Al-Anon Family Group Headquarters, Inc.

- 2018 Membership Survey -

Results and Longitudinal Comparison
Al-Anon Family Groups (Al-Anon) provide friends and families of alcoholics with the opportunity to share their experiences and find strength and hope.

The Al-Anon World Service Office (WSO) has conducted a membership survey every three years since 1984. The 2018 Membership Survey is the WSO’s twelfth study. The findings are an aid to professionals, researchers, students, the media and anyone seeking information about Al-Anon Family Groups.

Specific objectives for the study were to:

- Determine the demographic and sociographic profile of Al-Anon Family Group members;
- Identify the relationship between members and alcoholics;
- Measure the impact that alcoholism has had on members’ lives; and
- Determine the Al-Anon program’s impact on the quality of life of its members.
Methodology

• Al-Anon Family Group members were provided with a URL for the online membership survey. The survey information was posted on al-anon.org and delivered via the monthly magazine, email newsletter and internal communications portal. Additionally, a flyer was sent to all the groups.

• World Service Office Staff wrote, tallied and created the presentation of the survey results. Both the online survey hosting and data collection was conducted by WSO Staff using an online survey platform. The methodology was validated by an outside research vendor.

• Data was collected from January 10 to February 27, 2018, with 13,395 Al-Anon Family Group members participating. The average time taken to complete the survey was 45 minutes.
Survey Participation

Total Survey Completions
• 13,395

Language Breakdown
• English: 97%
• French: 2%
• Spanish: 1%

United States: 88.7%
Canada: 11.2%
Bermuda: 0.1%
Puerto Rico: 0.1%
The average age of female members is 61; they accounted for 85% of all survey participants. Male members are on average 2 years older.
The average age of female members when they first attended Al-Anon was 43, while male members tended to be 5 years older when they attended their first meeting.
While 58% of survey participants are between the ages of 57 and 72, 56% were between the ages of 25 and 48 when they first attended Al-Anon meetings.
Female members have a higher percentage of partners who are drinking and/or in A.A., while male members are more likely to be A.A. members themselves. Male members are also more likely to be married.

Males
- 21% have partners who are A.A. members.
- 16% are also A.A. members.
- 6% have partners who are actively drinking.

Females
- 25% have partners who are A.A. members.
- 7% are also A.A. members.
- 10% have partners who are actively drinking.

63% Married
73% College Graduate
92% White
n=1,996

59% Married
65% College Graduate
92% White
n=11,121
Member Involvement in Al-Anon

- **How many years of continuous attendance**
  - n=12,881
  - Members have, on average, attended meetings for 14 years:
    - 24% have attended 3 years or less.
    - 25% have attended 4 to 9 years.
    - 51% have attended 10+ years.

- **How many meetings per week**
  - n=13,332
  - 99% attend 1 or more meetings per week.
  - 58% attend 2 or more meetings per week.
  - 13% attend 4 or more meetings per week.

- **What type of meetings**
  - n=13,332
  - 99% attend face-to-face meetings at least once per week.
  - 9% attend telephone meetings at least once per week.
  - 7% attend online meetings (such as Facebook, email, Skype or other internet meetings) at least once per week.
Children of Members

12% of members have a child who is **under 18** living in their home. *n=13,328*

Of those children **under the age of 18**:
- 15% attend Al-Anon/Alateen meetings
- 3% have their own drinking problems

n=1,548

15% of members have a child who is **18 years or older** living in their home. *n=13,151*

Of those children **over the age of 18**:
- 7% attend Al-Anon/Alateen meetings
- 31% have their own drinking problems

n=1,965

Children under 18 are more likely to attend Al-Anon/Alateen meetings than children over 18. Of members with children over 18 still living at home; about 1 in 3 children have a drinking problem.
The majority of members reported that they have been negatively affected by alcoholism that spans 2 or more generations.

Approximately 7 in 10 members have been affected by alcoholism that spans 2 or more generations.

Top Generational Trends

Members reporting alcoholism in 2 or more generations stated that they were negatively affected by:

- **44%** Their parents & Their own generation*
- **32%** Their own generation* & Their children
- **20%** Their parents & Their children

Note: “Their own generation” = siblings and members’ romantic relationships

n=13,302
While 35% of members first came to Al-Anon because of a loved one’s drug use, 65% of those who came because of drug addiction joined because of a child’s addiction.
A child of an alcoholic is 68% more likely to be diagnosed with a mental health disorder than a spouse of an alcoholic.

Members Diagnosed with Mental Health Disorders

- **29%** of members have been diagnosed with a mental health disorder.
- **59%** of those diagnosed are also children of alcoholics.

**Top Issues**
- 92% of members diagnosed with a mental health disorder reported that they suffered from PTSD, anxiety or depression.
- 10% reported they were diagnosed with all 3.
More than 1 in 4 members first heard about Al-Anon from professionals such as counselors, therapists and social workers.
Of members who continued receiving treatment, counseling or therapy after attending Al-Anon meetings and who ranked their experience, 42% indicated an improvement in their treatment, counseling or therapy since attending Al-Anon.

78% of members have sought professional treatment, counseling or therapy.

Of the members who have sought help

- 69% either started or continued treatment, counseling or therapy after joining Al-Anon.

n=13,361
56% of members have experienced abuse*
- 49% of members have experienced emotional and verbal abuse at the same time.

45% of members have experienced abuse & sought help
- The most common forms of treatment, counseling or therapy used by those who have sought help are mental health, marriage and family.

Note: “abuse” = physical, sexual, emotional or verbal

n=13,253

11% of members are still experiencing abuse.
Within 2 to 3 years of continuous membership in Al-Anon, the average member will report an 86% improvement.

Members reported, on average, an 88% improvement in their assessment of their mental health from before they began attending Al-Anon meetings to the time of the 2018 Membership Survey.

67% reported a significant improvement in their mental health.
Spiritual Inclination of Members & Benefits to Their Well-Being

Belonging to or practicing a specific religion

Before Attending Al-Anon Meetings
- 65%

After Attending Al-Anon Meetings
- 75%

Mental Health Score

Before Attending Al-Anon Meetings
- Avg Score 2.1
- 13% did not have any spiritual inclination

After Attending Al-Anon Meetings
- Avg Score 4.1

n=13,134
After attending Al-Anon meetings, 98% of members not belonging to a specific religion saw an increase in the quality of their spiritual life whether they joined a specific religion or not.
After having attended Al-Anon meetings, members report improved well-being across the board, in their daily life and their emotional state.

### Al-Anon’s Effectiveness in Members’ Daily Well-Being

#### How has being a member of Al-Anon Family Groups affected your life?

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<tbody>
<tr>
<td>Very negatively</td>
<td></td>
<td></td>
<td>Avg Score 4.91</td>
<td>Very positively</td>
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93% of members’ lives have been very positively affected by Al-Anon Family Groups.

#### Emotional state before versus after attending Al-Anon meetings

- 93% of members have reported that they have seen a decrease in the occurrence of negative emotions and an increase in positive emotions.
- 75% significant improvement in their emotional state

n=12,824

#### Condition of daily life before versus after attending Al-Anon meetings

- 83% of members have reported that they have seen an improvement in the condition of their everyday life, such as work or home life.
- 62% significant improvement in their daily life

n=13,229

- 83% improvement in their daily life
- 62% significant improvement in their daily life

n=13,342