significantly affected" their daily functioning, health, and mental health



The scale used in this question is 1 (completely unaffected) to 5 (extremely affected).

Question 11: Another person's drinking can affect us in many different ways. Please tell us the extent to which each aspect of your health, listed below, has been affected by someone's drinking.

33% said their overall health status was “extremely affected” by another person’s drinking

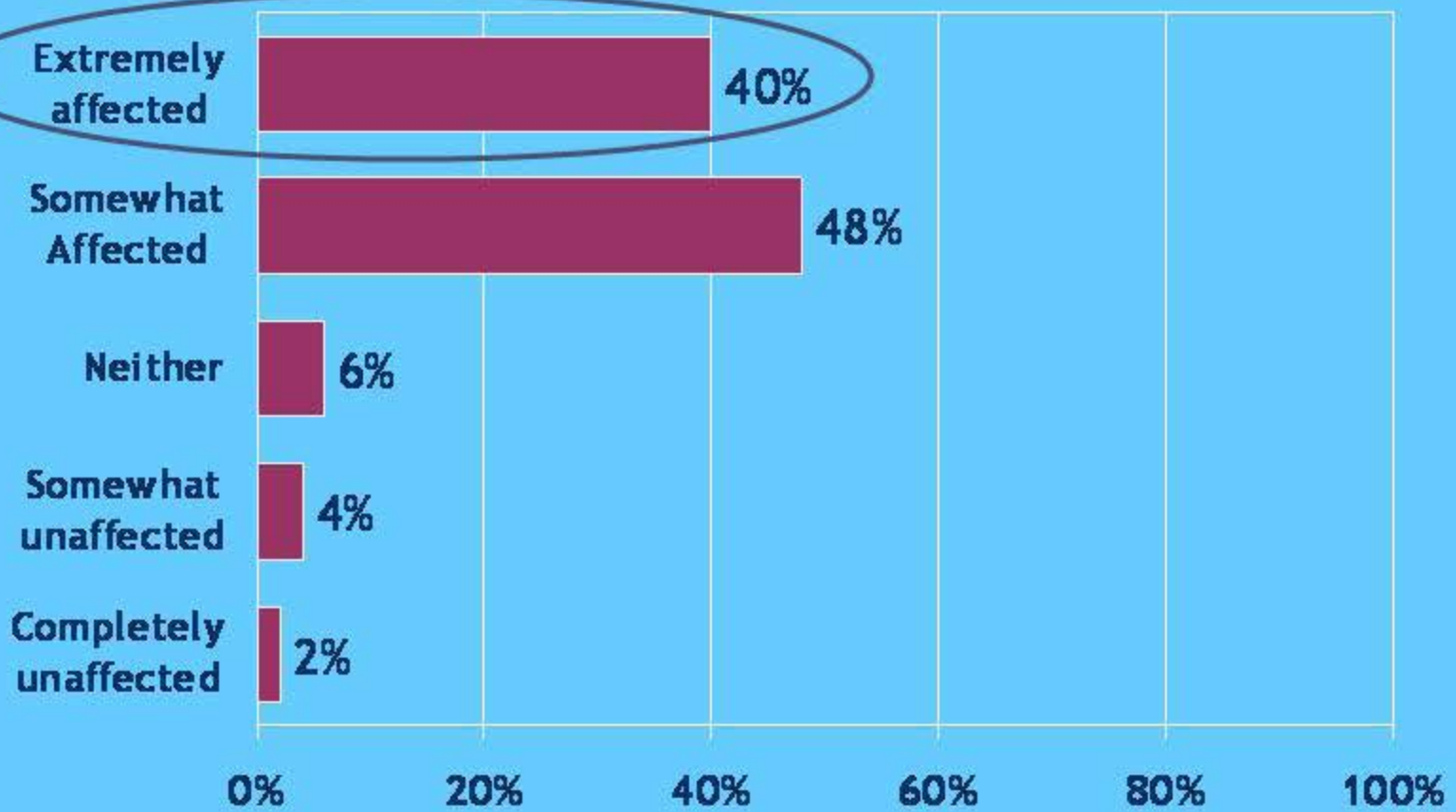


NOTE:
Percentages do not total 100% due to rounding.

n = 611

Question 11: Another person’s drinking can affect us in many different ways. Please tell us the extent to which each aspect of your health, listed below, has been affected by someone’s drinking.

40% said their daily functioning was “extremely affected” by another person’s drinking

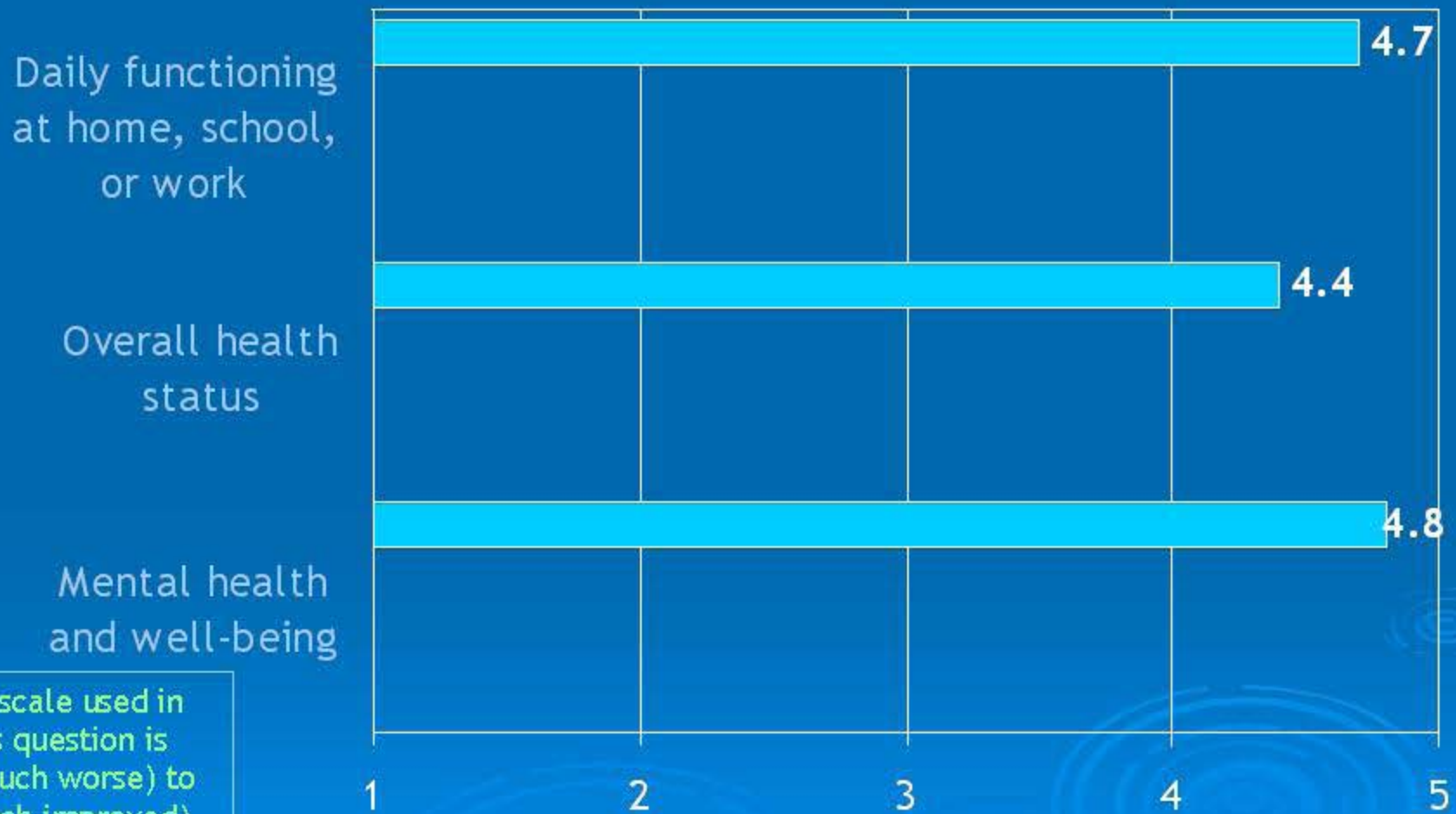


n = 606

Question 11: Another person’s drinking can affect us in many different ways. Please tell us the extent to which each aspect of your health, listed below, has been affected by someone’s drinking.



Al-Anon members reported significant improvements in daily functioning, overall health, and mental health

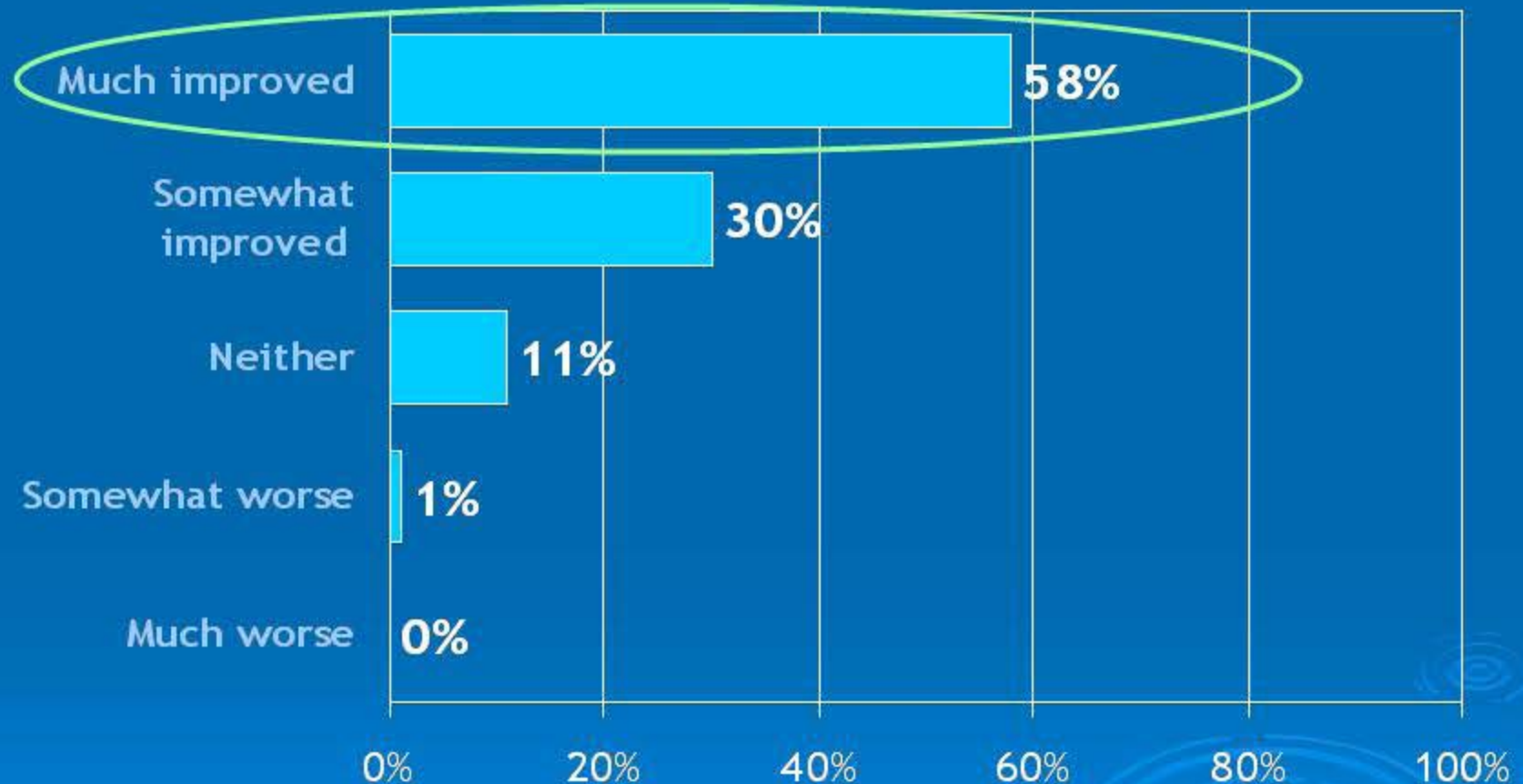


The scale used in this question is 1 (much worse) to 5 (much improved).

Question 11a: Please indicate below the effect, if any, Al-Anon has had on these same aspects of your health.



58% reported “much improved” overall health status

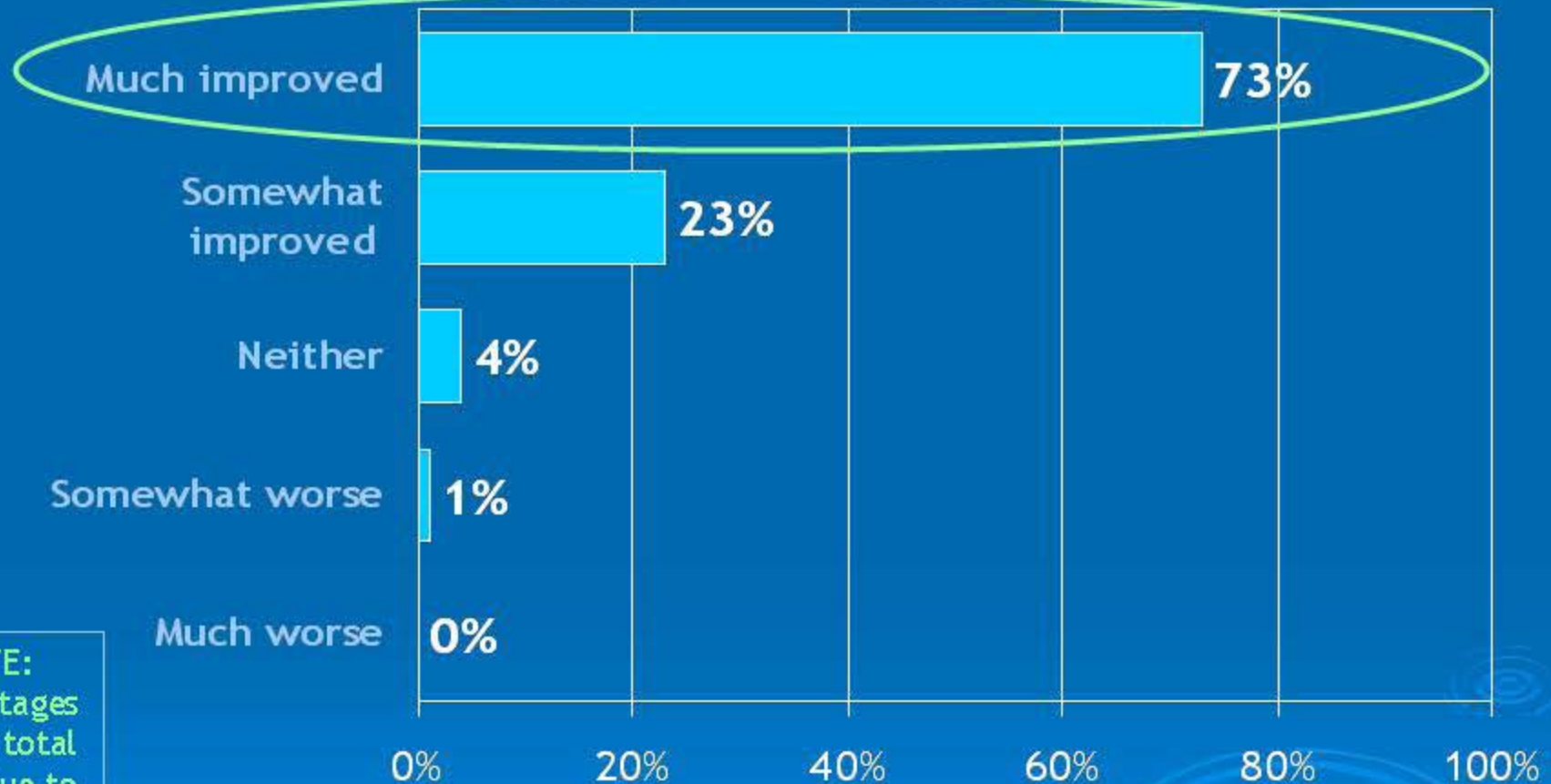


n = 615

Question 11a: Please indicate below the effect, if any, Al-Anon has had on these same aspects of your health.



73% reported “much improved” daily functioning at home, school, or work



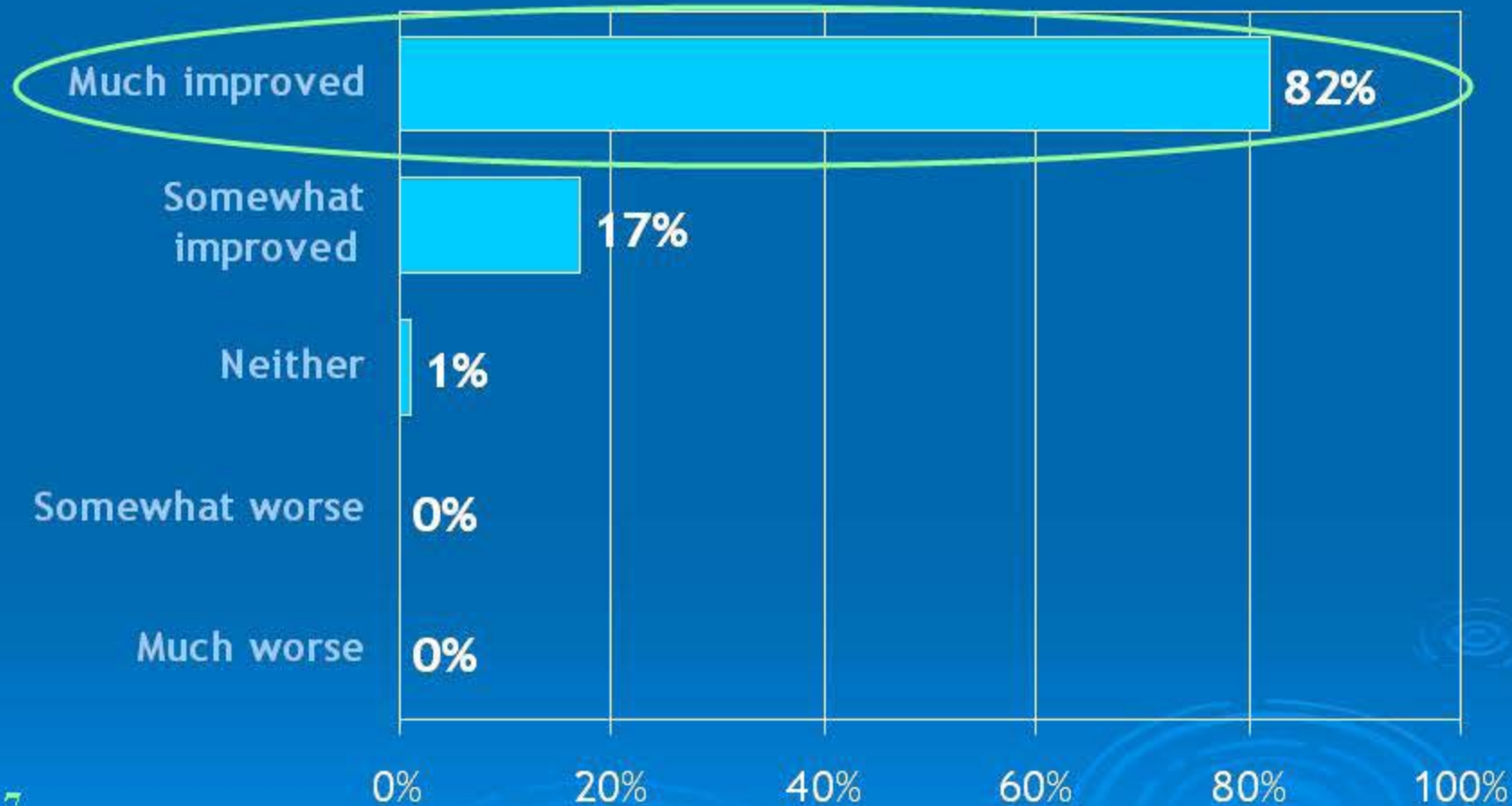
NOTE:
Percentages
do not total
100% due to
rounding.

n = 609

Question 11a: Please indicate below the effect, if any, Al-Anon has had on these same aspects of your health.



82% reported “much improved” mental health and well-being



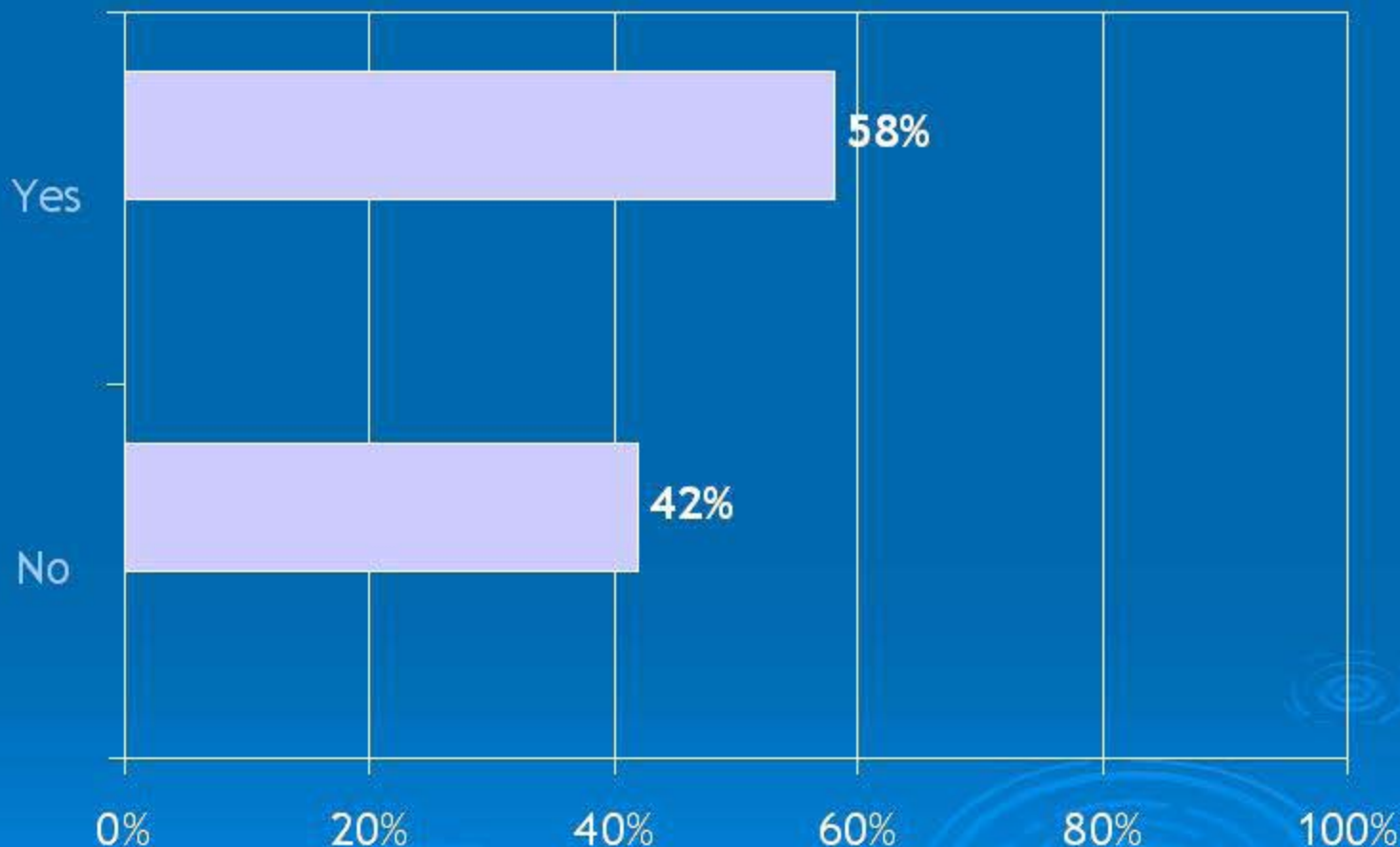
Question 11a: Please indicate below the effect, if any, Al-Anon has had on these same aspects of your health.



58% received treatment, counseling, or therapy *before* coming to Al-Anon

In 2006,
58% of
respondents
report
receiving
treatment
before
coming to
Al-Anon.

In 2003,
only 47%
received
some form of
treatment.



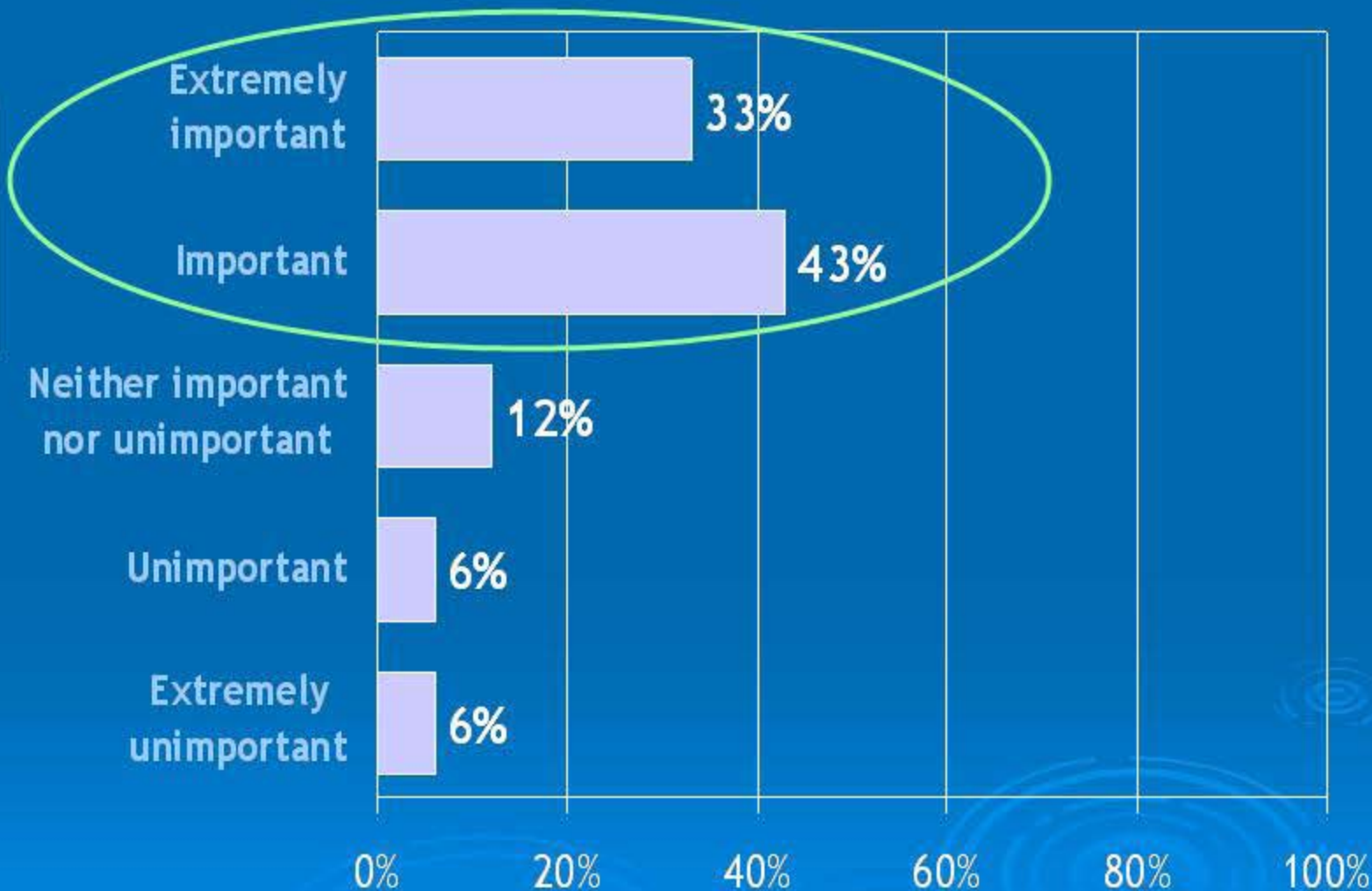
n = 635

Question 7: Did you receive any treatment, therapy, or counseling before coming to Al-Anon?



76% said treatment, counseling, or therapy before Al-Anon was important

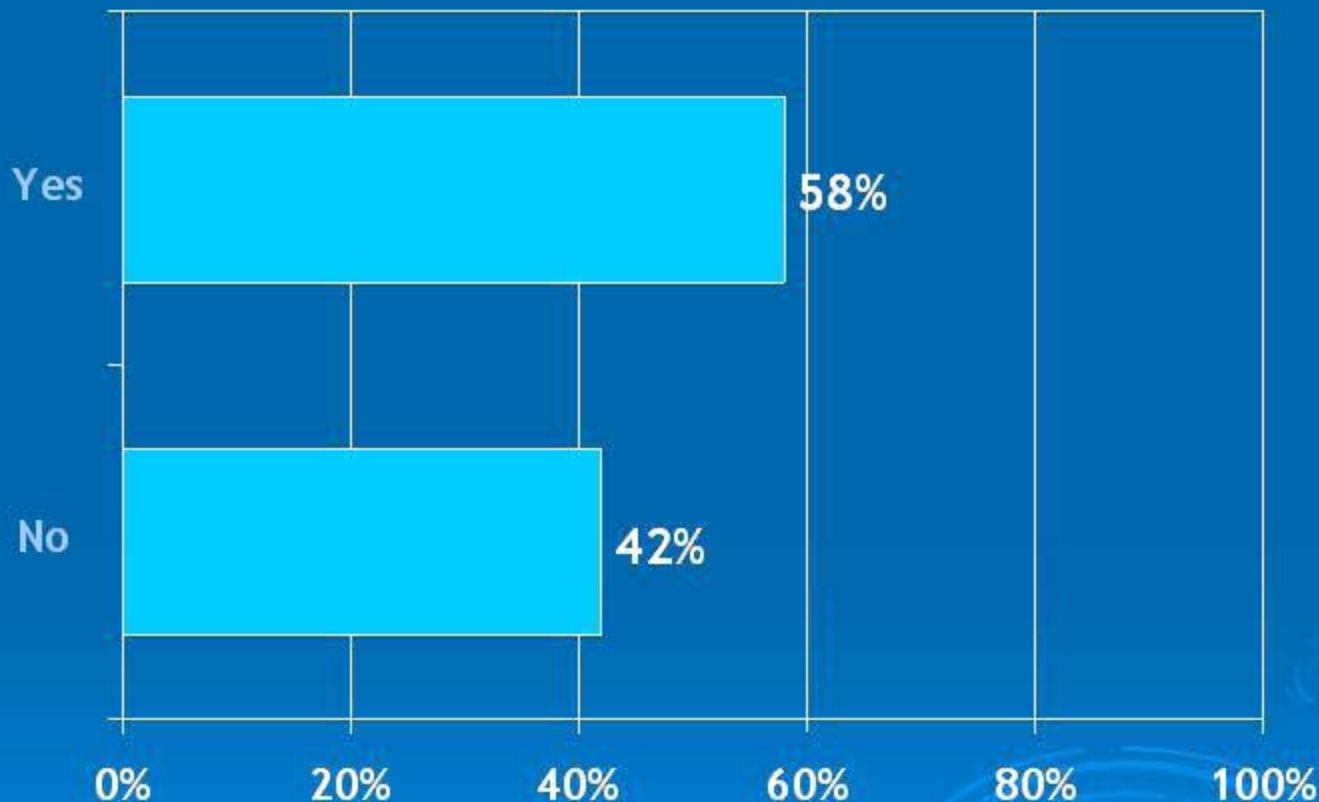
Overall mean based on a 1 to 5 scale for members is 3.9.



58% have received treatment, counseling, or therapy *since* coming to Al-Anon

In 2006,
58% of
respondents
report
receiving
treatment
since coming
to Al-Anon.

In 2003,
only 50% had
received
some form
of treatment
since coming
to Al-Anon.



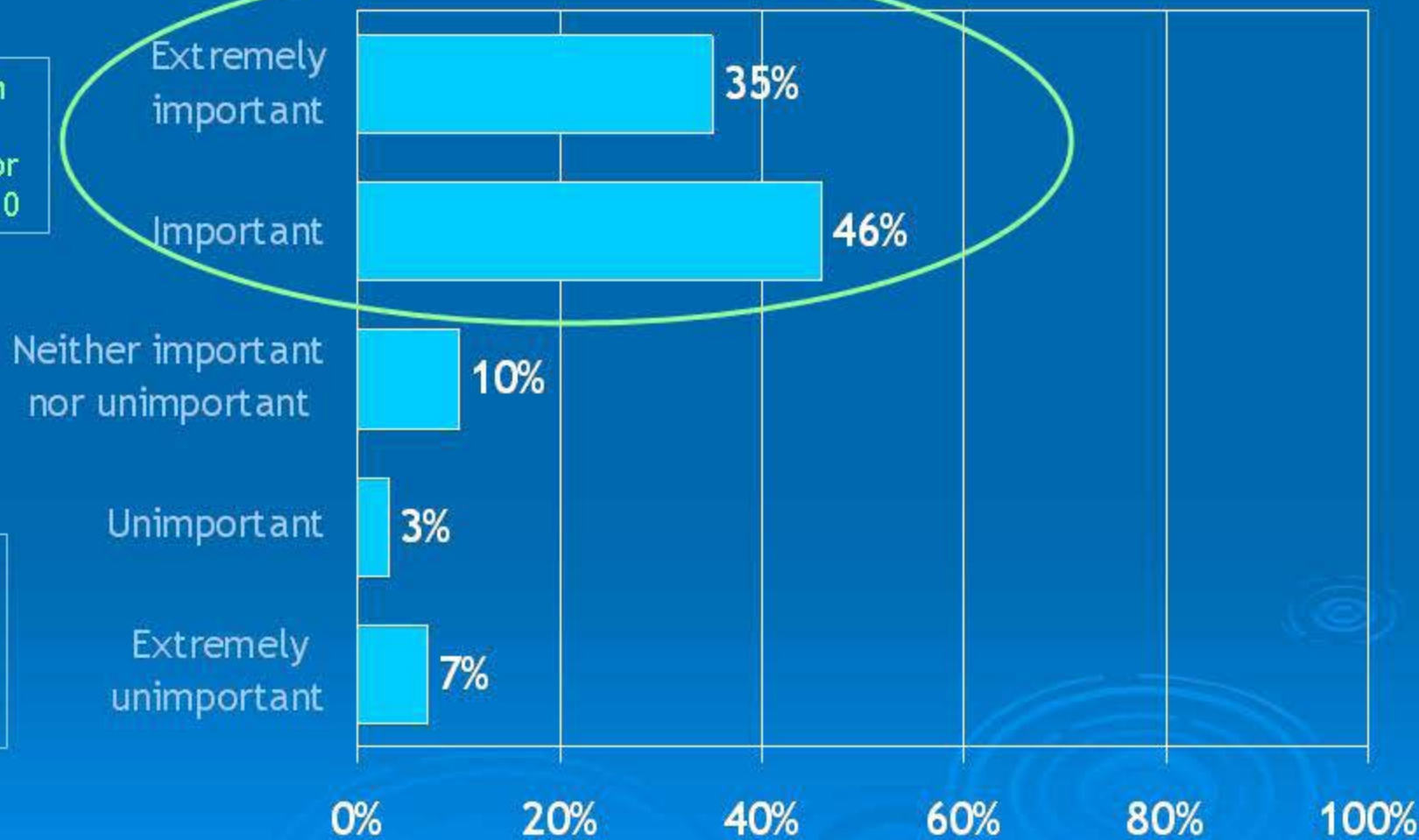
n = 626

Question 9: Are you receiving or did you receive any treatment, counseling, or therapy *since* coming to Al-Anon?



80% said their treatment, counseling, or therapy *since* coming to Al-Anon is important

Overall mean based on a 1 to 5 scale for members is 4.0

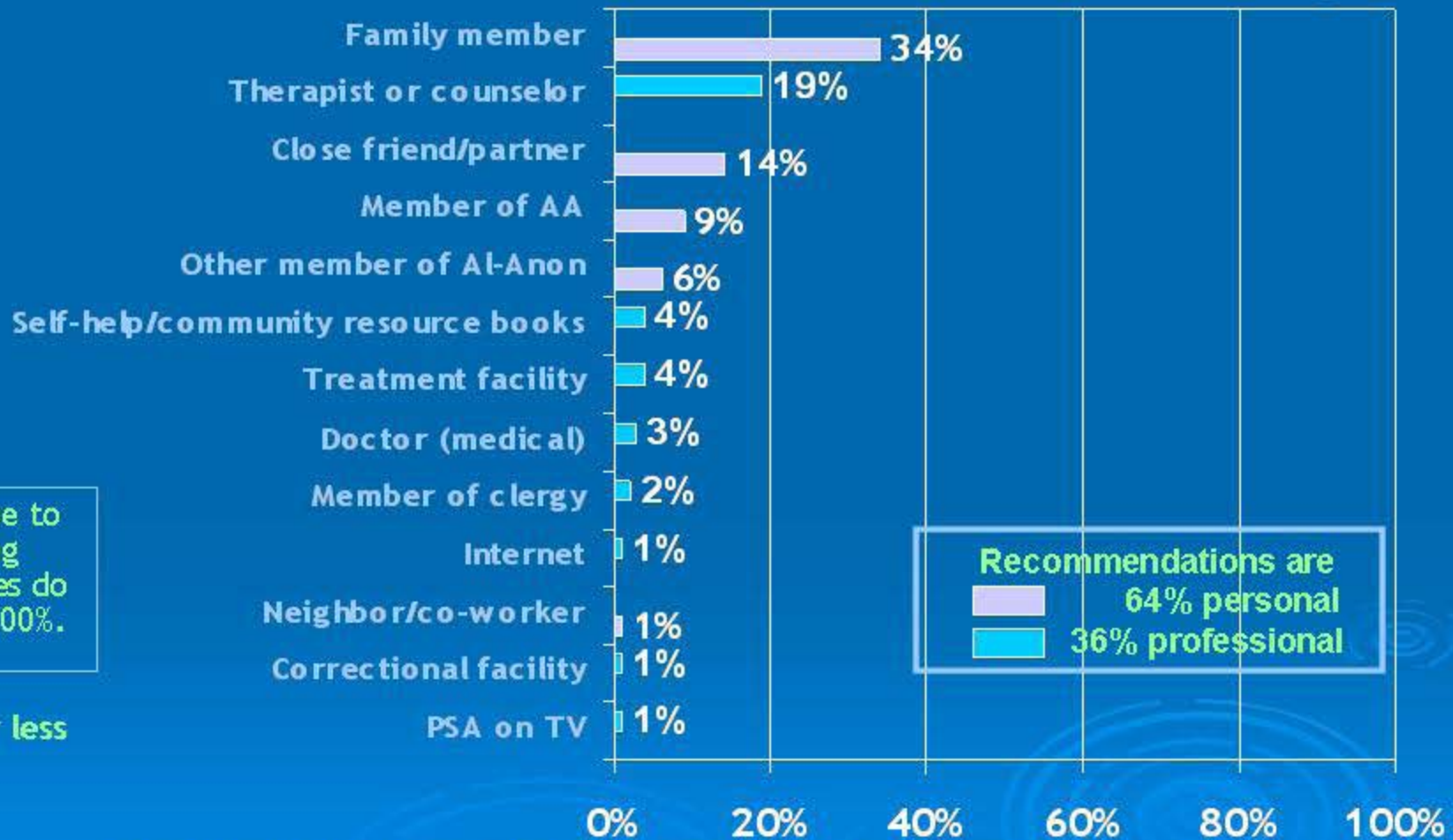


NOTE: Percentages do not total 100% due to rounding.

n = 358



Family members and therapists were the most important influences in referring members to their first Al-Anon meeting*



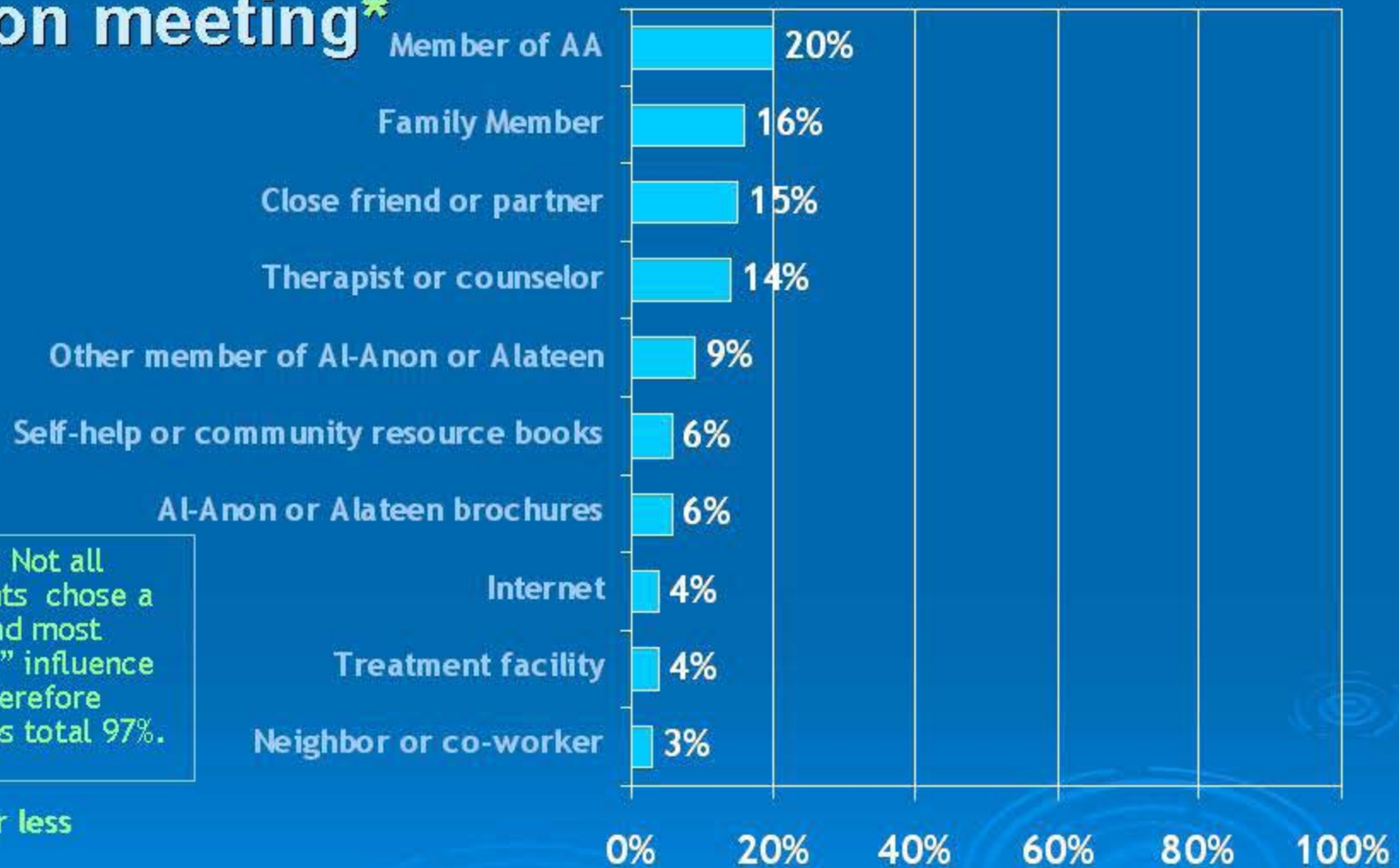
NOTE: Due to rounding percentages do not total 100%.

*2 years or less

n = 429

Question 5: Who or what influenced you to attend your first Al-Anon meeting? Please choose the *most important* influence.

A.A. members were second-most important influences in referring members to their first Al-Anon meeting*



NOTE: Not all respondents chose a "second most important" influence and therefore percentages total 97%.

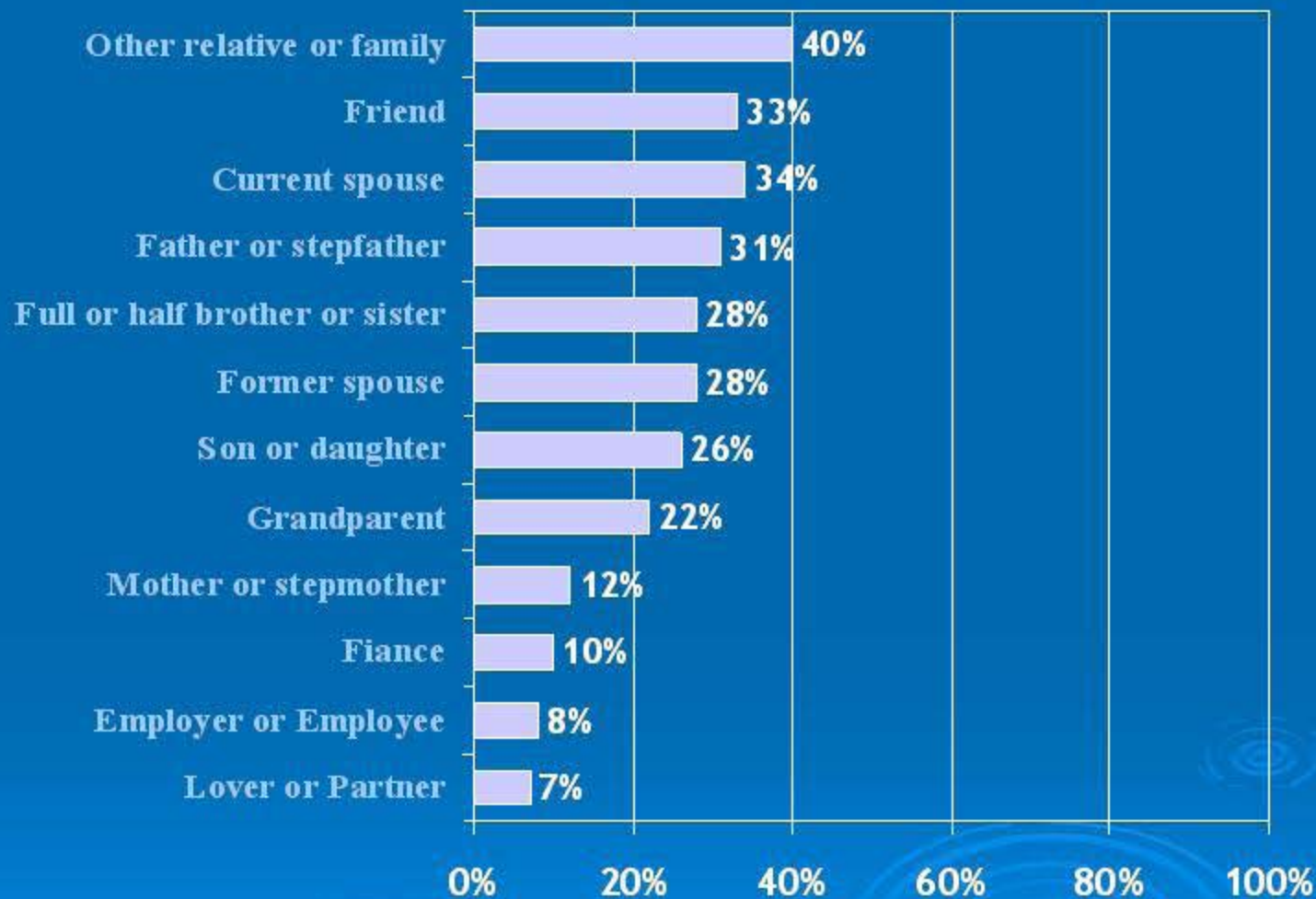
*2 years or less
n = 429

Question 5: Who or what influenced you to attend your first Al-Anon meeting? Please choose the *second most important* influence.



Al-Anon members identify who the alcoholics are in their lives*

In 2003:
52% current spouse
48% parent
42% other relative
38% friend,
35% brother/ sister
31% grandparent
28% former spouse
26% child
16% employer/ employee
13% partner/lover
3% fiancé/ fiancée.



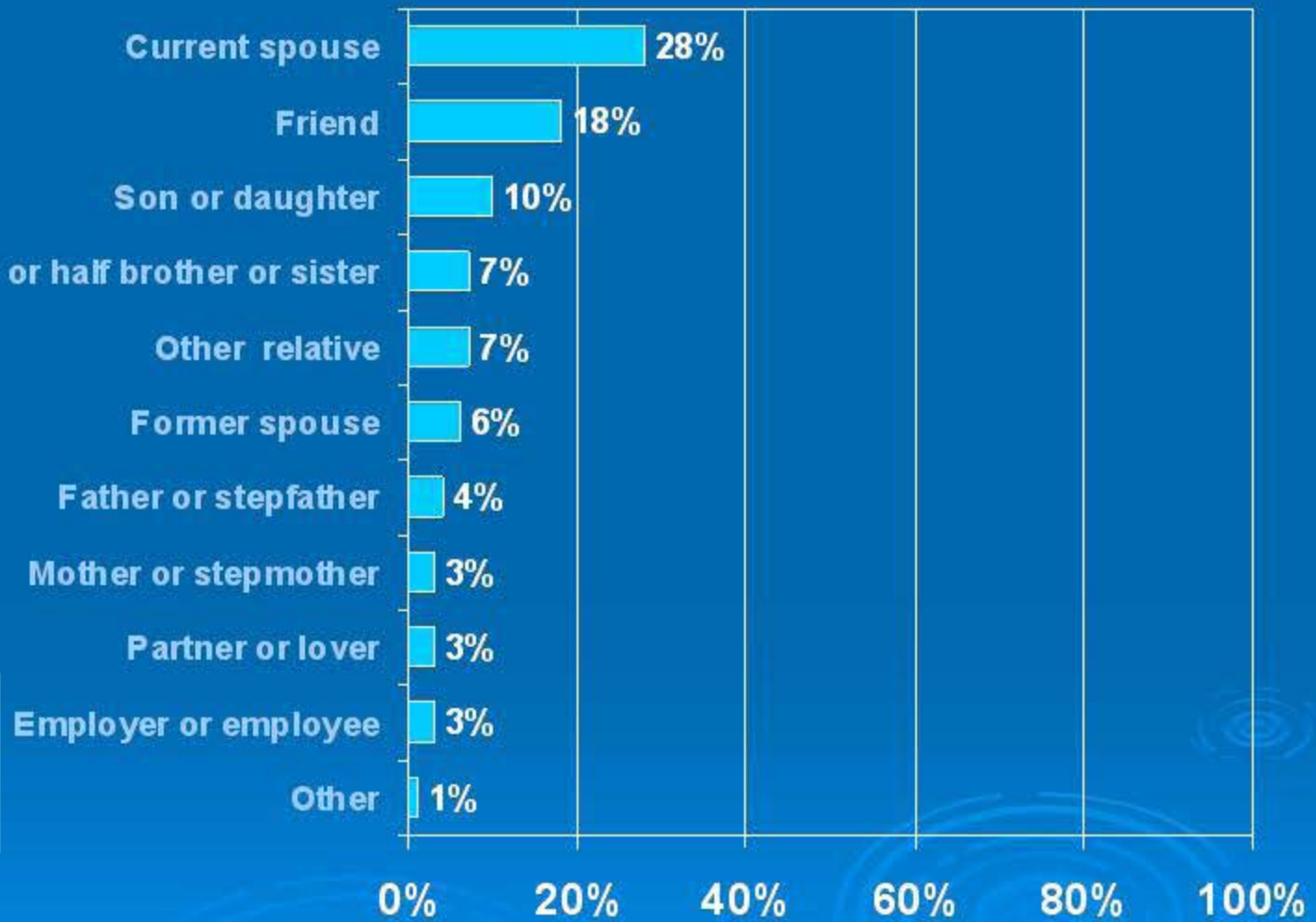
NOTE:
2003 question
included "is or has
been in the past."

*More than one response could be given



Al-Anon members identify the A.A. member(s) in their lives*

A significant portion of the people reported by Al-Anon members to be alcoholics seek help through Alcoholics Anonymous



NOTE: More than one response could be given, therefore percentages total 90%.

n = 645

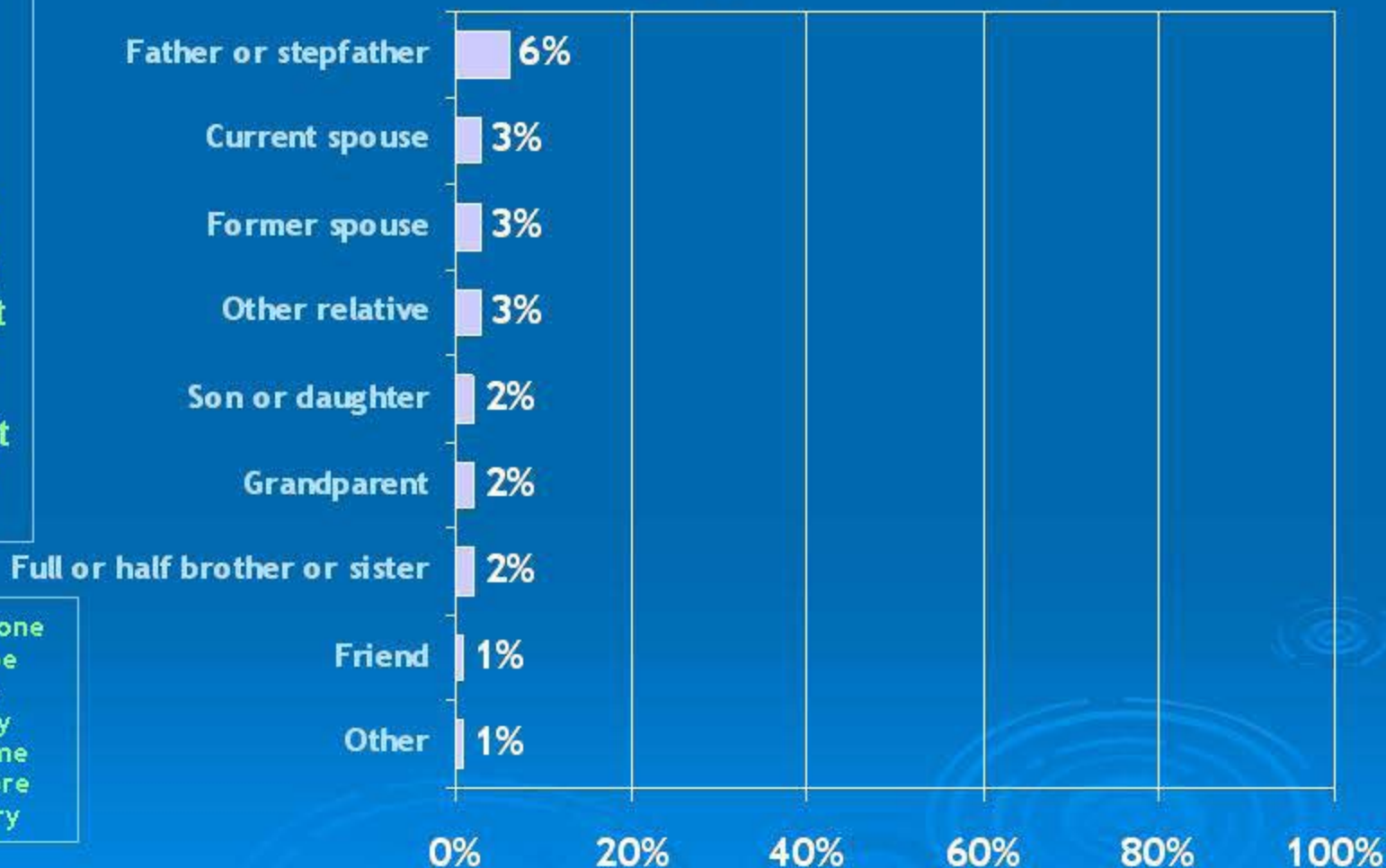


Al-Anon members identified the alcoholic(s) in their lives as active duty military, reserve, or retired military person(s)

According to the data, alcoholism does not appear to be related to experience in the military in a meaningful way. However, it could be that people are following a don't ask, don't tell protocol.

NOTE: More than one response could be given, so these percentages may represent the same respondent in more than one category

n = 645



Concluding Remarks

- ❖ Al-Anon members report that their health is affected by the drinking of family members and close friends.
- ❖ Al-Anon members report that their daily functioning, overall health, and mental health is improved due to Al-Anon.
- ❖ Al-Anon members understand the importance of receiving treatment, counseling, or therapy both before and after coming to Al-Anon. This result speaks to the significance of continued treatment in conjunction with Al-Anon in the recovery process.

